

Circulating File

ASH: ANIMATED AND CARBONATED
(Excluding Readings on Cancer, Tuberculosis or Osteochondritis)

Vol. 1

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

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ASH: ANIMATED AND CARBONATED, VOL. 1 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*.

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the Edgar Cayce psychic readings on animated and carbonated ash. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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

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

**Ash: Animated and Carbonated
Vol. 1**

(Not including Readings on Cancer, Tuberculosis or Osteochondritis)

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MERCURY LIGHT AND CARBON ASH FOR TREATMENT-RESISTANT SKIN CONDITIONS

Any element that is an abrasion to the epidermis may be healed by such - see? Those even where they have been in such a condition as to be impossible under other circumstances to be healed, used with the mercury light and the carbon ash will respond to such treatments. (165-7)

OXYGENATION OF BLOOD VIA ANIMATED ASH

Begin was early as possible with the Animated Ash to make for the activity of more oxygen in the blood. (1045-1)

Take internally the animated ash, that will CARRY INTO the system that of OXYGEN! (2884-2)

Mr. Franklin F. Bradley's letter sent with purchases:

"Under separate cover the 'Carbon Ash' is being forwarded. Am glad you have come in contact with Mr. Cayce whose work has been so remarkable. Concerning the 'Ash' the study is a long one. It required months of work and several readings before we could arrive at the final product. You are correct that the name 'Carbon Ash' is not correctly descriptive, but no short name could cover the situation. The product is secured by taking bamboo fibre and partially burning it by passing a powerful electric arc through it in a chamber enclosed 83%00 specified by the readings - evidently to secure partial combustion. The resulting powder contains no elements except those remains after the partial combustion of the bamboo. However, the powder has taken on a photogenic or similar vibratory power. Have secured from it a visible reaction on photographic film. Chemically it is inactive. Its value lies evidently in vibration in manner similar to the activated foods being produced by German Scientists. There is no secret in the composition or method of production."

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or 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

Cayce's Suggested Uses for Animated Ash and Carbon Ash

GREEN RAY & ANIMATED ASH

Anemia	Asthma	Cancer (bone, kidney, lung, prostate, sarcoma, skin, stomach, uterine)			
Colitis	Cysts	Dementia Praecox	Eczema / Psoriasis	Eyes	Hemorrhoids
Hiccoughs	Multiple Sclerosis		Parkinson's Disease	Phlebitis	Sinusitis
Streptococcus Infection		Toxemia	Tuberculosis	Ulcers	Varicose Veins

GREEN RAY & CARBON ASH

Arthritis	Assimilations	Eliminations	Asthma	Deafness	Debilitation
Cancer (abdominal, breast, lung, skin, tumors, uterine)				Eczema	Heart Attack
Metabolism	Osteochondritis (Perthes Disease)		Pelvic Disorders	Pleurisy	Rheumatism
Tuberculosis	Ulcers				

LAMPS USED WITH ASH:

Infra Red Lamp with green glass for deeper penetration (30 minutes).

Mercury Quartz Lamp (ultra violet) with green glass (less destructive) (max. of 2 minutes)

Violet Ray to aid circulation to take up the ash.

**Alphabetical Reference Listing of Some Selected
Indexed Cases in Which Animated Ash was Used Internally**

<u>Indexed Title of Reading</u>	<u>No. Of Persons</u>	<u>No. Of Readings</u>	<u>Reading Numbers</u>
Anemia	4	4	432-1 449-1 539-3 557-1
Asthma	1	6	304-24, 25, 31, 35, 38, 39
Blood: Infection	1	1	3918-2
Blood: Oxidation	14	21	265-6, 7, 10 366-2, 4 428-8 973-1, 2 1025-1 2359-1 2884-2 4142-1 4210-1 4320-1→2 4588-1 4623-1 5440-1 5530-1
Bronchitis	1	1	265-15
Cancer	43	72	257-75 275-1, 2, 4 325-41, 42, 43, 44, 45, 46, 47, 48, 52, 54, 55, 58, 59, 60, 61, 64 344-1 468-1 511-1 569-21, 22, 27 570-1 588-1 597-1, 2 632-3 766-1 883-1 901-1 1070-1 1085-2 1209-1 1214-1 1242-4, 5, 7 1253-1 1282-1 1382-1 2097-1 2098-1 2457-4 2512-2 2736-1 2831-1, 2, 3 2911-1 3187-1 3219-1 3668-1 3824-1 3857-1 3984-1 4438-4 4489-1 5428-1 5537-1 5585-1, 2 5586-1 5619-2 5653-2 5662-1, 2, 3
Cancer: Bone	1	1	1255-1
Cancer: Breast	3	4	3672-1, 2 5570-2 5592-1
Cancer: Femur	1	16	275-5, 7, 8, 13→18 21, 24, 26, 28, 32, 34, 45
Cancer: Lungs	1	1	374-1
Cancer: Skin	3	6	757-1, 5, 6, 9 4050-1 4901-1
Cancer: Tendencies	16	29	19-4 116-2 253-2 302-9 325-32→40, 409-7, 8 782-1 1000-1 1202-3 1280-3 1375-2, 3, 4, 5 1697-2 2041-1 5487-1 5588-1, 2 5631-1
Cancer: Totals	68	12	
Carbuncles	1	1	1325-1
Cysts	2	2	23-1 643-1
Debilitation: General	6	6	307-9 394-1 602-1 626-1 937-1 4493-1
Eliminations	6	9	337-13, 15, 19679-1 800-1 2235-1, 3, 5685-1 5720-1
Erysipelas	1	1	409-20

ASH: ANIMATED AND CARBONATED, VOL. 1 CIRCULATING FILE

<u>Indexed Title of Reading</u>	<u>No. Of Persons</u>	<u>No. Of Readings</u>	<u>Reading Numbers</u>
Glands	3	5	493-1 908-2, 3 4715-1, 2
Glands: Infections	1	1	677-2
Glands: Mammary	1	1	875-1
Goitre	3	4	270-32, 33 4144-1 4164-2
Heart	2	2	664-1 1372-1
Hemorrhage	1	1	1045-11
Hemorrhage, Kidneys	1	1	304-36
Intestines	1	1	4726-1
Lacerations	1	2	843-1, 2
Leukemia	1	1	474-1
Liver: Cirrhosis	1	2	5426- 1, 2
Multiple Sclerosis	1	1	756-1
Not Recommended	1	1	257-220
Neurasthenia	2	2	407-1 4723-1
Osteochondritis	1	12	409-1→4, 10, 14, 16→19, 21, 25
Parkinson's Disease	2	2	576-1 5636-1
Pleurisy	1	4	1173-3, 5, 6, 7
Poisoning: Septic	1	1	943-17
Rabies	1	1	130-1
Streptococcus	2	3	1007-2 1100-11, 13
Surgery: After Effects	2	2	257-222 712-1
Tonsillitis	1	1	750-1
Toxemia	2	4	409-26, 28, 29 5437-1
Tuberculosis	9	14	297-1 418-1 471-1 501-4 552-1 591-1, 815-1 1027-1 1045-1, 3→6, 8
Tuberculosis: Bone	1	1	1204-2
Tumors	5	5	287-17 522-5 2685-1 4438-1 4791-1
Tumors: Brain	1	1	673-1
Tumors: Breast	1	1	4438-3
Tumors: Lymph	4	5	303-23, 26672-1 890-1 4750-1
Tumors: Uterus	1	11	264-11, 14, 17, 19, 20, 22, 28→30, 32, 33
Tumors: Wilms'	1	5	632-5, 7, 8, 11, 16
Ulcers	2	2	261-26 1820-3
Ulcers: Stomach	1	2	482-3, 4

Animated Ash

A Report to the Medical Research Division of the Edgar Cayce Foundation On the Internal Use of Animated Ash in the Edgar Cayce Readings

Prepared by The Heritage Store
with the cooperation of Dr. William A. McGarey
Director of the Medical Research
Division of the Edgar Cayce Foundation
January, 1971

General Comment

This summary deals only with the internal use of animated ash in the Edgar Cayce readings and is based on a study of about 50% of the several hundred readings that recommended this treatment. Since the study is at best incomplete, no responsibility can be taken for the accuracy of the conclusions reached. In addition, the study was made and this summary prepared by persons with no medical training. Study of the remaining readings or more expert studies of all readings available on the subject may reveal additional contraindications.

Animated ash was sometimes called medicated ash or activated ash in the readings. It is the ash of bamboo produced in a carbon arc lamp. A more descriptive term might be electrified bamboo ash. Animated ash should not be confused with carbon ash, which is the dust of impurities in carbon electrodes, produced when a carbon arc lamp burns in a partial vacuum. Carbon ash, while recommended as being more beneficial in certain cases, was rarely if ever used during Cayce's lifetime, due mainly to the difficulty of manufacture.

A Brief History of the Ash

A reference to the value of carbon dust or ash in treating cancer first appeared in the readings around 1921. In years thereafter the number of requests for readings increased, and as there was more frequent mention of this ash in the readings, interested persons attempted to make it. It is difficult to piece together the details of this early history, and there is no doubt that one or more readings that were given on how to manufacture the ash were not preserved. At any rate, a friend of Edgar Cayce's living in Chicago, a Mr. Franklin Bradley, began in late 1929 or early 1930 to manufacture the ash and to sell it to persons who had readings which called for its use. Interestingly, a reading told Mr. Bradley that he was a reincarnation of Benjamin Franklin, so perhaps this gave him the inborn skills and impetus needed to develop the apparatus used in making the ash! The ash continued to be manufactured by Bradley until his death in the mid 1930's, and thereafter was made until Edgar Cayce's death by the Health Home Remedies Corporation, a group of Virginia Beach residents interested in commercializing some of the products formulated by the readings. The manufacture of the ash thus ended in 1945. [It can now be purchased from Baar Products.]

Physiological Effects of the Ash

After completing a study of most of the readings which called for the internal use of animated ash, if one Central theme or concept surrounding its use emerges, it seems to be this: the ash was recommended where there was a problem with the blood system.

The typical case in which the animated ash was prescribed involved what Cayce sometimes described as "impoverished" blood, caused by other conditions then existing in the body. The purpose and effect of the ash in these cases was to revitalize the blood by oxygenating and clarifying it. This renewed blood in turn would serve to help the body in its fight against whatever was causing the problem in the first place. The ash, in conjunction with electrotherapy, might then be called a blood stimulant, since it worked to purify this vital fluid. The revitalized blood was then better able to eliminate what was called "used forces," or *drosses* in the body, and better able to aid in the assimilation of food necessary for carrying on the normal life processes. In other words, the blood could once again begin to carry on its normal function of removing waste products and supplying nutrients to the cells.

In cases of cancer, for which the ash/electrotherapy combination was very often recommended, the function of the ash seems to be to help the body marshal its own resources to overcome "that which saps the vitality of the body itself," as Cayce once described cancer. While in one reading Cayce stated that there were 19 different kinds of cancer, in more than one instance he described cancer as basically a breaking down of cellular tissue complicated by poor elimination and assimilation and a "lack of the ability to coagulate used energies." In these cases the ash was supposed to help segregate the "used forces" in the body as well as gradually strengthen the body's vitality by clarifying and purifying the bloodstream. In reading 275-1, given for an individual with malignant cancer, Cayce said "Medicated ash will segregate [the condition] in system," although reading 23-1 speaks of a hormone which normally should do this job.

Current research by groups in America, Great Britain and Germany has indicated that the oxygen level of the blood plays an important role in tumor growth, so there seems to be some support for the assumption that Cayce's observations were correct.

General Directions for Use

(1) The ash is always emptied out of the capsule onto the tongue when ingesting it. It is washed down with a glass of water, or preferably, half plain and half carbonated water (club soda is carbonated water.) The ash should never be taken in capsule form, as it is not easily absorbed by the body that way.

(2) The dosage varied from 1/8 grain once or twice weekly to as much as 1/4 grain twice daily in serious cases of cancer. If taking the ash only once a day, the preferable time is when ready to retire.

(3) Electrotherapy was used in almost every case in which the ash was recommended. Electrotherapy consisted of either the Master hand-held High Frequency Device #9 (called the "Violet Ray" in the readings), or a heavy duty mercury quartz ultraviolet lamp, such as the Burdick model UV-800₂. Occasionally, as in reading 275-1, an infrared lamp was recommended. There is no discernible pattern as to which device was used in which case; however, the ultraviolet lamp was used most often in serious cases of cancer.

(4) For localized cancer, electrotherapy was used over the nerve ganglia that affected the area, and never over the area itself. For lymph tumors, electrotherapy was used on the solar plexus. For unlocalized cancer and lung problems, electrotherapy was usually used the first day on the upper dorsal area over the lungs. During the next treatment it was then used on the frontal area over the lungs and solar plexus.

(5) The period of time after taking the ash before the electrotherapy was begun varied from 5 minutes to as long as one hour, and there is no readily apparent pattern as to how long to wait. The most frequently recommended times were 5 - 10 minutes and 30 minutes. If the ash is taken on an empty stomach, a 10 minute wait might be suggested.

(6) The ultraviolet light was usually placed 38" - 48" from the body and used for approximately 1 or 2 minutes at a time. In serious cases a piece of green plate glass approximately a foot square and 1/4" - 1/2" thick was placed between the ultraviolet lamp and the body, at a distance of 14" - 18" from the body. (The ultraviolet light remains 38" - 48" from the body.) Apparently the green glass makes the radiation more effective and possibly filters out certain unneeded portions of the ultraviolet spectrum. Plate glass was probably suggested because its optical qualities are better than ordinary sheet glass. One currently available glass suitable for this use is PPG's green environmental plate glass known as SOLEX, available from glass distributors.

(7) The high frequency device (violet ray) was used with the bulb in contact with the skin, for a period of 1-2 minutes. This device generates a high-voltage, low-amperage current, commonly known as static electricity.

(8) A period of between 15 and 30 days on the ash was usually sufficient to renew the blood and obtain some response. Cayce gradually decreased frequency of administration as the patient regained vitality, and advised that he be outside in the open air as often as possible.

(9) Animated ash may be used during periods of elevated temperature, as in case 1045-3.

Indications

The ash is indicated in cases in which the patient would benefit by oxygenation of the blood stream. It is also indicated in any inflammation of the mucous membranes.

Contraindications & Side Effects

(1) Animated ash may be contraindicated when the heart is weak: "[Do not take animated ash] in the beginning [but rather after 3 weeks] for the responses of too much oxygen released in the system would be too severe, until the heart's action is made nearer normal." (2359-1)

(2) Do not take the animated ash on the same day that Atomidine is taken, if the latter is being used as a part of therapy. (see readings 677-2, 1202-3)

(3) Readings 325-60 and 325-61 indicate that X-ray therapy and animated ash therapy are not to be used on the same days, but 3-4 days apart.

(4) "[Do not give the animated ash] oftener than twice a day - and not more than 1/8 grain. Not that it is a poison, but that it would cause too great a reaction, too great a stimulation to oxidized blood already disturbed." (325-71)

(5) In reading 325-33 for a woman with a tendency toward cancer, the readings stated: "[Pain] may be expected when segregation is being attempted in the system through the accumulations from activity of an over-abundant or an abundance of oxygen for the blood stream but [the animated ash] should not be diminished, but little in quantity and should be given consistently."

(6) Q: "Does the ash upset my stomach at times?"

A: "Only when there is too much grease, or too much of those properties that upset with such, or cause it to float too much - prevents assimilation. At such times, take a small quantity of apricot brandy or a little wine; it will be much better." (325-55)

(7) "It would be well that the ash be left off occasionally... but not too long a time." (325-59)

This reading was given 5 years after this individual had begun to use the animated ash.

(8) If pain in the stomach occurs after taking the ash, drink a larger quantity of water with the ash.

A Report of Favorable Results of Use of the Ash Taken From the Readings

(1) Excerpt from 10/3/32 letter from Edgar Cayce to Dr. A.J. Foerter, M.D. in N.Y.C.: "There is one physician in N.Y. who has been using the ash for more than a year with indications of cancer, inflammation of the mucous membranes throughout the system, and declares he has had most wonderful success. I know of a few cases where cancer has been stopped by this ash, or it has been called cancer at least."

(2) From a 12/30/30 letter from E.C. to Franklin Bradley: ". . . the ash was suggested for her (325) - a woman with breast cancer] in a reading and she steadily improved when taking it, after the physician had given her only about 2 weeks to live... The ash worked wonders with (409) in a condition where the bone itself was involved." Note: Mrs. (325) did not die until about 6 years after beginning the animated ash treatment.

(3) From a letter dated 2/28/32 from the son of (304) to the A.R.E.: The animated ash seems to be one of the best stimulants we have ever encountered for my dad, who is a man who has been pretty well broken up in body, and who has been a sufferer with bronchial asthma for a matter of years. He takes an eighth grain of this a day, with a light treatment 3 times a week, and he has found it to be the most beneficial thing imaginable."

(4) 9/17/32 letter from E.C. to Dr. Foerter: "Wherever this [ash] has been used as suggested, we have found quite remarkable results, save in one instance, and I don't believe it was given as suggested then."

(5) 12/8/42 letter from husband of (2831): "We are today completing the 15th of the every-other-day treatments with the animated ash and the ultra violet ray light. Mrs. (2831) is apparently much stronger now than when the treatments were started; in fact she says she is stronger than in three years or more."

Note: The favorable reports should not lead to the conclusion that animated ash is a cure for cancer. Several individuals who had readings suggesting its use took animated ash for a period of 5 years or more, yet did not recover from cancer.

There was a general reading that implied that animated ash was good for lung conditions, which would tend to support the results in case (3) above.

Carbon Ash / Carbon 60

"A Boon to Humanity"



by S. Ballor and C. Bohannon

<http://www.edgar cayce houston.org/Carbon-Ash.html>

Edgar Cayce had the extraordinary ability to put himself into a trance and as he was losing consciousness, if a suggestion was made, he could send his mind to gather amazing information. Not only could he go back in time, but also out into the cosmos and inward down to the molecular level. His concern was to help people, especially with their health issues.

On March 22nd 1928, Edgar Cayce was reading for a woman who had cancer. He suggested that she use a substance he called "Carbon Dust" and even gave instructions for making it.

[TEXT OF READING 3857-2 F ADULT](#) 3/22/28 *

7. Over the affected parts, well were those properties of the dust of carbon sprinkled - for this would hinder the spreading of the condition in face, and would ease the body. Carbon dust - that as accumulates from the positive and negative carbon, as electric lights or lamps are burned. Not those as are of the mercury vapor, but of carbon joined together - the ash from same - will act as an alternative for the bringing together of tissue.

Over a period time, while in a trance, he became more specific as to the preparation of this carbon. The carbon rods of the electric arc lamp were to be placed in a vacuum, not a deep vacuum, but he indicated the pressure should be a 75% to 83% vacuum. The ash was to be collected from the sides of a glass globe placed over the carbon rods. Only that which vaporized and then condensed on the globe would be collected. He called this substance "Carbon Ash".

[TEXT OF READING 409-2 F 912](#) 8/15/29 *

Use the carbon lamp that is ordinarily, or has ordinarily been used ...as a search light. Use at least a globe ten inches in diameter over same. Closed only, as seen, in the lower end - and then only as sets in holder, making a vacuum of one-fourth or three-fourths vacuum, as given - that is, three-fourths of the hole are open, see? and the ash is that as condensed from burning of carbon - one solid, one cored - in this light, from the air and carbon. Not carbon as BURNED, see? for this carbon itself that is raked off, scraped off, is of such nature as to mean other elements in the human body - but the ash as condensed in the glass or crock globe, see? Give small quantities at the time. Now, for this particular condition - while this is being prepared (and be sure it's prepared properly before given), we would still use those applications of the ultra violet ray, see?

Carbon Arc Lamp for producing Edgar Cayce's Carbon Ash



Mr. Cayce also said this ash would have specific properties. It would release oxygen when exposed to high intensity light. The carbon would be rapidly taken up by the body. The light source prescribed could be an ultra-violet lamp or an infra-red lamp. He was very specific about the ultra-violet lamp which was to be used. A mercury quartz lamp was the only type suitable. He also insisted that this light be filtered through specific type of green glass.

[TEXT OF READING 3000-3 F 56](#) 3/24/44 *

6. But as we find, if there would be used rather the ultra-violet with the projection of green glass between the ultra-violet and the body, it would be more helpful to this body-force.

[TEXT OF READING 165-7 M 52](#) 7/13/29 *

Carbon, burned with a core and with a solid, produce - in the partial vacuum in which burned - an ash. This the ash referred to. We find then, this the product. The carbon in its normalcy, or as reduced, to be used as the carrier, and the oxygen of the air in combination with the other elements of the air, creating then an entirely different element, that is so purified, and clarified, that the carbon and oxygen is absorbed in HUMAN body when applied to same? That is this ash.

[TEXT OF READING 162-1 F 3](#) 12/2/30 *

The activities of the medicated ash are to release in the system more oxygen, as will CLARIFY the system - and the activity of the ultra-violet upon the system, with the effects or the carbon as created in system through the medicated ash, will make for THIS activity in the system.

[TEXT OF READING 757-1 F 44](#) 10/14/32 *

11. We would also, at least twice each week, take internally those properties found in the Carbon Ash [Animated Ash]. This is to release more oxygen, that will be effective upon the circulation as related to the distribution through the activity of the pulmonary circulation; that is, the heart's activity, the lung's activity, so that we will immediately see a variation in the character of the breath that may be thrown off with the use of this.

12. *On the days the Ash is taken, thirty to forty minutes after the dose is taken there would be applied the ultra-violet ray. This should be applied to the solar plexus area in the cerebra-spinal system, or between the brachial plexus and lumbar plexus, so that the greater centralization of the ray is upon the solar plexus area; for it is in distance half way between.*

Over the years a few people attempted to make the ash. Some spectrographic analyses were conducted in order to find out what was so special about this ash. No one had an answer. Why did Mr. Cayce insist on a mercury vapor ultra-violet lamp and the use of green glass as a filter?

**Edgar Cayce invented two lamps to activate Carbon Ash:
the Infra-Red Green Ray and the Ultra-Violet Green Ray**

**Edgar Cayce's
INFRA-RED
GREEN RAY
Lamp Fixture**



Edgar Cayce's ULTRA-VIOLET GREEN RAY Lamp Fixture

front view



back view

side view





A New Form of Carbon is Discovered

In the middle nineteen eighties in scientific circles, there was much debate on whether a third form of pure carbon could exist. The known forms being graphite and diamond. In the fall of 1985 Dr. Robert Curl and Dr. Richard Smalley, both of Houston's Rice University, successfully found new forms of carbon. They found that by vaporizing graphite with powerful lasers, the carbon would spontaneously condense into soccer ball-shaped cage structures. This molecule contained sixty carbon atoms. The chemical name of the molecule is carbon 60. Dr. Smalley and Dr. Curl named the new molecule "Buckminster Fullerene" in honor of R. Buckminster Fuller's geodesic domes. They are popularly known as "Bucky Balls".

The next scientific breakthrough came in 1990 when a German / American group and a British group independently showed that carbon 60 could be made in quantities using a carbon arc in an apparatus similar to a carbon arc lamp that might well have been available back in 1890. They found if they placed the arc in a deep vacuum, a hard substance like graphite was produced. But, as the vacuum was lessened and approached 75% to 83%, fine soot was produced which was rich in fullerenes. This process for making fullerenes became known as the Kratschmer-Huffman method.

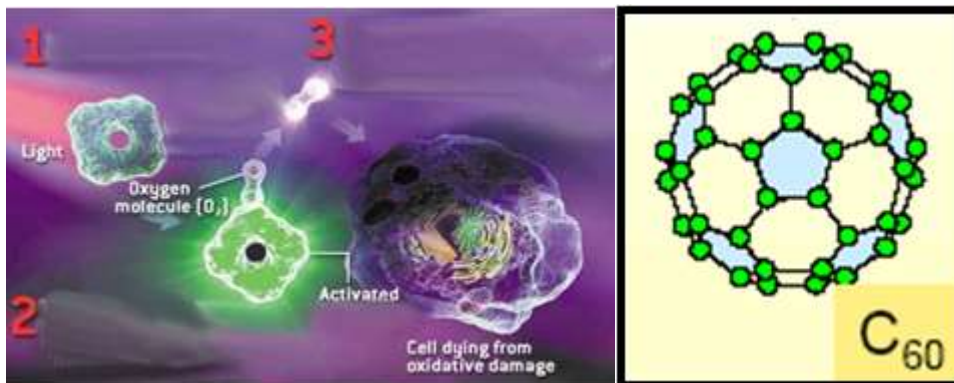
The properties of this newly discovered form of carbon have been found to be intriguing. Oxygen atoms tend to stick to the molecule's surface. The fullerenes release this oxygen when exposed to high intensity light. When released, this oxygen is in the form of singlet oxygen, which is a potent viricide and destroys diseased cells. The Kratschmer-Huffman method can produce fullerenes with up to five oxygen atoms attached.

Today Dr. Smalley sits on the board of directors of a company that is producing photo reactive drugs using the carbon 60 molecule. C Sixty, Inc. hopes that in the future these drugs can be used to combat cancer, AIDS, and osteoporosis among other diseases. Current research at several universities reveal that Photophrin, a compound used currently in photodynamic cancer therapy, is much less effective than Carbon 60.

Current Medical Research using Fullerenes

ISTC Project 2592, titled Laser Fullerene-Oxygen Therapy, is investigating the medical applications of fullerenes. Much of their work parallels the treatments Mr. Cayce described utilizing carbon ash. The project is using carbon 60 to develop methods for the deactivation of viruses, treatment of cancerous tumors and of miocardisishemia. They are also experimenting with carbon 60 in an applicable form as in a gel, film, or liniment, in the treatment of cancers with easily accessible tumors. This treatment is much like that described in the first reading Mr. Cayce gave on the carbon ash. It was to be used on a woman who had cancer of the face. A company named BioPhotoFullerenes, Inc. is developing cancer therapy applications based on the principle of photodynamic therapy utilizing the Fullerene molecule. Initial applications will focus on skin-deep tumor therapy and other skin disease applications.

A drawing illustrating how a Carbon 60 molecule releases its oxygen which then attacks a tumor cell. (1. Carbon 60; 2. Light activation of C-60; 3. Free oxygen atom attacking a tumor cell.)



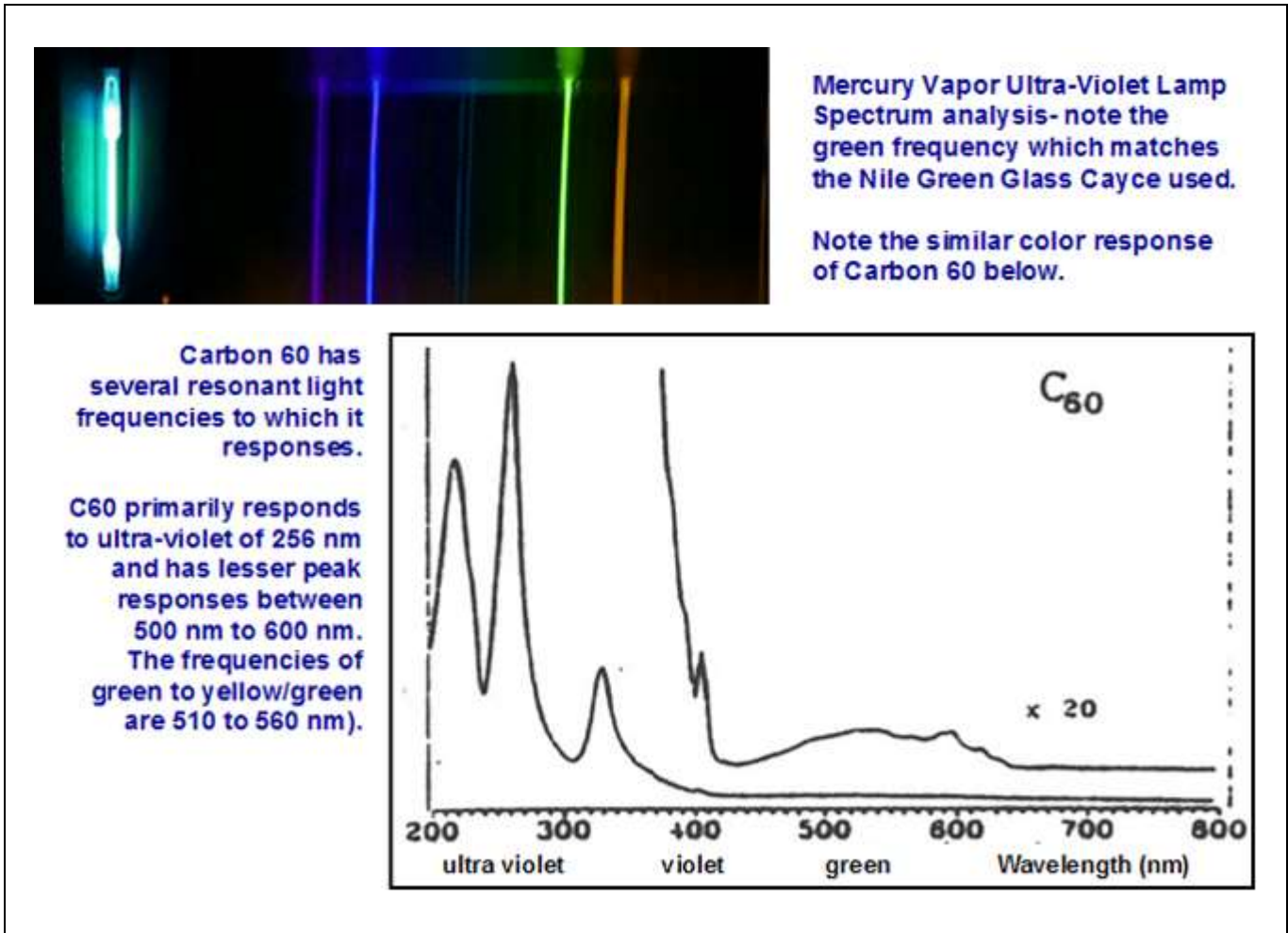
Fullerene Model: Dr. Smalley and Dr. Curl won the 1996 Nobel Prize in Chemistry for discovering a new form of carbon called Fullerene.

Atomic Resonant Frequencies

Albert Einstein won the Nobel Prize in Physics for his discovery of the relationship between color and atomic structure. When an element is heated to a critical level, it will produce a specific color which is determined by the size of the atom and its resonant frequency. Also an element can be excited by radiating it with its specific color frequency. This relationship is the basis of spectrographic analysis, a method for determining what any substance is made of. Mr. Cayce used this phenomenon to excite his Carbon Ash so that it would release the oxygen atoms attached to it.

The mercury quartz lamp Mr. Cayce used with the carbon ash has a maximum output at 254 nm. The mercury vapor spectrum also has prominent lines within the visible light spectrum at 436 nm (blue), 546 (green), and a pair at 577 nm and 579 nm (yellow- orange). The wavelengths between 500 nm and 550 nm correspond with the color green. Perhaps this is why Mr. Cayce wanted the mercury ultra violet lamp filtered through a green glass. He was exciting the

carbon molecule at its resonant frequency. The output spectrum of the mercury ultra violet lamp coincides with the most responsive frequencies of the Carbon 60 molecule. Since the UV rays are filtered out when they pass through the green glass, then why would he want to use a mercury vapor UV lamp? In the following reading he explains that other frequencies produced by the lamp are the ones which are used, especially the green part of the mercury vapor spectrum. Using a mercury vapor lamp and green glass produces an intense green light. This was probably the most effective way to produce this light using the technology of the time. Mr. Cayce once said the color of the glass should be "Nile green", which is a yellowish green color. The spectrum of the mercury lamp shows that Nile green glass is an exact match for the green line of the mercury lamp.



Edgar Cayce Combines Carbon Ash with Light Therapy

[TEXT OF READING 3370-1 M 1 1/2](#) 11/21/43 *

5. Ordinarily, because of improper application as for diet and such - this condition becomes of such a nature as to be consuming within itself, or of a malignant nature. This need not necessarily be true here - if there is the application of that which through radiation, or absorption and radiation, will keep the area tending towards an alkalinity; and then the adding of those

*vibrations through the radiation from the **Ultra-Violet**, with the projection of the **green glass** between it and the body.*

6. To be sure, these radiations by some are termed to be of such refractory that the value of electrical forces is eliminated. But those coming to such conclusions do not consider that **all vibration, color, and color with radiation - that is the aid here** - is to set the vibrations in the body for body-forces; and this body is in the developing stage, or that stage of growth - physical, mental and spiritual. **This vibration of the Ultra-Violet is as a "seeking out" in the body.** In bodies of a varied vibration, where there are such conditions as here, the Ultra-Violet without the green light might be helpful. But in most instances where there is needed a change in vibration, **the projection of a green light is preferable - because green is the healing vibration. Here, in the character or nature of disturbance where there is the formation of that which is any malignant nature, the green light will be more effective than even that of a more penetrating nature, or even the x-ray - that destroys tissue, but not being enabled to eliminate that destroyed, tends to come back upon itself after certain radiations.** Some forms of such might be aided if radium with its extra vibrations were added to that of the destructive nature.

7. But do not administer here other than the Ultra-Violet - the Mercury Light, with the green glass projected between the body and the Light. Have the Light at least thirty-seven to thirty-eight inches from the body, and the green glass about fourteen inches from the body. Use for only a minute and a half, about twice each week.

(This combination of Mercury Light, ultra-violet and green glass is known as the "ultra-violet green ray.")

[TEXT OF READING 3574-1 F 55](#) 1/20/44 *

*After each treatment rest for at least thirty minutes before attempting to leave or to move about a great deal. During that period have applied for a minute to a minute and a half the ultra-violet ray light, (the Mercury Light) with the green glass projected between the light and the body, not more than a minute and a half. Apparently the projection of the green glass deflects the very rays intended to be used by the ultra-violet. **True, it does take some rays from the light; yet the penetrating rays that are carried through are deflected or broken sufficiently that the green presents more of a healing power** to the conditions where there are those tendencies for inflammation in the mucous membranes or soft tissue, where there is the greater flow of lymph circulation throughout the body - soft tissue of face, lungs, organs of the digestive system, the abdominal area, through the whole alimentary canal. All will be aided and there will be less tendency for the accumulations that may, if there are irritations, become malignant in their nature...*

Cayce's Infra-red Green Ray

Edgar Cayce also suggested using an infra-red lamp filtered through green glass. He said that the infra-red would penetrate deep into the body and promote healing. This lamp is known as the "Infra-red Green Ray."

Today NASA is using light in the infra-red spectrum to heal wounds. Tissue exposed to infra-red light of 880 nm heals 250% more quickly than if not exposed to the light. NASA's experiments have shown that the infra-red light penetrates very deeply, up to nine inches of tissue, just as Mr. Cayce said it

does. The light somehow stimulates the powerhouse within the cell, the mitochondria, to produce more energy.

Recent experiments have shown that Carbon 60 is 40% more reactive to a combination of green light and infra-red light than to green light alone. Could this be why Mr. Cayce suggested filtering the infra-red through green glass?

[TEXT OF READING 2956-1 F 56](#) 4/6/43 *

14. *The activities of the Infra-Red are to stimulate the circulation to those structural parts of the body, to loosen - as it were - or to force a better form of circulation in not only the covering of the exterior but interior portions of the bones...*

[TEXT OF READING 757-1 F 44](#) 10/14/32 *

16. *At least once a week (but not on the same days the ultra-violet is given) we would apply the Infra-Red ray, but when used screen the ray with the quarter inch crystal of the GREEN glass, so that the rays that penetrate to the structural portions (from which the bone structure produce cells that act in the capacity of the corpuscles themselves) are penetrated with the vibration from the GREEN rather than the red. This should be given for twenty to thirty minutes, at least forty inches from the body.*

[TEXT OF READING 275-7 F 17](#) 2/19/30 *

2. *We would find that, WITH the ash - this will combine most in the system as a resistance by the releasing of oxygen in the system, with that of the ultra-violet, than with the Infra red. While the red NECESSARY, the variations in the ultra-violet's VIBRATION - even though it be with the exterior, rather than interior activity - is better in the blood, and the releasing of same.*

Clarifying Confusion about Carbon Ash Production

The Carbon Ash produced during Cayce's life and for years after was probably not correctly made. With today's scientific understanding of Fullerenes it may be possible to solve the mystery surrounding Cayce's Carbon Ash.

Carbon 60 seems to be identical to what Mr. Cayce described as Carbon Ash. However, there is one single reading that describes the carbon ash as being white. Carbon 60 is not white. It is black. However, when looking at the actual production of this substance, we can clarify some of the confusion.

[TEXT OF READING 1800-30](#) 5/7/37 *

11. *Now, as for Carbon Ash:*

12. *This is a different product. This is to be burned with one a cored carbon, one a solid; and burned in an eighty percent (80%) vacuum; **only the white Ash**. This would be more expensive, of course; should sell for at least five to ten dollars (\$5 to \$10 in 1930's) a grain when it is sold, or when it is prepared. This is for internal conditions such as cancer, or conditions of the stomach where there are ulcerations or cancerous conditions. We will find that such conditions, if taken in time, will find the closest response through such properties. Cancer of the uterus or of the womb - these conditions will be found to respond to the Carbon Ash. But this will require, to be sure, long, long burning - and that which adheres to the glass is that which is to be saved; not the scrapings of the carbon but the actual ASH of same, which is then carrying in*

same those properties that are effective not only as a radial activity from electrical forces but as the higher vibration that is destructive to conditions that are of the nature such as in cancerous conditions.

To differentiate between the product deposited on the inside surface of the bell jar and that deposit which fell to the bottom of the jar, Cayce described the finer material as white. It actually looks whitish through the glass of the jar. However, when it is collected from the inside walls of the bell jar and seen in direct light, it appears very dark brownish black. The fineness of the material diffracts the light causing the whitish appearance. The early researchers may have been misled by the description and adjusted the procedure until a truly whitish substance could be produced. Several people have produced this mysterious form of carbon ash from the thirties through today. The following correspondence illustrates some of the problems encountered:

Dear Miss Huffman:

I am returning herewith file copy of selections from Edgar Cayce readings marked 325 Cancer. It is now twenty years since the last reference to the use of carbon arc light for the production of "carbon Ash". I suspect that trace elements other than carbon which were present in the carbon electrodes or in the material used for the core of the cored electrode which were responsible for formation of the white ash.

Oxidation of pure carbon would produce only a gas - carbon monoxide or carbon dioxide so the white ash is obviously the oxide of some metallic or non metallic impurity in the carbon electrode. The important question then is - whether carbon electrodes as made today contain the same impurities as they did 20 years ago. Manufacturing processes are continually being changed. I know this well because I have spent my life finding ways of making such changes. If bamboo contains the essential ingredients then I presume that pulverized bamboo fibre could be used to replace the core of a carbon electrode and used in an arc lamp to produce the desired ash. I would appreciate it if you would let me know whether there have been any recent attempts to make carbon ash and whether curative properties were obtained.

Very truly yours, [signed] A. L. Boegehold

Dear Mr. Boegehold:

Your letter to Miss Huffman @ARE was referred to me for reply. For many years now there has been no work done on producing or using carbon ash or animated ash. Note that two different products are specified. Bamboo or animated ash is bamboo burned in a carbon arc. Carbon ash is the residue that collects on the glass globe when carbons are burned in a near vacuum. I agree that the "carbon ash" is probably trace elements or carbon compounds, rather than carbon itself. You raise an interesting point as to whether the carbons now used are the same as those of 20 yrs ago, or whether the by products of same would be the same. I don't know. I enclose some extracts from the readings describing the production of both animated and carbon ash. Also enclosed is a copy of a letter from a Neils Throost of S. Africa who

has produced some ash. The sample he sent is now being analyzed to determine its composition. The report is not yet available from the laboratory. It would be interesting for someone else to make up some of this ash, and see if (by laboratory analyses) the composition was similar to that made by Troost. Of course the final test would be to try it as suggested in some of readings and see if it had any effect. If you are interested in making up any I have a friend in the zoology dept of a university who could try it on animals. I hope the above information will be of help or interest to you. Hugh Lynn, my brother, usually asks that I answer inquiries of technical nature. I have a degree in electrical engineering (now employed by local power co.) and am a registered professional engineer in State of Va.

Sincerely, Edgar Evans Cayce (Note: The son of Edgar Cayce, who gave the readings, wrote the above letter.)

Mr. Boegehold and Edgar Evans Cayce were correct. The way the ash had been made was to allow the carbon to combine with oxygen and form carbon dioxide gas. The residue that was left was simply impurities from the graphite electrodes. Spectrographic analysis were done on a number of samples of carbon ash. In each one, no carbon was present.

This white ash was not as successful as hoped. The ability of the white ash to cure disease was and is questionable at best. The white version of carbon ash never became the miracle cure that Mr. Cayce claimed. Perhaps this is because the white ash did not contain any carbon as Mr. Cayce said it should. All that was left were oxides of trace minerals and metals.

When in a partial vacuum, the extreme temperature of the electric arc causes the carbon to sublime. This means it changes directly from a solid into a gas, much like dry ice does. When the gas cools it condenses and binds to itself forming lattices that fold over and form the soccer ball shape of Carbon 60.

When Mr. Cayce described the ash as being white, maybe he was trying to differentiate between the scrapings of the automatic feed mechanism and that which condensed on the glass. In a number of readings he warned that the carbon ash was not prepared properly and that scrapings from the electrodes were being added to the mixture.

[TEXT OF READING 409-2](#) 8/15/29 *

9. (Q) *What was wrong with the ash that we received?*

[See 165-9 and 165-10 on 7/27/29-8/3/29 in re making it.]

(A) *It's just been given, that it's the carbon itself and not the ash of that as created!*

Nelson analysis in weight % of metal content

REPORT OF QUALITATIVE SPECTROGRAPHIC EXAMINATION ELEMENT APPROXIMATE PERCENTAGE

Samples	A	B	Samples	A	B
Boron	2.0	2.0	Vanadium	0.006	0.01
Silicon Major Constituent			Copper	0.04	0.08
Aluminum	0.4	0.4	Sodium	0.4	1.0
Manganese	0.02	0.02	Titanium	0.01	0.01
Magnesium	0.06	0.06	Nickel	0.2	0.4
Iron	1.0	2.0	Potassium	1.0	1.0
Calcium	0.6	0.4			



White Ash?

To: Edgar E. Cayce
LEDOUX & COMPANY, Inc. [signed] A. F. Larkin Spectrographic Analysis of Carbon Ash by Ledoux & Co. 359 Alfred ave. Teaneck N.J., This sample submitted by Niels Troost

Silicon.....	High	Copper.....	Low	Vanadium.....	Trace
Iron.....	Medium	Arsenic.....	Trace-Low	Lead.....	Trace-Low
Sodium.....	Medium-High	Magnesium.....	Trace	Chromium.....	Trace
Aluminum.....	Medium	Manganese.....	Trace	Barium.....	
Boron.....	Low	Nickel.....	Trace	Cobalt.....	
Calcium.....	Low	Titanium.....	Trace	Tin.....	

Ledoux Analysis is based on following:
High 10-100% Medium 1-10% Low 0.1-1% Trace less than 0.1% Spectrographic Analysis of Carbon Ash by Nelson. This sample collected by Elliot Nelson, 139-60 85th Dr., Jamaica 35 N.Y.

Potassium.....60.0	Calcium.....0.6	Vanadium.....0.07
Silicon.....30.0	Copper.....0.05	Lead.....0.04
Iron.....7.0	Magnesium.....0.4	Chromium.....0.02
Sodium.....1.0	Manganese.....0.2	Molybdenum.....0.003
Aluminum.....0.3	Nickel.....0.1	Strontium.....0.2
Boron.....0.6	Titanium.....0.08	

SUMMARY:

Is Carbon 60 the same form of carbon that Edgar Cayce described in a trance state over 70 years ago? The similarities between what he described and what we know as Fullerene (Carbon-60) seem to be more than coincidental.

- Carbon 60 is made the same way Mr. Cayce specified Carbon Ash was to be made. The compound forms at the pressure that Mr. Cayce said it would. The method for

making the ash as he described is identical to the Kratschmer-Huffman method. When a sample of Carbon Ash, made and collected exactly as Mr. Cayce instructed, was tested by a local laboratory, it did contain the Fullerene known as Carbon 60.

- Carbon 60 has the same chemical properties Mr. Cayce described. The molecule attracts oxygen and releases it when exposed to specific frequencies of light. It is a new form of carbon as Cayce described. The Cayce / Kratschmer-Huffman method of producing fullerenes is the best method of producing fullerene oxides that contain up to five oxygen atoms for each atom of Carbon 60.
- Carbon 60 and Cayce's Carbon Ash are both photodynamic and have the same light sensitive properties. Both molecules are specifically excited by the frequencies of green and ultra violet and are also boosted 40% by a mixture of green and infra-red frequencies. Both of the lamps and filter combinations Mr. Cayce suggested to use with the Carbon Ash specifically produce the frequencies necessary to excite Carbon 60.
- Carbon 60 has the same effect on the human body as Mr. Cayce said Carbon Ash would have. It is absorbed through the tissues into the bloodstream. Carbon 60 stimulates the immune system of the body. The singlet oxygen it releases has a direct action on the blood which stimulates the body's production of leukocytes. Potent antiviral properties are exhibited by the singlet oxygen Carbon 60 produces when irradiated with light.
- Carbon 60 is now being tested in photodynamic cancer therapy.

If Carbon Ash is not the same as Carbon 60, it is a very close cousin with identical properties and certainly worth investigating. Mr. Cayce said with research Carbon Ash would be a boon to humanity and phenomenally successful.

Today we have a much better understanding of the science of materials and the instrumentation to research it. The authors are convinced that Mr. Cayce was describing how to produce a "new element" or new form of carbon. The research into the medical uses of Carbon 60 are proceeding at a phenomenal rate. But scientists, as usual, are making it much more complicated than necessary. Carbon 60 is readily available from commercial laboratories at 99% purity at reasonable prices. There is no longer a need to learn how to make Carbon Ash. The challenge now is learning how to use it. Mr. Cayce gave many suggestions for using Carbon Ash. No doubt we will find many more as we research the possibilities.

[TEXT OF READING 1800-30](#) 5/7/37 *

13. The Animated Ash, then, has the larger activity; though the Carbon Ash - and that which may be combined from same - may eventually, with research, prove the greater boon to humanity.

[TEXT OF READING 165-7 M 52](#) 7/13/29 *

A great field here, worth developing, and will prove PHENOMENAL in its success.

INDEX OF READING 1800-30

ASH: ANIMATED
: CARBON

Names: Organizations Mentioned: Iodex Laboratories Par. 17-A
: Manley & James Par. 17-A

Physiotherapy: Massage: Anidex Par. 7--10
: Iodex Par. 7--10

WORK: E.C.: FORMULAS: ANIDEX
: RESEARCH: HEALTH HOME REMEDIES CORPORATION
: Home Health Products, Inc. Par. R24

TEXT OF READING 1800-30

This Psychic Reading given by Edgar Cayce, this 7th day of May, 1937, in accordance with request made by the Manager of the Health Home Remedies Corp., Mr. Thomas B. House, Active Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will have before you the Health Home Remedies Corp., and the activities of its Manager, Thomas B. House, Jr., present in this room, in making the Animated Ash. You will advise if either of the samples which he holds in his hand, marked #1 and #2, is correct. If so, which one? If not, what changes? You will advise him regarding the manufacture of this Ash and answer questions regarding same.
2. EC: Yes, we have the activities of Thomas B. House as related to the Health Home Remedies Corporation, and the manufacture of Animated Ash.
3. Now, in considering these products - and the intent and purpose that has first been given - as will be seen from a study and an analysis of that which has been the activity in the preparation - this preparation is not that as was originally given for Carbon Ash. [See 3857-2, 3/22/28, and subsequent questionings by Mr. [165]?] [Also see previous references in [1800] series.]
4. Now, as for the Animated Ash - that is being asked concerning or considered here:
5. That burned between or in the most vacuum of the reed, or #1, is that which has more beneficial elements in same. This is the way, the manner then for the preparing of same; but will require that there be a great deal of precaution in the making of same in this manner.
6. Now as to the Animated Ash's usages:
7. This is to be taken mostly internally; or to be combined for local application for a mild character of condition as related to abrasions, boils, carbuncles, old sores or the like - or that as may be more proficient and farther-reaching, as for corns, bunions and callouses - combined with the preparation called Iodex. [See 1800-27 giving the formula for the combination, now to be called Anidex.]

8. The proportions for corns, bunions, callouses would be five (5) grains in an ounce of the compound Iodex.
9. For carbuncles, old sores, abrasions, cuts, burns or the like - two (2) grains to an ounce. Two grains of the Animated Ash (as prepared in the manner indicated in #1, you see) to an ounce of the Iodex.
10. To be taken internally for fevers - as pertaining to typhus, intermittent, tic or the like, any of these - we find most of these would respond in most cases; where there is a tubercular condition, inflammation of the stomach, inflammation of the lungs, inflammation of the bones. In such cases there would be taken internally one-eighth (1/8) grain of the Animated Ash, but in varied conditions the Violet Ray - or Ultra-Violet Ray would be applied to produce the reaction in the system.
11. Now, as for Carbon Ash:
12. This is a different product. This is to be burned with one a cored carbon, one a solid; and burned in an eighty percent (80%) vacuum; only the white Ash. This would be more expensive, of course; should sell for at least five to ten dollars (\$5 to \$10) a grain when it is sold, or when it is prepared. This is for internal conditions such as cancer, or conditions of the stomach where there are ulcerations or cancerous conditions. We will find that such conditions, if taken in time, will find the closest response through such properties. Cancer of the uterus or of the womb - these conditions will be found to respond to the Carbon Ash. But this will require, to be sure, long, long burning - and that which adheres to the glass is that which is to be saved; not the scrapings of the carbon but the actual ASH of same, which is then carrying in same those properties that are effective not only as a radial activity from electrical forces but as the higher vibration that is destructive to conditions that are of the nature such as in cancerous conditions.
13. The Animated Ash, then, has the larger activity; though the Carbon Ash - and that which may be combined from same - may eventually, with research, prove the greater boon to humanity.
14. Ready for questions.
15. (Q) Can I make Carbon Ash with the machine I am using now?
(A) This should be a little more of a vacuum. But remember it will require long, long burning! A day's burning may make a grain!
16. (Q) Is it necessary to use the globe in making the Animated Ash? to burn it?
(A) This, so there is a container that will catch same, may not be used - so long as it is burned between the arcs.
17. (Q) Please advise me what suggestions to make to Dr. Leonard [of N.Y., Iodex laboratories] of Manley & James for testing combinations of Iodex and Ash.
(A) That it be used for those conditions as we have indicated, for which it may be used as a local application externally; used in the proportions as indicated for combining with the product Iodex; and this should be then combined or used by those that manufacture or make same, for those things indicated - and named by them!
18. (Q) Does pulverizing the Animated Ash cause it to lose any of its value?
(A) Only in dampness does it lose its value. Hence as soon as it is prepared it should be put in capsules and sealed.

19. (Q) Is it necessary to sift through a screen?

(A) Just so that it is burned properly, not necessary. The activity is this:

In the cells of bamboo, combined in the oxygens and elements that are destroyed in the vacuum, there is that as becomes helpful to treating of conditions where there is the need for the loosening of oxygen - animated by the activity of the electronic energies upon the atomic structures of same - and hence becomes beneficial throughout. We are through for the present.

REPORTS OF READING 1800-30

R12. 11/27/56 Edgar Evans Cayce's letter to HLC: MEMORANDUM

TO: Mr. H. L. Cayce

FROM: Edgar E. Cayce

Reference letter from your friend in South Africa

I think you should make very clear the fact that neither the ARE nor any of its members can make any recommendations for the treatment of cancer or any other disease. The readings that Edgar Cayce gave were for specific individuals. None of the treatments that were suggested should be generally applied until they have been tested scientifically and proven to be of benefit. The only case I can recall where this has been done is in the use of tannic acid for treatment of burns.

I once spent some time in looking up available references on "animated ash" and I found only a mention of bamboo ash. The most generally mentioned ash was what was called "carbon ash". This was produced by the burning of two carbon rods in a partial vacuum. The ash was supposed to form on the sides of the glass container in the form of a small amount of ash. The readings once stated that several hours burning might produce a grain. Exactly what this ash is was never stated, other than to call it "carbon ash". After it had been prepared this ash was to be sealed in airtight capsules to keep it from moisture and to be taken as directed in readings (one eighth, 1/4 and 1/2 grains at a time were recommended). About 1/2 hr after taking the Ash an ultra violet light or violet ray was used over effected parts of body.

Note that no experimentation has been done to produce or analyze this ash. These readings are 10 to 20 years old and perhaps better treatment for cancer etc. has been discovered, and is in common use.

If your friend wants to try to produce and experiment with this ash I would suggest that he use carbon rods for the electrodes (for either carbon or bamboo ash). Since an arc has a negative resistance characteristic, an external resistance should be used in series, as a constant potential source would not prove stable (should be constant current source). I don't believe the amount of vacuum is critical, though I remember the figure 83% vacuum which I assume also is as he figured it (5" Hg).

The trouble with all this is that there are several kinds of carbon, and different kinds of arcs, and the amount of vacuum may affect the results. A lot of experimentation is called for (this simply has not been done). It would be interesting to produce the ash and have it analyzed. I would be curious to know exactly what it is. In these days of radioactive compounds there may be something available now that is better; on the other hand this may be better than anything now in use.

You might look up the paper I once gave you (believe it is in your desk) on which I summarized all the information I collected on this subject (it wasn't very much) and send it along with copy of this to Mr. [Troost] (I couldn't make out the name as he signed it) in S. Africa. I hope it will be of help. I would be interested to hear if he ever produces any of the ash, and what he does with it.

Edgar E. Cayce

R13. 6/5/57 Edgar Evans Cayce to Dr. Niels Troost:
Mr. and Mrs. G[wen] Troost [Dr. & Mrs. Niels Troost] P.O. Box 1091 Johannesburg,
South Africa

Dear Mr. and Mrs Troost:

I understand from several of your letters to the ARE that you are interested in experimenting with the "carbon ash" mentioned in some readings dealing with treatment for cancer and allied diseases.

As you know every reading was for an individual, and what was recommended for one person might not apply to another. However, this "ash" was suggested several times. I went over as many readings as I could locate which mentioned this ash and made up some notes which Gladys typed up as the extracts on ash.

There were two types mentioned; one was bamboo burned in a carbon arc, (this was referred to an animated ash) and the other was the residue that collects on the glass when carbon is burned, in an arc, in a near vacuum. It mentioned that a day's burning might produce a grain. Some people have made this up in the past, but as far as I know it has never been produced and tested under laboratory conditions. The ARE can only put such information out to members on an experimental basis, making no claims as to what it is or what it will do. This was called carbon ash.

Since I understand you have made up some I would surely like to know if you have had it analyzed and what is its exact composition? Is it a form of carbon? or something else? what? Is it radio active? The readings said that it should be sealed in capsules upon production as it deteriorated with moisture. Have you tried any experiments with it? what results?

We would appreciate very much any information you may have on its production and use.

It is extremely difficult to get qualified personnel to even read the readings, much less make a study of any subject. Therefore it is almost impossible to get doctors or engineers to make up any of the appliances or products suggested in the readings and test them under laboratory conditions. There are a few exceptions to this, and we hope to get some work done this summer on the appliances. We are trying to keep records of all work of this type that is done. Therefore any information you may have to offer on your work with the carbon ash will be a real contribution to the ARE. Thanks.

Sincerely, Edgar E. Cayce

R14. 9/23/57 Dr. Niels Troost [Engineer], P.O. Box 1091, Johannesburg, So. Africa, to Edgar Evans Cayce, Va. Beach, Va.:

"Thank you for your letter of June 5, 1957, and also for all the other information you have given us, notably the collection on carbon ash, which, I gather, you prepared. [2/57 Selections on ANIMATED ASH for Sponsoring Members of A.R.E.]. I am sorry that this reply to your letter has been so long delayed. I had hoped to be able by now to answer some, if not all, the questions you have put, but I am afraid this is not so, because of one reason and another. Let me elaborate.

"We [wife Gwen and I] became interested in the Ash when we hoped to help her mother who was given up as a hopeless case by the medical profession about this time last year. We had only limited information on this material, in the form of the preliminary selections the A.R.E. sent us, and from this we attempted to produce the material, but were not successful.

"When your later selections came along, we started again, this time, I think, on the right track, and we did produce what I feel is the correct carbon ash. It is quite an elaborate business and it took quite some weeks of effort to assemble and have made all the equipment required, and to get it to operate satisfactorily. I shall describe it to you

briefly, but before doing so, I have to tell you regretfully that the purpose for which we started to make the Ash did not succeed - my wife's mother passed away the very next day after we had made the first quantum of what I can truthfully describe as proper Ash. I am afraid it was truly a hopeless case, because the trouble was unknown to us until it was very far gone.

"To make the Ash I obtained first of all a very large arc lamp, such as is used in printing copies from tracings in drawing offices. This lamp is of German manufacture and uses 1/2" dia carbons. It consumes about 10-12 amps when normally operating with about 50-70 volts (A.C.) across the arc and is fitted with a current regulating external choke. It has an automatic feed arrangement but only to the extent of one (top) carbon, the bottom carbon being fired, but as this latter electrode is consumed very slowly compared to the top one the arrangement gives about a 24-hour run before requiring a refill. The arc is enclosed in a pyrex glass, of course, which serves to collect the ash, as it forms.

"This whole contraption I had fitted into a vacuum tight case, which I had especially made to fit and which has connections for taking the leads, a pressure gauge, a pressure switch, and a vacuum pump connection. Outside I then have a fairly large capacity vacuum pump, electrically driven, which is stopped and started by the pressure switch, and on the electrical side, beside the choke, I have a transformer (2 kVA, auto-) to give me either 110, or better 165 V, from our 220 V. mains. The only item I am not altogether satisfied with is the pressure switch. The best single switch I have been able to get is capable of being set only at about 5-6 ins. pressure difference, i.e. if set at 17 ins. vacuum to cut in the motor (i.e. 7 1/2 ins. also on our 24 1/2 ins. barometer at 5700 ft. altitude) it will not cut out at less than 22 to 23 ins., i.e. I am operating at between 75% and 95% vacuum, based on sea level, 30", barometer. This, I feel, is perhaps rather more than Mr. Cayce's readings would have tolerated but to effect an improvement it will be necessary to go to two switches, one to cut in and one to cut out, with all the complications on the electrical side this entails. This for the future. To finish off I might add that the whole equipment must amount in weight to 300 or 500 lbs., and that by now I must have about \$1,000 (one thousand dollars invested in it. Hence my remark earlier that it is quite an elaborate business.

"The other thing that I am not quite satisfied with concerns the operation of the equipment. I have it installed in the basement of my city office where there are cars, electrical supplies, a heating and ventilating plant, including a heating boiler, attendants, ash removal arrangements, etc. in the neighborhood. The readings stress the necessity for pure air. Now whilst the air into this vacuum container is pretty well filtered (I rely on leakage which is small) it can nevertheless not be said to comply with the description pure. At present I have no alternative accommodation, a state of affairs I hope to remedy shortly.

"Regarding production of Ash, the core of the carbons and amounts of power input makes this relatively good. I seem to get rather more than the readings' one grain per day, 2-3 grains per 24 hours seems to be about right for my conditions. One regrettable item is the fact that the self feeding mechanism of the lamp tends to give rise to some scrapings of carbon mixed with the Ash. I do not know how to overcome this problem, which is fortunately not so bad as most of these carbon granules can be dropped out of the glass before the carbon ash is scraped off the sides. However, some contamination remains. This is not serious but does affect the weights afterwards, when it comes to weighing off quantities. It also makes the color darker than it would be.

"I have not yet had the Ash tested for its properties. I cannot imagine that chemically it contains any other constituents than the original carbon and air does. I have not yet tested it for radio activity - which must be slight, if any, or for its effect on a photographic

plate. The laboratory facilities at my disposal for this purpose are very limited at the moment, and through one reason and another my time is also very much occupied. However, all things come in due course.

"I am enclosing a one grain sample of the Ash for you, so you can see what it looks like. It is not sealed so it may have lost its properties by now but this does not appear to affect its appearance. In this very dry climate of ours it is doubtful if appreciable deterioration would occur over a few weeks, even if the Ash was only wrapped in paper.

"From the readings I get the impression that, of the two ashes, carbon and bamboo, the former is the more powerful. Hence, since our first unsuccessful experiments, I have not tried again to make bamboo ash.

"I have not had the material analyzed, as already mentioned, nor have I done any other experiments with it. Thus far I have only made it. Other than this I can give no information. I hope all this is some use to you.

"With very best wishes to you and all the A.R.E.,"
Very sincerely yours, Niels Troost

R15. 10/15/57 Mr. Boegehold's letter to ARE:
ALFRED L. BOEGEHOLD 3742 ERIE DRIVE ORCHARD LAKE, MICHIGAN
Miss Grace Huffman [Membership Secretary] Association for Research and
Enlightenment Virginia Beach, Va.
Dear Miss Huffman:

I am returning herewith file copy of selections from Edgar Cayce readings marked 325 Cancer.

It is now twenty years since the last reference to the use of carbon arc light for the production of "carbon Ash". I suspect that trace elements other than carbon which were present in the carbon electrodes or in the material used for the core of the cored electrode which were responsible for formation of the white ash. Oxidation of pure carbon would produce only a gas - carbon monoxide or carbon dioxide so the white ash is obviously the oxide of some metallic or non metallic impurity in the carbon electrode. The important question then is - whether carbon electrodes as made today contain the same impurities as they did 20 years ago. Manufacturing processes are continually being changed. I know this well because I have spent my life finding ways of making such changes. If bamboo contains the essential ingredients then I presume that pulverized bamboo fibre could be used to replace the core of a carbon electrode and used in an arc lamp to produce the desired ash. I would appreciate it if you would let me know whether there have been any recent attempts to make carbon ash and whether curative properties were obtained.

Very truly yours, [signed] A. L. Boegehold

R16. 10/29/57 Froehling & Robertson, Inc. Inspection Engineers . Chemists .
Bacteriologists Since 1881 Branch Laboratories Norfolk, Charlotte, Raleigh, Washington,
Baltimore

Mr. Edgar E. Cayce Oceana, Virginia

Dear Sir:

We Have Received A Small Sample Of Carbon Deposits From Our Norfolk Branch And Are Writing To Request A More Complete Description Of The Trouble Experienced.

We Are Not Certain That We Are In A Position To Accept The Assigned But Assure You That We Will Give It Every Consideration Before We Come To A Decision Or An Estimate Of Costs Involved.

Thanking You, We Are Very Truly Yours, Froehling & Robertson, Inc.
[signed] J. M. Weaver CHIEF CHEMIST [JMW/ed]

ASH: ANIMATED AND CARBONATED, VOL. 1 CIRCULATING FILE

MEMBER: American Society for Testing Materials . American Concrete Institute . American Council of Commercial Laboratories . Virginia Academy of Science . American Road Builders Association . Southern Association of Science & Industry . Society for Nondestructive Testing

REPRESENTED IN: American Wood Preservers Association . Association of Asphalt Paving Technologists . American Water Works Association . American Chemical Society . American Public Health Association . Technical Association Pulp & Paper Industry

R17. 10/30/57 Edgar Evans Cayce letter to Mr. Boegehold: 300 Michigan Av Oceana, Va. Mr. Alfred L. Boegehold 3742 Erie Drive Orchard Lake, Michigan

Dear Mr. Boegehold:

Your letter to Miss Huffman % ARE was referred to me for reply.

For many years now there has been no work done on producing or using carbon ash or animated ash. Note that two different products are specified. Bamboo or animated ash is bamboo burned in a carbon arc. Carbon ash is the residue that collects on the glass globe when carbons are burned in a near vacuum.

I agree that the "carbon ash" is probably trace elements or carbon compounds, rather than carbon itself. You raise an interesting point as to whether the carbons now used are the same as those of 20 yrs ago, or whether the by products of same would be the same. I don't know.

I enclose some extracts from the readings describing the production of both animated and carbon ash.

Also enclosed is a copy of a letter from a Neils Throost of S. Africa who has produced some ash. The sample he sent is now being analyzed to determine its composition. The report is not yet available from the laboratory.

It would be interesting for someone else to make up some of this ash, and see if (by laboratory analyses) the composition was similar to that made by Troost.

Of course the final test would be to try it as suggested in some of readings and see if it had any effect. If you are interested in making up any I have a friend in the zoology dept of a university who could try it on animals.

I hope the above information will be of help or interest to you. Hugh Lynn, my brother, usually asks that I answer inquiries of technical nature. I have a degree in electrical engineering (now employed by local power co.) and am a registered professional engineer in State of Va.

Sincerely, Edgar E. Cayce

R18. 11/22/57 Froehling & Robertson, Inc. Inspection Engineers . Chemists . Bacteriologists

Mr. Edgar E. Cayce Association For Research And Enlightenment, Inc. Virginia Beach, Virginia

Dear Sir:

With reference to our chemical analysis of the small sample of carbon deposits submitted through our norfolk branch, we are experiencing a considerable amount of difficulty due to the very limited quantity of sample available (50 mg) and the smaller amount of ash on which the analysis must be made for elements other than carbon.

Will you kindly advise us as to whether or not any additional amount of sample can be sent to us? If so, would you please forward it directly to the writer at your earliest convenience. We may be unable to complete our analysis unless additional material is available.

Very Truly Yours, Froehling & Robertson, Inc.
[signed] J. M. Weaver CHIEF CHEMIST [JMW/ed]

R19. 11/27/57 Edgar Evans Cayce's letter to Mr. Weaver:

300 Michigan Ave. Oceana, Va.

Mr. J. M. Weaver Froehling and Robertson 814 West Cary St. Richmond, Va.

Dear Mr. Weaver:

Reference your letter of 22 Nov. requesting an additional sample of ash: This ash is produced by burning two carbons in a near vacuum. It is the residue that collects on the glass globe after such combustion. This ash, the sample sent you, was not produced locally, and we do not have any apparatus to reproduce it. We were hoping to get an analysis on the amount sent, at least a spectrograph showing what elements were present. We will contact the individual who made up this ash and try to obtain an additional amount, though the new sample probably won't be much larger than the original as it requires about 24 hrs to produce a grain. (there were probably some carbon scrapings mixed in with the actual ash deposit)

There may be some delay in obtaining another sample. I will forward it to your office in Richmond as soon as it is obtained, and if it is unobtainable I will write you. Meanwhile I would appreciate any information you have been able to derive from the small quantity furnished.

We are interested in knowing:

1. If the ash is at all radioactive
2. What elements it contains
3. What compounds or form these elements exist in in the sample
4. Percentage or at least relative amount of each compound and/or element.
5. Any other pertinent information that may turn up in your analysis.

Sincerely, Edgar E. Cayce

R20. 11/27/57 Edgar Evans Cayce's letter to Mr. Troost:

300 Michigan Ave. Oceana, Va.

Dr. Neils Troost P.O. Box 1091 Johannesburg, Union of South Africa

Dear Dr. Troost:

I certainly appreciated your letter of 23 Sept. telling of your work in producing the carbon ash. I have delayed in answering it as we have been waiting on a laboratory report of an analysis of this ash. Just yesterday the laboratory wrote and said they would like an additional sample as they would be unable to complete their analysis with the small amount furnished. I was hoping to be able to send you a copy of the lab report.

If you still have your machine set up I wonder if you could send me another sample (sealed in moisture proof container or capsule)? I would surely appreciate it as we have no other source at present, and we would like an analysis of the ash for our records to see exactly what elements are present and in what compounds or proportions. If you do not have facilities any longer for producing it please advise me.

I will be glad to send you a report of the laboratory analysis as soon as it can be obtained. I wonder if you contemplate any experiments on your own with this ash? Do you plan on keeping your apparatus set up? We might be able to arrange some experiments with this ash, if we had a source of supply. If the latter becomes a reality I am sure the ARE can arrange some compensation for your time and materials in producing this ash.

Thanks again for your past cooperation, and please send me another sealed sample of the ash if it is possible for you to do so. We would like to furnish the laboratory enough for them to be able to complete their analysis; this may be of value in future research on this product.

Sincerely, Edgar E. Cayce

P.S. I realize that all is very true of what you said in your letter as to whether the carbons now are the same as they were 20 yrs ago etc. I don't know. It may be that the ash you produced is the same as that described in the readings, or again it may not be exactly the same. I was hoping to get a clue from the analysis of the ash as to why it might have any effect on cancer or similar disorders. Maybe something would turn up that may fit in with what is now known; maybe this will be all new. At least it is an avenue of investigation and I don't think we should turn down any possibilities. EEC

R21. 3/7/58 Analysis of Carbon Ash by Ledoux & Co. [see also under 750-1 Reports]:
Ledoux & Company (Inc.) Engineers, Chemists, Assayers, Spectroscopists 359 Alfred Avenue, Teaneck, New Jersey
REPORT OF ANALYSIS No. 762885

Our analysis of the sample of CARBON ASH From Edgar E. Cayce
Marked: and submitted to us, shows:

By Spectrographic Analysis:

Aluminum....Medium Arsenic.....Trace-Low Boron.....Low Barium.....Trace
Calcium.....Low Cobalt.....Trace Chromium....Trace Copper.....Low Iron.....Medium
Magnesium...Trace Manganese...Trace Sodium.....Medium-High Nickel.....Trace
Lead.....Trace-Low Silicon.....High Tin.....Trace titanium....Trace Vanadium....Trace
Radio-activity....None detected [10/22/82 GD's note: I think the Radio-activity came with
the use afterwards of the Violet Ray in the areas indicated for "releasing the oxygen."]

To: Edgar E. Cayce

LEDOUX & COMPANY, Inc.

[signed] A. F. Larkin

Spectrographic Analysis of Carbon Ash by Ledoux & Co. 359 Alfred Ave. Teaneck N.J.

This sample submitted by Dr. Niels Troost

Silicon.....High Iron.....Medium Sodium.....Medium-High Aluminum.....Medium
Boron.....Low Calcium.....Low Copper.....Low Arsenic.....Trace-Low
Magnesium....Trace Manganese.....Trace Nickel.....Trace Titanium.....Trace
Vanadium.....Trace Lead.....Trace-Low
Chromium.....Trace Barium Cobalt Tin

Ledoux Analysis based on following:

High 10-100% Medium 1-10% Low 0.1-1% Trace less than 0.1%

Spectrographic Analysis of Carbon Ash by Nelson.

This sample collected by Elliot Nelson, 139-60 85th Dr., Jamaica 35, N.Y.

Potassium....60.0 Silicon.....30.0 Iron.....7.0 Sodium.....1.0 Aluminum.....0.3
Boron.....0.6 Calcium.....0.6 Copper.....0.05 Magnesium.....0.4 Manganese.....0.2
Nickel.....0.1 Titanium.....0.08 Vanadium.....0.07 Lead.....0.04 Chromium.....0.02
Molybdenum....0.003 Strontium.....0.2

Nelson analysis in weight % of metal content.

R22. 8/17/73 See Source File Key #1800-30 for Don Button's research in A.R.E. Library on the ASH. See 165-7 Reports on ultra-violet rays.

R23. 6/4/74: This is an analysis of carbon ash obtained by the A.R.E. Clinic in 5/74:
Report Of Qualitative Spectrographic Examination Element Approximate Percent

Sample A		Sample B		Major Constituent					
Boron	2.0	2.0	Silicon	Aluminum	0.4	0.4	Manganese		
0.02	0.02	Magnesium	0.06	0.06	Iron	1.0	2.0		
Calcium	0.6	0.4	Vanadium	0.006	0.01	Copper	0.04		
1.0	Titanium	0.01	0.01	Nickel	0.2	0.4	Potassium	1.0	1.0

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TEXT OF READING 165-7 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 13th day of July, 1929.

6. (Q) In Health Light Rooms will the best practice use carbon arc or mercury vapor lamps?

(A) These are two entirely different fields, and should ever be considered so. The mercury lamps are in one field, and are for those that offer the better elements for conditions of the nerve systems of the body; while the carbon will offer the greater developments for those that will aid deeper conditions and those that affect the structural portion of a body. These should be taken into consideration. In the development of the mercury lamps, the mercury quartz light that floods a room will be the better to develop. While in the carbon, this will offer a different basis - and here may it be added, that where carbon is used in a near vacuum, were the residue of the combustion produced, or the ash from combustion be saved, it will prove to be the by-product that is even more valuable than MANY treatments for certain conditions. Any element that is an abrasion to the epidermis may be healed by such - see? Those even where they have been in such a condition as to be impossible under other circumstances to be healed, used with the mercury light and the carbon ash will respond to such treatments. Then, in considering these, and in considering developments of light treatments and light rooms, consider both - and consider ESPECIALLY THIS by-product. Carbon, burned with a core and with a solid, produce - in the partial vacuum in which burned - an ash. This the ash referred to. We find then, this the product. The carbon in its normalcy, or as reduced, to be used as the carrier,

and the oxygen of the air in combination with the other elements of the air, creating then an entirely different element, that is so purified, and clarified, that the carbon and oxygen is absorbed in HUMAN body when applied to same? That is this ash, see? Scrofula, or sores, eczema, tubercular conditions - exterior tubercular conditions of bone, where carbon light and the mercury and carbon ash used, would respond to such treatments. Any condition of the blood that produces abrasions on body; as measles, fever of certain natures, would respond - even the ash when burned and quantities taken internally would be even more VALUABLE than when water treated by radium, or treated by any of the elements that act in the form of the eliminators of a human body. A great field here, worth developing, and will prove PHENOMENAL in its success.

7. (Q) Will a different type lamp be developed from either carbon arc or mercury vapor lamp?

(A) As outlined here, these will both soon have their place in the development, and should both be considered.

8. (Q) Will ultra violet or infra red rays predominate?

(A) Ultra violet and infra red - one comes from the one, the other from the other. Both have their place in the treatments for various conditions in mankind. The highest vibration as is set off in a human body, are the infra - or even a higher ray than the infra red; is even of a higher vibration than the ultra violet, which is the more penetrating, yet the infra red is not as destructive to tissues that involve the portions of the body, such as the covering of bone structure itself. Thence, as may be seen easily from this, where conditions are of such nature that the blood supply in a body is in such a condition, or such elements enter into the blood stream as where injury to the outer or inner covering of the bone itself, these would prove detrimental - BUT where the conditions are such that these need to be penetrated, these become helpful, in the infra red and in the violet ray. These work on the same principle, as has been given as respecting the application of universal forces to recuperative forces or elements in the body; or the body is an illustration of elements as are in outside influences. Then, conditions as we are treating of are as those effective directly to the body. Now, we find in man's force, no one is able to find a voice, or even a sight. That with which each is accomplished in the human system may be located, but HOW it produces same in man and doesn't produce same in lower animals has NEVER been discovered! and it'll be a good long time before it will! The variation is that vibration as is created between what is known as that of the purely MENTAL forces as active with a body in the variation between the sympathetic and the cerebrospinal nervous system, and as coordinates with that known as the SENSORY system, which we find then gives hearing, sight, feeling; merely a differentiation in vibrations created in system. In lights, the ultra-violet and infra-red, merely a differentiation in vibrations as are created. Each acting in a DIFFERENT capacity to the vibration as is accorded in the system. Do not get from this that these will be GOOD for EVERYTHING, but they will be good for SOMETHING to EVERY body! [GD's note: See 165-17, Par. 42-A saying that the Burdick mercury quartz (ultra-violet ray) stand lamp is "the best so far".]

INDEX OF READING 165-8 M 52

Ash: Animated	Par. 3-A, 4-A
Electrotherapy: Health Lamps	Par. 5-A, 6-A
Healing: General	Par. 5-A
Life	Par. 2-A
Nervous Systems: Sensory: General	Par. 2-A
Science: Light	Par. 2-A
Vibrations	Par. 2-A

TEXT OF READING 165-8 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 20th day of July, 1929.

1. EC: Yes, we have the enquiring mind [165], and those associations and relations in business. These we have had before. Now, respecting many of these, it would be well that some definite relation or attempt to correlate and understand the working principle of much as has been given, and more be gained in a definite, concise manner, rather than by piecemeal. Know something of what is desired to be given, as to the differentiation in conditions. Then more assistance may be given, rather than working in a line and wondering or assuming it to be straight. But ready for questions.
2. (Q) How do light rays affect health?
(A) Well - this you might write nineteen books on and then not have finished the subject; yet it may be answered in such a way and manner as to understand. What would life be without light? Consider that one for a while! What is the necessity of light as related to the functioning of the sensory system? Get THAT! There is no functioning of any portion of the system which functions through the nervous system not affected by rays of light; or, in other words, life itself in manifested form is vibration, of which light is a part. Now GET THAT!
3. (Q) What percentage of vacuum will produce the ash mentioned in the best manner?
(A) Eighty-three percent (83%).
4. (Q) Will the ash be used dry or dissolved, or as a paste or salve?
(A) All of them!
5. (Q) What danger of burning do we face in our experiments with light rays?
(A) Necessarily, anything that is to be helpful, an over indulgence in same is harmful. The experimentation must be made so that the effects of the various conditions individually may be recorded and this learned. This where we may be of considerable assistance and help, but we must begin to work!
6. (Q) Can [3952] of Schenectady and [165] function together well in producing health lamp equipment?
(A) They can.

INDEX OF READING 165-9 M 52

Ash: Animated

Par. 7-A

Science: Light

Par. 11-A

TEXT OF READING 165-9 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 27th day of July, 1929.

1. EC: Yes, we have the body, the enquiring mind, [165], and the various conditions as surround this body's present experience. Many of these we have had before. Ready for questions.
7. (Q) What core should be used for carbon for the ash for Mrs. [409]? [See 409-1 on 7/19/29]
 - (A) That of the solid in the upper light. That for the plain core in the lower light, or end.
8. (Q) Is Chicago the place to do the experimental work on health rooms?
 - (A) Chicago very good center. Better would be in Schenectady.
9. (Q) Where can we find a physician to join the development staff for health rooms?
 - (A) Gilbert of the ex-Hopkins' staff, or any of those in Chicago or New York that are interested in the electrotherapy as is being studied by many schools. Best that such an one be one with some vision, some money, and some personality. This may be best governed by those who would join with the body in the development of such lights or such rooms. Some connected with the General Electric or Westinghouse staff will be those to gain assistance from, and these are the channels through whom much may be gained in experimental ways and manners. Frisch [M.D.] of Chicago very good, will the body hold some association with such - or those of Taylor in New York. These have money, and personality, and quite a little brains!
10. (Q) How about Dr. Stein, formerly of General Electric?
 - (A) Not so well - though a great interest may be held. Not the personality that is necessary to combine with the principles being worked out. Very material-minded.
11. (Q) Can impinging light rays give direction to radio activity?
 - (A) It can!
12. (Q) How can we finance health room experimentation?
 - (A) This, seemingly, rather a large proposition, viewed entirely from the material side - yet, will the body take hold of same in the manner much as has just been outlined, not only may there be obtained sufficient for all of the experimentation but sufficient also to finance self to give much of SELF'S time to experimentation! Form first, of course, the group who are to be the holdings company of experimentations, as are to be made with such rooms or lights, and then associating self with those who have given much time, much thought, and with physician or physicians who have studied or have the inclination along such directions. Begin! Beginning, don't doubt but what we may give much that will be of help.

INDEX OF READING 165-10 M 52

Ash: Carbon: General	Par. 2-A--5-A
: Manufacture	Par. 2-A--5-A, R3, R4
: Osteochondritis: Perthes' Disease	Par. 2-A
Dermatitis: General	Par. 5-A
Eczema: General	Par. 5-A
Electrotherapy: Mercury Quartz: Osteochondritis	Par. 4-A
Healing: Economic	Par. 11-A
Human Relations	Par. 8-A
Ideals: Service	Par. 11-A, 14-A
Laws: Universal	Par. 11-A
Physiotherapy: Applications: Ash: Carbon	Par. 3-A, 5-A
: Castile	Par. 3-A, 5-A
Prescriptions: Ash: Animated: Osteochondritis	Par. 4-A
Work: E.C.: Ideals	Par. 11-A
: Psychic Sources	Par. 11-A

TEXT OF READING 165-10 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 3rd day of August, 1929.

2. (Q) What element besides carbon is to be used in the cored carbon for ash for Mrs. [409]? [See 409-1 on 7/19/29.]

(A) Carbon cored with the regular carbon as is filled in same for lights, that operate through the regular electrical vibrations as are stepped up to high voltage from a regular current.

3. (Q) In making salve from the Ash, what carrier shall be used?

(A) Castile.

4. (Q) What is the formula for taking the ash internally?

(A) This is to be determined by the conditions as are apparent with the individual and is the necessity for the various experiments that will be needed to determine that ratio under various conditions and effects. As seen in this particular condition as referred to - [409], this will be one to three grains in water taken before the treatments are accorded from the rays of the mercury or quartz light, so that the releasing of the oxygen in system will take place in proper conditions or places in system to become effective to that as is to be created in system, or active principles in blood supply of the body. In others, we will find a much variation, or varied conditions as to the dose or dosages. There will be required, as has been given, two to three drams of ash for this particular body, see?

5. (Q) In making salve, what should be the proportion of each?

(A) This will be determined by the varied conditions as are to be the elements to combat in treatments. This another reason for the varied forms of experimentation with varied conditions. For example, in cases where there is a rash produced by that as has been called a form of eczema, the ash will be taken

internally with a different form of electric treatment, and the application for exterior will be in the dry powder; while in other characters of the same condition, where they become the nature as is known as a constitutional breakdown between the eliminating system and the rash, or the condition a result from same, the proportion would be three to four grains to four to six drams of the pure castile soap, or castile as the carrier, see?

11. (Q) Is the plan a good one to hold first meeting of the "Holdings Company for Health Room Experimentations" in N.Y., August 19th?

(A) Very good. The sooner the better - for, through some of the channels, many of the conditions as have been asked concerning may be worked out, as has been intimated or given - for these, as has been intimated and given, are of a far-reaching nature, and the associations can be MADE helpful, beneficial, in many various channels. That which can be helpful can also be detrimental. There has been the outline of policies, character of policies, as should ever determine those that would seek or would use, or would apply information as may be given from, through, by, or of such sources as these. They, the sources, [psychic sources] have their natural laws, just as others and to become compatible with, and useful to, an individual must be applied in that way and manner, or they may turn as a boomerang to one using or attempting to use such. These are the sources from which that is meant to be helpful, mindful, of the other fellow - and not of a purely selfish motive can one expect to gain thereby. Let this, then, be a means of self's development, in being of aid, assistance and helpfulness to the other fellow, and the position, the moneys, the bigness will be the result. Seeking for that as the result - yes -

14. (Q) Any special suggestion or advice as to this meeting of 19th?

(A) Let it be on the basis of what has just been suggested or outlined, that the result must be first the assistance, the other the effect. We are through.

REPORTS OF READING 165-10 M 52

R1. 8/5/29 Mr. [195] requested reading for himself and [900] in re Mr. [165]'s project of health rooms. [See 900-448 on 8/17/29.]

R2. 8/10/29 Mr. [165] obtained Business rdg., 165-11.

R3. 8/10/29 He wrote from Ill.:

"...Under separate cover by registered mail am sending you a small bottle containing ash made as directed. I am terribly chagrined that the amount of ash is as small as it is, and I have spent several hundred dollars on equipment for producing it at a faster rate. I am sure that on Tuesday night I can make shipment of considerably more than this amount. There have been several interesting scientific facts unearthed in the course of manufacturing this which I will talk over with you when I see you..."

R4. 8/14/29 EC wired: "Like to talk with you before you proceed further with the Ash. Hope see you Saturday."

R5. 8/15/29 See 409-2 [page 17, 26] saying what was wrong with Ash. [Saturday, 8/17/29, he had 165-12.]

INDEX OF READING 165-12 M 52

Ash: Carbon	Par. 8-A, R3
Doctors: Stearns, Guy Beckley: M.D.	Par. 1
Eczema: General	Par. 8-A
Electrotherapy: Health Lamps	Par. 1, 2-A
Hives: General	Par. 8-A
Names: Organizations Mentioned: Carolina : Eastman Kodak Company	Par. 8-A
Nettlerash: General	Par. 8-A
Science: Light	Par. 1, 2-A
Tuberculosis: Bone: General	Par. 8-A
Tumors: General	Par. 8-A
Ulcers: General	Par. 8-A

TEXT OF READING 165-12 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 17th day of August 1929.

1. EC: Yes, we have the body, the enquiring mind, [165]. This we have had before. Also that information regarding Health Room and its experimentations, and those that should be associated in same. As has been given, there might be much given as regarding such health lights and health rooms. To begin with, first, as given, the organization of the ones that would carry out the experimentations with same should first be made a fact, and those should include those that are vitally interested in developments of such, both as to mental abilities and physical requirements in each to meet the needs of the various positions [they] each are to fill. First such an one as [165] should head the organization, and such an experimenter as has been given in [3952] and [4995], and such an investigator as in Guy Beckley Stearns, [M.D.] and such ones as may be interested financially and wholeheartedly in that being attempted. In this, then, is the first course to pursue. Then, in the beginning there would be that necessary choosing of place wherein all of the present modes or lights and their efficiency or deficiency are considered. Then there would be the next step in building the room wherein the various effects as may be gained through the application of the various manners of presenting such health rays. As is seen, in some quarters there is the tendency of individuals in the profession that belittle the value of light or sunlight; yet this is not to be even considered in this undertaking - for the effectiveness of the light will demonstrate in itself its value, even as common sense shows the valuation of sunlight to every form of vegetation, from the lowest to the highest. In this preparation, then, BEGIN - and much may be added as is necessary. Ready for questions.

2. (Q) Is the proper Health Room Experimentation procedure to study the effects of all types of vibrations as curative agents?

(A) Effect of all types of light vibrations, if light vibration is what we are considering! If all TYPES of vibratory forces are being considered - then we

would have still another phase entirely! Those of vibratory forces, as are of the lower nature or form, are an entirely different field! Don't confuse them! though there may be oftentimes found that these may be effectively used together.

3. (Q) Should our Health Room Laboratory be near a Charity Hospital, if so which one?

(A) FIRST we would have the experimentations to where we may be very sure we have something to offer even to charity. Then this may be either, as has been given - that some fields or some places have their advantages, also their disadvantages. As we would find, and as has been given, NEW YORK would be the most preferable.

4. (Q) Should Mr. Edgar Cayce go to New York for the meeting of the Holding Company for Health Rooms?

(A) Not necessarily. Rather that the body-PHYSICAL be considered as a portion of the whole.

5. (Q) Should Mrs. [1381] be Secretary and shareholder in Holding Company for Health Rooms?

(A) Very good.

8. (Q) On Ash for Mrs. [409] should the vacuum be made lower than the 83% specified until we reach the point where there is considerable condensation on the glass?

(A) The condensation product is that necessary in this particular case. This has been given, specific, as to how it should be made. These, then, may be worked out in that manner. We would procure FIRST the ordinary arc or Aristo [?] light, see? Eastman Kodak Company product. And from same, use either the glass or the crock, see, cover for same. Place same in a place where that when the light is in process there is only the pure air being consumed for combustion with the carbon - one a solid, the other cored - and the condensation, or the condensing of the ash in GLOBE - not that falls from carbon, but on the globe, glass itself. That to be used, see? ten inch globe; end closest lower socket, not the ash that falls in the lower portion, but that condensed on the sides - effective as to the various forms that this may be used in, as has been given. It may be used in all cases of eczema, nettlerash, hives, or such formations as come from digestive system, or poor eliminations. Taken as internal action. Also as that for the condition itself in skin. May be also used for cases where there is that known as white swelling, first stages of tuberculosis of bone, or those of any PULMONARY nature. These, naturally, are to be differentiated according to the condition as is found existent. Also these will be used with those of the health LIGHTS, as to any condition that has to do with those formations as produce tumors, ulcers, or any formation within the system arising from the vegetative system, or where leakages have occurred in the open body.

14. (Q) Can [165] help [2467] in his patent?

(A) When the time comes - but it's not the time yet!

15. (Q) Any other information you would give at this time?

(A) Now, there's plenty to be given - but we would rest at present. We are through.

REPORTS OF READING 165-12 M 52

R1. 8/17/29 P.M. See 900-448, for which Mr. [165] was present, interpreting experiences of Mr. [195] and Mr. [900] in re health rooms.

R2. 8/24/29 He obtained Business reading, 165-13, in re Health Rooms, etc.

R3. 8/31/29 EC wrote: "...I just don't understand why you are unable to get the ash. Of course, that we have on hand is not what is to be used internally at all. That necessary is rather the combustion of the air WITH the ash from carbon. I know very well how this was made the first time I ever saw it, or the first time I ever used it, or the first time it was given in a reading many, many years ago.* Possibly we can get together sometime and work this out a little better. This little lady here, [409], though is getting very anxious - she has been at the hospital many weeks. If we had only a very small quantity, it would be very helpful. We will have to see if we cannot devise some other means, or something to be used until we are able to get this going..."

R4. 9/7/29 See 165-14, on the next page, answering further questions on the ash.

* [9/25/84 GD's note: I think he is referring here to a reading in Hopkinsville in the early days, of which there was no copy. The earliest reference we have on file to the carbon or animated ash is the 3857-2 on 3/22/28 which started Mr. [165]'s research and manufacturing of the Ash. Evidently Mr. [165] was having difficulty in getting a sufficient amount made to supply Mrs. [409] at that point. He did continue supplying it to her and many others in the following years.]

INDEX OF READING 165-14 M 52

Ash: Carbon

Par. 6-A, 7-A, R3

Environment: Pennsylvania: Harrington
: Nebro

Par. 2-A, 3-A, 4-A
Par. 5-A

BACKGROUND OF READING 165-14 M 52

B1. 8/17/29 He obtained Business Rdg., 165-12, also answering further questions about the ash.

TEXT OF READING 165-14 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 7th day of September, 1929.

1. EC: Yes, we have the body, the enquiring mind, [165]. This we have had before. Also those associations and business relations. These we have had in some respects before. However, these are seen to be changing, and changed in some relations, since last we had them. Ready for questions.

2. (Q) Where is Harrington? [See 165-12, Par. 7-A.]

(A) We have a man Harrington - we have a town -

3. (Q) The town.

(A) Pennsylvania.

4. (Q) Where in Pennsylvania?

(A) This a place, and the place for a factory of certain characters of furniture.

This in the Susquehanna valley, but in the hills, and the individual (its small, sure) - the individuals through whom these developments will come, or may be so negotiated as to make developments, are attempting to make much at present. This county in valley here. Here it is, right here.

5. (Q) What county?

(A) Nebro is the post office - N-e-b-r-o-, [?] [See 165-15, Par. 3-A.]

6. (Q) Why have I been unable to get the proper ash?

(A) This can be made in the manner as has been outlined. Because this is not accumulative in large quantities is no reason why this may not be continued to be gotten, for its VALUE is, as has been GIVEN, beyond MEASURE in many instances. Only needs the burning of the carbons in the manner given, and the ASH, or the burning of the oxygen of the air and the condensation will be the result.

7. (Q) Does the word "vacuum" in the reading mean "air supply cut off as by a damper"?

(A) Rather as to the space through which the oxygen is active....

22. (Q) To make Health Room Equipment, Incorporated, self supporting as soon as possible, which of our laboratory problems should we attack first?

(A) That that has to do with most of the exterior portions of the body, rather than to those of the deeper or hidden conditions. For, as has been given as respecting this, in the various characters of equipment in such rooms, there are

to be those that are to act in the way as of deep therapy, or for conditions as have to do with the structural portions of the body, as well as those that have to do with the exterior portions - or with the muscle, the tissue, the nerves, the whole of the functioning as is related to organs - while in the DEEP, or the structural portion, we go into that which affects the blood stream more direct, or that in which more of the more or less hidden bacilli is to be attacked, or the creating of bacilli to become destructive to other bacilli within the system. Hence, to make it more self-supporting, that which will show first, see? which is to the exterior, or the faster operation.

REPORTS OF READING 165-14 M 52

R2. 9/21/29 He obtained further advice in 165-15.

R3. 1/27/30 EC wrote: "I want to thank you for the ash that was rec'd recently. This has been proving very helpful in practically EVERY case for which it has been suggested."

INDEX OF READING 165-15 M 52

Ash: Carbon	Par. 11-A, 12-A
Names: Organizations Mentioned: Health Room Equipment, Inc.	Par. 15-A, 20-A, 26-A
Physiology & Anatomy: Electrotherapy: Health Lamps	Par. 15-A

TEXT OF READING 165-15 M 52 (Engr., Mfgr., Educator, Protestant)

This psychic reading given by Edgar Cayce, this 21st day of September, 1929.

1. EC: Yes, we have the body, the enquiring mind, [165]. This we have had before. Also those associations and relations that have to do with the endeavors of this body as respecting the phases of the life and the association with others. Ready for questions.

11. (Q) Is the latest ash produced satisfactory?

(A) Satisfactory in this individual case [409]. Be well.

12. (Q) In producing the ash, may the other elements in the air consist of a gas such as acetylene?

(A) Not too much of it. More of the NATURAL gases of the air is better in the product. That of the hydrogen, nitrogen, oxygen - these are better in the air than the gases as would come from acetylene. Too much sulphur added to this, in this manner.

15. (Q) In Health Room Equipment should we start developing commercially one of the following: -

(A) (Interrupting) Make the health room circular - then your radiations from these will be an entirely different element, you see. Beginning with these, we would develop first those - you see, we have two characters particularly - those that come with the reflected ray, and those also that will aid - now we are speaking of the individual - aid in elements that have to do with the exterior portion, or the blood supply, and the nerve circulation, and those centers that have principally to do with the lymphatic and the HYPOGASTRICS in their broader sense. Then we have those that have to do with the structural portions of the body. As has been given, we would begin with ONE of these first. EITHER of these, and as these are developed then we may find that the others may be EASILY added to this.

20. (Q) Suggestions are desired for flooding such rooms with artificial radiation?

(A) These, as has been said, coming from the circular forces, or the circular room, and from the circular reflectors, will bring the better reflection, or the better radiation of the flooded light - for, as is seen in these various things, as one turns one with another in reflections, in the circular form, these bring all of the forms of radiation - also those of any of the radiation that comes from the various metallic substances as may be changed to produce a different radiation in same.

26. (Q) Any further advice regarding rooms?

(A) Much may be given. Let's commence something! and as these are developed, in the various forms and in the various ways, then we may add more. For the present we are through.

REPORTS OF READING 165-15 M 52

R1. 10/5/29 He obtained Business Rdg. 165-16.

R2. 10/7/29 Mr. [165] wrote: "Am looking forward to ten days with you and [900] and [257] late in November. The greatest good will not come from Texas deposits, but from our association together. Would it be out of order to ask [5540] to go along - that he might get better acquainted?"

R3. 10/10/29 EC's letter: "Yes, I think it would be very nice - and I hope you will ask Mr. [5540] to go on that trip. As you say, the association for several days should be worth as much to our work and the Ass'n as possibly the finding of the new element would be. While the finding of the element may put us in a position to be of greater help to a great number of people, the proper understanding of our associations one with another will enable us to better apply that we already have in hand, as well as that we may gain from other sources."

R4. 10/12/29 Dr. Thomas B. House died. GD's note later: I have no record of above mentioned trip being taken. So many problems developed in re Cayce Hospital, beginning of Atlantic University, etc., - etc., that there was no time for a let-up. Perhaps the outcome would have been different if such a trip had been taken.

INDEX OF READING 130-1 F 40

Electrotherapy: Ultra-Violet Light: Rabies	Par. 15-A
Injections: Hypodermic: Inoculations: Rabies: After Effects	Par. 15-A
Prescriptions: Ash, Medicated: Rabies	Par. 15-A
Rabies	Par. 15-A

TEXT OF READING 130-1 F 40

This psychic reading given by Edgar Cayce, this 31st day of October, 1930.

15. (Q) A mad cat bit the left ankle about four years ago. Treatment was given to prevent hydrophobia. The ankle is swollen and is colored. Has this any influence on the health and bodily organs now?

(A) This is indicated most in the effect that the serums used in this period have upon the sympathetic nerve system, and affects in the present the LYMPH circulation, WITH the pressures as exhibited in the lumbar and sacral. With the removal of the pressure, the circulation brought to a nearer normalcy, and clarification of the blood stream, an equalization in the hydrochloric content in digestion, an equalization between the iodine and potash content, WITHOUT too much potash and LESS acid - these conditions will disappear.

Well were there taken, at least once each week, an eighth grain of medicated ash to PRODUCE oxygen, AS it is carried in the system. When this is taken, over the sacral and lower limbs apply the ultra violet ray.

Apply same to the sacral region and the back portion of limbs, so that along the nerve impulses TO the limbs the whole of the ray is carried. Let this be at least thirty-eight inches from the body in the beginning, and not given over two and one-half minutes in the beginning - see?

16. (Q) How long will it take to bring the body to normal?

(A) In three to five weeks, as given, there will be the DEFINITE change for the betterment of the body. As to the responses from then on, will depend upon the conditions in the body itself - the mental attitude, the rate of vibration as is kept, and the activities of same. Don't eat too much - don't get scared - don't work too fast - don't think too hard!

INDEX OF READING 162-1 F 33

ANEMIA: TENDENCIES

DEBILITATION: GENERAL

Diet: Anemia: Tendencies Par. 21

Electrotherapy: Ultra-Violet Light: Anemia:
Tendencies Par. 17, 18, 19

HYPOTENSION: TENDENCIES

Intestines: Colonics: Eliminations Par. 20

Liver: Debilitation: General Par. 14

Neurasthenia: Tendencies Par. 6

Pelvic Disorders: Debilitation: General Par. 14

Physiology & Anatomy: Electrotherapy:
Ultra-Violet Light Par. 18
: Prescriptions: Ash: Medicated Par. 18

Prescriptions: Ash: Medicated: Anemia: Tendencies Par. 16--19, 23-A

Sinusitis Par. 9

Tonsillitis Par. 9

BACKGROUND OF READING 162-1 F 33

B1. 9/9/30 She wrote for membership information, saying: "I am very anxious to know what my trouble is."

TEXT OF READING 162-1 F 33

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

1. EC: We have the body, [162], here. Now, we find there are differences in the physical conditions in the present from that as when information was first sought. In the interim, SOME changes for the better; SOME have been very aggravating.
2. These are the conditions as we find them with this body, [162] we are speaking of:

3. IN THE BLOOD STREAM, we find the greater causes of the disorders. THIS condition, however, produced by the inability of the functioning organs as related to the creation of plasm for resuscitation in the forces of the body and the blood supply itself; yet the effects as are created in the system have been the more often treated. The condition has been existent of times back in the system, and has assumed varied conditions or effects in the body. Hence we have had a diffusion of ideas as to the causes of the disorders, as related to the body itself.

4. These, then, be the conditions as we find them:

5. THE BLOOD SUPPLY, below the normal, both as to quantity and to quality of the blood itself, so that the vitality of the system is often below normal, and the functioning organs themselves - as PRODUCE the cause - are resultant in the effects as are produced, or the DISTURBANCE in organs are the result of the effects produced.

6. IN THE NERVE SYSTEM, this, we find, rather at that point of too much laxness, rather than tautness, in the system, so that the quivering as is felt in system at times, where the body apparently feels as if the outer portion of body and the inner portion are entirely as separate conditions in the physical forces.

7. As to the effects as are produced in the ORGANS THEMSELVES, and the organs themselves producing an effect:

8. Brain forces are very good.

9. In the functioning of the organs of the sensory system, these - we find - oftentimes respond to that weakness as is produced in body in the physical functioning, as is seen also a case or a condition of infection at times in throat, as also in the soft tissue of the face itself. This a result of the condition of the circulation itself.

10. Lungs' supply show the effect of an incapacitated blood, as produces also conditions IN the lungs proper.

11. Heart's action, naturally, shows a diffusion of effects as produced from a water in blood, as it were, or a weakened condition and too much of the tendency to be toward that of a FORM of an anemia.

12. In the digestive system - this shows the effects of the disturbance, as is seen in liver - as well as in the pancreas and spleen.

13. In the hepatic circulation we also find this shows the effect of the disturbance in the organs that affect the blood supply, as does the bones and the effects as produced in the sinew about same.

14. The liver, then, is the cause or the seat of the trouble - as is that condition in the lower hepatic circulation, or pelvic organs themselves.

15. In meeting the needs, or the conditions as we find existent with this body, [162], we will find there will be the necessity of a change from time to time, as to meet the needs of the varied conditions. First we would so act upon the system as to, in the manner, carry forward the ABILITY of the system to build RESISTANCES in the system.

16. Then, we would take into the system those properties of the medicated ash - in one-eighth grain quantities. This to be taken in water, and not in capsule.

17. During that same period, while same in the system, we would take those vibrations of the ultra violet ray - especially applied to the solar plexus center, or along the cerebro-spinal system.

18. The activities of the medicated ash are to release in the system more oxygen, as will CLARIFY the system - and the activity of the ultra violet upon the system, with the effects of the carbon as created in system through the medicated ash, will make for THIS activity in the system.

19. The medicated ash should be taken one-eighth grain each day, but every OTHER day - or three times each week - Mondays, Wednesdays, Saturdays, we would take the treatment or the application of the ultra violet ray.

20. Take these, as we would find, for twenty-eight days. Then we will CHANGE for the conditions for the body. In this period, be sure that the eliminations are kept as near normal as possible, and ESPECIALLY cleansing the colon - and so that there are not re-infections from conditions arising in fecal forces in the system.

21. Also, as to the matter of diet - we would add those properties as will be more of iron, silicon, and of iodines in the system. The body is a very good dietician in many respects, but be mindful that THESE are kept during this period.

22. Then we would give further instructions after THIS has been taken. Ready for questions.

23. (Q) How often should the ash be taken?

(A) Just as given, once each day.

24. We are through for the present.

REPORTS OF READING 162-1 F 33

R1. 12/21/30 She wrote: "While waiting for the Ash, have taken three ultra violet ray treatments of Dr. Ketchum. As I have been feeling so badly had to quit work for a while and hope the treatments with the good rest will soon put me on my feet again, and soon.

"When the rdg. came I walked in Dr. Ketchum's office and handing him the letter said 'You might be interested in reading this.' He took the letter, giving it a glance, and said in surprise 'My old friend Cayce.' He was very glad that I had the rdg. and talked with me for over 2 hrs. about your work when you were with him, and indeed I found it all intensely interesting. The data you sent me I have passed on to others and it is very interesting to see the different ideas about it. Some think it impossible, others are skeptical, and others have various opinions. I believed in you from the beginning, as everything seems so sensible. We all have a gift but you have a miraculous one. It reminds me of the miracles Christ performed in Bible days. I am hoping to get new members for you and in the meantime will keep you posted as to how I am improving. Wish to say before closing that the treatments that I have taken from Dr. Ketchum have made me feel more alive. I was just getting near a collapse and no energy. So far I feel encouraged.

"As I know you are very, very busy, will not take any more of your valuable time. Thank you for the wonderful rdg." Sincerely, [162]

R2. 12/30/30 EC's letter: "I appreciate your giving me the details in re Dr. Ketchum's reaction to the information. Please convey to him my very best wishes. I want to assure you that we are making every effort to obtain this medicated ash for you. The supply we had is now exhausted, and the source of supply has been cut off temporarily. We are having many requests for it. I will be more anxious for this to have a test under Dr. Ketchum's personal supervision, for I am sure if he will follow the suggestions, which I feel he will - he will find this ash to be one of the most wonderful compounds he has had any dealings with."

R3. 1/23/31 She wrote: "The ash came today. I have been going to Dr. Ketchum regularly and have also been very faithful to the diet you gave in the rdg. Have been making great improvement and with the ash hope to make still more progress. I can stand a lot of improvement yet.

"I am very pleased with the interest you have taken with my case and I am using every effort to cooperate with you. This condition, as you said in the rdg., has been going on for some time and I surely will be glad when it is corrected. It is a terrible effort for me to write just what I wish to say as my head bothers me so. Seems like a pressure there most of the time and dizziness which both make me so nervous that I could scream. I am so trusting that the ash with the other treatment will correct that. Then there are large dark specks that appear in front of my eyes and sometimes in the form of faint waves. I will not take any more of your time and will be very faithful to and grateful for any suggestion you may give. Thank you again for the suggestions you have already given me.

"As you will notice, I have changed my address again. I became so ill that I had to have an apt. so I could have the proper food, which I prepare myself."

R4. 1/27/31 EC's letter: "Don't think that you will take up too much time, or that your letters come too often. For, in giving out of ourselves, even if it is unburdening ourselves of our physical deficiencies, when it is done properly we rid ourselves of such conditions. Of course, we can reach the point where we enjoy poor health, but if we are giving out - and it is to those who desire to hold that constructive assistance - it enables us to visualize improvement from day to day, which must indeed help. It is that ability to reach the consciousness of seeing ourselves better and on the improve which helps whether we reach it by drug or by awakening of something from within our own subconscious, or what not. For Mind IS the Builder, and thoughts ARE deeds - becoming miracles or crimes, dependent upon the manner in which they are applied to our conditions from day to day. If we get to where we pity ourselves, and to where we are seeking for somebody to sympathize with us, we are laying it on more and more. If we think in a constructive manner, and give it out, we receive that which we give. To have we must give.

"Thanks for your letter. I hope you will let us hear from you again soon."

INDEX OF READING 257-219 M 46

Cold: Congestion: After Effects	Par. 9-A
Dentistry	Par. 6-A, 7-A
HEMORRHAGE: INTESTINES	
Hemorrhoids: After Effects	Par. 9-A
Intestines: Colonics: Tumors: Polyps : Enemas: Glyco-Thymoline: Hemorrhage	Par. 8-A, 10-A Par. 10-A
Prescriptions: Ash: Animated: Hemorrhage: Intestines : Elm Water: Hemorrhage: Intestines : Glyco-Thymoline: : Grape Juice: : Saffron Tea:	Par. 10-A Par. 5-A Par. 10-A Par. 5-A Par. 5-A
Surgery: Preventive: Tumors: Polyps : Tumors: Polyps: Not Recommended	Par. 4-A Par. 4-A, 9-A
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TUMORS: POLYPS	

BACKGROUND OF READING 257-219 M 46

B1. 3/1/40 He obtained Ck. Physical Rdg. 257-217 for periodic rectal bleeding and stomach pains.

B2. 3/13/40 He obtained Ck. Physical 257-218 for cold, congestion, severe facial neuralgia.

B3. 3/18/40 He submitted questions in re doctors' findings at Mt. Sinai Hospital, of benign polyp in descending colon.

TEXT OF READING 257-219 M 46

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of March, 1940.

1. GC: Please go over this body thoroughly, and especially examine the upper part of the colon and describe any abnormal condition you find, or any polyps, tumors or growths that you may find, advising present condition, danger involved, and what to do to correct it, the proper time and person to do it. You will answer the questions he has submitted, as I ask them:
2. EC: Yes, we have the body, [257]; this we have had before.
3. Ready for questions.

4. (Q) Five doctors have signed the report which I am holding. They state it is a tumor. Is their statement correct?

(A) From their point of view, correct.

As we have indicated, it is lymph that forms into a condition in which there gathers blood, through the circulation and through the activities which cause the disturbance.

When there is the adherence to those suggestions which we have made as to the diet, as to activities, as to the rest, as to the applications taken internally, we find that the activities are farther and farther apart - as to causing this to disgorge itself.

And this disgorgement, and then through those applications which we have indicated, or the keeping in line with the suggestions so that the system may be kept sufficiently well or strong to absorb same, will be much more preferable than attempting to operate - under the existent conditions. For it would require opening the portion of the colon itself, which - unless there was a long, LONG period of quiet - would cause trouble that would NOT be relieved.

5. (Q) Shall I take Saffron Tea, Elm Bark, and Grape Juice?

(A) If these are taken in the proportions and in the manner, and at the periods indicated, well. If they are taken indiscriminately, or at other periods or times when it has not been indicated as being well to be taken, do not take same.

6. (Q) Under present condition, shall I have the front tooth taken out as dentist recommended, and tooth on upper right side? [See 257-218.]

(A) As we find, if there were the proper treatment accorded, and these eventually removed, it would be much better.

7. (Q) What kind of treatment should I have?

(A) Local applications to allay the poisons and to take them from the system, - as some accumulations from cold, congestion, coming from the flow of the blood through same that distributes poisons throughout the body.

8. (Q) Under present condition, what will effect of colonic be?

(A) Depends upon the manner in which it is given. If it is given with those precautions as should be necessary on the part of any one giving the right character of colonic, will be very well.

And at times when there is the filling of the condition, in the portion of the colon, it becomes necessary to dilate the colon with same, so that the poisons may be removed from the system.

9. (Q) What advice to the body at this time?

(A) Consider well all that we have indicated from time to time as to EACH of those conditions described, since its first inception through those disturbances which arose from cold, congestion, and the extenuation of those conditions when there were the hemorrhoids that had gradually arisen to folds in the system itself. And then keep in that way of activity in which this condition may be best handled, as we find, WITHOUT resorting to operative measures - AS YET, ANYWAY.

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

(A) From time to time there have been various conditions given as to the character of the enemas at the periods when these should be taken, and as to antiseptics which should be a part of the administration by mouth as well as through the rectal area; and these in their proper place should be adhered to.

Do that, if there will be the better conditions for this body.

Of course, the Animated Ash would be most helpful; but this would require that there be greater precaution as to the eliminating of same with the colonic irrigations at times. We are through for the present.

REPORTS OF READING 257-219 M 46

R1. 4/1/40 EC's letter to Mr. [257]: ". . . Hugh Lynn said you wished to have a rdg. the day I get there, or Sun. a.m. next. You know I will be glad to try and do this, [257] - but let's learn something from past experiences: Don't have doctors present, if you wish the best. Get out your old Life Rdg. and read it over [257-10]. You and I both know from years of experience that the greatest help we have had come to individuals has been when they themselves sat alone and listened to what was given; and never has there been anything of real help when it was interfered with by a lot of skeptics. I am asking this, [257], for your sake. It isn't that you or I have a fight with or grudge against any doctor, or that we wish to prove anything to them. What you want is help. Then let's not gum it up with outsiders being in for any reason whatever. Possibly you may at first feel that I am all wet, and wrong, but if you will quietly turn over in your mind the happenings of the years we have tried to help here and there, you will see, I believe, that I am right.

"Hoping then to see you soon and that you are coming along nicely, I am Ever the same," Edgar Cayce

R2. 4/1/40 Mr. [257] wrote questions:

1. Please examine the colon of [257] - Describe the actual appearance of the tumor. How large is it?
2. Is it a benign tumor or a malignant one?
3. Is it smooth all around or is it irregular on surface?
4. Is the end of upper colon just dropped in the opening of lower opening or has it made inroads, one to the other of a diseased nature?
5. How long would it be necessary to wait for an operation for complete recovery?
6. Will the operation stop the development of a further malignancy?
7. Could the body exist without taking the tumor out?
8. If taken out now why would it take so long to heal - ?
9. Over what area has the condition extended so far?
10. Is there danger of its quick expansion and deeper intrusion - ?
11. Why has no blood showed in past six weeks?
12. If operation carried out, will it be possible to do entire work at one time?
13. If done now, what is meant by a long rest as mentioned in last Reading?
14. What are the dangers surrounding an operation that must be watched?

15. If no operation now performed is it possible to correct the condition entirely so later on no malignancy will develop?
16. What would the activated ash do for the body now?
17. Would any lamps or lights be used at the same time?
18. If body continues to take elm, safron tea, grapejuice and colonics every two weeks, as well as watch diet, what possibility is there that this condition would be absorbed and go away leaving body in no danger from future attacks?
19. Which side of body contains this condition?
20. If operation advised when should it be done - Why that special time?
21. What preparation for body to go through with to withstand it successfully?
22. Which doctor best to be present with surgeon - Dr. Asher Winkelstein, 1285 Park Avenue or Dr. Franz Lust 17 East 89th St. or Dr. A. Garbat, 103 E. 78 - N.Y.C.?
23. Is there danger of inflammation settling around spot shown in Xray at head of colon if operation not performed?
24. How long will it be safe to wait for the operation to allow body to demonstrate its ability to overcome condition?
25. Is there any way to stop formation of gas in stomach? Have removal of 2 teeth aided body's condition thus far?
26. Is tomato juice a good item of diet?
27. Are raw vegetables better than cooked for system?
28. Should body take calcium into system as shown in Kolorok?
29. What will eliminate excesses of fat and cause coagulation to better take place?
30. What inclinations were received in inception?
31. What activities in former plane are affecting body now?
32. What should body do now to fulfill the promise as made in the law?
33. Where has he failed?
34. Why should body become panicky if he is in grip of a dreaded malady?
35. Has this developed to a stage where it is called cancer?
36. If allowed to go on what danger is there that in another year this will become attached to other good tissue and then lead into the blood?
37. Is there a malignant degeneration of the polypus itself?
38. Is the stalk to which Polypus is attached decayed at the base where it is attached?
39. If correction is made now at colon can it be cured?
40. If allowed to go along what will it develop into?
41. Isn't gas in the intestines a sign of an opening somewhere as in the colon?
42. Following Doctors suggested to perform operation: Dr. Colp - Dr. Berg - Dr. Klingenstein - Dr. Stetten - Dr. Garlock which will take most pains and do most complete surgery.
43. Please give day and month best, considering all conditions, to go thru with operation.

R3. 4/7/40 He obtained Ck. Physical Rdg. 257-220.

INDEX OF READING 257-220 M 47

Prescriptions: Ash: Animated: Not Recommended Par. 21-A
: Preventive: Tumors: Polyps Par. 9, 21-A,

BACKGROUND OF READING 257-220 M 47

B1. See Life Rdg. 257-10, Par. 20 on 1/11/26, advising that only through very particular attention to preserving of vitality would he enjoy the fruits of earthly labors after the 48th or 49th yr. See 257-108 on 5/11/33, and subsequent Ck. Physical Rdgs., such as 257-140, Par. 3 on 11/2/34, etc.

B2. 3/1/40 He obtained 257-217 for periodic bleeding and stomach pains.

B3. 3/13/40 He obtained 257-218 for cold, congestion, severe facial paralysis.

B4. 3/18/40 He obtained 257-219 in re doctors' findings at Mt. Sinai Hospital of benign polyp in descending colon.

TEXT OF READING 257-220 M 47 (Sales Mgr., Hebrew)

This psychic reading given by Edgar Cayce, this 7th day of April, 1940.

21. (Q) Should the Animated Ash be used in preparation for the operation?

(A) Animated Ash acts as an eliminant, NOT as an astringent, NOT as a preparation! If there are to be the preparations to absorb same, without the operation, then it would be entirely different.

REPORTS OF READING 257-220 M 47

R1. 4/23/40 Surgery was performed by Dr. Wayne Babcock, Temple University Hospital, Philadelphia, Pa. [5/9/40 See letter under Life Rdg. 257-10.]

[See subsequent rdgs. 257-221 through 257-232, etc., warning of seriousness of the physical condition and the care needed.]

INDEX OF READING 257-222 M 47

Appliances: Wet Cell: Surgery: Tumors: Polyps: After Effects	Par. 2-A, 6-A, 8-A, 15-A, Reports
Blood: Coagulation: Surgery: After Effects	Par. 6-A, 14-A
Diet: Surgery: After Effects	Par. 6-A
: Vitamins: B-1: Surgery: After Effects	Par. 14-A
Electrotherapy: Alpine Rays: Not Recommended	Par. 12-A
Exercise: Surgery: Tumors: Polyps: After Effects	Par. 20-A
Physiology & Anatomy: Appliances: Wet Cell : Atomidine	Par. 2-A
: Camphor	Par. 2-A
Physiotherapy: Baths: Sun: Warnings	Par. 12-A
Prescriptions: Ash: Animated: Surgery: Tumors: Polyps: After Effects	Par. 2-A
Prophecy: Prognosis: Surgery: Tumors: Polyps: After Effects	Par. 15-A
Supports: Abdominal: Surgery: Tumors: Polyps: After Effects	Par. 13-A
Surgery: Incisions: After Effects	Par. 6-A, 14-A
: TUMORS: POLYPS: AFTER EFFECTS	

BACKGROUND OF READING 257-222 M 47

B1. 5/7/40 He obtained 257-221 while in hospital following surgery to remove rectal polyp.

TEXT OF READING 257-222 M 47

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of June, 1940.

1. EC: Yes, we have the body here, [257]. Ready for questions.
2. (Q) Please describe the present conditions as you find them.
(A) As we find, there are the recuperative forces taking place, from the incisions - and the effect of the general anaesthesia of the nature indicated to the nerve system.

Here we find, if it were practical or possible, the Animated Ash taken internally would be most helpful.

The next best thing in the present, as we find, would be to add to the body vibratorially, through the nerve forces, the vibrations from the elements of Spirits of Camphor and Atomidine, - alternately; one used one day, the other the next day, through the Wet Cell Appliance. The attachments would be made in this manner:

When using the Atomidine, - attach the small copper plate to the 4th lumbar, and the larger nickel plate - through which the Atomidine passes vibratorially (commercial strength) - should be attached to the umbilical and lacteal duct plexus, - this is on the right side, you see, and for this body should be closer than

ordinarily to the right side (opposite the navel) but the area just below the rib, which would be a little to the right but above the navel, you see - rather than the middle or central portion of the abdomen, it would be more over the lower portion of the gall duct and lacteal duct. The Atomidine (atomic iodine) aids as a purifier to the glandular system, and thus becomes healing through nature's activity upon the bodily functions.

When using the Camphor, - attach the small copper plate to the 9th dorsal center, and the larger nickel plate - through which the Spirits of Camphor passes vibratorially (commercial strength) - should be attached to the umbilical and lacteal duct plexus, - the same as the day before.

The only variation in attachment is upon the spine, you see. The vibratory attachment from the properties would be the same; one used one day, the other the next, you see. Make the attachment for thirty minutes each day.

These properties have their varying effect upon the body. The Camphor is to cause a better adherence; toughening the conditions, as it were, that tend to be lacking in the vital forces for recuperations.

These we would do each day for at least thirty days; fifteen treatments with each solution, you see.

The charge for the electrical appliance, for this body, should be:
Copper Sulphate.....2 pounds, Sulphuric Acid C.P.....1 1/2 ounces,
Zinc.....45 grains.

DO NOT use Charcoal in this solution, but stir the Copper Sulphate until well dissolved, then stir in the Acid, adding the Zinc. This needs not so much the stirring as the general precipitation to produce the low electrical vibration that assists in carrying the vibrations of the properties through the body.

Take the connections out of the solution bottle when not in use, putting them back in solution some five to ten minutes before the connection is attached to the body, see?

Keep the plates very clean, and the connections very well set up.

6. (Q) Are the stitches holding properly, and will they continue to hold?

(A) As indicated, this will depend upon the responses of the body to the coagulation; and these are the conditions in part about which the warnings were given for this body when the suggestions were made as to the manner in which the precautions should be taken.

As we find, with the diet, that as will carry more of the dextrines and the general recuperative forces, - as of the vitamins that have been and are being indicated, - will be well.

But the vibratory forces of those elements given in the manner as we have outlined will be beneficial; and these should be given IN THE FORM OF THE ELECTRICAL VIBRATION AS INDICATED! THIS is preferable for healing to that of current that is of the alternating or direct nature. This is of the galvanic nature, and more as a cellular reaction to the body. Hence the proportions of the elements as indicated to produce the galvanic current, see?

7. (Q) Are right antiseptics and healing medicine being used and properly applied?

(A) These are very well.

8. (Q) Is the outside wound healing properly?

(A) It is healing. It has healed better internally. The outside is affected from the GENERAL condition of the sympathetic system; thus the impulses of the vibratory nature as we have indicated for the body.

12. (Q) Should we use the Alpine Sun Lamp direct on the wound, since the days are so dark?

(A) We would NOT use it direct upon the wound. The days now will be better, for the sunshine; and of course this should not be directly upon the body, - that is, from the outside as yet, but as the body is able to have more of the sunshine and the rays of the sun, it would be better to have it in a shaded way and manner.

Do not use the Alpine Light directly upon the wound, as we find.

13. (Q) What is best type of support to wear there that will not cause aches to the body and yet support it properly?

(A) The wider, broader abdominal support will be the better, - of an elastic nature, but not so as to be too tight, nor yet too loose upon the body, see?

14. (Q) What caused seepage to come after 8 days?

(A) The lack of the vibrations being such as to cause the coagulations.

The B-1 is needed more than just B, in the vitamins.

15. (Q) Will this be entirely eliminated, and how?

(A) This may be entirely eliminated, as there is created better vibratory forces through the system.

19. (Q) What is the condition of the colon now since the operation?

(A) This is, of course, gradually adjusting itself; and naturally there will be a continuous strain for some time because of the shortening of the area between the upper and lower portion of same.

20. (Q) What warning needed now to guide the body?

(A) Not too quickly attempting to exercise on the feet too much.

21. Do as has been outlined, and we are through for the present.

REPORTS OF READING 257-222 M 47

R1. 6/7/40 His sec'ty, Mrs. [189], wrote:

Thanks very much for the Reading on Mr. [257]. He is anxious to follow it out and must begin in a hurry since he has to use camphor for 15 days and atomodine for 15 days and since he would like to get away by the end of the month, he must start at once. Will you be good enough to wire him after you have checked up, whether the battery used by Mrs. [1838] [See 1838-5 Reports.] is the same one that you want him to use....

Mr. [257] has been out in the sun a lot this last week and is looking very well. The wound seems to be holding the stitches and perhaps it will heal now. We all hope so. I think the Reading was excellent and should help a lot. Mr. [257] will write you himself in the next day or two.

R2. 6/8/40 EC's wire: Same Appliance but prepare charge as Reading indicated....

R3. 6/11/40 Mr. [257] wrote: "The wound is still healing. It itches like everything!... Oh yes, what about Carbon Ash? Can I get Ash here? There is an English ash called 'Activated Ash.' Should I take Ash AND the Battery?"

R4. 6/13/40 EC wrote: ". . . I don't know the 'Activated Ash.' If you will get a sample, we will see what it is, but I don't think you need take this with the Appliance; best not, as I understand."

INDEX OF READING 261-26 M 49

Appliances: Radio-Active: Circulation: Incoordination	Par. 4, 5, Reports
Diet: Beef Juice: Assimilations: Eliminations: Incoordination	Par. 16-A
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: Eggs	Par. 15-A
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Electrotherapy: Violet Ray: Ulcers: Tendencies	Par. 6, 12
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Physiotherapy: Packs: Grape: Gastritis: Tendencies	Par. 19-A
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: Cinnamon Water: Digestion: Indigestion	Par. 7, 12
: Limewater:	Par. 7, 12
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: Potassium Bromide: Digestion: Indigestion	Par. 7, 12
: Potassium Iodide:	Par. 7, 12
: Saffron Tea: Ulcers: Tendencies	Par. 8

ULCERS: TENDENCIES

BACKGROUND OF READING 261-26 M 49

B1. 8/20/36 He obtained Ck. Physical Rdg. 261-24 giving further advice for long standing gastritis, or stomach ulcers.

B2. 11/7/36 His wife [772] phoned for emergency rdg., saying he is in great pain.

TEXT OF READING 261-26 M 49

This psychic reading given by Edgar Cayce, this 7th day of November, 1936.

1. EC: Yes, we have the body, [261]; this we have had before.
2. As we find, there is at present an acute condition with the digestive forces or the gastric flow that is causing distress; cramp, pains through the lower portion of the stomach, through the duodenum, and the general aching throughout the system.
3. This as we find arises from some indiscretions in the eating and in the overtaxing of the physical forces of the body. These combined make for this disturbance in the present.

4. We find also that in the application of the Radio-Active Appliance, this has not been in keeping with the manner of the preparations for same - in the appliance itself. This should be re-checked and the proper combinations put in the metals AND the glass in between same. Then this used properly we find would equalize the circulatory forces as to be beneficial. As it is in the present we are performing that as may be called a short circuit in portions of the bodily reactions to the vibratory forces of the content in same.

5. In those making the appliance some precautions of greater measures should be taken in this direction.

6. In making for the bodily aid in the present, we would use the Ash - one-eighth grain, with the violet ray over the spine and the back area in the lower portion of the spine; that is, from three to five minutes after one-eighth of a grain of the Ash has been taken, begin just below the shoulder blades, either side of the lower portion of the rib area from the spine and extending down to that opposite or just below the 12th dorsal. This not to be taken more than once a day.

7. Also we would use those combinations of the Cinnamon Water and Limewater as given for their preparation, or in this manner: Cinnamon Water.....1 ounce, Limewater.....1 ounce, 10% solution Iodide Potassium.....10 minims, 10% solution Bromide Potassium.....30 minims. Shake this together. Every two hours take a teaspoonful. This will settle the stomach.

8. And then afterward, on the morrow or on Monday, begin with the saffron Tea and Olive oil.

9. Have an evacuation through the alimentary canal by the use of enemas.

10. We will find the system cleared.

11. And then keep up those vibrations as given, with a thorough work-out occasionally osteopathically, and we would find conditions improved.

12. The immediate, then - the Ash with the violet ray following, or three to five minutes afterwards, for a minute and a half to two minutes. This will relieve this gas, this pain, this disturbance. Then the Cinnamon Water and Lime Water and the other properties that will settle the stomach and make for the better reaction.

13. Ready for questions.

14. (Q) What is it specifically in the diet that caused this recent disorder?

(A) There was some indiscretion in what was taken, and something that was not in as good state as it should have been - or as fresh.

15. (Q) Do eggs disagree with me and should I avoid them?

(A) Eggs do not disagree if prepared in the proper way and manner, and are fresh. If not taken too often. The conditions of the stomach are such that two minute or two and half minute eggs, boiled, are preferable.

16. (Q) What special diet will assist in restoring normal condition?

(A) During the days when these are first being taken - the treatments; begin with the enemas, you see - it would be well that there be broths, blanc mange, junket, and those things that are almost of a pre-digested nature. Arrowroot and the like. These are preferable for the next day or so; though beef juice or beef tea on the morrow and on Monday may be taken - not too much - tablespoonful would be as much as a large steak. But these are those that will make for the easy assimilation and yet give strength and vitality to the whole system.

19. (Q) Should anything be done to relieve him until the Ash can be obtained?

(A) The Grape Poultice would be the better, or - if this cannot be applied, or it is not possible, for these may be hard to obtain - use a Soda Poultice, or Soda Packs over the abdominal area; the right side and across the middle portion or at the diaphragm area.

20. (Q) Just how should these be prepared?

(A) A large towel or cloth that is dampened, in which there is put the dry Soda. This folded over and applied the body warm. Not hot, not cold - just warm.

[GD's note: Empty Ash dry on tongue and swallow with water; do not take IN the capsule.]

REPORTS OF READING 261-26 M 49

R1. 11/16/36 He wrote: "The first two days after I rec'd my last rdg. I made only slight progress. Then the carbon ash arrived and after taking it for two days I began to definitely improve. Whether it was the ash itself or whether the rest of the treatment was just beginning to be effective, or whether perhaps it was a combination of all I do not know. The principal thing is I am better, although still quite a way from 100%...."

INDEX OF READING 263-6 F 25

CYSTS

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: Iodex: Cysts	Par. 7, 17-A
: Packs: Honey:	Par. 6, 11, 15-A--17-A
: Soda	Par. 6, 7, 11, 17-A
Prescriptions: B.C. Powders: Not Recommended	Par. 4, B1

TOXEMIA

BACKGROUND OF READING 263-6 F 25

B1. 5/18/35 She obtained Check Physical rdg. 263-5 for coccyx injury from fall down steps. Previously she had readings suggesting treatment for long-standing severe headaches, addiction to B.C. Powders, fallen stomach, etc.

B2. 10/8/36 Her Aunt [307] phoned for Check Physical 263-6, saying that [263] was extremely nervous and was suffering with severe pain in stomach and back; also seemed to have lung congestion.

TEXT OF READING 263-6 F 25

This psychic reading given by Edgar Cayce, this 8th day of October, 1936.

2. There are disturbing conditions, and as has been indicated, if these are allowed to remain, and not proper consideration given, these would produce disturbing conditions hard to be dealt with; but if there are the precautions and a consistent application of the helpful forces and influences, with consistent activity of the body, these may be eliminated.

3. These are the disturbances to be considered in the present:

4. First, the general NERVOUSNESS of the body. This arises from pressures and segregation of poisons in the abdomen, the coccyx and through the pelvis or pelvic organs; and the organs of gestation. This, then, oft is used as a means for the application of sedatives or influences that upset the digestive system, and thus add irritation at other times to the general nervous condition.

5. In meeting conditions in the present, as we would find:

6. First we would apply an alternation of Soda Packs and Honey Packs. Preferably in the Honey use the honeycomb - as much as possible of what is ordinarily termed bee bread or the OLD or STRONG honeycomb with honey in same. These would be one used one day, one the next day; or else we would make too great a drawing upon the system, upsetting the body.

7. The Soda Packs should be as hot as may be applied, over the sacral and the coccyx area. After this has been applied or been on for thirty minutes or an hour, massage into the area Iodex with the Animated Ash in same, see? This in the proportions, to an ounce of the Iodex work in thoroughly three grains of the Animated Ash. Work this with a mortar and pestle, or with a good pallet or paddle, so it is THOROUGHLY worked in. Massage just what the body absorbs.
8. We would find also that the irritation through the activity of the organs of the pelvis will be materially aided by the use occasionally, once a week or twice a week, of the Glyco-Thymoline in the douche - Fountain Syringe to be used. This should be not hot water but not cold water, see? proportions two tablespoonsful to a quart and a half of water. This will keep down irritation.
9. Relieve the nerve pressures by general manipulations over the body.
10. And we will find, with precautions as to the diet and the activities, as has been indicated, these troubles will disappear.
11. Because these do not cause inconvenience when better, do not stop with these. This should not be necessary to keep up - the application of the Packs - more than three or four of EACH of the Packs, before it would draw to a head and then eliminate by the general eruption from the cyst.
12. Do this.
13. Ready for questions.
14. (Q) What is the cause of severe pain in stomach and back?
(A) As has been indicated, a sympathetic condition.
15. (Q) In applying the Honey Packs, should this be put between thin cloths or right next to the skin?
(A) Put between gauze.
16. (Q) How thick should the Packs be?
(A) A quarter to half an inch.
17. (Q) Should the body be bathed in hot water before each application?
(A) Not necessary; may be sponged off afterward with hot water. But apply after each of these the Iodex AND the Ash mixed together.
The body should not stir about or run around while these applications are being made, or the interim BETWEEN same, but be rather quiet. For unless there IS the elimination, we are going to cause a great deal of trouble.
18. (Q) What is the condition of lungs?
(A) Only sympathetic disturbance.
19. (Q) Any further advice for this body?
(A) Do these things, as we find, for this body.
20. We are through for the present.

REPORTS OF READING 263-6 F 25

R1. 10/20/36 She obtained Check Physical reading, 263-7.

INDEX OF READING 265-6 F 70

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Doctors: Fogel, David H.: M.D.	Par. 22-A
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ELIMINATIONS: INCOORDINATION

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TOXEMIA

BACKGROUND OF READING 265-6 F 70

B1. 1/25/27 She obtained Ck. Physical 265-5 for hypertension, neuritis or rheumatism.

TEXT OF READING 265-6 F 70

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 10th day of August, 1932.

1. EC: Yes, we have the body, Mrs. [265], present in this room - this we have had before.
2. Now, as we find, there are changes in the physical conditions - and the disturbances in the body at present that prevent a normal physical functioning - from that we had before. While many conditions at present are apparent from that as given, the result or effects of these disturbing forces are somewhat different.
3. The conditions in the present are more from the toxic forces that are produced in the system by poisons from non-eliminations, than from other causes. That organs and their functionings have long been under the strain of these conditions is apparent, from the manner in which many are affected in their functioning - as well as organically disturbed. These are seen in the manners in which, when the colon is full, the breathing is affected; and later or during the same period, pressures upon the organs of elimination make the tendencies of an over-activity of the kidneys, and the drying more and more of the muco-membranes that form for the lymph activity through the digestion and alimentary canal. Hence we find the stomach becomes upset, and the eliminations becoming less and less makes for those pressures still that exist in portions of the system; yet not as severe in the extremities as formerly, but affecting now more and more the hepatic circulation - through the effect that is created to the head and neck, and to the breathing or the action of the respiratory system. These forms of poisons arise most in the present from the colon, and are contributory, then, to the effects that are created in the liver, the spleen, the kidneys, the functioning of these and the organs themselves. [Bronchitis?]
4. In meeting, then, the needs of these conditions in the present, it will be found necessary that the organs' functioning, as well as the organic conditions and disturbances, be taken into consideration when applications are made for beneficial effects to be created in the system.
5. First, as we find, there is the lack of oxygen in the blood and in the activities of the system. Hence the feelings of repression, or of the smothery feelings that come with the activities in any manner where the amounts of oxygen are cut off, or even reduced.
6. Then, we find the taking of those properties that may be had in the Animated Ash would be beneficial to the body. We would take, then, one-eighth grain at least each day, just before retiring.
7. It would be well that the body have sufficient sunshine and air during the mornings, that the reaction of these in the system may be more thorough throughout (that is, the properties of Animated Ash). Hence the sunshine along the back would be MOST helpful.
8. In the evenings also before retiring, the use of the electrically driven vibrator along the whole cerebro-spinal system will be found to be helpful; for this will enable all centers along the cerebro-spinal system to receive a greater impulse from their activity, enabling all organs to be stimulated without the excess of one's functioning so much under the strain of the tautness of another. Especially would this be helpful, that those centers in the upper dorsal and cervical area receive stimulation; also across the lower portion of the body, or the lumbar area.

9. The activities of the alimentary canal, and the effects that are had from pressures on bladder, pressures in the liver area - these need the effect of a stimuli to create for the system more lymph circulation, that the eliminations may be aided, and less tendency of over-stimulating the secretions in the stomach, thus emptying some of the lymph that is so needed off in creating the necessary lactic foods for proper assimilation.

10. As we would find, these - then - would be the most helpful under the existent conditions, but should be alternated in such manners as not to become non-effective or non-active, rotating in a manner that will be effective for the system:

11. Occasionally, too, there should be the elimination or evacuation of the lower colon, with the use of the high enemas that will enliven the system in such a manner - by the use of proper antiseptics following such evacuations - that will remove the pressure on the pelvic organs, as well as relieving the breathing that is hindered by the dilation of the colon in the transverse and descending area - the transverse and descending, or as they turn in this portion of the colon area. After the use of the water for evacuation, there should be made another solution wherein the antiseptics would be put. The better for this, as we find, would be Glyco-Thymoline - a tablespoonful to each quart of water that is used for the last injections.

12. To aid in overcoming the tendency of constipation, that is so harmful - and has been for long periods to the body, as to so affect the system, we would take:

13. One day a whole bottle (900 drops) of Castoria, in very small doses - half a teaspoonful every half hour.

14. The next day take a tablespoonful of Milk of Bismuth.

15. The next day take two tablespoonsful of Milk of Magnesia.

16. The next day take phenolphthalein, or Phenolax, as may be had in two tablets or wafers.

17. Then the next day return again to the Castoria. At least three rounds of these, followed consecutively day by day, should be taken, that the evacuations or eliminations in the colon may be effective. Taken in these manners, and with the vibrations that may be given with the stimulation through the electrically driven vibrator, we will not disturb the activities of the organs as affected - the liver, the kidneys, and the bladder - the stomach, the respiratory system - to such an extent as to make other than a little weakness; but this - if kept in the proper way and manner - will bring about much bettered conditions for this body, Mrs. [265].

18. Ready for questions.

19. (Q) Which applicator of the vibrator should be used?

(A) The cup or suction.

20. (Q) What should be done for the cough?

(A) We have given this. We are removing the pressure, and the taking of those properties that eliminate the pressures in the system will relieve the condition which produces same, as well as the small quantities of Ash that should be taken each day. Just before retiring will be the better period for same.

21. (Q) What about the diet and appetite?

(A) Not an over amount; neither will there be the desire, until after the second or third round of these properties are given - that are necessary for the eliminations. Then, those foods that are stimulating in their effect upon the whole general system, and that are nerve and blood building. As we find, those that carry sufficient nourishment for the body.

22. (Q) Is there any complication of heart trouble?

(A) The effect had upon the organs of the hepatic circulation naturally affects the circulation. Organically, no heart disturbance. The hard breathing naturally makes for quick pulsations [Tachycardia], but not so much in the heart's activity. Not a complication in this direction. To prevent such complications are the considerations being given the various effects; for, as we find:

The properties combined in the Castoria will affect the kidneys, the liver, the whole hepatic circulation directly. The active principle is the senna, but the other elements that are added when taken in small quantities - are assimilated to the circulation and will not irritate the functioning of the organs that are exercised, as a laxative.

The properties in the Milk of Magnesia are to take away from the mucous-membranes, or the lymph circulation through the circulation of the hepatics, any inflammation; yet tending to make for the using up of those portions that adhere to the walls of the intestines, so that there is the tendency at times for this to become obnoxious to the body, as it causes a strain especially on the duodenum to evacuate and cleanse same. Hence the necessity of the occasional use of the enema, followed by the antiseptic cleansing.

Then the phenolphthalein, or the activity from the use of the wafers, is to act as a sedimentary to the draining of those portions of the duodenum and the jejunum, that will relieve those pressures in the heart area - that causes the cough, or the respiratory reaction.

Then, when this is repeated again, we will gradually CLEANSE the system - see?

These do not become destructive forces, then, to the organs that are involved.

The activity of the Ash is to produce the releasing of oxygen proper within the system. Take dry and wash down with water, which releases the oxygen in the system rather than (that is, in the digestive system) being released by the application of the ultra-violet light, which makes the releasing directly to the lungs themselves. Taken in this manner it will act with all portions of the alimentary canal, as to make for greater releasing - and will affect the pressure that is produced on the kidney and bladder area, relieving those inflammations there more than in other portions.

[10/18/52 Comment by D. H. Fogel, M.D., heart specialist: "265-6 Par., 22-A - Active Principles of Magnesia, Castoria - Animated Ash function."]

The vibrations given in the electrically driven vibrator are to stimulate those centers (with this enlivening of the organs of the body, in the digestive and eliminating system) from the nerve plexus along the cerebro-spinal system, so that their activity produces nearer a normal impulse than is exercised by taking large quantities of cathartics - that will relieve the pressures for the moment, but not the causes. These stimulations should be especially in the upper dorsal and cervical area, or 3rd and 4th dorsal and to the brachial plexus; then from the 3rd and 4th cervical to the upper portion - which will relieve all pressures sympathetically to the upper portion, or to the digestive portion. The stimulations in the lumbar region will relieve those pressures to the eliminating portion, or to the hepatic circulation.

Do as we have outlined, and we will find bettered conditions.

23. We are through for the present.

REPORTS OF READING 265-6 F 70

R1. 9/12/32 She obtained ck. physical 265-7 answering questions in re heart palpitation, bladder condition, extreme pain, etc.

INDEX OF READING 265-7 F 70

Diet: Menu: Eliminations: Incoordination Par. 8-A

Electrotherapy: Violet Ray: Eliminations:
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ELIMINATIONS: INCOORDINATION

Kidneys: Overactive: Intestines: Colon: Plethora Par. 6-A

Prescriptions: Ash: Animated: Blood: Oxidization Par. 5-A
: Painodyne: Sedation Par. 7-A

BACKGROUND OF READING 265-7 F 70

B1. 8/10/32 She obtained Ck. Physical 265-6 in re continued heart palpitation [Tachycardia] from hypertension, and neuritis and rheumatism, also bladder condition. Kidneys over-active. Bronchitis.

TEXT OF READING 265-7 F 70

This psychic reading given by Edgar Cayce, this 12th day of September, 1932.

1. EC: We have the body here - this we have had before. Now, as we find, while the conditions that have disturbed the body from poisons or accumulations in the system - making those pressures in the diaphragm area and the quick reaction in the pulsation - show some improvement from that we last had here, these still need attention in order to bring about the better conditions for the body. While there should not be such a strain on the circulation as to cause too great a weakness in the stimulation for the circulation, there needs to be removed more of the cause for the toxic forces in the alimentary canal; especially in the colon area and in the caecum region.
2. We would take, then, another complete round - for five days - of those properties that have been given, with the vibrations that may be given each evening upon retiring.
3. Also we would add the violet ray. This vibration should especially react to the bottom of the foot and to the base of the brain. These extremities will make for an easing of that nerve pressure which has been reacting from those pressures in the hips and arms. Do that.
4. Ready for questions.
5. (Q) Should she continue with the ash?
(A) She should.
6. (Q) What should be done for the bladder condition?
(A) When we remove these pressures, especially in the colon - by the reduction of the plethora condition that exists there, we will remove the pressure on the bladder.

7. (Q) When the extreme pain comes, is there anything to relieve same for the time being?

(A) Those hypnotics that have been taken by the body will be very well, but do not take too much of the sodas that have been taken. The Painodine (?) [Painodyne] tablets are very good.

8. (Q) What about the diet?

(A) We would follow rather that which has been outlined:

Mornings - citrus fruits with little else, unless brown toast and butter, or coffee and toast and butter, or rice cakes, or the like. Noons - green vegetables, with some soups, or a variety of vegetables or meat soups. Evenings - green vegetables with little meats, but no hog meat at any time. We are through for the present.

REPORTS OF READING 265-7 F 70

R1. 10/3/32 She wrote: "I have been intending to write you since I got the ck. rdg. and Ash, for which I thank you most sincerely. I knew you must have had some on hand by you being able to send it so promptly. I have been taking it regularly and think that and the other remedies have done me good, for I feel better in some respects. Of course, I don't expect to be entirely well; that would be a miracle, but I have been taking the Ash regularly and do not have the choking sensations as I did have, which is a great relief, though I still have trouble with short breath when I exert myself at all - I mean lifting anything or carrying it or walking far or fast - just can't do it without some distress, but on the whole am improved."

R2. 1/6/33 [Fri. P.M.] Nephew [1005]'s letter: "Aunt [265] has been just as sick as could be for the last week. Just coughs constantly and looks terrible. She seems to be getting weaker all the time. We have done everything that we know to do for her and nothing seems to help her a bit. Monday, Tuesday and Wednesday nights we were up until four o'clock in the morning with her, trying to relieve her. There seems to be a good deal of congestion there and, as I said, she coughs constantly. She refuses to have a doctor, and we are at our wits' end. Mother [760] asked me to write and tell you her condition, and see if you could get a rdg. on her to find out if there is anything to do for her. If we can't stop the severe coughing, she is going to die, because, at her age, she hasn't got the stamina to hold out, and she seems to be getting weaker all the time. She won't have a doctor, and she won't do a thing but eat horehound candy and grease her chest with Mustarole, and it doesn't help her a bit. Mother [760] has been giving her whisky to relax her so that she could get a little rest. We can't do a thing in the world with her, and she is as afraid of a doctor as little [487] used to be. When you get a rdg. please find out what is wrong with her and what we can do to relieve the coughing. She sounds like she had consumption... P.S. Aunt [265] doesn't know that I am asking for this rdg. She wants it but she is just too contrary to ask for it."

R3. 1/8/33 EC gave her ck. physical 265-8.

INDEX OF READING 265-10 F 71

ELIMINATIONS: INCOORDINATION

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Physiotherapy: Massage: Alcohol, Rubbing: Eliminations: Incoordination	Par. 5--7
: Epsom Salts:	Par. 4--7
: Oils, Russian White:	Par. 5--7
: Sassafras Oil:	Par. 5--7
: Witchhazel:	Par. 5--7
Prescriptions: Alcaroid: Digestion	Par. 16-A
: Ash: Animated: Blood: Oxidization	Par. 14-A, 15-A

BACKGROUND OF READING 265-10 F 71

B1. See 265-8 and 265-9, with subsequent correspondence.

B2. 2/7/33 Daughter [538] submitted questions.

TEXT OF READING 265-10 F 71

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of February, 1933.

1. EC: Yes, we have the body here, Mrs. [265]; this we have had before.
2. As we find, there is a great deal of improvement throughout the general physical forces of the body.
3. While there continue to be disturbing influences and factors at times, these may be expected - but we would, for the better resuscitation and for the creating of better activative forces in the system, make THESE applications in the present - for creating better coordinating influences, as the various conditions or elements are given from time to time to keep the eliminations and to make for the balancing of coordinating influences of the body as related to the activative forces that produce the too great eliminations through respiratory system and to the exterior circulation.
4. Twice each week massage the whole cerebro-spinal system for two to five minutes with a saturated solution of Epsom Salts; as warm as may be applied to the body; that is, with cloths wrung out of this saturated solution. This will naturally make for the accumulation of the circulation, both as to nerve and blood supply, to the various ganglia along the cerebro-spinal system. Of course, the hot applications will tend to open the pores of the skin.
5. To prevent any cold arising from such applications, compound a solution to massage into the spine following (immediately) such a rubdown, see? in this manner:

6. To 4 ounces of rub alcohol, add:
Russian White Oil.....2 ounces,
Witchhazel.....1 ounce,
Oil of Sassafras.....5 to 10 drops.
7. Pour a little of this in a saucer, dip the fingers into it and massage over those portions that have been massaged with the saturated solution of Epsom Salts. This will leave a pleasant, tingling sensation, and - for the first time or two - leave a little burning (as from the Oil of Sassafras), but will restore more and more the normal equilibrium and coordination throughout the whole system, overcoming the tendencies for the active forces in the lymph and the circulation that make for the disturbances.
8. Keep the eliminations well in hand, as outlined.
9. Be mindful of the diet.
10. And the body will continue on the improve.
11. Ready for questions.
12. (Q) Is there anything that will give more strength?
(A) Not much more than this we have given.
13. (Q) This will relieve the night sweats?
(A) Haven't we given that it would!
14. (Q) Should the ash be continued?
(A) It should.
15. (Q) How often now?
(A) At least once each day.
16. (Q) Should the AL-CAROID be continued also?
(A) All of these properties should be continued as they are necessary.
The quantity of the AL-CAROID, or the frequency with which it is taken, may be cut down - but if there is a fullness felt after the meal is eaten, then it would be well that this be taken.
17. We are through for the present.

REPORTS OF READING 265-10 F 71

R1. 2/11/33 Nephew [419] wrote: "Aunt [265] seems to have taken on a new lease and is better than I have seen her for some time."

R2. 6/7/33 She obtained 265-11.

INDEX OF READING 265-15 F 72

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ASSIMILATIONS: POOR Cough: Bronchitis	Par. 8-A
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Electrotherapy: Violet Ray: Bronchitis Feet: Circulation : Wet: Warnings: Debilitation: General	Par. 10-A Par. 7-A Par. 4
Inhalants: Apple Brandy Fumes: Bronchitis Physiotherapy: Massage: Myrrh: Circulation : Oils, Olive:	Par. 3, 8-A Par. 7-A, 9-A Par. 7-A, 9-A
Prescriptions: Apple Brandy: Debilitation: General : Ash: Animated: Bronchitis : Gin: Kidneys : Spirits Frumenti: Debilitation: General	Par. 3, 8-A Par. 10-A Par. 2 Par. 2

BACKGROUND OF READING 265-15 F 72

B1. 6/7/33 EC gave her 265-11 for hypertensive cardiovascular disease.
B2. 1/4/34 He gave her emergency rdg. 265-12 for bronchitis, and 265-13 on 1/6/34, and 265-14 on 1/11/34.

TEXT OF READING 265-15 F 72

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of April, 1934.

1. EC: Yes, we have the body here; this we have had before. As we find, conditions generally show some changes since last we had same. While there is relief in some directions, the general strength, the general resistances are gradually, surely being broken down. The inability of proper assimilation makes for the tendencies in this direction for recuperation to be harder and harder.
2. As we would find, with those properties that are being administered from time to time, in the diet more and more dependence should be put upon the beef juices, the spirits frumenti with egg. The cordials or wines are not so good but make for a change occasionally, as would gin used as a stimulant for the activity of the kidneys.

3. It would be well that there be used the apple brandy as a drink occasionally also. And the inhalants from the fumes thereof will lighten the burdens in the lungs and the bronchi, and make for the easing of the general condition.
4. Keep the feet dry at all times save, of course, in the general bath, but do not have drafts ever - yet plenty of fresh air in the room.
5. These will make for the bettered conditions for this body.
6. Ready for questions.
7. (Q) What will relieve the swelling in the feet and ankles?
(A) Rubbing the lumbar area with the olive oil and myrrh, so that the circulation may be eased through these portions, see? These, where there are the pressures from long sitting or from lack of activity, make for the tendency for blood to flow to feet without the ability to flow away, see? Equal parts tincture of myrrh and olive oil, heating the oil and adding the myrrh, massage this in the lumbar and sacral areas.
8. (Q) What should be given now for cough?
(A) As indicated, the fumes from brandy, even though this is even taken from the bottle and heated - or a small quantity poured in boiling water and breathed in, it will ease the cough, see? Drinking small quantities of same, changing - as indicated - from the various stimulations, these will aid the most in the present conditions.
9. (Q) What will relieve the pain in back of neck, shoulder and head?
(A) As indicated, these are congestions - and may only be relieved by the heat as may be applied, or by stimulating the circulation through stimulants to the whole general body, as indicated.
10. (Q) Should the Ash be taken at any time?
(A) Ash will be helpful at any time taken. PREFERABLY, though, should this be given, use the violet ray from five to twenty minutes after it is taken, over the lung area - but from the back, to be sure. See? And this may be taken each day. We are through with this reading.

REPORTS OF READING 265-15 F 72

R1. 4/6/34 Daughter's letter: "Today she seems still worse and there's apparently no hope for her."

R2. 4/7/34 Son [2698]'s wire: "Conference with doctor indicates [265]'s condition such we can expect the end soon."

R3. 4/8/34 Grandson [341]'s wire: "[265] passed away two o'clock this morning."

INDEX OF READING 270-29 M 47

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Physiotherapy: Massage: Ash: Animated: Tumors: Lymph	Par. 2-A
: Iodex: Tumors: Lymph	Par. 2-A
Tumors: Lymph	Par. 2-A

TEXT OF READING 270-29 M 47 (Accountant, Protestant)

This psychic reading given by Edgar Cayce, this 2nd day of August, 1932.

2. (Q) State the physical conditions of this body, advising if the lump under jaw on left side of neck is a malignant growth or allied with the enlarged thyroid. [See 270-9.]

(A) This, as we find, is not of the malignant nature, and is rather that allied with the glands that are affected by those conditions of which the body has been warned, as respecting that in neck and shoulder. With the correction of such conditions in the cervical and upper dorsal area, these would be aided and there would be the reduction of such conditions.

We would also use as a massage a mixture of Iodex and Animated Ash. Use one-quarter ounce of Iodex as a base, adding one-quarter grain of Animated Ash. This should be massaged gently, or rubbed on, twice each day, when retiring and when arising. Do not massage roughly, but massage gently as much as will be absorbed.

INDEX OF READING 270-30 M 48

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Goitre: Tendencies Insomnia	Par. 4-A Par. 6-A
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: Iodex: Tumors: Lymph	Par. 4-A
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TEXT OF READING 270-30 M 48 (Accountant, Protestant)

This psychic reading given by Edgar Cayce, this 13th day of February, 1933.

2. At the present time we find there has been some quite satisfactory and some disturbing information for the body. Hence, rather a halting or indeterminate condition exists in the mental attitude of the body at the present. But ready for questions.

3. (Q) State the physical condition of this body and if further osteopathic manipulations or other treatments are necessary.

(A) The general physical forces we find very good in many respects. To be sure, there are occasionally reoccurrences of those impulses that became almost constitutional throughout the physical activity, from those tendencies of disturbances in the muco-membranes of the head; as well as that tendency for the capillary or lymph circulation, as related to the eliminations through the respiratory system, to become aggravating.

When there is such a tendency, it would be well that precautions be taken even before and especially during such periods, that there is kept - through the diet, as well as by medicated applications or by treatments, or both - and created rather the tendency of a more alkaline reaction in the system.

At such periods, then, the manipulative forces and corrective measures would be advisable; the stimulating of those ganglia especially that turn to or for the creating of greater activity through those portions that make for better eliminations, and for gland secretions to create better activities in a coordination of the eliminating forces of the body, as coordinating one with another; that is, the respiratory system, the circulation as to the perspiratory system and the kidneys, and also - naturally - the alimentary canal.

When such conditions arise, then, these treatments would be necessary.

4. (Q) Is the Iodex and ash as a treatment for the recedement of lump on left side of neck to be continued? [Goitre?]

(A) We would continue until there is the whole reduction of same. Do not massage in so thoroughly that there is bruising, or tendency to make the thinning of the walls of the glands and ducts that tend to make such conditions accumulate; but we would continue with same.

5. (Q) Mucus collects in my throat at night, what should be done to eliminate at source?

(A) As indicated, keep more of an alkalinity throughout the system and this will tend to change the circulation such as to throw off refuse forces through the proper channels, rather than allowing accumulations in the form of phlegm in the muco-membranes of the disturbed conditions in throat, bronchi and larynx.

6. (Q) Upon retiring inability to sleep is a frequent experience. What harmless method will induce sleep?

(A) Radio-Active Appliance!

Such conditions are oft, as we find, and especially for this particular body, the result of irritating conditions in the mental activities as related to the physical sources of activity in mental.

Hence, to take any sedative is only to add fuel to the fires of the nervous system. And to become dependent upon same.

But, adding a vibration that will make for an evening of the circulation throughout the body would assist; which may be found in the Radio-Active Appliance.

However, it would be better still that there be kept such an even balance in the whole system, mentally, physically, spiritually, that there is perfect coordination in the eliminating systems; in the reactions of the body by the diet, by the keeping of the system in this condition towards a tendency of less acidity in body, and - when necessary - attach the Radio-Active Appliance.

This would be the plain Radio-Active Appliance, and would be attached one evening for the right wrist and left ankle, the next evening for the left wrist and right ankle.

7. (Q) How long should it be kept on?

(A) This doesn't make much difference, for it is to keep an even balance. An hour to an hour and a half, or if the body goes to sleep and forgets it - that will be alright!

8. (Q) Is the process undertaken in the formation of ideals materializing satisfactorily; otherwise will you outline the contra-position?

(A) These are taking their normal line of development, under the varying activities that are the impulse towards same.

INDEX OF READING 270-32 M 49

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TEXT OF READING 270-32 M 49 (Accountant, Protestant)

This psychic reading given by Edgar Cayce, this 12th day of June, 1934.

1. EC: Yes, we have the body, the enquiring mind, [270]; this we have had before.
2. The body is more affable than ordinary this morning. Something pleases him.
3. Ready for questions.
4. (Q) Please examine and state the physical condition of my body as you find it.
 (A) In some respects conditions are much the same as when last we had them here. There are still those conditions disturbing the body as related to the humor which arises from the poisons in the system, that disturb the coordination between the respiratory eliminating system and perspiratory and the alimentary canal. This, as we have indicated, has tended to weaken some portions of the system, as in the glands of the neck and that condition which has existed in the head and the hair, [thinning hair, baldness] the rash at times - as is now indicated on portions of the body. [Psoriasis tendency? See 270-33, Par. 8-A.]

The specifics as to the use of properties internally in the form of the Ash and the Atomidine, as we find, would be most beneficial to the body in the present. In this manner:

Take the Ash for periods of five to ten days. Then rest. And after a period of a week take another course of same. Do this until at least three to five courses have been taken, taking one-eighth grain dry on tongue (emptying from container) and washing down with water. And we would find it more helpful to use the violet ray following same, in five to ten minutes after each dose has been taken; specifically over the area of the 4th and 5th dorsal to the head and neck; and it would be more beneficial, too, for the application of the violet ray to be over those glands where the swelling is indicated [Goiter, Cancerous?]; for there will be the tendencies for the eliminations and the activities of the Ash in the system with the other glands of the body, by the stimulation in the circulation with the use of Ash to eliminate same.

The Atomidine we would take each day, mornings and evenings - mornings before the meal is taken, evenings just before retiring; three to five minims in a glass of water, you see; three minims of morning, five minims of evening. Take this for the same period of time, though - as we find - it would be preferable to take it during the rest period from the Ash.

Also we would make a lotion for that swelling on the neck, from Plantain and the oil of butterfat. This should be equal parts in weight and boiled together. Necessary that it be made fresh, but massage this once a day - not too severely, but massage gently - local application of same; and with the other properties taken in body we will rid these conditions from the system.

As to the condition where there has been the colon affectation, there should be kept an adherence to the line of diet that we have indicated, keeping the eliminations in a nominal manner; and the body should be gradually on the improve.

As to the scalp, we find nothing better than the crude oil - small quantity massaged well into the scalp and cleansed with a twenty percent solution of pure grain alcohol. Do not use the denatured in cleansing scalp. Then a gentle massage with pure white Vaseline. This will be well. Do this at least once a month; rinsing the oil from the hair of morning. And we will find this will improve and keep down the irritations in portions of the scalp, stimulating the growth of the hair.

5. (Q) Is there a physical incapacity that impedes articulation, which occasionally causes a jumbled speech? Please advise a corrective measure.

(A) As indicated, the application of the violet ray over this portion of the system will tend to make for better coordination in the circulation, both superficial and internal, as there is the stimulation to the circulation; and, as we find, this should overcome the tendencies for disturbance in the vocal box.

6. (Q) What causes creaking bones in upper region of shoulders and spine, and what corrective measures are necessary?

(A) The stimulation for a more uniform activity of the circulation as related to the lymph and emunctory activity through the portions should supply the necessary burses about the joints and bones for this to be entirely eliminated.

The tendency arises from too little a circulation of the lymph and emunctory, especially about the tendons and muscles. It isn't the bones that creak; it's the muscular contraction.

7. (Q) Why does mucous continue to collect in head and throat, especially during sleep? Will you prescribe a solution for use in an atomizer that will relieve?

(A) As we find, the better than a local application is to remove the causes of the poor circulation; which, as we find, will be maintained by the use of the properties and the application of those things indicated for this particular portion of the body, see? If there is the CONSCIOUSNESS that there is the NECESSITY for a solution, equal parts of salt, soda and cream of tartar dissolved together in three times their quantity or weight of water; this warm, not hot but tepid. Or the Dobell solution, as may be called at times, will rid the mucous; but this will be only palliative unless the causes of same are removed.

8. (Q) As my new eye glasses are not giving entire satisfaction, are other corrective measures necessary?

(A) We are correcting these in the application of the stimulation to the centers specifically in the upper dorsal and cervical area, as indicated, for a better circulation in the sympathetic or sensory circulation. And this should stimulate the activity to such ways and manners that we will have no trouble with the new fitting of glasses. For the measurements are correct, the correction for the tendency for astigmatism in the one eye is correct; the cylindrical measurements in the right eye, as we find, are correct. But the tendency has been to DRAW the eye in the focal vision in the new change, on account of the lack of the circulation to REMOVE and to carry impulse to the optic forces. Hence the irritation that has occurred at times.

With these changes and applications as indicated, this should disappear.

9. (Q) Regarding mental and material: I request through you one thought designed to assist in my efforts to raise above the personal concern of life.

(A) Let that mind be in thee that the application of the abilities of self in the material, in the mental and in the spiritual thought, be above JUST for self. Let the purposes ever be no day without a kind word, a thought of another not in as good circumstance as self. This ideal set as the standard and measurements of self's application will build a consciousness of creative forces in the individual as to bring an expression of this influence in the life.

Let thy mind and thine body-efforts, all of thine energies, be that there may be a greater service to thy fellow man. This will bring the consciousness of that ye seek.

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TEXT OF READING 270-33 M 49 (Accountant, Protestant)

This psychic reading given by Edgar Cayce, this 24th day of January, 1935.

2. (Q) In what physical condition do you find my body?

(A) This, as we find, can best be determined by making a comparison with those conditions that we found when we last had the body here. In this manner, then, we find there are improvements in many directions. There is a much better reaction in the circulation. While there have been and still are some conditions that need to be carried on in such a manner as to KEEP a better equal balance, we find the general condition MUCH improved.

3. (Q) Should I continue taking the Animated Ash and Atomidine in the manner given?

(A) These we would continue to take occasionally. There might be longer periods BETWEEN the periods of taking the properties, but these - as we find - are still helpful in making for the proper balance in the physical functioning of the system.

4. (Q) Are the massage and light treatments administered correctly and at proper intervals?

(A) We find the massages are very good, and the intervals are about right. As we find, the ultra-violet - or the quartz lights are more preferable than the Sun light, when the light treatments are given. There is a DEEPER therapy in the ultra-violet, than from the Sun light.

5. (Q) Should the Finnish baths be continued?

(A) Only occasionally. Take these whenever there is the tendency for superacidity or languidness in any way; they will be most helpful.

6. (Q) Is the condition in the mucous membranes of the head clearing up satisfactorily?

(A) This is clearing up. While those activities or the hormones in the circulation do not flow as readily or as nominally as they might, the lymph or emunctory circulation is greatly improved; and, as we find, the deeper therapy light will be most beneficial in this direction - and with this it would be clearing up properly, as we find.

7. (Q) Is my system in an alkalin or acid condition, and what foods will provide proper balance?

(A) There have been the tendencies towards an acidity, and especially from those conditions that have been described in times before as to the leakages in the intestinal tract, in the thinned walls, and those tendencies for the circulation to carry this in an improper way and manner for the eliminations; producing the rash and those conditions - which tendency has existed for some time. [Psoriasis tendency?] Hence there is the NATURAL tendency for the body to react to acids. While in the present we have this tendency, as we find, there is a much better balance than has been indicated here before. And there should be, as we have maintained for this body and for others, a tendency towards more of the alkalin-reacting foods; for when there is the tendency towards an alkalin system there is less effect of cold and congestion. Adhere to the alkalin reacting diets, that may be had from vegetables; and at least one meal, or one period each day, or at least two or three days apart, have those wholly raw. Have less of the sweets, or not too great a quantity. Naturally, there should be sweets that tend to make for the proper distribution of sugar for the system, for sugars - to be sure - supply not only heat but also the proper balance for proper fermentation, as do starches; but if these arise more from fruits and vegetables rather than the addition of cane sugar into the body, it will be much the better, for then less acidity arises from same. To be sure, there should be sufficient of starch and of the alkalin reactions to produce proper fermentation, or the proper character of the alcohol that is so necessary in the preserving the calorie content, in a manner; though the calories may be made too high, but the activity of the necessary vital forces that act with the hemoglobin and in the urea of the blood itself. Hence an alkalin diet, as has been indicated - or as may be indicated from charts of same, would be the correct way and manner. Do not have overeating at any time. Keep a well-balance. And, as some have very much commented on or maintained, if meats are to be taken in any quantity don't eat a lot of starch with same; if there's to be a lot of sweets taken, don't eat a lot of starch or proteins either with it; but keep them well-balanced. See?

9. (Q) Why do I feel a lack of the faculty for mental concentration?

(A) This is rather the lack of the necessary forces or elements that may be said to be for procreative influences within the body itself. It is the lack, then, of the functionings of the glands in relation to the pineal, the lyden [Leydig], the adrenal and their combinations with same. Hence, as indicated, it would be necessary for those additions of those factors that make for the balancing of the potash and iodine for the system - or the atomic iodine - to be continued. These are just factors in the changes that come in everybody.

The manner of mental efficiency or training through concentration may be had as well in the meditative forces, or greater in the meditative forces than in any manner that may come for a body building from concentration. This, then, is where those activities of spiritual or SOUL forces activate with that in the MENTAL process of a physical body; and are as conditions that are so necessary for the balances when there are the UNION of forces for creating that which may become a living soul in the activity in the earth. And if these factors were more in activity and in their essence when there are those unions, where there may come that procreative activity, how much greater would be the offspring in a given period! This is one among the many conditions where an All-Wise Providence keeps a balance, in that - as ordinarily termed - the poor have all the children!

10. (Q) Has nervous intensity devitalized the thinking brain cells?

(A) Rather as indicated. Then, to overcome, as has been indicated, MEDITATE! Meditation means entering into the SPIRITUAL vitalization of the energies of the system, by RAISING those forces through the very activities of procreative actions. Read MEDITATION [A.R.E. paper which later became 1st chapter in A SEARCH FOR GOD, Book I.], and apply it - PRACTICALLY - the experience of self!

INDEX OF READING 287-16 M 70

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TUMORS	

BACKGROUND OF READING 287-16 M 70

B1. 6/13/34 He obtained 287-15 for larynx swelling and choking, hard pointed lump on right side, being after effect, according to EC, of white lead poisoning ten yrs. before.

B2. 11/19/34 He wrote: "I am getting well...your last rdg. I have followed to the letter and I am now able to walk anywhere without pain and at most any speed... I have asked you at different times about my loss of hearing and, for some reason, you have said nothing. Perhaps it is due to the fact that I cannot be benefitted. Also I have trouble with my voice. The least little talking causes me to become hoarse; otherwise I seem to be in perfect physical condition. I would like to hear from you in reference to my hearing and my voice."

B3. 12/17/34 He wrote verifying appointment: "My voice much better, and my hearing too is better. I am much better in every way - going to get well now."

TEXT OF READING 287-16 M 70

This psychic reading given by Edgar Cayce, this 20th day of December, 1934.

2. Conditions are improved, as we find in the body, in many ways. There is still much yet to be desired, but - as we find - if these suggestions are followed, the body will continue to be on the improve.

3. We would prepare a compound to be massaged in the throat and those areas where there is the tendency for the accumulation of forces there that bring distress. To one ounce of Iodex mix thoroughly five grains of the Animated Ash, and massage as indicated.

4. For the hearing and for the activities where there has been the unbalancing by the variation in the length of the lower limbs, in the pelvis area, we would press upon the vagus nerve at the throat and in the area of the coccyx - as it connects the nerves there with the SECONDARY nerves of the lower portions of the body (or the sciatics). And we will relieve much of this condition. On the left side, the vagus nerve - pressure being on the RIGHT nerve plexus or end, in the coccyx area, when the adjustments are given by Farrand or the chiropractor. And we will find it will aid. Then at the next day's treatment make the application on the left cheek or the plexus in the coccyx closer up to the sternum, or to the osseous area or connection there. And we will relieve these pressures, see? Only the vagus pressure every other day.

5. As for the head, the natural thing is to make for lower and lower pressures in the Eustachian tube by that catarrhal condition that affects both the hearing and the throat, stimulated through those poisons that have caused other conditions.

6. Do these, keeping to the diets - and we will find the better conditions for the body, [287].

7. Ready for questions.

8. (Q) Why do I become hoarse when talking?

(A) The accumulations of phlegm. Use that massage as indicated, not only over the centers where there is the protuberance, but the throat and the bronchials and especially over the area of the vocal box - the combination of the Ash and Iodex. Only apply what the body absorbs, twice each day.

9. We are through with this reading.

REPORTS OF READING 287-16 M 70

R1. 1/10/35 He wrote: "I have been down with flu. Much better now..."

"I just came from Dr. Farrand. He says he can take care of me according to your rdg. He will get Iodex and the other thing and will commence the tr. next Mon. afternoon. I am still getting better except hearing, and still nervous - yet not so bad."

R2. 2/14/35 "I have not as yet been able to find the Animated Ash, but I am using the Iodex, and am just getting along fine. My brother says I am looking fine again. Still hurts me a little if I overexercise, and am still a little nervous."

R3. 3/4/35 EC's letter: "I hope you have gotten the Ash from Chicago long before this and have already seen the beneficial results from same. It really has been a marvelous thing that has been accomplished with this Ash. It is another of the things that have been told how to make through the readings. And, as the father of the man who makes the Ash said [F. F. Bradley], who was here a day or so ago, his son has not only been helped by the Ash itself but he has made quite a nice thing out of making it for others."

R4. 3/15/35 Mr. [287] wrote: "Well, I am much better, but not able to do anything yet. My throat seems to be all o.k. now but my nerves are badly shot - but much better, too.

"I haven't been down town but three times this winter."

R5. 6/17/35 "I am almost well. Can work a little."

R6. 7/29/35 "Since my last note to you I had a bad spell with my nerves. Seems as if I can't get real well again, and if I stop the Olive Oil for a week my throat gets worse - but not bad."

R7. 8/19/35 He verified appointment, saying: "I am very much better but not well."

R8. 8/23/35 EC gave him Ck. Physical 287-17 advising the taking internally of the Animated Ash with the use of the violet ray.

INDEX OF READING 287-17 M 70

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TUMORS

BACKGROUND OF READING 287-17 M 70

B1. On 12/20/34 He obtained 287-16 for improving condition of larynx (from white lead poisoning many yrs. ago), stating he was hard of hearing and also had periods of hoarseness.

B2. 7/29/35 "Since my last note to you I had a bad spell with my nerves. Seems as if I can't get real well again, and if I stop the Olive Oil for a week my throat gets worse - but not bad."

B3. 8/23/35 He verified appointment, saying: "I am very much better but not well."

TEXT OF READING 287-17 M 70

This psychic reading given by Edgar Cayce, this 23rd day of August, 1935.

1. EC: Yes, we have the body here, [287].
2. As we find, conditions show some improvement; yet it becomes necessary to keep down that fullness which occurs, by the use of eliminants.
3. As we find, the use of the Ash internally at this time would be MOST advisable for the body. Take one-eighth grain three times a week (not oftener). Empty the powder dry on tongue and wash down with water; DO NOT take IN capsule.
4. Immediately following the taking of each dose of Ash, use the violet ray for about three and a half to five minutes, over the frontal portion of the chest, up to the throat and head, over the back portion from the base of the brain to at least across the diaphragm.
5. The rest of those things we have suggested we would follow.
6. Do that. We are through with this reading.

REPORTS OF READING 287-17 M 70

R1. 10/3/35 He wrote: "One-eighth grain would be a very small amt. Mr. B. H. Bradley sent me the powder in bulk. I don't want to take it until I hear from you. If there is poison in it I would have to be very careful. Wish you would tell me, a thimble full or one-half, so I could measure it.

"I am still getting better, but slow."

R2. 10/5/35 EC's letter: "Just rec'd yours of 3rd and will reply at once. The Ash is not usually sent in bulk unless to be used in another way than taking internally [such as with the Iodex salve as indicated in your 287-16 for the throat lump].

"No, Mr. [287], one-eighth grain is not too small a dose - don't take more. It is not a poison but works on the radiation theory. You can have your druggist weigh it out for you and put in capsules. Then when you take it, pour out on your tongue and take a swallow of water. To take a whole or a half grain could or would draw or contract the system too much. Take the one-eighth grain, and the violet ray [hand machine, bulb applicator] about five or ten minutes after taking the Ash. Am sure you will find it very helpful taken in this manner; not so good taken otherwise.

"Glad to know you are feeling better and am sure you will feel better faster now that you have the Ash. Try it out that way, and let me hear from you real soon."

R3. 11/21/35 Mr. [287] wrote: "Well, I am holding my own, but I still have those pains in my chest when I exercise - I mean when I move too fast. Cold winds hurt me, too, at night - not so much in daytime. Otherwise I feel just fine, but on account of that trouble I can't do anything. Would like to get my coal property going again - have been shut down for six years.

"I am taking the Ash three times a week. Druggist gave me the amount to take."

R4. 12/2/35 [To EC in Detroit]: "If it hadn't been for you I would have passed out long ago. If you can't come by here I will go over to Dayton to see you [on your way back to VB]. I sure would like to see you, and would like to have you and party come here if you can."

R5. 3/5/35 "Well, Mr. Cayce, seems as if I can't get well. At night I can't walk out to the street and back to the house without stopping 4-5 times. I have taken about all of the Ash, but I am still about the same. Just feel fine if I am just quiet around the house. I just don't know what to think, whether I will ever get better. Don't miss a meal, sleep well and all right, feel good if I don't do anything.

"The sweat baths help me for 3-4 days. I have a ringing in my right ear. The sweats don't stop that ringing in ear - just the right one.

"If you go to Detroit again, be sure to stop here with us - would be glad to see you."

R6. 3/31/36 EC gave him a Ck. Physical 287-18.

REPORTS OF READING 287-18

12/4/36 [287]'s letter to EC:

"...Now, Mr. Cayce, I still contend that had it not have been for you I would not have been able to be here today. Although I have suffered a great deal the past three or four months with my throat, but with the applications of the salve you recommended twice a day and the sweats, has reduced the lump in my throat to about the size of the end of my little finger. Four months ago it was about as large as an egg. And I feel sure now that if I continue this treatment according to your instructions, by next Spring I will be able to get my coal mines going again.

INDEX OF READING 304-24 M 77

ASTHMA

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BACKGROUND OF READING 304-24 M 77

B1. 4/20/31 He obtained 304-23 for threat of pneumonia, after effects of possibly hemorrhage from bladder or kidneys, severe chronic asthma, etc.

TEXT OF READING 304-24 M 77

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

1. EC: We have the body here - this we have had before. Now, we find an exaggeration in the congestion through the bronchi and larynx, and the effects to the upper portion of lungs themselves, producing in the blood supply that of the lack of vital forces to bring recuperation to the system, with the tendency for congestion to increase through the easily taking on cold - see?
2. Now, we would add to those things as are being taken, those of the Animated or activated Ash, one-eighth grain taken about a half to three-quarters of an hour before the ultra-violet light is given. Do not give the light too strong, nor too close to the body, and the body should NOT be RECLINING when given; RATHER that of the erect position, and this we would apply to the CEREBRO-SPINAL rather than to the chest. This will allow the activity of more oxygen in the system.
3. We would also keep those of the calcium and iodine, or Calcidin, taking about three to four one-half or grain tablets each day.
4. We would also be mindful that the diet is blood and nerve building.
5. We would keep those of the expectorant in the cough syrups [horehound, etc., as in 304-19] or medicines as given.
6. A little stimuli two or three times each day of the spirits frumenti will be helpful for the body. This should be in VERY SMALL quantities, that will act with the mucous- producing forces of the system, as a stimuli rather than acting with the gastric juices of the stomach or digestive system proper.
7. Do that. Ready for questions.

8. (Q) Should he take the physical culture exercises morning and evening?
(A) This is rather heavy for the body, under the present conditions. Let's get more oxygen acting in the system, THEN this may be taken better. Be mindful that the eliminations are kept up, see?
9. (Q) How often should the Ash and the ultra-violet be taken?
(A) Be well were they given each day, as the body is ready to retire.
10. (Q) Should he have manipulation along the dorsal and cervical region now?
(A) WE would not, unless it was to simply RAISE the rib, or the pressure, to allow the lung to react; and this, as we find, if the treatments are given with the body erect, and a VIBRATOR used along the dorsal and the upper dorsal and cervical, will be better than manipulation!
11. We are through with this reading.

REPORTS OF READING 304-24 M 77

R1. 6/22/31 Son's ltr.: "My father hasn't been well this Spring at all - seems to have one cold right after another. While he is up now, he is running a little temperature most every day - coughing very badly, and feeling very badly. We are doing what we can, but we know what odds we are working against."

R2. 12/1/31 He obtained 304-25 for severe chronic asthma attack, cold, etc.

INDEX OF READING 304-25 M 78

Air: Drafts: Warnings: Cold: Congestion	Par. 2, 4
ASTHMA	
COLD: CONGESTION	
Electrotherapy: Ultra-Violet Light: Asthma : Vibrator:	Par. 1, 3, R2 Par. 1
Feet: Wet: Warnings: Cold: Congestion	Par. 2
Prescriptions: Ash: Animated: Asthma : Atomidine: Asthma : Calcidin: : Spirits Frumenti: Circulation	Par. 1, 3, R2 Par. 3 Par. 5-A Par. 1
Psychosomatics: Healing	Par. 4
Rest: Cold: Congestion	Par. 4

BACKGROUND OF READING 304-25 M 78

B1. 6/19/31 He obtained 304-24 for susceptibility to colds, severe chronic asthma attacks, etc.

TEXT OF READING 304-25 M 78

This psychic reading given by Edgar Cayce, this 1st day of December, 1931.

1. EC: We have the body here, [304] - this we have had before. Now we find, while there are congestions, and the activities of the respiratory system are involved in same, producing to the lung and the bronchi the labored breathing, and the discharge of muco-membrane from inflammation is bad, yet the resistance in the system, the heart's action, and the functioning of the organs generally - liver, digestive system, kidneys - are better than is usually exhibited under these conditions. Hence we will find, that with the care that would come from the use of those properties as have been given in the Ash, with the lights, that will release more oxygen in the system, with a small quantity of the stimuli in the form of alcoholic content or the like - to STIMULATE the circulation, with the vibrations as will make for a stimuli of the capillary or external circulation, this should soon be relieved and thrown off.
2. Be mindful that the feet are kept dry; that there is not too much draft. Be mindful that the diet is kept so that the assimilations are well, and we will find soon that these SHOULD be thrown off, unless congestions - or other conditions not apparent in the present - should arise. Ready for questions.

3. These we would take each day, preferably in evenings as the body would rest. Keep the inhalant for the clarifying [as in 304-8]. We would not take too much of that which has been used as the expectorant [as in 304-19], but rather instead take the iodine - or Atomidine - in small quantities once or twice a day. This would be better taken of mornings than of evenings, for the ash with the lights would be better in the evenings.
4. Sleep warm. Keep out of drafts; and rest; and THINK well! Don't condemn self, nor others, nor be too over-anxious; but be careful!
5. (Q) Should the body keep up the Calcidin tablets?
(A) When necessary to relieve the breathing.
6. We are through for the present.

REPORTS OF READING 304-25 M 78

R1. 12/5/31 Son's ltr.: "Dad has improved quite a bit."

R2. 2/20/32 "The Animated Ash seems to be one of the best stimulants we have ever encountered for my Dad, who is a man who has been pretty well broken up in body, and who has been a sufferer with asthma for a matter of years (bronchial asthma, produced by scars on the lungs 40-50 yrs. ago). He takes an 8th grain of this a day, with a light tr. 3 times a wk., and he has found it to be the most beneficial thing imaginable."

R3. 3/27/33 He obtained Ck. Physical 304-26 for carbuncle on back.

INDEX OF READING 304-31 M 80

ASTHMA

Cold: Congestion: Preventive	Par. 3, 11-A
Cough: Blood	Par. 5-A, 6-A

DEBILITATION: GENERAL

Electrotherapy: Violet Ray: Asthma	Par. 6-A, 9-A
Healing: Consistency & Persistency	Par. 11-A
Heart: Asthma	Par. 7-A
Physiology & Anatomy: Breathing: Shortness: Asthma	Par. 9-A
Prescriptions: Ash: Animated: Asthma	Par. 6-A, 9-A
Vertigo: Circulation: Poor	Par. 8-A

BACKGROUND OF READING 304-31 M 80

B1. 9/12/33 He obtained 304-30 for after effects of too long a walk in hot sun a few days ago, causing weakness and almost incapacitating him. Previous readings indicated longstanding asthma and bronchitis; recently eczema sores and pellagra.

TEXT OF READING 304-31 M 80

This psychic reading given by Edgar Cayce, this 15th day of February, 1934.

2. In the general physical forces of the body, these we find somewhat changed in some respects; in some these are very good, in others we find the general debilitation that comes from the activities under the existing circumstances - as we have outlined from time to time - shows the greater inroads or weakening in the physical forces; yet the vitality and resistances, as we find, are very good in the general body.

3. Rather in the general conditions there should be those precautions necessary for the prevention of cold or congestion, that may make for an aggravating of any of those portions of the body where the weaknesses have been indicated - in the lung and bronchi, in the effect of poisons in the system. Keep an equal balance in the replenishing, or the ability of assimilation and proper division of necessary elements in the body.

4. Ready for questions.

5. (Q) At irregular intervals my expectoration contains much blood. Does that come from the throat, bronchial tubes, lungs, or does it come from the stomach, or either?

(A) From the lungs and bronchial tubes.

6. (Q) What will stop that and remove or cure the cause?

(A) The better would be those things that create for the system the better ability for coagulation through the preparations in the blood supply. We would take an eighth grain of the Ash, that has been indicated for pulmonary disorders or wherever there is the necessity of the releasing of oxygen in the system, about once or twice each day. This would be the greater aid for this. Be well if it could be followed after each dose with the application of the violet ray over the upper portion of the body, over the bronchi and along the chest bone; five minutes after taking the ash, or ten minutes, treating for three to four minutes will be sufficient. This stimulates the superficial circulation and will make for better conditions in the body.

7. (Q) At irregular periods I have an intermitting or irregular pulse or heart beat, will stop and miss several beats at times.

(A) This is produced from the overflow or lack of supply of blood through the pulmonaries, and the blood attempting to fill those supplies in the lungs. And necessarily from the lungs goes to the heart as in regular circulatory forces of the body. Lack of blood supply, and will eventually produce an organic condition in the heart itself - but this needn't be worried about, for these are natural consequences from such conditions in the system. Then, only keep a rebuilding in the blood supply as much as possible and overcome these conditions through those informations that have been given as for the diets and for the necessary things to revitalize the blood supply.

8. (Q) I am bothered much with dizziness.

(A) The same condition of improper circulation or the lack of sufficient circulation, and is a natural consequence of the general weakening conditions in the lung's activity and insufficiently for the arterial circulation to carry the circulation sufficiently fast; hence produces in the metabolism of the system too great a quantity or too less a quantity, either one will produce the same character of dizziness. It is not a dizziness in itself; rather a skipping of the blood supply either to be carried from or carried to the various portions of the system itself.

9. (Q) At periods I suffer much with heavy or tight breathing, and at other times am bothered with a gurgling in my throat, all of which increases the tendency to cough.

(A) These are the indications, as we have given, where cellular forces are affected - as we have given heretofore, as to how much of these were smooth and the inroads of these activities where there is the breaking up of those things. Hence the necessity of keeping as much as possible the more oxygen in a manner as indicated, [Ash, violet ray] as we find, would be the better conditions for the system.

These are natural consequences. Hence the precautions that should be taken against cold or congestion, for these would then make for larger quantities

of poisons and the overflowing of a blood vessel, or that which would make for these destructive forces in the physical functioning.

11. (Q) Is there any other condition of the body that I should be warned of at the present time; if so, what?

(A) As indicated, keep the general assimilations such that there may be built up a resistance against cold, keeping the feet from getting damp, away from drafts or the like. These will be the better for the body, with the addition of the things that we have given to assist the blood supply. This must be taken consistently but persistently, in that you don't overdo it nor underdo it. And do not come to rely on ANY influence from without other than that that may be accomplished better by the assimilated forces of the body itself....

We are through with this reading.

REPORTS OF READING 304-31 M 80

R1. 5/25/34 Son's ltr.: "Pa hasn't been so well, but continues to be up and going, and looks real well. Complains a good deal about his head and chest. How he holds out so well I don't know."

R2. 11/29/34 He obtained 304-32 for abdominal hernia, recommending a truss.

INDEX OF READING 304-35 M 83

Electrotherapy: Violet Ray: Asthma	Par. 6
Prescriptions: Ash: Animated: Asthma	Par. 6
: Caroid Bile Salts: Eliminations	Par. 5
: Simmons' Liver Regulator	Par. 4

BACKGROUND OF READING 304-35 M 83

B1. 6/10/35 He obtained 304-34 for eczema sores and hernia. Previous readings had been obtained for chronic long standing asthma and bronchitis.

B2. 7/15/36 Son's ltr.: "He looks mighty well for one of his age, and gets about as well as ever. He has to take mighty good care of himself, though."

TEXT OF READING 304-35 M 83

This psychic reading given by Edgar Cayce, this 20th day of July, 1936.

2. As to general conditions, these are very good considering all of the disturbing forces that have been indicated in the physical functioning of the body.
3. We find that there only needs to be those cleansings of the alimentary canal. Keep a nominal balance. Do not overtax the system with foods nor make too great a quantity of only starches.
4. In eliminations we would continue with those forces as have been indicated that are rather of the vegetable nature, or the Simmons Liver Regulator.
5. Well that this be altered AT TIMES, by taking a couple of the Caroid and Bile Salts tablets. These would be very well to arouse the liver. But do not IRRITATE or flush the system so much as to produce a great strain upon the system.
6. With the Ash use the violet ray; these are more helpful for they make for a releasing of the oxygen for the body.
7. We are through with this reading.

REPORTS OF READING 304-35 M 83

R1. 10/18/36 He obtained 304-36 for hemorrhage from bladder.

INDEX OF READING 304-36 M 83

Asthenia: Hemorrhage: Kidneys	Par. 5
Electrotherapy: Violet Ray: Hemorrhage: Kidneys	Par. 4
HEMORRHAGE: KIDNEYS	
Hemorrhoids: Hemorrhage: Kidneys	Par. 2
Physiotherapy: Packs: Hot Salt & Soda: Hemorrhage: Kidneys	Par. 6
Prescriptions: Ash: Animated: Hemorrhage: Kidneys	Par. 4

BACKGROUND OF READING 304-36 M 83

10/18/36 He requested advice for hemorrhage from bladder early this morning.

TEXT OF READING 304-36 M 83

This psychic reading given by Edgar Cayce, this 18th day of October, 1936.

2. As we find, the present disturbance arises from weakness, cold, congestion, arising from old disturbances in the glandular forces with the tubes from bladder through penis. Thus the blood clots and the blood is seepage from prostate and from disturbances that were of old in the lower portion of the rectal area as hemorrhoids. And this lesion, through cold and congestion, then exhumes, as it were, producing irritation.

3. If this is relieved we would find that the gradual strength should return with the body keeping quiet, warm, with nourishing food values and with the proper mental activity.

4. In the applications for same, we would use, rather than once a day, twice a day the Animated Ash with the violet ray following same. In the one use over the throat, chest, lungs, as has been indicated. With the other, over the small of the back and through those areas as may make for that settling as it were or localizing of the beneficial effects of the carbon's reaction in the system or the oxygen in the area. Do not make too great an amount but a little over the scrotum area also will be helpful, see?

5. The general weaknesses are from fear, cold, and the loss - to be sure - of blood.

6. Do these, as we find, for the better conditions. When there is severe pain, the soda or salt, or combination of soda, meal, salt, heated in a pad or in a pad and the electric pad placed over same, across the small of the back and hips, will be helpful. We are through with this reading.

REPORTS OF READING 304-36 M 83

R1. 10/28/36 Son's ltr.: "The reading fixed him up. He was able to leave on the 26th for a visit to his daughter in Tenn."

INDEX OF READING 304-38 M 83

ACIDITY

COLD: CONGESTION

Electrotherapy: Violet Ray: Asthma	Par. 2, 7-A
Prescriptions: Apple Brandy: Cold: Congestion	Par. 4
: Ash: Animated: Asthma	Par. 2, 7-A
: Honey: Cold: Congestion	Par. 4
: Spirits Frumenti:	Par. 4

BACKGROUND OF READING 304-38 M 83

B1. See 304-37 on 12/29/36 for severe cold.

TEXT OF READING 304-38 M 83

This psychic reading given by Edgar Cayce, this 31st day of December, 1936.

1. EC: Yes, we have the body here; this we have had before.
2. As we find, if there will be the alkalinizing of the body as has been indicated [in 304-37], also using the Ash [as in 304-36 for asthma] the more often - the 8th grain three times a day if it becomes necessary - this depends upon the reaction, but use the violet ray over the front and back of the chest and the bronchi each time it is used for three to four minutes - this will give a reaction that should loosen, but will require that there be kept the eliminations.
3. To be sure, use the oil rubs that have been indicated for the body under the existent conditions.
4. In the diet, more of a liquid or semi-liquid. Those with the stimulants of egg and spirits frumenti, or with the honey and the apple brandy. [As in 304-37.]
5. These as we find are the better for the body in the present.
6. Ready for questions.
7. (Q) Just what should be wired?
(A) Alkalinize body as indicated. Increase frequency of Ash to three times each day if necessary, stimulating with the violet ray. Liquid diets. Keep up eliminations.
8. (Q) Just what is the present condition?
(A) As has been indicated, the cold, congestion; acidity.
9. We are through for the present.

REPORTS OF READING 304-38 M 83

R1. 1/3/37 He obtained emergency rdg. 304-39, requested by wire from his daughter.

INDEX OF READING 304-39 M 83

ASTHMA

BRONCHITIS

Electrotherapy: Violet Ray: Asthma Par. 7

Intestines: Enemas: Eliminations Par. 6

Prescriptions: Ash: Animated: Asthma Par. 7

: Benzoin Tincture: Asthma Par. 3--5

: Eucalyptus, Oil Of: Par. 3--5

: Honey: Par. 3--5

: Spirits Frumenti: Par. 3--5

: Water, Distilled: Par. 3--5

: Whiskey: Par. 3--5

BACKGROUND OF READING 304-39 M 83

B1. 12/31/36 He obtained 304-38, via wired request from his daughter, for continued severe cold, and effects of long standing asthma and bronchitis.

B2. 1/2/37 N/L from his daughter, Miss [243]: "Papa still very sick. Cannot lie down for forty-eight hours. Not satisfied with condition. Please guide us in treatment. He has asthma very bad. I fear other troubles. Received reading today [304-38]. Feel very uneasy and responsible."

TEXT OF READING 304-39 M 83

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va. this 3rd day of January, 1937.

2. As we find, there needs be the time, the opportunity, without overdoing it, for allowing those properties as indicated for the body to react.

3. To aid or relieve the heaviness in the breathing, we would prepare this - but when prepared do not take as swallows, but about half a teaspoonful and let it with the saliva gradually go down the throat, and the reaction from same should be most helpful:

4. To 2 tablespoonsful of Distilled Water add 1 tablespoonful Strained Honey. Let this come to a boil - Or these same proportions to be used, you see. Skim off the refuse. Not while it's hot but while warm, cut this with a tablespoonful of spirits frumenti or whiskey. Then add:

Oil of Eucalyptus.....20 minims, Compound Tincture of Benzoin.....30 minims.

5. Take this in the way and the manner as indicated.

6. Keep the eliminations, though it may be necessary to use enemas.

7. Keep the Ash AND the light as has been indicated.

8. Ready for questions.

9. (Q) Is there any immediate danger?

(A) Always danger. Complications may come from the general debilitation, but do these in the present.

10. We are through with this reading.

REPORTS OF READING 304-39 M 83

R1. 1/3/37 EC's wire to Miss [243], the daughter:

"TWO TABLESPOONFUL DISTILLED WATER ONE TABLESPOONFUL STRAINED HONEY

LET COME TO BOIL SKIM OFF REFUSE WHILE WARM NOT HOT CUT WITH TABLESPOONFUL WHISKEY THEN ADD OIL EUCALYPTUS TWENTY DROPS COMPOUND TINCTURE BENZOIN THIRTY DROPS LET HALF TEASPOONFUL GRADUALLY TRICKLE DOWN THROAT WITH SALIVA TO AID BREATHING CONTINUE AND ALLOW TIME FOR REACTION."

R2. 1/7/37 He obtained Ck. Physical 304-40 which his daughter, Mrs. [340], requested by phone saying a medical doctor had been called in and they now wanted to know whether any of the applications suggested in the readings should be changed.

INDEX OF READING 307-9 F 56

Cold: Common: Preventive : CONGESTION	Par. 10-A
DEBILITATION: GENERAL	
Diet: Berries: Strawberries : Debilitation: General	Par. 12-A Par. 6, 12-A
Electrotherapy: Violet Ray: Debilitation: General	Par. 3, 5
Osteopathy: Debilitation: General	Par. 3, 9-A
Prescriptions: Ash: Animated: Debilitation: General	Par. 3, 5, 11-A
Rest: Debilitation: General	Par. 4

BACKGROUND OF READING 307-9 F 56

B1. She obtained 307-8 on 4/29/35, for poor digestion, weakness, etc.

TEXT OF READING 307-9 F 56

This Psychic Reading given by Edgar Cayce at his home on Artic Crescent, Virginia Beach, Va., this 25th day of May, 1935.

1. EC: Yes, we have the body here; this we have had before.
2. As we find, there are some acute conditions that are contributory - with the general debilitations - to the disorders with the system; and produce this weakness, nausea, dizziness. The congestion and cold has made for the extension of those activities that deplete the system.
3. With the manipulations that will assist in stimulating the resistive forces for the body, along the cerebrospinal system as indicated, we find it would be well to add the Ash and the violet ray given rather deeply across the lung - both in front and back - to reduce the cold and congestion there, and to cause the better blood reaction in the system. We would take an eighth of a grain of the Ash each day, and five to ten minutes afterwards give the violet ray over the lung area, extending to the solar plexus (front and back), for five to eight minutes.
4. We would be mindful that there is not too much physical exertion.
5. We would continue with those stimuli that have been indicated, but do not have these within an hour to an hour and a half before the Ash and the violet ray.
6. Let the diet be of those things that are body, nerve and blood building.
7. And we should find these conditions soon being broken up.
8. Ready for questions.

9. (Q) How often now should the osteopathic treatments be given, and how many more?

(A) We would have them about three times a week now, until at least a sufficient number is taken to break up this congestion.

10. (Q) How can susceptibility to colds be prevented?

(A) By keeping more of an alkalinity in the system and being more careful as to drafts and dampness about the feet and hands.

11. (Q) How long should the Ash be taken?

(A) Until we have broken up these congestions, and until the strength and vitality are revived.

12. (Q) Are strawberries all right for me to eat?

(A) Strawberries are rather excess acid-producing, and especially carry too much of potash when iodines are needed for the system.

Do as we have suggested here, and we should find the condition responding.

13. We are through with this reading.

REPORTS OF READING 307-9 F 56

R1. 1/15/36 She obtained 307-10 for a very "depleted blood supply and strained nerve system."

INDEX OF READING 337-13 F 43

Blood: Oxidization: Eliminations: Incoordination Par. 2-A, 3-A

ECZEMA

Dentistry: Surgery Par. 2-A

Electrotherapy: Infra-Red: Eliminations:
Incoordination Par. 2-A
: Ultra-Violet Light: Par. 2-A

ELIMINATIONS: INCOORDINATION

Hospitalization: Cayce Hospital Par. B1, B2

Osteopathy: Eliminations: Incoordination Par. 5-A

Physiotherapy: Baths: Sweats: Eliminations:
Incoordination Par. 2-A
: Massage: Witchhazel: Par. 2-A

Prescriptions: Ash: Animated: Eliminations:
Incoordination Par. 2-A

BACKGROUND OF READING 337-13 F 43

B1. See 337-12 on 12/2/29 giving further advice for corrective measures for eczema, which had improved considerably while a patient in Cayce Hospital from 8/25/29 through 11/25/29.

B2. 1/6/30 She returned to Cayce Hospital so that she could get all the treatments as prescribed for improvement of her condition.

TEXT OF READING 337-13 F 43

This psychic reading given by Edgar Cayce, this 7th day of January, 1930.

1. EC: We have the body here. This we have had before.
2. (Q) In what condition is root of missing tooth? Is it advisable to save it?
(A) No. The fracture is of such a nature that this would only produce trouble and cause the accumulations of refuses in system to congregate or accumulate in these conditions. We would remove same, and then attach that as would replace same to those on either side.

In the general condition of this body, many changes have taken place since last we had same. With the continuation of that as will build resistance in the system, with the accumulation of more vitality, would be WELL, now were this body to use as medicinal properties one-eighth grain medicated ash [See 3857-2 on 3/22/28 first mentioning the Carbon or Animated Ash.] twice each day. These would also be well to use alternately, but in not too close periods - those of the ultra-violet, also the Infra red, also taking sweat baths, following same (the sweat baths) with that of the rub with witchhazel - weakened witchhazel, NOT the ordinary or in its original form. This should be about one to twenty, but this should be massaged WELL into the body - not just rubbed on and rubbed off! MASSAGED into the body! The ultra-violet should be given, we will say - Tuesday. Then again Friday. The Infra red would be Wednesday, again Monday. In that proportion; not necessarily those days, but that proportion.

3. (Q) What causes strained condition in the knees?

(A) Improper eliminations and the shock as has been in the system also aids in the contraction of the sinew in the system. Hence this change as is made in ash, that more of the oxygen may be released in system, that the blood may have more ability in carrying to and taking from the various portions of the system those necessary vital rebuilding forces; also eliminating or loosening from those portions where drosses tend to accumulate, that the alimentary canal may throw these off. Keep the system eliminating properly. Well to pump the lungs occasionally in the treatment, that the VITALITY may be builded up through the MUSCULAR forces of the pleura and also of the diaphragm.

4. (Q) Did body get correct treatment while at home?

(A) Very well for - to fill IN, yes.

5. (Q) Do you advise osteopathic treatments?

(A) Every day.

6. That is all the questions regarding this body.

7. The body is on the build! Keep it up! We are through with this reading.
(to be delivered to patient on leaving hospital)

REPORTS OF READING 337-13 F 43

R1. All treatments were followed, including osteopathic treatment daily by Dr. Lyman A. Lydic, D.O.

R2. 1/15/30: Dr. James R. Parker, M.D.'s results of [337]'s Urinalysis [hand written]: Sp. Gr. [Specific Gravity]: 1012 Acid Albumin: Negative Sugar: Negative

R3. 1/20/30 See 337-14.

INDEX OF READING 337-15 F 43

ECZEMA

ELIMINATIONS: INCOORDINATION

Eyes: Glasses	Par. 5-A
Hospitalization: Cayce Hospital	Par. B1, 4-A
Osteopathy: Eliminations: Incoordination	Par. 4-A
Prescriptions: Ash: Animated: Eliminations: Incoordination	Par. 2-A, 3-A

BACKGROUND OF READING 337-15 F 43

B1. See 337-14 on 1/20/30 giving continued treatment to overcome eczema, for which she had returned to Cayce Hospital on 1/6/30.

TEXT OF READING 337-15 F 43

This psychic reading given by Edgar Cayce, this 3rd day of February, 1930.

1. EC: We have the body here, [337]. This we have had before. There are reactions that have been sought coming about in the system, and the general physical conditions of the body are on the upbuild, or improvements, as to where that - with the proper care and attention, and without overtaxing - the body may build to the near NORMAL condition for the body. Ready for questions.
2. (Q) Should the body continue to take powders prescribed in first reading? [Animated Ash - 337-13 on 1/7/30 when first returning to Cayce Hospital?]
(A) Continue for the time being, at least.
3. (Q) Should patient take medicated ash home with her?
(A) Best to take it in system, rather than take it home.
4. (Q) Outline plan of treatment for body at home.
(A) This is pre-supposing, then, that it's going home! In the applications, these would be the better conditions, were this carried out in that manner - that is, at home: Not too much overtaxation physically. Beware that there is not too much change in the diet. Follow the suggestions as for the internal medicated conditions for the system, and sufficient of the manipulations to keep the system NOMINALLY functioning. Also we would keep much of those conditions as will change in the eliminations, as has been started. Do that.
5. (Q) Does body need glasses?
(A) When reading in evenings, or in subdued light, glasses should be used.
6. (Q) How often should body have check readings?
(A) When needed! We are through with this reading.

REPORTS OF READING 337-15 F 43

R1. 2/3/30 P.M. She left for her home in N.Y.

R2. 3/3/30 See 337-16.

INDEX OF READING 337-19 F 43

Appliances: Radio-Active: Eliminations: Incoordination	Par. 6-A
ECZEMA	
ELIMINATIONS: INCOORDINATION	
Hospitalization: Cayce Hospital	Par. B1, 13-A
Inhalants: Alcohol 85%: Eliminations: Incoordination	Par. 2, 3
: Creosote, Rectified:	Par. 2, 3
: Eucalyptol:	Par. 2, 3
: Tolu In Solution:	Par. 2, 3
: Turp, Rectified Oil of:	Par. 2, 3
Intestines: Colonics: Eliminations: Incoordination	Par. 1
Nausea: Eliminations: Incoordination	Par. 11-A
Obesity: Tendencies: Eliminations: Incoordination	Par. 1
Physiotherapy: Baths: Fumes: Salts: Eliminations: Incoordination	Par. 1, 8-A
: Witchhazel:	Par. 1, 8-A
: Sweats:	Par. 1, 8-A
Prescriptions: Ash: Animated: Eliminations: Incoordination	Par. 4-A

BACKGROUND OF READING 337-19 F 43

B1. See 337-18 on 7/28/30 advising further treatment for continuing to improve and correct long standing condition of eczema.

TEXT OF READING 337-19 F 43

This psychic reading given by Edgar Cayce, this 11th day of August, 1930.

1. EC: We have the body here, [337] - this we have had before. Conditions are much improved from that as we have had here before. We would find that with the careful watching of the diet, with the proper eliminations kept through alimentary canal, even though it be necessary to occasionally have the irrigations to cleanse from the system those conditions as would become as poisons, when there is not sufficient of the peristaltic movement through the intestinal tract - and it would be well for the body to, at least once each week, have those of SWEATS

that would carry those of the fumes of the witchhazel, or of those of the salts, that the circulation in the capillaries may not become choked or clouded, as HAS existed in the system from these conditions in the vegetative nerve system and poisons from the system. These, as we find, will aid also in the reduction of the body as to avoirdupois, will the body [if the body will] KEEP the system in an even balance. These are well. The aid also in this direction will be that deep inhalations be taken of properties, as has been given [in 337-18] as an antiseptic for lungs, bronchials and nasal cavities. This BREATHED, at least once each day, will be of MUCH benefit to the body. In this particular case or condition, we would prepare same in this manner:

2. To 6 ounces of 85% alcohol, add - and add in THIS manner, not altering the rotation:

Eucalyptol.....40 minims, Rectified Oil of Turp.....15 minims,
Rectified Creosote.....8 minims, Tincture of Tolu in solution.....1/4 ounce.

3. Keep in a container at least twice the size of the quantity. Either inhale through that of pouring out in an open container, or breathing deep into the lungs with that wherein the air may be drawn INTO the vacuum and not into the solution, both being open, see? Ready for questions.

4. (Q) Should body continue taking ash? [Animated Ash]

(A) It will continue to aid the system to throw off much of the poisons, by the releasing of the oxygen, as has been given.

5. (Q) Should medicine prescribed several readings ago be continued? [As in 337-16?]

(A) Not necessary, if the other conditions are carried out at the present.

6. (Q) How often should battery be used?

(A) Battery [Radio-Active Appliance] is good WHENEVER used, and it may be used every day or it may be used once or three times each week.

7. (Q) What causes discomfort while sitting or while lying in bed in body's limbs?

(A) The circulatory system, and the pressure as exists in the lumbar.

8. (Q) What care for the abrasions?

(A) We are caring for it, if you will take the sweats, as given!

9. (Q) Should body continue diet?

(A) This has been given. It should. We wouldn't change it at present.

10. (Q) In what condition is the liver?

(A) May be called semi-active, but it's on the improve - that's why keep the conditions up!

11. (Q) What causes nauseous feeling?

(A) Partly from condition in the lungs, as system attempts to throw off. Partly from the condition in the intestinal system, and regurgitation takes place.

12. (Q) Any further suggestions?

(A) Do this as given WELL, and we will find the conditions will keep on the improve.

13. (Q) When should body return to hospital for treatment?

(A) When conditions are settled, so that the body may feel the easier and better satisfied with the mental conditions and the conditions about the home.

14. We are through with this reading.

INDEX OF READING 366-2, 4, M 35

BLOOD: HUMOR

CIRCULATION: LYMPH

ECZEMA: SCROFULADERMA

Electrotherapy: Violet Ray: Blood: Oxidization Par. 9, 14-A

Eyes: Debilitation: General Par. 14-A

Prescriptions: Ash: Animated: Blood: Oxidization Par. 7--9, 14-A

Prophecy: Prognosis: Paralysis Par. 6

Psychosomatics: Healing Par. 15-A

RHEUMATISM

BACKGROUND OF READING 366-2 M 35

See 366-1 on 6/29/33 for scrofula eczema, stiff and locked joints, etc., for 18 yrs.

TEXT OF READING 366-2 M 35

This psychic reading given by Edgar Cayce, this 22nd day of August, 1933.

1. EC: Yes, we have the body here; this we have had before.
2. Now, as we find, while there apparently - outwardly - has been little accomplished thus far, that there have been reactions in the system is an indication - and should be gratifying indications to the body - that those things or conditions being administered are effective in the existent conditions in the body.
3. The changes that have taken place are in that the circulation has been aroused sufficiently to make at times the irritation of the skin itself more severe, and that there is the feeling in the joints - that are so badly stiffened and so rigid in the present - is an indication that there is still circulation that may, through the activities that are being brought about, bring renewed energy and life to those tendons and muscles that have been so long idle that they have lost the elasticity, and the muco-membranes in the activity to the joints have been relaxed - and the lymph.
4. There will be other periods of change when there will be felt soreness in the limbs, or in the joints themselves, and there may be occasionally - later on - the accumulation of fluids apparent. But when these do occur, there will be given the proper massage that will make for the correction and the elimination of inflammatory influences in the joints themselves.

5. The contraction is in the tendon ends that are attached to the bone itself; and the cushions between the joints, as in knees, as in ankle, as in wrists, and in elbow, as in shoulders, are of themselves simple "out of running" because of lack of nutriment to them for elasticity to be present.

6. We would keep, then, those properties in the massage; those properties internally that will make for better assimilation and distribution of the used forces gradually that will aid in bringing a relief to the body in such a way that it may be able to care for itself.

7. We would, then, only add that there be the carbonated or carbon ash added to the system OCCASIONALLY - in the beginning. This will make for more oxidization and, naturally, some electrical forces will make it more active.

8. We would, then, at least every third day, take a quarter grain of the ash, see?

9. Thirty minutes later, apply the violet ray over the diaphragm area (that's to the front and over the chest, see, to the upper portion of stomach) and over the cerebro-spinal area from the 9th dorsal to the 2nd or 3rd cervical; about two and a half minutes over the cerebro-spinal system (from 9th dorsal; that is, from below the stomach - the hypogastric and pneumogastric plexus, or from the 9th dorsal plexus - solar plexus, in the cerebro-spinal, see - to the upper portion of the gastrics as they cross to the central portion of circulation to the head; and about one and one-half minutes over the frontal portion of the body as given.

10. All the rest we would follow along in much the line as we have given.

11. Ready for questions.

12. (Q) Are the pains in my back and chest also due to a change taking place?

(A) As indicated.

13. (Q) When should this body have another check reading?

(A) When it feels like it needs it!

14. (Q) Is my eye trouble part of the body condition or just a general happening?

(A) Weakness from sapping of vitality throughout the body. This will gradually improve, and especially with the application of the violet ray - and ash.

15. (Q) Any other advice for this body at this time?

(A) Be patient, but be hopeful in all of the administrations. Do not administer as just to be done consistently, but to be done POSITIVELY consistently - for a purpose! Be expectant that help is coming! For, the Maker of the body is able to care for same, if the mind and the willingness to use same aright is kept in the proper attitude. O that every soul would learn, "May I be used, O Lord, in the way Thou seest that I may serve thy purposes the better. May I use all those causes that Thou hast made, relying on Thy promises that I am Thine and Thou mayest use me as Thou seest fit!" We are through for the present.

(GD's note: Do not take ash IN capsule, but EMPTY on tongue and wash down with water.)

REPORTS OF READING 366-2 M 35

R1. 9/12/33 "I suppose you are waiting to hear how I am getting along. Well, on most of the body the heavy scale has come off but in some places there are little new blotches. Around my neck and front of body that is, on upper part of chest - the skin seems to be so dry and drawn with a scale like a fish. This also occurs

on the upper part of the arm. I don't have any sore spots to mention, the pain in my back seems to have gone and I don't get the chills or even feel sick and weak as I first did.

"As yet my joints haven't shown any signs of limbering, but I am keeping up with the treatments as before. I have a little electric box, I was told by a friend I should use to help the muscles along, but I haven't done anything but what I am told according to the rdg. I also have an electro magnetic circle but haven't used it because I don't want anything to interfere with the treatments unless it is found advisable through a rdg. Some yrs. ago it seemed that the electro magnetic circle was helping the skin trouble, but I shall not use it or anything else unless I am advised to do so. I almost forgot to mention the eye trouble which has improved some. I am able to keep the eye open, and by looking at it you would think that it was as good as the next one, but it hasn't cleared up as it was before, but I feel sure it will be back to normal soon.

"I must tell you that I appreciate your kindness more than I can say, for the help you are so kindly giving me.

"My condition I feel sure will improve as time goes on. So until next time, I wish to thank you again and remain, as ever," [366]

R2. 9/19/33 EC wrote encouraging him, saying he'd advise a check-up rdg. about the middle of next month, asking him to send questions.

R3. 9/28/33 "I wish to thank you for your kind letter and am glad to say that it looks as tho the skin is on the mend. One peculiar thing I seem to note, and that is if I eat meat at all it seems to affect the skin trouble, so I have left it off of my diet entirely. I have tried to balance my diet and have kept up with the treatments as directed.

"The only pain I seem to have is in the lower back, that is the back part of the hips and the lower part of the spine...

"I am enclosing a dollar for the Association... I shall be at home all the time for the ck. rdg." [He submitted questions.]

R4. 10/12/33 See 366-3.

INDEX OF READING 366-4 M 35

BLOOD: HUMOR

CIRCULATION: LYMPH

Diet: Body-Building: Paralysis Par. 9-A--11-A

Electrotherapy: Violet Ray: Blood: Oxidization Par. 3

ECZEMA: SCROFULADERMA

Physiotherapy: Massage: Gasoline: Paralysis Par. 4

: Myrrh: Par. 4

: Oils, Olive: Par. 4

: Sweet Oil: Eczema Par. 2

Prescriptions: Ash: Animated: Blood: Oxidization Par. 3

: Olive Oil: Rheumatism Par. 5

RHEUMATISM

BACKGROUND OF READING 366-4 M 35

B1. See 366-3 on 10/12/33 for continued advice as to treatment of scrofula eczema and stiffness of limbs and locked joints (for 18 yrs.).

TEXT OF READING 366-4 M 35

This psychic reading given by Edgar Cayce, this 12th day of December, 1933.

1. EC: Yes. Some conditions as we find with this body are very satisfactory; others are not so good.
2. On those places on the body where there is the tendency for the eliminations to continue to be more active and produce, through the eliminating in the respiratory activity or lymph circulation, a rash and scaly parts on body, we would in the present rub sweet oil; not scrubbed, but rubbed in same. This will be most beneficial to this particular disturbance at times.
3. We would find also that the Ash will be helpful to the body, and that the application of the violet ray thirty minutes after the Ash is taken will be beneficial. This should not be more than one-eighth of a grain at a dose. This we would take now every day. That's one-half of the capsule the way they are usually put up. Put the Ash dry on tongue and wash down. Do not take it in capsule. Then use the violet ray thirty minutes after the Ash is taken.

4. Also the massage over portions of body where there is stiffness of the joints so excessively, with the rub containing the gasoline and the equal combination of olive oil and tincture of myrrh, on all the cerebro-spinal system, should be at one of the periods altered with the so severe activity; for these properties will aid in penetrating the system.

5. We would also use internally all the olive oil - PURE olive oil - that the system will assimilate. This does not mean taking or consuming large quantities at a time, but small quantities being taken rather often. After taking it for a few days, should the body find there is the tendency to belch or regurgitate same, then reduce the quantity. And do not take more than a half a teaspoonful or less, every two or three hours during the day. Of course, don't wake the body at night to take same - but DURING the day.

6. As to the matter of the diet, be mindful that this is well balanced with sufficient of the proteins, starches and carbohydrates that there may be supplied in the system the necessary elements to keep not only the heat for the body but the necessary balance of elements throughout the system.

7. The rest of the applications we would keep well as have been outlined.

8. Ready for questions.

9. (Q) In balancing my diet, is it proper that starch and protein be eaten at the same meal?

(A) If kept in the proper ratio, it is necessary.

10. (Q) What is the proper ratio, for this body?

(A) 6 and 5/7 to 11 and 7/16.

That's by weight!

11. (Q) Which is the 6 and 5/7, the starch or protein?

(A) Starch. Then the protein is the other. Don't you see that?

12. We are through with this reading.

REPORTS OF READING 366-4 M 35

R1. 1/22/34 "Well, my skin was pretty bad for a while, but in these last few wks. it has been clearing up pretty good. Should this keep getting better it will help me greatly in spirit, for you know not only does it look bad but the itching and all other inconveniences, will mean quite a little to me.

"Patience I know is essential and I am not getting upset over its slowness to heal. The joints seem to be rigid and because of the skin being so bad it was difficult to apply the liniment but the ankles and knees are getting the tr.

"Two wks. ago my ankle was swollen and painful but that has gone pretty well. Of course I have little pains here and there but that doesn't bother me. I have noticed in the last 2 months that my weight has gone down and at times my appetite isn't all it used to be, but I suppose there are off days in most everything.

"Will write again soon, so until then may I thank you for your kindness to me, best wishes also to your co-workers.

"Hoping to be a friend," [366]

R2. 3/6/34 "After reading Bulletin of March 1934 [in re experiment between Eileen Garrett and Edgar Cayce, using EC readings 507-1 and 507-2] I decided to write you a letter and let you know how I am getting along. My condition sure seems to be an odd one, going along as I do the same tr. each day and yet one time the skin will seem to clear up pretty well and then all of a sudden I break out again. Right now the skin is broken out again. I suppose someday it will go away and stay away. As the skin is in this precarious condition I thought perhaps it would be best to concentrate on the healing of the skin trouble and then see what could be done about the joints in their stiffened condition, after the skin is healed, as I think the skin trouble takes away a lot of one's vitality.

"I was very interested in [507-1], Par. 21-A and Uvani's answer to it in regard to Life Rdgs. bringing out some cause for one's illness, in his past, that probably could be corrected if it were known. The question also in my mind refers to much that I have heard, about curses. Is it possible for some person to put a curse on another causing one to be sick or otherwise suffer?

"If it were possible to put a curse on a person and such a thing happened to me, how could I release myself of this curse?

"I know my condition will require patience to heal and I feel some day I shall be normal again. It is very gratifying to know that there is a power above earth.

"I am enclosing a small sum, and also my heartiest appreciation for your kind thoughts and help to me."

R3. 4/7/34 EC's letter:

"I'm glad to have your report on yourself. While the results may be very slow, I don't think there is any question but what - if you follow the ideals presented in the information given - you will find help.

"Yes, the Life Readings are quite helpful to many, many individuals. Of course, it is not given to all of us to be the same. When we look about us and see many whom we feel are no better than ourselves in any way, yet they have many of the things that we feel would make us happy if we were in their shoes, we wonder; yet we each have our job, and we have laid out our job for ourselves according to what we have done about the knowledge of the real saving grace that is ours as every man's birthright. For, we remember that when Esau gave it away he had to pay the price; not only Esau but he and his, over and over again.

"As to such a thing as a curse or a blessing being placed upon an individual, it depends upon the credence we as individuals give to such things, as to how strong our belief is in the power of the Christ to overcome all such. They may exist, yes - but what we do about such either makes for a curse or a blessing to ourselves and others. Faith in God may make us whole, but if we are not made whole in the moment many of us say that it isn't so, when possibly we have for ages and ages built just the opposite from what we are asking God to overcome in a moment. Not that God isn't able to overcome it in a moment, but if we have built such a condition in our lives then we must meet it - in some form or another - for our own best development that we may become aware of the glory of God, through making our will His will. For, heaven and earth may pass away, but His promises do NOT pass away. And the saving grace in Jesus Christ is what we

do about what we know of His love. Not that He needs anything we may do for Him, but "As ye sow, so shall ye reap."

"I would love very much to see a Life Reading on you, but if you feel that it might tell you of some things - either here or in the past - that may have brought what people call your cross to bear in the present, that would be upsetting to you, then don't have it. To many of us if we know WHY we are suffering we can do it with a better grace. And, as the old adage, it is better to suffer a little now with loved one's knowing what it's all about, than eternally in the hereafter.

"But write me about this, and if you would like to have the Life Reading, know we will be very glad to get it for you.

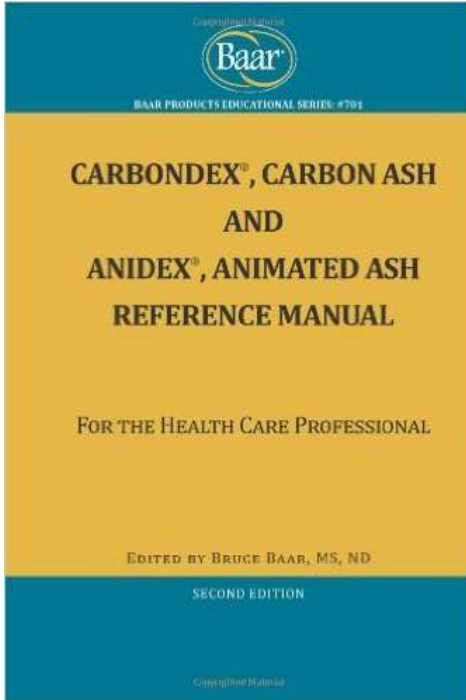
"With kindest regards, I am" Sincerely, EC

R4. 5/18/34 He gave required data to obtain Life Rdg., saying: "My skin has been clearing gradually, but have been having pains in the groins and lower back. For the past wk. I have omitted meat and several other foods which seems to help."

R5. 5/31/34 See his Life Rdg. 366-5.

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Carbondex, Carbon Ash and Anidex, Animated ash Reference Manual



This CARBONDEX®, CARBON ASH AND ANIDEX®, ANIMATED ASH REFERENCE MANUAL offers extensive information on the use of Carbondex® and Anidex® through the Edgar Cayce Readings. This manual is designed for individuals, care takers, family members and healthcare professionals. Explore and research for yourself these unique approaches to holistic and integrative health therapies. Baar Products, Inc. offers a full collection of natural products and remedies, along with Edgar Cayce inspired formulations. Edgar Cayce is considered by many to be the father of modern holistic medicine.

Anidex®, Animated Ash, 1/4 gr. and 1/8gr., 20 capsules
Bamboo Source



- Edgar Cayce Product
- Oxygenates the blood
- Exclusive Baar Products Electrification Process

Mentioned in the Cayce Readings for oxygenating the blood. Most often activated with use of the Violet Ray unit or the UV lamp system. May also be mixed with Iodex per instructions in the Cayce Health Care Philosophy. Read the Carbondex and Anidex book for the details of this wonderful product.



Carbondex®, Carbon Ash, 1/4 gr. and 1/8gr., 10 capsules



Iodex, 1 oz.
Topical Antiseptic Ointment

Iodex is an anti-infective salve. As long as Iodex remains in contact with body tissues in minor cuts, wounds and abrasions, the iodine gradually separates from the molecule of the carrier and inhibits the growth and action of bacteria and promotes healing. This product has been available since 1910 and was mentioned about 125 times in the Cayce Readings.

- Iodex Formula Now with 2% Iodine
- Inhibits Growth of Bacteria
- Promotes Healing

This first aid ointment helps prevent skin infection in minor cuts, wounds, and abrasions. As long as Iodex remains in contact with body tissues in minor cuts, wounds and abrasions, the iodine gradually separates from the molecule of the carrier and inhibits the growth and action of bacteria and promotes healing.

Directions: Cleanse affected area with mild soap and warm water and rinse thoroughly. Apply product and rub until color disappears. If area is too tender, apply freely and cover with a light loose bandage. Ask a doctor before use if you have deep or puncture wounds, animal bites or serious burns.

Active Ingredient: Iodine, 2 %. Inactive Ingredients: Oleic Acid, Paraffin, Petrolatum.

Warning: For External Use Only. Do not get into eyes or mucous membranes.



Atomic Iodine, 2 oz Dropper Bottle *Electrified*

- Stable Nascent Iodine
- Electrified for Enhanced Assimilation
- Recommended by Doctors, Scientists and Health Care Physicians
- Official Edgar Cayce Formula
- Excellent Antiseptic
- Also Recommended for Application to Cuts, Boils, Bites and more

Baar Atomic Iodine is the world's only electrified and stable non-toxic aqueous form of iodine that liberates the element in an atomic or nascent state. Atomic Iodine, was developed by Dr. Sunkar A. Bissey in the 1920's. His product was used for goiter, malaria, hypothyroidism and other health issues. Iodine in the nascent state is known to fight infections.

Cayce suggested electrifying the product. This process of electrifying was developed and perfected by Dr. Bruce Baar in the 1980's. Dr. Baar's unique process not only includes electrification but also includes the effect of the specialized herbs from the Bissey formula.

Baar Atomic Iodine is excellent for external application to cuts, boils, bites, rashes, poison ivy and more. A truly unique and economic product that is electrified as indicated in the Edgar Cayce Health Care Philosophy.

Suggested Use:

One drop in a half glass of water provides approximately 600 mcg of nascent Iodine which is more than the minimum daily requirement.

Apply as needed, topically to skin. Allow time to air dry. Bandaging is discouraged after application as it may cause tissue irritation.

Ingredients:

1% solution of Electrified Nascent Iodine (approximately 600 mcg iodine per drop).

Warning: If used internally, do not use in conjunction with any other concentrated source of iodine. Over-stimulation of the thyroid gland with resulting nervousness may be experienced. People who are hyperactive or have cardiovascular difficulties should not use this because glandular stimulation might over stimulate the heart.