

Circulating File

ACIDITY-ALKALINITY

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

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ACIDITY-ALKALINITY CIRCULATING FILE

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of an overview and the Edgar Cayce psychic readings on acidity and alkalinity. 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.

Acidity-Alkalinity

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Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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

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NOTE: This information was compiled decades ago by physicians interested in the Edgar Cayce material. It is included for your ease of reference and is not intended to be used as a course of treatment without professional medical supervision. Please keep in mind that contemporary medical knowledge and insight may have changed over the ensuing decades; for that reason please work with your personal health care provider before undertaking any course of therapy.

Commentary on Acidity-Alkalinity

Explanatory Note: The following comments are intended to explore functions and therapy in the light in which Edgar Cayce saw them during his readings. For purposes of this commentary, then, his viewpoint of physiology and etiology is assumed to be correct, although it is realized that it may not be in accord with generally accepted theories. This allows, then, for free discussion of Cayce's reasoning and his concepts of disease process without repetitious use of his name.

Physiological Considerations

The acid-alkaline balance achieved within the body is a product of the consciousness of the cells of the body themselves in their various locations and in their various conditions of health or dis-ease, or disease. It is difficult to visualize how the body responds to the foods which are assimilated and the forces of life within the body itself to maintain a balanced acidity within the bloodstream and all the body tissues. Some organs or tissues normally have an acid pH while others are found in the state of health to be alkaline. (Medically it is known the body maintains a pH of 7.4 in the bloodstream, this being slightly above the neutral reaction, thus alkaline.)

The normal diet will have 80% alkaline forming foods and 20% acid forming foods, which, in the normally balanced stomach and intestines will be absorbed and produce the proper balance of acidity-alkalinity within the body itself. It can be seen in case 1959-1 (included in this file) that nervous indigestion caused a lack of proper assimilation of the foods, creating a lack of balance between the acid and alkaline forces in the stomach proper or the hydrochloric and the lactic forces. The lactic forces would be those which are absorbed through the lymphatics of the intestinal tract, mainly the Peyer's Patches found in the upper portion of the small intestine. With the inflammation in the pyloric and the lower portion of the duodenum, as in this individual, the lymph is not properly absorbed and the acid in the stomach is excessive. This, if the lymphatics produce the alkaline reaction or substances within the body—or if their activity is equivalent to the degree of alkalinity maintained within the body—then, in this case, a general tendency towards acidity or imbalance would occur within the blood and the tissue proper.

On the other hand, in case 5009-1 (also included in this file) there was constipation with a decreased flow of the gastric juices resulting in poor assimilation and certain deficiencies which were then described as producing a rather complex reaction and resulting in excess alkalinity within the system. Whereas the excess acidity in the system caused in 1959-1 a tiredness and languidness and a heaviness in his limbs, in addition to other disturbances; the alkalosis found in 5009-1 produced a type of irritation—"reaction existing between the circulation in the liver and kidneys gradually, through this alkalosis, causing irritation to the bladder and the tubes through which the urine passes."

It must always be kept in mind that the body strives very carefully as a unit to maintain a very specific and prime point of acid-base balance within its structure. Thus symptoms and some conditions of dis-ease might well be considered the response of the body as a whole trying to counteract an imbalance which may be found in the organs of assimilation—the stomach and upper intestines proper. These may swing either way, toward the acid or toward the alkaline, and thus the lymph as it becomes part of the

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blood—even to the nature of the lymphocytes themselves—in various ways then influences the body itself.

The balance of the body as a whole might better be understood if we see the various ways in which a woman's system was out of balance in addition to the acidity-alkalinity disturbance which was present. In 1254-1 the following additional incoordinations were mentioned as being part of the entire disease process:

1. Glandular (adrenal, thyroid, liver, thymus, pineal, incoordination.
2. Deep and superficial circulation incoordination.
3. Metabolism (anabolic-catabolic) incoordination.
4. Autonomic-cerebrospinal nervous system incoordination.
5. The ileum plexus reflexes to the lower portion of the cerebrospinal are not coordinated with those above the diaphragm area.
6. Assimilation—elimination incoordination.
7. Even the upper and lower part of the digestive tract (stomach and small intestines) are incoordinated.

From the above it can be readily seen that the acid-alkaline balance is only one of a portion of many coordinate activities which are carried out within the body. A rather fascinating concept was suggested in this particular reading (not included in this file) that had to do with hormones and activities. Because of the glandular incoordination, there was a lack of hormones which coagulate the energy produced by the bloodstream into form and tissue throughout the physical body. In various readings coagulation is mentioned without an explanation—this perhaps referring to the activities of hormones within the bodies.

Diet cannot be emphasized too strongly, in any discussion on acidity-alkalinity. Perhaps the best information can be found in the A.R.E. Press publication "A Diet/Recipe Guide." Other explanatory information can be obtained in the booklet "The Normal Diet." The reader is encouraged to study these booklets as related material in coming to an understanding of acidity and alkalinity. [*Nourishing the Body Temple: Edgar Cayce's Approach to Nutrition* by Simone Gabbay is an excellent book too.]

More explicit treatment for these conditions can be found where more specific diagnosis is made. In the cases included in this file, case [5009] and [1959] are examples of the opposite condition. Therapy indications are given. All types of disturbances play a part in producing this one incoordination within the body and thus specific therapy must be aimed at these various types of malfunction as they exist within the body. For this reason, further, more specific diagnosis is indicated.

In approaching therapy, we should remember that the body has a capability of normal function: --"Thus, we would administer those activities which would bring a normal reaction through these portions, stimulating them to an activity from the body itself, rather than the body becoming dependent upon supplies that are robbing portions of the system to produce activity in other portions, or the system receiving elements, or chemical reactions being supplied, without arousing the activities of the system itself for a more normal condition." [1968-3]

William A. McGarey, M.D., Director
Medical Research Division
Edgar Cayce Foundation, July 20, 1967

Readings Included:
1120-2
1749-1
1959-1
5009-1

Readings Consulted:
1254-1
1866-6
2091-3

Alkaline-Acid Balance

by Genevieve M. Haller, D.C.

The ARE Journal, 1969:v.IV, No.1, p.8-19

Any discourse on the subject of the alkaline-acid balance can be either relatively simple or endlessly complicated. This ranges from the simple advice of eating foods that are "twenty percent acid-producing to eighty percent alkaline-producing" in order to keep an equilibrium in the body, as indicated in the Edgar Cayce readings, (540-11) to the opinion presently held by some physicians that alkaline-acid imbalance may be associated with degenerative disease.

Definition

Primarily, the condition of our blood must always be slightly alkaline, and a pH of 7.4 is considered normal. (pH is the symbol used in expressing hydrogen ion concentration. pH 7 is the neutral point. Above 7 alkalinity increases; below 7 acidity increases.) Any significant variation from this can spell death, so it is necessary for the body to keep the blood at this level in spite of the combinations, of food, condition of the nervous system, habit patterns and local environment to which the body is exposed. However, there are various tissues and organs of the body that vary in pH, and it seems they go through continually alternating cycles from acid to alkaline in order for the body to maintain the proper pH of the blood. Consequently, some body tissues and fluids can be checked easily via secretions of saliva or urine in measuring alkaline-acid balances.

Dr. George Crile, in his book, *A Bipolar Theory of Living Processes*, explains that when cells from the liver and brain were stained, the nucleus stained acid, while the cytoplasm around the nucleus stained alkaline. In other words, a healthy cell is composed of a proper relationship between acid and alkaline; if it becomes too acid or too alkaline, it dies. In exhaustion and death, or lack of sleep, the differential stainability of the cells is decreased, or disappears. Thus, in a sense, death is associated with loss of the alkaline-acid balance within the individual cells of the organism.

All life is composed of this duality, which must have started with creation itself, and with the solar systems attracting and repelling each other on the basis of positive and negative electrical charges. As the Chinese might say, everything is "Ying or Yang", positive or negative, masculine or feminine, day or night; and these are the creative forces that produce life itself. Dr. Crile says the brain, as the positive pole, sends out energy to various parts of the body, which are negative, but which step up energy to positive and thus send impulses back to the brain. There are various positive-negative relationships between organs; and most significantly from the Edgar Cayce readings we are told:

In the body we have 2 poles acting to the living body, the kidneys and the liver; the active principles are the same as 2 poles of electricity in the body, those which give life to the body. The liver is the stronger, excretive and secretive. The kidneys, secreting, taking from the system the impurities. That is the use of these organs. 4909-1

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When there is an incoordination between these organs there is a disease potential. The human body is a bi-polar electro-chemical mechanism, in which the individual cells keep the flame of life burning. This continual energy conversion (oxidation) supplies the electricity which is the vital force of the organism.

Recommendations for Keeping Balance

A normal diet is about twenty percent acid to eighty percent alkaline-producing. 1523-3

From the Edgar Cayce readings, and the consensus of many nutritionists, this is good advice. Dr. Bernard Jensen (nutritionist and owner of Hidden Valley Health Ranch, Escondido, California) often suggests that four vegetables, two fruits, one protein and one starch daily will provide this percentage.

The next question might be, what are acid foods, or alkaline foods? Dr. Peter Steincrohn, who has been syndicated in the *Norfolk Ledger-Star* says: "Foods rich in protein such as meats, fish, poultry, cheese, eggs and cereals are acid-forming. However, the vegetables, fruits and milk you take are alkaline-forming."

Unfortunately, foods do not react in the body as they do in a test tube, so, in reality, it is not always the foods eaten that determine the alkalinity or acidity, but what the body does with them. For example, when citrus fruits containing citric acid are oxidized in the body, they react as alkaline producers rather than acid. Even the tomato is non-acid forming (584-5). Yet dried prunes, plums, cranberries and canned pineapple are acid-forming in the body according to Dr. George Wilson. He also notes that oatmeal, rice and whole wheat (alkaline foods) are oxidized by the body into acids. However, the acid of vinegar and hydrochloric acid are considered end products, and are not changed by the body.

Involved in this creation of acids and alkalines in the body, is the process of electrolytic combustion or oxidation, which, Dr. Wilson explains, takes place in the intercellular fluids. Its purpose is to burn up poisons, which may come from starches, sweets, fats and proteins that have been incompletely digested. Passing into the bloodstream, they become a part of the intercellular fluids. In such a state they clog intercellular spaces and cause stases, the forerunner of disease.

Checking Your Balance

A general activity for a body in much of a normal condition is to keep the acidity and the alkalinity in a proper balance. The best manner to indicate this is to test the alkalinity or acidity of the body through the salivary gland membranes, or by taking litmus paper in the mouth. This also may be indicated through the urine. 540-11

Dr. George A. Wilson, (known for his work at Spears Chiropractic Hospital of Denver, Colorado) in his book on proteinoid and carbonoid nutritional tests, tells how he researched 5,000 patients for a period of nine years with alkaline-acid tests, by use of a bioelectric instrument, by litmus, or pH papers (Nitrazine

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papers, by Squibb), and has found a normal daily fluctuation, "or alkaline-acid tide" from the urine tests. He found that the body functions better when the urine is slightly acid, or at a pH of about 5.75. The average is between 5.5 and 6.0. Therefore, when the pH goes below 5.5, a person is "on the acid side" or is carboxyl, and if it goes above 6.0 pH, he is on the alkaline side. Fluctuations between a low of 3.8 and a high of 5.0, mean a high acidity; between a low of 6.5 and a high of 8.0, a high alkalinity. Both of these, if constant, mean a serious condition. The best urine specimen is that taken first in the morning for the higher (alkaline) range, and in the middle of the afternoon for the lower (acid) range.

Dr. Wilson found that acidity builds up during the day to take care of daily activities, and it helps to increase the body and brain polarity differential which increases the bio-electric flow to all parts of the body. Alkalinity, being the tide of rest, builds up during the night, reaching its highest point about 4 a.m., and then starts dropping (towards acidity). This high alkalinity decreases the body-brain polarity sufficiently to bring about the state of rest required to induce sleep. Upon arising, one's pH should be from 6 or even 6.5, and as he moves around, it should start swinging to the normal acid side and reach a peak late in the afternoon, of about 5.0 or 5.5.

When the urine stays within the normal range of being slightly acid, it will cause a stepped-up circulation and a better digestion. This is usually found in active people and most children, and they have more rapid rates of recovery from disease. However, over alkalinity, causes a dehydration, slowed-up circulation and cold extremities; decreases digestive processes; and may produce frequent urination. When a person becomes so alkaline that the daily acid tide almost ceases, this largely overcomes the polarity differential between brain and body.

We know that the alkaline tide dominates during sleep, the acid tide during the day, and that the daily fluctuations range from a pH of 6.5 to 5.0, and are necessary to life. Other factors that create an alkaline tide besides food factors, are warmth, as in summer, inactivity, tiredness, and emotional shock. Also, after a protein meal the body needs extra amounts of chlorine to digest the meat, for example, and so it uses some of the chlorides in the blood for this purpose. With a loss of this acid mineral momentarily, the urine will show more alkaline. On the other hand, cold creates acidity, as in winter; activity creates the increase of lactic acid in the muscles; and if a woman is normally healthy, she will show a more acid urine before her menses.

Suggestions to Overcome Over-Acidity

Going back to reading 540-11:

Whenever there is disturbance with this, if it is in the glands themselves (salivary...and you checked with litmus and found an acidity ... pink color), then take citrocarbonate, that is, if it is indicated in the salivary glands that there is an acidity, then take a small quality of citrocarbonate. If the acidity is indicated through the kidneys, or from the urine itself, then drink a little of the carbonated waters, (sodium carbonate, being alkaline) as would be indicated with CocaCola-but that which is bottled is the better, [In general, the readings strongly recommend the cola syrup with plain water.] or use a little of the Watermelon Seed Tea (alkaline). 540-11

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On the familiar ailment, the common cold, we are fortunate in having a complete research reading to study.

Each body, as so oft should be considered is a law unto itself. Thus what would be beneficial in one for prevention might be harmful to another. Just as what might have beneficial effects in treatment on one might prove naught to another....

First, a body is more susceptible to a cold with an excess of acidity-or alkalinity-but more susceptible in the case of excess acidity. For an alkalinizing effect is destructive to the cold germ. When there has been at any time an extra depletion of the vital energies of the body, it produces a tendency for an excess acidity, and it may be throughout any portion of the body. At such periods, if a body comes in contact with one sneezing or suffering with cold, it is more easily contracted. Thus precautions are to be taken at such periods, especially.

To be sure, this leaves many questions that might be asked about susceptibility. Does draft cause a cold? Does unusual change in dress? Does change in temperature? Does getting the clothes or the feet damp?

All of these, to be sure, affect the circulation, by the depletion of the body-balance, the body-temperature, or body-equilibrium. Then at such times if the body is tired, worn, overacid or overalkaline, it is more susceptible to a cold--even made so by the changes produced through the sudden unbalancing of circulation, as from being in a warm room, overheated. Naturally when overheated there is less oxygen, which weakens the circulation of the life-giving forces that are destructive to any germ or contagion, or such... 902-1

For resistance against head colds, these suggestions:

Keep the normal acidity and alkalinity by occasionally taking the test with litmus paper-both from the urine and from the spittle. Use the blue litmus, see?

When there is the inclination for acidity, use any of the sodas or their derivatives (citrocarbonates) as would make for producing a better balance. Thus we will find the colds will be eliminated. 1100-20

"For clearing the throat and to make a better alkalinity" this remedy was given:

To the white only of one egg (not a cold storage egg, but a fresh egg), beaten very thoroughly, add: juice of one lemon, added very slowly and stirred; teaspoonful of strained honey, added drop by drop, and beaten into same; glycerine two minims (not more than two drops). This may be taken a teaspoonful about twice a day, until the condition is cleared. 274-11

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However, another remedy for "an alkalizing of the system" was the juice of one half lemon in a glass of water of "about ninety-eight temperature," taken thirty minutes before eating breakfast. This was to be continued for three weeks, and followed by a week of rest. The whole could be followed for "four years if necessary" by 979-7.

If the disorder arose in the alimentary canal, a different approach was considered. A few drops of Glyco Thymoline, were to be swallowed. This is manufactured by Kress and Owen Company, and normally used for excessive mucous secretion. The Edgar Cayce readings recommended Glyco Thymoline for use as an internal antiseptic with water, also as a pack and as an eye wash.

Take occasionally small quantities-eight to ten drops--of an intestinal antiseptic, such as is seen in that of Glyco, or that as is found in any of those that are the alkaline reaction. Such as may be seen in forms of those of the pepsins, that keep the system the more alkaline in the stomach's reaction proper. 99-5

The following reading describes a little more of what the Glyco Thymoline does.

Use an alkalizer for the alimentary canal. Preferably, as we would indicate in the present, each day take three or four drops of Glyco Thymoline internally in a little water. Take this for sufficient period until odor of same may be detected from the stool. This will purify the whole of the alimentary canal and create an alkaline reaction through the lower portion of the alimentary canal. 1807-3

This procedure was used as a pack, to "aid in eliminating the accumulations there, through assisting the system to absorb poisons," with thicknesses of heavy cotton cloth saturated with Glyco Thymoline over the sacral area, or around the knee, or over the areas across the hips, throughout the ileac plexus. (Sometimes with heat, at other times without.) (3281-1) Number 3157-1 had Glyco Thymoline packs with heat applied over the lumbar and sacral area of the spine before manipulations of the spine were administered, which would "relieve these tensions and make for those tendencies towards a better coordination and a better alkalinity in the eliminations. Thus the activity to the kidneys will be aided, also of the bladder and organs of pelvis, as well as the activity for the whole body."

For additional discussion see "Glyco Thymoline in the Edgar Cayce Readings", by Cecil Nichols, *The A.R.E. Journal*, April 1966.

Over-Alkalinity

If the Edgar Cayce readings are valid, what do other authorities say on this matter? In *Let's Live* magazine, Dr. Royal Lee, D.D.S., of the Lee Foundation for Nutritional Research, Milwaukee, Wisconsin, was asked in his Question-Answer column: "Is alkalosis or acidosis a common disorder?" Answer: "The

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tests reported in the Transactions of the American Therapeutic Society where all patients treated at a clinic in Cincinnati were routinely checked, one third were normal, one third acid, one third alkaline." Dr. Lee explains that alkalinity beyond normal levels of blood pH 7.37 to 7.4 causes a loss of calcium in body fluids; calcium deposits like bursitis and hypertrophic arthritis; various reactions of neuritis, allergy aggravation, migrating pains, sensitivity to any concentrated food supplements. He says sea water owes its reputation, in the main, to its acid ions of calcium and magnesium chloride and sulfate, and that calcium chloride in drinking water affords immediate relief from alkalosis aggravations. He explains that the alkaline-acid balance may be as critical as one's bank balance and that the precipitation of an asthmatic attack by one glass of orange juice may sound unreasonable but can be highly disastrous. Orange juice is a very alkalizing food except where grown on land with sea water underpinning, like the Indian River Florida area, he explains. It is interesting to note that for a case of leukemia, the readings advised that as much orange juice as could be easily assimilated was to be included in the daily diet but the juice was preferably to be from Florida-grown tree-ripened oranges. (2456-2)

However, persistent alkalinity can occur by reason of alkaline food choices, with no balance of acid reacting foods, such as whole wheat, and this can result in such aggravated conditions as general freezing of the joints. Dr. Lee states, "We have seen several such cases that had been bedridden for 20 years or more 'thawed out' by the use of acid foods."

Follow those suggestions as to the alkalinity to be kept in the system. Don't overdo it, however, else we will find the necessity of adding to the system that which will aid in creating for the body hydrochloric reaction that is necessary for the assimilation of foods in the system. 3823-3, Female 59 yrs.

In the Sept. 1968 *Let's Live* Magazine, Dr. Maurice H. Kowan, M.D., was asked, "Is there a natural substitute for hydrochloric acid?" Answer: "A natural substitute for hydrochloric acid is the hydrogen found in vinegar. This can be taken as follows: 2 teaspoons of whole apple cider vinegar, together with 2 teaspoons of raw honey, in a glass of hot water. This is to be sipped slowly during meals, three times a day." Although Edgar Cayce didn't use this approach, he did distinguish between the white distilled vinegar and the apple cider vinegar, and noted that only the latter be used in skin preparation formula.

Not vinegar made from acetic acid, or synthetic vinegar, but the use of that made from the apples. 276-7

Dr. George Wilson, after studying over-alkalinity for several years found the following symptoms associated with this condition: migratory aches and pains, arthritic, neuritic and muscular pains; general achy feeling, cold feet and hands; sluggish circulation; tendency for numbness in extremities, hands, fingers; tendency of legs to go to sleep easily; frequent urination day or night; a wane or

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loss of sex potency; headaches, including migraines; easily aroused nausea; slow digestion, sour stomach and gas; sluggish liver; runny nose, puffy ankles or edema; asthma, eczema or psoriasis; and some of the psychotic ailments.

General symptoms were a tendency toward anemia and low blood pressure, and usually low blood sugar; tendency to become exhausted and to tire easily; tendency toward being high strung and nervous; tendency to be underweight from dehydration or overweight from water-logging; frequent constipation or "loose bowels" from colitis; susceptibility to chills; tendency to be drowsy and sleepy, running sores or excessive mucous discharge; susceptibility to allergies; dry, itchy skin; brittle nails or hair. One or more of these symptoms will be found in the alkaline-type patient.

Dr. Wilson explains that usually during the early part of a person's life, he is dominated by a normal acid tide in the urine, and later in life, it is the alkaline tide. The change-over from the dominance of one to the other is what we call the chemical change of life. It can and does take place any time from the cradle to the grave, although it occurs more often in middle age.

If alkaline foods and biocarbonates will change an excess acidity of the urine to a more normal one, then why can't the alkaline person eat starches and sweets, which are acidizing foods, and acquire a balance? Unfortunately, it isn't that easy. According to Dr. Wilson, even foods like oatmeal, whole-wheat and rice, that are considered acid-forming foods, will create more alkalinity in a body if the cells are already partly exhausted. The answer lies in good proteins, vitamins, minerals, and proteins eaten in proper combination with leafy green vegetables, to facilitate digestion. Diets heavy in starches and sweets will ultimately cause either excess acidity or excess alkalinity, we learn, and are the main culprits to imbalance. Time and time again the Edgar Cayce readings warned against having too much of the "starches and sweets" in the diet.

Dr. Wilson also discovered that even though a person is dominantly alkaline, a diseased or injured part of the body can become temporarily acid, and may remain so until it is cleared up; then it reverts back to a pattern of alkalinity. This temporary acidity that develops may even cause a fever, which is necessary to oxidize the accumulated body poisons, and thus when the fever has subsided, the combustive poisons in that part have been burned up.

There are some doctors whose research suggest that alkalinity-acidity is tied into the cancer picture.

Dr. E. McDonald, of the U.S.A. Cancer Research Association reported in the *American Journal of Pharmacy*, No. 607, "The cancer cell is simply an ordinary body cell compelled to live in a wrong environment, which is due to an excess of alkalinity, with a low content of calcium. Irradiation treatment, i.e., x-rays, is successful in so far as it reduces the excessive alkalinity of the blood."

Dr. Maud Tresillian Fere, in her book, *Cancer, Its Dietetic Cause and Cure*, agrees that there is always an increased alkalinity of the plasma of the blood and body serum in cancer, and especially in the fluid surrounding a cancerous tumor, the result, she says, of an excess of the alkaline mineral, sodium.

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Dr. E.H. Smalpage, of Sydney, Australia (Fellow of the Royal College of Surgeons, England) did research on sodium in relation to cancer, and found chlorine and phosphorus of great help in the control and elimination of excessive sodium. He feels that the great need in health is to have the perfect balance between the alkaline and acid elements that make up our body chemistry. Unfortunately, it is more difficult to treat alkalinity, for if there are no acid substances present for an alkaline substance, such as sodium, to unite with, and if there is water on hand, sodium will promptly join with the water to form a powerful, caustic soda (NaOH). In the use of salt (NaCl), for example, the stomach uses a good deal of the chlorine to help digest the proteins; but the sodium, left from the salt, can't stay by itself for an instant, and seizes some carbon dioxide from the body cells and becomes a harmless carbonate of soda. However, this combination is unstable, and with no acid present it joins with water moisture in the body to form the caustic soda, which so irritates the body cells that they start to multiply more quickly than normal, forming lactic acid, which protects them for the time being. Dr. Smalpage continues with the thought that when the caustic soda forms in larger quantities, these newly formed cells may eventually form a lump, or tumor. His contention is that weak solutions or doses of phosphoric acid and of hydrochloric acid can relieve this situation. A scientist found that if a live marine cell is placed in balanced sea-water, its division takes place at a certain rate. If, however, 1 in 1,000 parts of sodium chloride is added to the sea-water, the cell multiplies at an increased rate. If a milk alkaline substance is added to make the water even more alkaline, the multiplication of cells takes place still more quickly. On the other hand, if a mild acid-producing substance such as calcium chloride, 1 to 1,000 is added to the sea-water, the rate of multiplication of the marine cell is checked or even stopped. Haliburton's *Handbook of Physiology* states that milk alkalines stimulate our cells, whereas mild acids depress the cells. Upon this theory, Dr. Fere explains why frequent, mild doses of inorganic, well-diluted acids, such as hydrochloric acid, and minute doses of phosphoric acid, which are normal to the body chemistry, are needed in the cancer patient, who is alkaline and has a short supply of them.

Clues from the Readings

Alkalinity in excess: 5009-1, Female 63-years-old.

This case had arthritis, cholecystitis, burning urine (alkalinity) and halitosis. She had a lack of activity of the liver and gall duct area which prevented normal elimination and the normal flow of the gastric juices, that did not help her assimilation. Also, she was taking quantities of foods and medicinal properties that were causing an excess alkalinity. Thus, the reaction existing between the circulation in the liver and kidneys was causing irritation to the bladder and the ureters. To overcome this complicated array of symptoms, she was to use castor oil packs for an hour each day over liver and gall duct area for three days in succession, with heat. On the third day, 2 tablespoonfuls of olive oil were to be taken internally. After the second series of packs, Acigest was to be taken in raw milk. Acigest is a hydrochloric acid in a form easily assimilated (not manufactured at present). This chlorine therapy ties in beautifully with opinions from above mentioned doctors in treating over-alkalinity.

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With the help of Dr. William McGarey's careful research in the Edgar Cayce readings, the hidden reasons for alkaline-acid imbalance begin to show themselves. He found in case 1959-1 that nervous indigestion would cause "a lack of proper assimilation of the foods, creating a lack of balance between the acid and alkaline forces in the stomach proper, or the hydrochloric and the lactic forces. The lactic forces would be those which are absorbed through the lymphatics of the intestinal tract, mainly the Peyer's Patches found in the upper portion of the small intestine. With the inflammation in the pyloric and the lower portion of the duodenum, as in this individual, the lymph is not properly absorbed and the acid in the stomach is excessive. Thus, if the lymphatics produce the alkaline reaction or substances within the body – or if their activity is equivalent to the degree of alkalinity maintained within the body – then, in this case, a general tendency towards acidity or imbalance would occur within the blood and the tissues proper."

Although we can help the body through supplementary measures in diet, it is best to help the body create normal conditions within itself. This is probably why most measures were suggested in a rhythmic cycle. The individual was to pursue them for a number of weeks, then rest a week or so, then continue the series of treatments. In this manner the body would be encouraged to bring about a normal reaction itself.

We would administer those activities which would bring a normal reaction through these portions, stimulating them to an activity from the body itself, rather than the body becoming dependent upon supplies that are robbing portions of the system to produce activity in other portions, or the system receiving elements, or chemical reactions being supplied without arousing the activity of the system itself for a more normal condition. 1968-3

In the final analysis, we know that the endocrine glands and kidneys help regulate the pH of the body. In turn, the autonomic nervous system affects the glands, and is, in turn, dependent upon mineral metabolism, i.e., calcium and phosphorus (regulated by the thyroid gland), and potassium and sodium (whose balance is maintained by the adrenals). We also find an "incoordination between the cerebrospinal nervous system and the autonomic nervous system" in the readings so consistently that the larger percentage of physical readings gave instructions for manipulative therapy of the spine by osteopath, or chiropractor. The Lee Foundation for Nutritional Research bases its supplementary nutrition support on an "autonomic imbalance" of the nervous system with a "sympatheticotonia" (hypertonicity) associated with acidity (a need for alkaline control); and a "parasympatheticotonia" (hypotonicity, which requires acid minerals, enzyme precursors and gland accelerator control). Thus by improving the body cells through good nutrition, practicing the "twenty percent acid-producing to eighty percent alkaline-producing" food intake, getting rid of muscular tension through exercise, improving nerve flow of energy with spinal manipulations, and maintaining a proper mental, emotional, spiritual balance, we will probably arrive at our goal of alkaline-acid balance.

ALKALINE-ACID BALANCE

Use of Coca-Cola in the Edgar Cayce Readings

by Genevieve M. Haller, D.C.

The ARE Journal, 1969:v.IV, No.2, p.108-110

The Edgar Cayce readings reflect three different attitudes toward the use of Coca-Cola. In some instances it is specified as a carbonated beverage, along with other citrocarbonates for the purpose of alkalizing over-acid urine. In some cases Coca-Cola syrup is prescribed, without carbonation in order to provide an acidifying effect from the phosphoric acid it contains (in order to clear the kidneys of infection) where there is alkaline urine. In general, carbonated drinks, including Coca-Cola, are not recommended.

J. Rodale's book, *Food and Nutrition*, states on page 41 that in 1959 the cola drinks contained orthophosphoric and citric acids, extracts of cola and vanilla, added caffeine (1/4 gr. to the 6 oz. Drink), sugar, caramel, salt, CO₂ and commonly used essential oils, 7/8 of which were citrus oils and the remainder spice oils. The pH of these cola drinks averaged 2.4 (very acid).

Alkalization

Whenever there is disturbance with this, if it is in the glands themselves (salivary) then take citrocarbonate - that is, if it is indicated in the salivary glands that there is an acidity, then take a small quantity of citrocarbonate. If the acidity is indicated through the kidneys, or from the urine itself, then drink a little of the carbonated waters (sodium carbonate being alkaline), as would be indicated with Coca-Cola-but that which is bottled is the better, or use a little of the Watermelon Seed Tea. 540-11

It seems that watermelon seed tea was used to affect the activity of the kidneys, and for an interesting reason – it contains nitre (a diuretic).

We would also make a tea of watermelon seed. Put a tablespoonful of cracked or crushed seed in a pint of water and let steep as tea. Strain and make palatable. This will act upon the kidneys, with sufficient nitre to cause an activity most effective in this particular condition. Take a tablespoonful of the tea twice a day for two or three days, then leave off a day or two days, then take again. 647-3

No. 1664, whose kidneys were functioning poorly, was advised to take very small quantities of Sweet Spirits of Nitre.

For the body during that time (after spinal manipulations and certain types of rubs), take three drops of the Sweet Spirits of Nitre in half a glass of water every second day, or every other day, for at least a week. Then leave off the Nitre, but keep up the rubs for the other two weeks. 1664-1

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Acidification

Do take Coca-Cola occasionally as a drink, for the activity of the kidneys, but do not take it with carbonated water. Buy or have the syrup prepared and add plain water to this. Take about one half ounce of the syrup and add plain water. This to be taken about every other day with or without ice. This will aid in purifying the kidney activity and bladder and will be better for the body. 5097-1

Coca-Cola, if it is taken without carbonated water, will be beneficial for the body in clarifying or purifying the kidneys and bladder disorder. 5218-1

Then do not take any carbonated drinks-of any nature. Coca-Cola, or such, are well to clear kidneys, but make same with plain water. 416-17

Some types of kidney stones are composed of calcium (with phosphorus or oxalic acid) and since teeth will tend to dissolve in acid-forming carbonated beverages, so kidney stones may dissolve in acid urine. Adelle Davis, in *Let's Get Well*, page 250, suggests a diet that will produce acid urine to dissolve these stones. This idea conforms with the suggestion from the Edgar Cayce readings of using the Coca-Cola syrup for kidney infections, where the urine is dangerously alkaline.

General Use

In many of the readings, under physical diagnosis, carbonated drinks were discouraged in the diet; and in some specific diseases, such as arthritis, they were definitely prohibited.

(Arthritis file) Do not take any carbonated drinks of any kind! 3009-1

Perhaps carbonated beverages in general were discouraged because many of them have a caffeine, plus synthetic flavorings or sweeteners, or sugar syrup, or both, which will elevate the blood sugar level very quickly. This is especially undesirable for those having hypoglycemia (low blood sugar). Also, sugar products can interfere with the absorption of one of our most important minerals, calcium. So, in general, carbonated drinks, although they may give you a temporary lift, are not conducive to proper body functions.

In summary, we conclude that in the Edgar Cayce readings, use or non-use of Coca-Cola, carbonated or non-carbonated, was recommended on an individual basis – and this after a determination of the individual's alkaline-acid balance, physical condition and dietary patterns.

For thy body is indeed the temple of the Living God. What have you dragged into this temple? 3174-1

pH Balance and Your Health

Venture Inward, March/April 2005

The recommendation to “keep the body alkaline” is a recurrent theme in the Edgar Cayce readings, along with the suggestion to build the diet around more alkaline-forming vegetables and fruit. We are advised that we can prevent colds, infections, and other illnesses by maintaining the body in an alkaline state. Reading 523-1 says, “Be mindful that the diet is such that it keeps ... toward alkalinity for the body at all times; for this will not only prevent infectious forces but will aid in keeping the blood stream in such a manner as to aid in eliminations ...”

Today, more than half a century after the sleeping Cayce admonished that acidic conditions predispose the body to ill health, this concept is finally gaining popularity. With several new books and articles written about it in the last couple of years, it sounds like a recent discovery. And it has yet to make its way into our health encyclopedias: I searched the indexes of several such books – both mainstream and alternative – and found an entry for this subject in only one of them. It is ironic that many of the conditions referenced in these encyclopedias could be entirely prevented and largely remedied by balancing the body's pH level. If you suffer from any ailment, consider acidity as the underlying cause.

The pH (potential hydrogen) scale is applied to measure acidity or alkalinity of body fluids. Its values range from 0 to 14, acid to alkaline, with 7 being neutral. For optimal health and metabolic function, most body fluids must be slightly alkaline. Blood should be at or near a pH of 7.4. Whenever the scale tips, the body mobilizes a special buffering system and draws on its alkaline reserve, consisting of mineral stores, to neutralize acidity. However, the minerals in the alkaline reserve must be replenished regularly through food.

An alkaline-forming diet is therefore important. All foods, after being metabolized, leave either acid- or alkaline-forming elements in the body. Alkalizing foods are those, which supply predominantly alkaline-forming minerals such as calcium, sodium, magnesium, potassium, iron, and manganese. Most vegetables and fruits are in this category. Acidifying foods supply predominantly acid-forming minerals like copper, iodine, phosphorus, sulfur, and silicon. Meats, grains, and most fats and dairy products belong in this group.

There are several charts listing foods in the acid and alkaline categories (see acid/alkaline chart in my book *Nourishing the Body Temple*, p. 21). If we consult different ones, we are likely to find numerous discrepancies, partly due to differing research criteria or to actual variations of mineral values in foods, depending on where these foods are grown and whether or not they are refined. For instance, whole grains are less acid-forming than refined grains, from which the nutrient-rich germ and bran have been stripped away. Freshly picked, sun-ripened vegetables and fruits grown in organic soil are higher in alkaline-forming minerals than those grown in chemically imbalanced soil and harvested prematurely.

The best way to achieve an 80 percent alkaline-forming diet, as recommended by Cayce, is to build our meals around fresh vegetables and fruits, with smaller proportions of cereals, dairy, and meat than are typically featured in the North American diet. Ideally, all foods should be organically grown, whole, and unrefined, so that we can benefit from the full spectrum of nutrients and thus the alkalizing potential placed in the food by Mother Nature. Avoid fried foods, processed foods, and foods high in refined starches and sugars, which are highly acid-forming and rob the body of nutrients when they are metabolized. Alcohol, nicotine, and pharmaceutical drugs are also acid-forming. If tolerated, a small glass of red wine per day has medicinal value, but this amount should not be exceeded.

Most herbs (including herbal teas), spices, and food-based nutritional supplements, such as green-food concentrates, are alkaline-forming. Freshly extracted vegetable and fruit juices are highly alkalizing. I have often witnessed someone who felt weak and exhausted perk up and feel better within half an hour of drinking a large glass of fresh vegetable juice. Hot broths made from vegetables or chicken bones, as well as miso soup, which are all high in alkalizing minerals, have a similar effect.

In addition to diet, lifestyle factors also influence the body's pH balance. Stress, noise, environmental pollution, and lack of sleep and exercise all create acid conditions and ultimately disease. Prayer, meditation, restful sleep, and aerobic exercise such as walking, which pumps alkaline-forming oxygen into the body, are alkalizing and thus healing.

By keeping your cells vibrant and healthy, an alkaline environment in the body protects not only against cold and flu, but also against premature aging and degenerative diseases, including arthritis, osteoporosis, and cancer.

Simone Gabbay, RNCP, a nutritionist in Toronto, is the author of *Visionary Medicine: Real Hope for Total Healing*, and *Nourishing the Body Temple*. Her Web site is www.holistic-nutrition.com.

Cayce Nutrition 101: Acid and Alkaline

By Simone Gabbay

Venture Inward, September/October 1998

If we could enroll in a university course in Cayce Nutrition, then the most important chapter in our textbook would surely be the one on the acid/alkaline balance. Edgar Cayce repeatedly emphasized that keeping the body alkaline was a prerequisite for achieving and maintaining good health. In reading 480-19, he assured the questioner that a predominance of alkaline forces in the diet could offer protection against contagious diseases: "... if an alkalinity is maintained in the system – especially with lettuce, carrots, and celery, these in the blood supply will maintain such a condition as to immunize a person."

A growing number of nutrition researchers today share Cayce's viewpoint. Among them is Dr. Theodore Baroody, a chiropractor and naturopath who also holds a doctorate in nutrition and who has studied and worked with the concepts presented in the readings for over 20 years. The title of Dr. Baroody's comprehensive book *Alkalize or Die* leaves no doubt as to the urgency which the author assigns to this topic. He clearly explains how optimizing the alkalinity of body fluids moves us toward health, whereas acid wastes literally attack the cells, joints, organs, and glands, causing minor to major dysfunction.

The foods we eat are either acid- or alkaline-forming in the body. Ideally, our diet should consist of 80 percent alkalinizing foods, which are mainly vegetables and fruits, and 20 percent of acid-forming foods, mainly proteins and starches. In the typical North American diet, however, this ratio is reversed. When the body becomes too acidic, enzyme systems fail, lymphatic function decreases, and energy slumps to a low. Cellular metabolism is disrupted and toxins accumulate, making us less resistant to colds, infections, and chronic illness. In a desperate attempt to compensate, the body mobilizes alkalinizing substances, including minerals like calcium pulled from the bones. Some nutrition experts argue convincingly that our overacidic diets are mainly to blame for the high incidence of osteoporosis today.

The solution is clearly to eat more vegetables and fruit, and, if necessary, reduce the intake of protein and starches. We need to remember, however, that a certain amount of quality protein is required on a daily basis to maintain cellular integrity and the body's ability to bind toxins, an important factor in the maintenance of a healthy acid/alkaline balance.

Numerous charts listing acid- and alkaline-forming foods have appeared in print. Many of them disagree on several items, suggesting that there are variations either in their research criteria or in the foods themselves. In general, foods that supply predominantly acid-forming elements, such as sulfur, phosphorus, chlorine, and iodine, are considered to be acidifying. Foods that supply predominantly alkaline-forming elements, such as calcium, magnesium, potassium, and sodium, are considered to be alkalinizing. But the composition of the soil in which the fruits and vegetables are grown, and whether or not they were fully ripe when harvested, can significantly alter their mineral content. Further handling and processing, including transport, storage, and preparation, also determine whether a specific food will ultimately be acid- or alkaline-forming in the body.

Foods which have been shown on either side of the chart include asparagus, blueberries, chestnuts, coffee, Brussels sprouts, rhubarb, and dairy products. The divergence of opinion among experts is not surprising. The results of tests which measure whether a particular food creates an acid or alkaline condition in the body can be easily misinterpreted. As Dr. Baroody explains, the reason why the highly alkalinizing asparagus is sometimes considered to be acid-forming is that it so quickly detoxifies a person that it leaves acid residues in urine specimens immediately following digestion. These acids, however, are not formed directly from substances contained in the asparagus, but rather from the cleansing effect of the alkalinizing forces supplied by it.

Then there is the interesting question of citrus fruits. We all know that lemons, oranges, and limes are acidic fruits. Why, then, are they listed in the alkaline-forming category? The reason is that the organic acids which give them their acidic taste stimulate the pancreas and liver to produce alkaline digestive enzymes and buffers. In addition, citrus fruits supply a number of alkalinizing minerals. The end effect is an increase in the alkalinity of body fluids. In combination with starches, however, citrus fruits become acid-forming. Edgar Cayce recommended that they should not be taken at the same time as cereals, except whole wheat bread in small amounts.

Psychological and spiritual factors also influence the body's acid/alkaline balance. Prayer, meditation, joy, and contentment help to create an alkaline environment in the body. Chronic stress, lack of sleep, fear, and worry promote acidity. Perhaps the lesson from the acid/alkaline chapter in our Cayce Nutrition textbook could be summarized like this: Let's all eat our fruits and vegetables, and let's rejoice and trust in the Lord!

Acid-Base Balance and the Common Cold

by David Aberegg

[NOTE: The following article is a study of limited, selected cases of acidity associated with the common cold. It discusses the testing of one method of restoring body alkaline-base balance by consuming large amounts of citrus juice and by the checking of absence or restoration of acid-base balance with blue litmus paper applied to saliva.]

Introduction

Some foods, such as fruits and vegetables, leave a residue upon burning - inside or outside the body, in which the basic elements, potassium, sodium, calcium and magnesium, are dominant. Cereals, meats and fish foods leave an ash composed of the acid-forming elements, in which chlorine, phosphorus, iodine and sulfur are preponderant. Such foods, spoken of as either base-forming or acid-forming, influence the acid-alkaline balance of the body and reflect this in a test of either the saliva or urine of the body or both.

Sulfur, while naturally present largely as sulfur-containing amino acids in proteins, is oxidized on use by the body to form sulfuric acid. Thus high-protein foods are generally acid-forming.

Citrus fruits, on the other hand, contain citric acid and acid potassium citrate. Their citrate radicals are completely oxidized in the body to carbonic acid (lost as CO₂), leaving behind potassium, which is one of the bases of the body. Hence, a great many "acid" fruits and juices are base-forming in their body use.

Grape juice is much less effective as compared with orange juice in reducing urinary acidity because the tartaric acid it contains is not completely oxidized by the body, but eliminated as such to a certain extent in the urine. Some other fruits (prunes and cranberries are examples), containing incompletely utilized organic acids that are directly excreted in the urine act to increase the urine's acidity. At times the urine then could test acid, while the saliva would be neutral or slightly alkaline. (This will be referred to later under Tests.)

With these exceptions, it is possible to calculate directly the acid- or base-forming values of foods by obtaining the difference in equivalents of normal acid or normal base from content of sulfur, chlorine, iodine or phosphorus and sodium, calcium, potassium or magnesium, respectively.

A certain balance between acid-forming and base-forming foods maybe desirable from a purely technical, medical point of view, as too much acid-forming could be a drain upon the fixed base or so-called alkaline reserve of the body. Fortunately the body has a marked ability to protect itself from excess acid formation. From the Edgar Cayce readings' point of view, a diet should be slightly alkaline-reacting or consist of about 80% alkaline-forming foods and 20% acid-forming in nature.

Then as to activities in the diet:

It is well that there be kept about a twenty percent acid-producing to an eighty percent alkaline-producing diet.

Have the cereals such as whole wheat, or a combination of wheat and barley ... three or four times each week.

...have citrus fruit juices ... put a little lemon juice in [orange juice]...

Do not eat any large quantities of syrups or candies...

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Beware of fried foods - these are harmful.

Milk and milk products are very well to be a greater portion of the diet.

Have at least one portion of a meal each day consist of a combination of raw vegetables; specially such as celery, lettuce, spinach, radish, onions or leeks, cabbage or..... tomatoes, peppers...

No red meats. Preferably fish, fowl or lamb - but never any of these fried.

Do this and as we find we may keep the better conditions. (949-19)

In another reading an alkaline diet was outlined.

Keep the diet rather tending toward an alkaline reaction...

Mornings - citrus fruit juices, or stewed fruits, or a cereal. Do not mix citrus fruit juices with any cereal, or take at the same meal. When stewed fruits are taken, possibly they may be used with the cereal - or fresh fruit may be used on cereal. Ovaltine or Sanka coffee would be much preferable to the strong coffee, for this body.

Noons - or luncheons - preferably raw green vegetables combined into a salad; such as tomatoes, lettuce, celery, peppers, radishes, onions, spinach, and those things of such natures. An oil or a salad dressing may be taken with same; also either whole wheat crackers or any of such natures that are preferable to the white bread. Preferably no white bread at any time.

Evenings - (if the main meal or dinner is taken then) vegetables, principally those that are grown above the ground; though, to be sure, carrots and parsnips and the like may be included. Preferably raw white cabbage and cooked red cabbage, that carry more of the vitamins necessary. These should be cooked in their own fluids, rather than as ordinarily boiled or with meats. Preferably these should be seasoned with salt and pepper and butter, rather than meats-and will be found to be much more agreeable to the body. All the green vegetables and those of the pod nature are very good. If meats are used, let these consist of such as lamb, fowl or fish. At least one meal each week (in the meats) should consist of liver or tripe, because of the blood purifying that these make for the body.

Do these, consistently, persistently, and we will correct the disturbing factors and save many a period of anxiety, and make for normal forces with this body, [826]. (826-1)

Causes of Imbalance

From a study of the readings, there emerges a pattern of factors that directly affects acid-alkaline balance:

1. Diet. (This we shall discuss later.)
2. Emotional effects. Anger, emotional exhaustion, resentments, etc., alter body chemistry through glandular secretions. (We will make some allusion to these effects.)
3. Circulation or organ-system effects. These are caused by incoordination of the cerebrospinal and sympathetic nervous systems, of elimination-assimilation or the body's general metabolism. (These we will not discuss here, but refer you to the Circulating Files, "Acidity-Alkalinity" and "Colds: Coryza" and their commentaries by William A. McGarey, M.D.)

Results of Imbalance

Without becoming too involved in a technical, chemical and physiological discussion, we will take a look at two results of imbalance:

1. The Cayce readings suggest time after time that acidity can result in a congestion and a cold if conditions are otherwise favorable.
2. Physiologically, balance or imbalance is reflected in acidity detectable by litmus (blue) testing of the saliva and the urine.

Research Data

Q-4. How long should the body keep the citrus fruit diet?

A-4. Until at least there shows that there is - through the test in the urine and in the blood - a nearer alkaline reaction; or it may be tested through the mouth, with the litmus and the salivary reactions. (760-15)

... it would be well that the body check on itself occasionally as to the alkalinity, or acidity of the system.

Check with litmus paper, both the saliva and the urine, for acids.

When there is the tendency towards the acids, then alkalize with lemons, especially, or lemon and orange. . .

Do it, say, once a week or the like. Don't take an excess of the alkalines unless there is indicated an acid reaction. (1100-27)

After studying the Edgar Cayce readings and suggestions about diet in *The Normal Diet* for several years, I suppose I was like most people: I read more than I practiced. Then I began teaching science in the Norfolk city schools.

One morning I went to work feeling quite well at 7:00 a.m.; I was in a carpool, so I wasn't driving. Just after walking into the classroom, about 30 minutes before the students were to report for homeroom, I suddenly became aware that I was "taking the flu," so to speak. A dripping nose, feverishness, and suddenly aching joints - classic symptoms - yet what was I to do?

Then I remembered what I had read. I had litmus paper and checking the saliva, I found it was acid! Somewhere deep from within my memory came: Take 1½ to 2 quarts of orange juice, squeeze the juice of two lemons into it; drink it within ½ hour, then rest - go to bed if possible.

What could I lose? Across the street from the school was a supermarket, where I purchased a 46-ounce can of 100% orange juice, 2 lemons and a can opener. I went back to the classroom, drank the orange-lemon juice combination - surprisingly it tasted much better than orange juice alone -and just finished a few minutes before the students arrived. By 11:00 a.m., three hours later, I felt "fit as a fiddle."

I then undertook a four months study of my diet, taking the pH of my saliva with litmus, night and morning, and adjusting my menus to bring my system back into balance. For example, if one morning you found that your saliva turned the blue litmus paper to red or pink, then a good breakfast would be "mummy food" consisting of:

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4 oz. dark Assyrian figs $4 \times (+33) = +132$

4 oz. yellow corn meal $4 \times (-4.9) = -19.6$

1 glass (8 oz.) of milk = + 2.3

Net balance base value +114.7

Or eat some fruit, or drink the 46 ounces of orange juice with the juice of 2 lemons, especially if you feel the subjective symptoms of a cold. Forty-six ounces of orange juice is, combined with the lemon juice, just about a quart and a half or six cups.

6 cups orange juice (at +5.6 per 1/2 cup) +67.2

1/2 cup lemon juice (at +5.0 per 1/2 cup) + 2.5

Total base value +69.7

Tests

I found that if I followed the suggestions contained in *The Normal Diet* based on the readings I did not have to make too much adjustment, unless I was undergoing stress, lacked rest or lost my temper. For reasons referred to in the Introduction, I did not check the urine, as it was acid at times when the saliva would be neutral (retain blue color) or slightly alkaline, so I just checked the "spittle" or saliva.

Since my interest was mainly in avoiding colds or dispensing with one as rapidly as I could if I caught one, I usually would take the orange-lemon juice treatment, drink a great deal of water, and not eat anything else until the next meal. I found that on an empty stomach, the saliva would show alkaline or neutral in 1 1/2 hours - as in the morning. After a full meal, it would take six hours for the body to show neutral saliva.

The saliva test is performed this way: Use blue litmus paper (supplied by any scientific company, such as Sargent-Welch, S-K or Fischer, lab supply stores of universities or many pharmacies.) Take 1 paper strip. Wet it with the tongue. If it remains blue, the body is OK. If it turns pink where wet, the body is acid.

In my experience Hydrion paper (universal pH indicator) has never proved very helpful for this purpose. As a chemist, I would say it is too insensitive of too broad a range. Our range is slightly acid, neutral and slightly base - all of which can be detected by the change, or lack of change, in blue litmus to pink. We only wish to measure a pH range from perhaps less than 7.0 to about 7.4 or 7.5, neutral being 7.0. Normal saliva is given as having a pH of from 6.0 (acid) to 7.9 (alkaline). (Practical Physiological Chemistry, Hawk, et al., p. 308) Blue litmus will turn pink or red if the pH is 6.9 or less, remain blue when it is neutral (7.0) or higher.

Q-2. What can I do to build resistance against head colds?

A-2. Keep the normal acidity and alkalinity, by occasionally taking the test with litmus paper-both from the urine and from the spittle. Use the blue litmus, see? (1100-20)

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Twenty Cases

For the past ten years I have used the "juice" treatment anytime I felt a cold coming on or found evidence of body acidity. During this time, I have not lost one day of work due to "sick leave," despite the fact that at times up to 40% of my class enrollment was absent due to flu.

In recommending it to a number of different people-coworkers, cashiers or waiters in restaurants, clerks - those who have tried it, in about 20 different instances, have gotten the same results: Go to bed with a cold; wake up without it.

A word of caution, however: If a little bit is good, won't more be better? No, not in my opinion. I have only used the treatment as described above. I do not think one should go on a prolonged juice diet without careful medical supervision. Over-alkalinity is worse than acidity and, with this suggestion, we are only aiming for "neutral" pH or slight alkalinity. If it doesn't work, then something else could be wrong.

Summary

Q-4. How can I overcome susceptibility to infections such as colds, influenza...?

A-4. As we have just indicated, by keeping the body alkaline. Only in acids do colds attack the body. (3248-1)

Q-15. What causes colds? Can you give me a formula or method of preventing them, or curing them?

A-15. Keep the body alkaline! Cold germs do not live in an alkaline system! They do breed in any acid or excess of acids of any character left in the system. (1947-4)

I have tested the suggestion that if the body is alkaline, a cold cannot take hold. This suggestion has been shared with a number of other people, at random, and - when acted upon similar results were obtained. It is possible to monitor the condition of body alkaline-acid balance by using blue litmus paper to check saliva pH. If under the influence of a cold, the body is made alkaline or neutral by taking enough citrus juices in a short period of time to neutralize body acidity, relief of cold symptoms can come about in from three to twelve hours, with rest and plenty of water.

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[Note: The preceding report was written by David Aberegg, and is excerpted from *The A.R.E. Journal*, January, 1981, Volume 16, No. 1, page 25, Copyright © 1981 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Acid/Alkaline Balance

<http://www.edgarcayce.org/IntSearchHealthDatabase/data/remer3-1.html?terms=acid%20alkalinity>

Edgar Cayce consistently emphasized the importance of maintaining a proper acid/alkaline balance in the body. Commonly referred to as "pH" (potential for hydrogen), the acid/alkaline continuum ranges from 0 - 14 with 7 as neutral. The lower end of the scale (below 7) is acid and above 7 is alkaline. Generally speaking, the Cayce readings maintain that a balanced pH with a slight alkaline tendency would be beneficial for most individuals.

Alkalinity can be increased by consuming less meat and sweets and more vegetables and fruits. Although eating fruit to increase alkalinity may seem to be a contradiction because some fruits (especially citrus) are acidic outside the body, digestion uses up their acidic components, leaving an alkaline residue (ash). Thus the net effect is alkaline-producing within the system. For most individuals, Cayce noted that "a normal diet is about twenty percent acid to eighty percent alkaline-producing."

According to Cayce, numerous factors can increase acidity including negative emotional states, inadequate mastication of food, and poor eliminations. Perhaps the most common factor cited by Cayce is diet. Eating acid-producing foods or combining foods improperly (even alkaline-producing foods) is said to lead to hyperacidity, even to "superacidity" in some instances.

Cayce sometimes observed that infectious agents (such as virus and bacteria) do not thrive in an alkaline environment: "cold CANNOT - DOES NOT - exist in alkalines." Thus, consuming alkaline-producing foods (such as orange juice and lemon juice) was recommended to prevent colds.

The antimicrobial influence of alkalinity is supported by research on goldenseal, a well-known antibacterial herb. Berberine sulfate, the most active antibacterial alkaloid in goldenseal, is more effective in an alkaline than an acid environment. At a pH of 8.0 (alkaline), its antimicrobial activity in vitro is about 2 to 4 times greater than at 7.0 (neutral). At an acid pH of 6.0, the antimicrobial activity is only 1/4 as strong as at a neutral pH.¹

Acid/alkaline balance is extremely important to normal physiology. For example, the blood will maintain a slightly alkaline range of 7.35 to 7.45. Extended pH imbalances of any kind are not well tolerated by the body. The management of the pH factor is so important that the body has developed strict accounting procedures to monitor acid-alkaline balances in every cell and system. The fundamental regulatory systems of the body (including breathing, circulation, elimination, etc.) affect pH balance.

Acid/alkaline balance is a complex and controversial subject. Views on this subject range from an almost total disbelief that pH is a significant factor in disease to the opposite extreme as exemplified by the book "Alkalize or Die."² Even the experts who acknowledge that a neutral or slightly alkaline pH is good, disagree on what this means with regard to body fluids. For example, some researchers consider a slightly acid urine pH to be normal (healthy) because it might indicate that the body is eliminating acids which are a natural product of metabolism. Other experts maintain that the urine should be close to neutral or slightly alkaline. Gabriel Cousens M.D. takes a relatively moderate position, stating that a pH range of 6.3 to 7.2 is "healthy."³

Edgar Cayce insisted that acid/alkaline balance could be easily checked. Numerous readings encourage the measurement of pH balance in saliva and urine as an objective means of monitoring this crucial aspect of physiology.

A recent research conference provided an excellent opportunity to apply Cayce's suggestions and measure the results. The conference participants included seven people suffering from arthritis, three persons with high blood pressure, a man with

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diabetes, and five support persons. We asked these individuals to provide urine samples during eight days of the conference. We collected a total of 472 samples which were measured for pH. We used simple digital testers to measure the pH of the urine. We decided not to test saliva, as the instruments require a significant amount of material, making urine much more practical for a large group of individuals.

As the conference proceeded, there was a trend for the group as a whole to produce higher levels of alkaline urine with regard to total number of samples that reached neutral (7.0) or above (alkalinity). Also, the percentage of individuals whose urine reached 7.0 or above increased during the conference.

Eleven people in the group provided pH data for the full eight days of measurements. For each person, we compared the average pH for the first four days to the average pH for the second four days. All of the participants showed a more alkaline pH, some more than others. The overall average for the first four days was a pH of 6.13; the overall average for the second four days was a pH of 6.54. A t-test demonstrated that this was statistically significant at better than the .01 level, a very significant result. Thus we can conclude that following the Cayce diet does produce a more alkaline system (higher pH is more alkaline, lower pH is more acid).

Meals offered during the conference provided an abundance of alkaline-producing foods (fruits and vegetables). However, participants could still choose to eat acid-producing foods such as grains and meats. Also, the choice as to quantity of acid vs. alkaline-producing foods was left to each person. Thus, these individual choices could influence the degree to which the diet was balanced in pH. Eating 80% alkaline-producing foods is a challenge, even under the best of circumstances.

From a data standpoint, November 17 was particularly noteworthy. On the previous day a lecture was given in which the importance of eating mostly alkaline foods was emphasized. Participants were asked to test one of the ideas from the Cayce readings. Cayce suggested that consuming citrus would have a strong alkalizing effect on the body. Most of the participants agreed to try only citrus for breakfast on November 17. Dramatically, the urine of all of the participants reached 7.0 or above on that day. So it would seem that Cayce is correct in attributing a strong alkalizing effect to citrus.

We have yet to determine what are the long term health effects of keeping an acid/alkaline balance with a tendency toward alkalinity. High systemic acidity was consistently noted by Cayce in conditions such as arthritis. Presumably, maintaining pH balance (which for most people means increasing alkalinity) will have a therapeutic effect. Some of the conference participants have offered to monitor their urine pH during the next six months while they work with the Cayce approach to their condition. This could provide some useful data on the role of pH in the healing process. We want to express our gratitude to these generous individuals who were so cooperative. When we gathered for our final group picture, homage was given to acid/alkaline balance. We were all holding white Styrofoam cups!

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Extracts from the Edgar Cayce Readings

Recommended Diet

4834-1, F Adult, 6/3/17

The body shouldn't take things that produce acid. We have things that are not acid themselves, but change into acid when taken into the mouth. Normally there are glands in the throat which produce lactic fluid or pepsin, this body is not producing sufficient lactic fluid, so that whatever is taken is carried into acid. There are properties that are not acid themselves but are turned into acids when taken into the mouth, and properties that are acids that are not acids when taken into the mouth.

263-3, F 23, 1/18/35

We find that first there should be precautions taken respecting the general diet of the body; which should CONSISTENTLY contain principally those foods tending towards an alkalin-reaction. Not that there would never be eaten any meats or even the acid-producing fruits or vegetables; but the GENERAL diet should be more and more alkalin - less quantity of sugar, more and more blood and nerve building.

326-5, F 68, 9/28/34

(Q) Any advice regarding diet?

(A) As the assimilations grow weaker, with the natural changes incident to the wearing apart in the body, as it were, more and more should the body turn to the alkalin diet. Acids, to be sure, are necessary - and should be a portion of the diet; but as the age comes, usually more acid comes also. What a shame!

337-11, F 42, 11/23/29

(Q) Specify diet.

(A) Keep the alkalin reaction. That the BEST! Beware of condiments and of those conditions that overtax the system in ANY direction, especially of those that create an ACID condition in the system, for better blood builds in an ALKALIN reaction.

341-43, M 29, 12/5/36

This as we find, with the proper precautions as to an alkalin diet, keeping a regular balance in same, should remove the causes as well as the effects of the disturbance with this body.

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805-5, F 58, 11/18/40

In the diets, - the body has been rather precarious. These are well. Keep rather close to the alkaline side, rather than too much of sweets or too much of starches combined improperly with fats or flesh.

1467-5, M 34, 1/12/39

There needs to be more corrections made, but also a more consistency in diet, as to exposure and activity of the body; as to getting overheated or getting in the cold and the feet cold - and this tends to make for the reactions in the system for greater acidity. This then should be altered by the diets; not so much of meats but more of raw and fresh vegetables, both cooked AND raw; and the meats, only fish, fowl or lamb - and no fried foods.

1020-1, F 39, 10/15/35

(Q) What diet would you recommend during the period of treatments?

(A) Those that tend to make for an alkalinity. Not that there would be any SPECIFIC outline, but so that there is not an acid reaction - for thus we will keep down cold. Remember, cold germs cannot exist for long in an alkaline system.

Not too much sweets, nor too much of those properties that make for too great a quantity of the alcoholic reaction. Not that wines or strong drink are not HELPFUL at times, but beware of food values that produce an alcoholic reaction in the system. That is carbohydrates with white bread or starches produce an alcoholic reaction that is bad for the conditions.

257-139, M 41, 10/2/34

(Q) What should I eat?

(A) Keep more alkaline than acids; don't eat too much meats, but more alkaline - hence more vegetables, more fruits, and things that keep an alkaline force in the system.

877-28, M 47, 2/2/39

(Q) What about starches and sweets?

(A) As has been indicated, these are not to be entirely taboo, but as would be from a normal mental balance of consideration, take about eighty percent alkaline-producing foods to twenty percent acid-producing. Sugars are in MAIN, combined with starches, acid-producing. Starches also produce energy, as does sugar. It is the combinations of these that become rather as hindrances, than the INDIVIDUAL properties themselves, see?

394-9, F 55, 4/10/35

In the matter of the diet be mindful that there is a continuation of the adherence to an alkalin-reacting diet. In the general beware, for this body, of these things: Great quantities of starches. But if starch is to be taken, as with spaghetti or potatoes or breads that carry quantities of same. DO NOT take carbohydrates or sugars at the same time. Hence beware of pastries or tarts, though any of these in moderation may be AT TIMES taken, you see; but let the greater portion be of those things that are non-acid producing for the system. Strengthening foods such as beef juices, or the extracts of liver (Valentine's is preferable), or the extracts from the caseins of the internal organs of beef or the like, these are very good in moderation for the STRENGTHENING of that tendency for the separation in the lymph circulation produced by this deadening in nerve ends in these particular areas indicated. But these should be kept in moderation. No red meat, either beef or hog meat (which isn't natural for the body). No white breads. No apples raw; no bananas raw - either of these may be taken cooked, provided they are made with not too great a quantity of sugar. The sweetening that would be used would be preferably honey or saccharin - that may make for a variation in its reaction in the assimilations through the lacteals of the system, that have had such an ordeal - as it were - in STRAINING the vital forces from that assimilated.

1023-1, F 49, 10/17/35

As to the diet, we would keep the tendency towards an alkalin-reaction in the body. And in the place of raw milk it would be well that the compounds be used, or dry milk, either in the preparation of foods or as a drink. For the natural animal reaction is not as well for the body as the more sterile.

Do not take large quantities of sweets at the same period that starches are taken; or do not have these combined in the digestive area during the same period. However, starches should be used in moderation - as well as sweets. But have more of the natural sweets, as from fruits - or the salts from vegetables supplying the carbohydrates.

(Q) Is alcohol injurious to the body?

(A) As indicated from the suggestions to not consume sweets and starches at the same meal, such a form of alcohol becomes detrimental. Wines - and even rum at times - are helpful, if taken AS a body-BUILDING meal; that is, a small glass - preferably in the afternoon - WITH black or sour bread. But those forms that are of the hop nature are detrimental, for they produce - to a disturbed condition in the system - activative forces that are harmful.

257-202, M 45, 11/23/38

(Q) What is cause of gases in system?

(A) Acid.

(continued on the next page)

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(Q) What foods should body continue to eat or not to eat?

(A) These have been outlined again and again. And if the body will just keep such in mind, they may become the HABIT of the body and not that to be dwelt upon; so that the appetites call for those things that are creative and helpful and beneficial, and not have to take thought as to whether "I can eat this today or tomorrow," or as to whether "I have taken this, that or the other, or have left off and not eaten at all" and thus, through the activities produced in the system - which occur at times those influences are active wherein when the gastric forces attempt to act upon the system they rebel against the very activities and nature of the things taken!

Divide the diet into a twenty percent proportion of acid-producing foods and eighty percent alkaline-producing. What are these? How oft hast thou proclaimed how thou knew about foods and food values! Then apply same to self and not induce others! But by the induction of thine own understanding and knowledge into self, MANIFEST it!

263-7, F 25, 10/20/36

(Q) What should be her diet?

(A) This has been given, keep at least eighty percent alkaline and don't fudge when taking sweets or those things that become as even torments to the digestive forces at other times. [Alcoholic beverages]

1612-2, F 51, 6/9/38

In the matter of the diet, keep near to an eighty percent alkaline to twenty percent acid-reacting diet.

And do not eat these combinations: White bread and white potatoes and spaghetti during the same day, much less the same meal; that is, no two of these during the same day.

Do not take the beans, peas or legumes that are of the bulbular nature WITH meats.

No fried foods, then, at any time.

23-3, F 26, 3/21/37

In the matter of the diet, keep same well balanced as to an alkaline and an acid reaction. Do not combine at the same meals potatoes, white bread, spaghetti or macaroni. Do not combine any two of these in the same meal. Eat rather potatoes in the jacket and the peel rather than the pulp; the salts of these are most beneficial to the very activities of the body. Do not take cereals and citrus fruit juices on the same day. Keep a balance well with the sweets or carbohydrates and meats. These combined together for the body are the better, as with fish or fowl or lamb - that is preferable to roast or other types of meat; though, to be sure, breakfast bacon may be taken if it is prepared very crisp without much of the fat or grease in same.

361-5, M 16, 1/8/35

There are the tendencies in the present for a disregarding of the diets that have been indicated, in such measures as to make for - with the activities of the body - tendencies towards an acidity through the system, and a lack of the proper eliminations.

If we will use the diets that are alkalin-creating in the system, we find we will make for the proper eliminations - especially if there will be the greater activity of the body; and we will overcome the tendency for nervousness, for the accumulations in the lymph circulation to make for blemishes or red spots or blackheads, and the tendencies for the inability of the body to concentrate. For with a torpid liver, with the acidity in the system, all of these make for pressures upon the nervous energies of the body.

We would follow rather the alkalin diet. Rather we would give those things which the body should NOT eat:

No white bread at ANY time. Not great quantities at any time of Irish potatoes, though the jackets of the baked potato may be taken provided not too much of the pulp is used; just the peeling and that close to same. No bananas. No raw apples. No quantities of cooked cabbage. RAW cabbage may be taken. Red cabbage may be taken.

Eat two, three or four pears each day, whether this is just before retiring or for breakfast. Citrus fruits should be a portion of the diet each day.

536-2, M 11, 10/1/38

(Q) Please give an outline for his diet.

(A) Make this at least twenty percent of the acids to eighty percent of alkalines - or an outline would be in this manner:

Mornings - plenty of fruits and cereals. Do not mix or take orange juice or citrus fruit juices AND cereals, however, at the same meal - but make them on different days.

Noons - rather easily digested foods, but DO NOT take drinks that are made with carbonated water. Milk and a sandwich or the like.

Evenings - plenty of vegetables that grow above the ground. No fried foods, ever.

515-1, F Adult, 2/16/34

Be mindful that the diet is such that it is easily assimilated, and is of the nature as to be more alkalin than acid; or this as an outline, though - to be sure - it may be altered or changed: No great amount of sweets at any time, nor any excessive amounts of starches. But as this:

Mornings - citrus fruit juices or stewed fruits or, occasionally but not often, dry cereals with cream. Not hot cereals, that are so much of the starch, though if Wheatena is used with milk and not too much cream it will be fairly good. There may also be included coffee, preferably that which has had the caffeine in the greater portion removed; as Kaffa Hag, or the like. (continued on the next page)

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There also may be had occasionally a coddled egg, but do not eat the white of same; only the yolk preferably should be taken, with browned WHOLE WHEAT toast.

Noons - preferably fresh green vegetables; as celery, lettuce, tomatoes, carrots and the like. Spinach and mustard may be added at times. There may also be used at times with this salad (all of the vegetables cut very fine) cabbage. There may be used the mayonnaise or oil dressings. And there may be a little milk taken, if it is so desired, or taken afterward with toast again - toast that is well browned but of the whole wheat variety.

Evenings - a well-balanced vegetable diet. Not a great quantity of meat at any time, and when taken preferably roast lamb or roast fish or the shell fish of any character in season are good. Roast chicken. No fried foods of any kind. Well cooked vegetables, with at least three that grow ABOVE the ground to one grown below the ground.

528-9, F 29, 6/17/37

As to the diet: Keep that which is not only palatable but that is in a proper relationship as to acids and alkalines. Not all acid; for as is indicated, the very nature of the tubercle reaction is acid, yet at times the throwing off of the reactions tends to make for congestions in eliminating areas - as the liver, the kidneys and the alimentary canal.

Hence the necessity for a little more of the alkalines than the acids, because the body because of the natural conditions and those applications becomes more susceptible than it would be ordinarily. So we will find that milk is not so good at times as other drinks; as even water, as wine, as those things that make for a variation in the activity through the eliminations of the bodily forces themselves.

Then, as we have oft given, do not combine cereals and citrus fruit juices at the same meal or even the same day. Drink plenty of orange juice, citrus fruit juices of all natures. Combine a little of lemon with most of the orange; though lime and the grapefruit may be taken alone. Lime with a little syrup and carbonated water would be very good, just so it is alive.

Use also the small fruits, the green vegetables that are easily assimilated. All the foods should be those that are easily assimilated by the body.

1005-16, M 28, 3/12/37

The poisons as are indicated and the inactivity of the liver and of the general activity of the eliminating and excreting systems are much disturbed, not only by the inflammation as from the acid condition throughout the system but by those portions where great quantities of alkalinity are exhibited.

Hence we have to the superficial circulation a great disturbance from the acid, and internally from the alkalinity - and NOT a coordination in the body.

Each morning, for a period of ten to twelve days, take a teaspoonful of Eno Salts; to keep up the eliminations and the activities of the gastrointestinal

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system, until we produce a better coordination in the acid and the alkalines of the body.

We would find then that prunes (they are acid-producing, to be sure) would be well; also figs, nuts, especially quince or such fruits - these canned or preserved are very well in small quantities as a portion of the diet.

(Q) What is condition of liver now?

(A) As has been indicated, we have in the blood supply - as shown externally - acid; while in the liver and intestinal system we have an overalkalinity.

Hence the necessity of some food values that are overacid, yet those of the cleansing forces that arise from not minerals or vegetables but rather from fruit salts - to act upon the liver, the pancreas, the spleen and through the intestinal system, as to aid in bringing a better lymph circulation. The acidity is in the lymph, see?

1632-1, F 37, 7/8/38

In the matter of the diet, keep to those things that are more of the alkaline nature; that is, keep closer to those things that are alkaline-producing, or about twenty percent of the acid-producing foods to eighty-percent of the alkaline-producing.

Do not use white breads or potatoes, spaghetti or macaroni at the same meals; that is, no two of these at one meal.

Do not combine fried foods ever, or very seldom, with the diets.

Meats, if these are taken, should consist principally of fish, fowl and lamb, rather than other meats.

If these applications are kept, and especially the mental attitudes towards creative forces and spiritual activity, we will find better conditions coming to this body.

1850-1, F 23, 10/21/30

In the matter of the diet, keep those that are ALKALINE. Little or no meats. When potatoes or rice, or those that are extra starchy are used, these may be eaten with the gravies of meats, provided they are NOT too heavy in greases.

An outline for a diet for the body would be:

In the mornings - a grapefruit, or orange, followed with a small quantity of rolled oats with some milk - or of a dry cereal.

Of noon - preferably those of green vegetable salads. This may be taken with small quantity of mayonnaise, or of such dressing - but PREFERABLY those of the tapioca with OLIVE oil would be the better.

In the evening there may be taken the cooked vegetables, with the gravies - beans, lentils, spinach, and such. These, as we find, would be the proper distribution of food values for the body.

2001-1, F 59, 9/14/39

Some of this became a part of that which reduced the alkalinity of the glands that supply the salivary system; this producing then disturbance in the upper portions of the digestive system. A fullness occurs in the cardiac portion of the stomach proper, hindering the proper distribution of the lactic forces and fluids in the digestive system.

Hence we have a nervous indigestion; poisonings or the excess acidity tending to use those energies as we have indicated that should be the supply to the digestive or assimilating forces.

First, we would begin with osteopathic adjustments in those particular areas indicated; stimulating to the whole of the system for the reduction of acidity throughout the body.

In the diets, - keep an alkalinity in the greater part; or this as an outline, - not that it is all to be taken, but rather as a base:

Here are the DON'TS:

DO NOT take cream or milk in coffee or tea. Sugar may be taken.

DO NOT take cereals AND citrus fruits at the same meal.

DO NOT combine white bread at the same meal with potatoes or spaghetti or macaroni or ANY of the cheese dishes; no two of these at any one meal.

NO FRIED FOODS AT ANY TIME.

And here are the DO'S:

DO take citrus fruit juices at least three or four times each week as the principal portion of the morning meal. At times combine a little lemon with the orange juice, and at other times a little lime may be used. Vary these. At other times only the grapefruit may be taken, and at other times the pineapple juice. At other times take only the combination of vegetable juices.

At least two or three times each week have plenty of the whole wheat cereals, or steel cut oat cereals, but NOT rolled oats.

A great deal of liver would be taken twice or three times a week as the base of the meal, - broiled.

At other times fish, fowl or lamb would be preferable as the meats, - if meats at all are taken. The fowl should be well cooked, so that the bones may also be masticated at times.

Take CALCIOS at least three times each week.

Have plenty of fruits in the diet.

Do these, and we will find a better condition for this body.

2322-1 M 31, 8/13/40

As to the diets, - keep away from acid-producing foods. Hence, these are rather the DON'T'S:

Do not eat hog meat, save crisp breakfast bacon which may be taken in moderation two or three times a week.

Do not eat white bread; rather use whole wheat, rye, or corn bread - preferably made with milk and yellow meal.

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During each day - sometime during the day - have at least one or more green raw vegetables.

No fried foods.

The meats should consist principally of fish, fowl or lamb, but these either roasted or broiled - not ever fried.

Keep away from the heavy fats.

Have plenty of fruits and vegetables; well-cooked vegetables.

No white potatoes, though the yams would be very well.

Do these, being consistent; and we will find we will fit the body physically for much more activity and a much better service in this experience.

3193-1, M 10, 9/3/43

(Q) What causes the gritting of teeth at night, for past two months?

(A) Those tendencies for the activities through the stomach to become active in themselves, causing this activity - which is not unnatural.

But the body should be given Glyco-Thymoline as an intestinal antiseptic, as an aid for keeping alkalinity in the body so that it will not become unbalanced. This will be most helpful. Give one to three drops in water after the morning meal, two to three drops after the noon meal, and two drops after the evening meal.

(Q) Any special foods he should take or avoid?

(A) Take most everything, but do avoid combinations of starches at the same meal; for instance: White potatoes or white bread, or spaghetti - no two of these would be taken at any one meal, though each of these may be taken occasionally but not ever in combination.

Do take a great deal of raw vegetables, lettuce, celery, radishes, tomatoes, carrots. All of these, or portions of these taken each day, may aid a great deal in the glandular forces and in control of the sympathetic nervous system.

(Q) What caused or brought about this condition originally?

(A) High temperature in the body. Do these things and we will make for better conditions for this body.

Specific Foods

361-10, M 21, 9/9/39

(Q) Of what foods should I beware?

(A) Those that are excessively acid-producing. Those that have been indicated of too much carbonated waters, or those foods that produce an excess of fermentation in their activity.

These are then rather as warnings, as to characters or combinations. As cheese, spaghetti and white breads, - no two of these at the same meal; nor potatoes with quantities of fat. Not that either or any of these may not be taken, but it is the combination of these that becomes harmful.

Not too many of raw apples, unless they are of the Jonathan variety or of such nature.

533-9, M 24, 2/18/36

In the matter of diet, we would keep close to the alkalin-reacting foods. Plenty of citrus fruit juices; plenty of the whole wheat as a cereal (though not at the same meals when the citrus fruit juices are used). Plenty of raw fresh vegetables; as cabbage, lettuce, celery, spinach, and those forms of roughage or green vegetables. These may be taken with oil or with mayonnaise. Such foods, with the general run, would be most beneficial.

340-30, F 47, 1/8/35

To be sure, it will require that there be kept an alkalin reaction for the system, with the use of the properties that have been indicated in the citrus fruit diets and the alkalin-reacting food values.

189-6, F 44, 3/18/39

Do this, and be mindful that there is the better balancing of the diets for elimination, and not too great quantities of acid-producing foods taken. Citrus fruits, to be sure, are NOT acid-producing; they are alkaline producing, unless combined WITH starches at the same meal when these are taken in the system.

837-1, M 45, 2/20/35

We would be mindful that the diet is rather inclined towards the alkalin-reacting foods. Citrus fruit juices; but do not take cereals at the same meal with citrus fruits. This has been done. Beware of white bread. Beware of potatoes, white potatoes - except the jackets or peelings of same, these may be eaten with that close to the rind, either baked or boiled. Beware of raw apples unless used as a cleanser. Beware of bananas. Beware of too many strawberries unless they are those grown where their reaction is ironic rather than potassium. When meats are taken, let it rather be of fish - baked or broiled; mutton - not too much of the fat; fowl or wild game. No fried foods at any time. Eat sufficient. A well-balanced alkalin-reacting diet.

574-1, F Adult, 6/6/34

(Q) Please give the diet I should follow.

(A) Keep the diet rather alkaline. That means not too much meats nor too much starches, nor too much of ANY of those things that PRODUCE acidity. But don't make self as subject to a diet. Rather subject the diet to self, by self's activity; that is, keep a normal well-balanced diet, but no hog meats ever - unless a little crisp breakfast bacon at times. Preferably, when meats are taken, fish, fowl, lamb or mutton.

533-11, M 25, 6/4/36

Keep the eliminations near normal, with the diets towards a tendency of the alkalin-reacting rather than large quantities of meats or sweets - but these taken in their proper proportions. Eat the sweets rather with meats than with breads. Vegetables are the preferable for the body.

605-4, F 15, 10/27/34

The diet is not being adhered to so well. Beware of hog meats, or fried meats, or any fried foods. Adhere more to the alkalin foods. Do not MIX citrus fruit with cereals. Either take one or the other, but not both at the same meal. Prunes are well to add to the morning diet at times; also fresh rhubarb or canned rhubarb, or pineapple juice - or the sliced or diced pineapple is well to add, too, at this time. Pineapple in the evening is well. Not too much of sugars or cakes or pies, but these in moderation. But be consistent!

528-11, F 29, 8/23/37

Also the diet, though this may be changed somewhat to suit the appetites of the body; but be sure there is the inclination for the diet to be - whatever is taken - in the proportion of eighty percent alkalin-producing foods to twenty percent acid-producing. Then remember, too, the combinations in this direction as we have so oft indicated. Do not take citrus fruit juices AND cereals with milk during the same day. Do not eat white bread, white potatoes and spaghetti during the same day; any one of these may be used - but preferably the whole wheat bread, the jackets of potatoes; spaghetti with cheese, yes, but not the same day the potatoes or the white bread - is used. These should be kept in mind in the activities proper. More of the beef juices, liver extracts - these are well.

1040-1, F Adult, 10/30/35

In the matter of the diet, beware of mixing quantities of starch and sweets at the same time. Do not become one that is subject to, "Well, I can't eat this," or "I can't eat that!" But control self with those abilities that lie within self as to the WILL influencing. However, remember that the acids are formed in too great quantities through excess quantities of starches (as potatoes or white breads or the like) WITH quantities of sweets. Beware, then, of pastries; though ice creams or ices or things of such natures are NOT to be. Follow rather the foods that make for body, blood and nerve building; but not too much roughage. Of mornings let the meal consist principally of fruits or citrus fruits or the like. These are preferable to even the cereals of any nature for this body.

1171-1, F 42, 5/12/36

Then we would be precautionous that the body keeps the diets well balanced as to an alkalinity; about an eighty percent alkalin to twenty percent of acid reaction in the diets. For there are those that appear as acid; as citrus fruits, or combinations of starches and sweets, that within THEMSELVES may appear to be acid or alkalin; yet their reaction in certain combinations in the system becomes almost the opposite - if combined with other food values. So, when these are taken, let them be as a diet - rather than combining same with others; that is, citrus fruits or pastries or starches and sweets. These may be a portion, but the sweets should be preferably from honey rather than from cane sugar.

464-24, F 63, 2/9/39

Do these; keeping the body in a better alkalized condition by the use of alkalines or by adhering to a diet in which there is not too much of sweets, but those that are of the natural sweets, - as from fruits, honey or the like, but not of cane sugar, or those where there are the combinations of too great a quantity of starches of any kind.

509-2, F 65, 2/22/34

As to the diet, of which the body should be so mindful, beware of too much starch and too much fat. But oils, as the olive oil or the fats of any that are taken in the foods - as mutton, fowl (provided the same is not the GROSS fat) - will be helpful. But no red meats, nor too much of those foods that will make for sugar reaction in the system. But a well-balanced diet that carries the rebuilding and replenishing forces and influences in the body, and these of the alkalin PRODUCING foods, whether fruits, vegetables, or what not - rather those that are inclined toward the alkalin, or their combinations. Do not take cereals ever WITH citrus fruit juices. Do not take large quantities of candies or pastries or tarts that are used with meats. Beware of apples, unless of the jenneting variety, but pears, bananas, oranges, grapefruit, plums, peaches, all of these may be taken in moderation and IN THEIR SEASON. And use fruits that are NOT artificially ripened, even though it is necessary to use those that are canned; pineapple and pineapple juices are excellent for the body.

881-1, M 32, 4/8/35

Keep the body more alkalin than acid, by eliminating from the diet always such things as white bread, white potatoes - save the peelings when roasted or baked; red meats of any nature.

With following these, we should bring the body to a near normal condition in three to four months.

584-5, M 57, 10/4/35

As to the activities for the diet of the body: These, as indicated by the reactions, are necessary precautionary measures to take. That is, keep the diet tending more toward the alkaline-reacting foods and we will find that through the coming season there will be little or no cold, and that the throat, the nasal passages and the general system will keep in a much better RESPONSIVE way and manner.

(Q) What has been the effect on my system of eating so many tomatoes?

(A) Quite a dissertation might be given as to the effect of tomatoes upon the human system. Of all the vegetables, tomatoes carry most of the vitamins in a well-balanced assimilative manner for the activities in the system. Yet if these are not cared for properly, they may become very destructive to a physical organism; that is, if they ripen after being pulled, or if there is the contamination with other influences.

In THIS particular body, as we find, the reactions from these have been not ALWAYS the BEST. Neither has there been the normal reaction from the eating of same. For it tends to make for an irritation or humor. Nominally, though, these should form at least a portion of a meal three or four days out of every week; and they will be found to be MOST helpful.

The tomato is one vegetable that in most instances (because of the greater uniform activity) is preferable to be eaten after being canned, for it is then much more uniform.

The reaction in this body, then, has been to form an acid of its own; though the tomato is among those foods that may be taken as the NON-acid forming. But these should be of the best in EVERY instance where they are used.

(Q) What brand of canned tomatoes is best?

(A) Libby's are more UNIFORM than most.

631-4, F 37, 11/5/34

(Q) Are baked potatoes classed as an acid reacting food?

(A) When the bulk is taken, yes. When the jacket and very little of the pulp is taken, no.

1234-2, M 45, 7/31/36

In the diet keep to an eighty percent alkaline to twenty percent acid reacting. Beware of combinations, as starches that are of the natures of great combinations of same without sufficient of the lactics for the digestion. Or do not have potatoes, spaghetti, rice and white bread at the same meal with a lot of meat. Do not have quantities of citrus fruit juices with proteins or sweets. These make for combinations that become hard upon the system.

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1411-2, M 52, 9/12/37

When the body is under stress or strain by being tired, overactive, and then would eat heavy foods - as cabbage boiled with meat - these would produce acidity; yet cabbage WITHOUT the meats would produce an alkaline reaction UNDER the same conditions! The same would be true if there were fried foods such as fried potatoes eaten, when there is a little cold or the body has gotten exceedingly cold or damp, these would produce (if fried) an acid, and become hard upon the system; while the same taken as mashed or as roasted with other foods would react differently.

1697-2, F 61, 11/9/40

(Q) What foods may be taken that will digest properly?

(A) Any of those that are easy assimilated; that is, three times as much alkaline-reacting as acid-producing foods. This means the alkaline-REACTING, and not acid-producing. For instance, all citrus fruits and the vegetables that are easy assimilated would be included; carrots cooked and raw, peas or beans - provided they are not sprayed with preservatives - these either canned or fresh. Canned tomatoes, if not canned with benzoate of soda, are preferable to the raw - to be sure - at this season of the year.

3053-4, F 11, 12/16/43

(Q) What diet would help prevent constipation between periods when laxative is taken?

(A) Raisins, figs, oatmeal, Maltex, all of those that are eliminating foods.

(Q) What combinations of foods are acid-forming for this body? Raw apples or dried prunes?

(A) Raw apples, plums, prunes, starches with meats or with sweets. Keep away from too much sweets though honey may be taken.

Over Acid / Alkaline Conditions

1080-1, M 62, 12/17/35

Thus, when the body is allowed to become excess acid or an excess alkalinity, it is more subject to the disturbances and those activities in same.

5009-1, F 63, 4/15/44

For there have been those quantities of foods and of medicinal properties that have caused an excess alkalinity. Thus the reaction existing between the circulation in liver and kidneys is gradually, through this alkalinity, causing irritation to the bladder and the tubes through which the urine passes.

ACIDITY-ALKALINITY CIRCULATING FILE

445-2, F 62, 11/18/32

(Q) Please give the most helpful balance between the relation of the acidity and the alkalinity in the body.

(A) In this body, [445] we are speaking of, we find - as indicated - there has been a tendency at times for the excess of alkalinity, both in the upper portion of digestive system and specifically in the lower portion of digestion and absorption. While it is understood that for the proper fermentations, that assimilation may take place properly, there must be the periods and the portion where excess of alkalinity predominates and where acidity predominates, to keep the balance for this body, as indicated, use those elements that are in the bacilli activity of food values that make for the excess (not too great) of alkalins, and this will tend to overcome these conditions that have produced the condition that is as the basis of the distresses. The percents of these would be not too much starches, but a balance of starch with the protein, in the proportion of what might be said to be a 10% solution acidity and a 90% alkalinity.

294-121, M 52, 12/12/29

Meeting the needs of the conditions at present, it should be understood - while the OVERACIDITY is ordinarily understood as to be the basis of POISONS, there is just as much and more SEVERE reaction from an overalkalin - as does exist here at times - than there is in the acid reaction. For the alkalin reacts - while the acid, in the duodenal or duodenum, will contract; and this overacid, then overalkalin, causes PHYSICALLY this reaction. The effect is to keep the liver and the gall reactions from acting, for it is acid, and the strictures and adhesions in the sacrum have already weakened these reactions. Hence that which will create that vibration in the system that will cause the proper reactions from the liver through the bile ducts, through the pancreas, and that which will keep the feces cleansed from the colon, from the ileum, from the jejunum, from the caecum, that there is NOT PRESSURE left there, this, PHYSICALLY, will react to the PHYSICAL benefits of the body.

306-3, M 39, 6/22/33

First we would be very mindful of the diet, in that there would not be those things taken that tend to produce acids in the system; while it is true that too great an alkalinity is more severe, more straining on a system, than a tendency towards acidity - and more alkalins kept in body. This would be well to be remembered by all:

Few germ formations, or none, that injure or cause distress in the form of neurotic, neuritis or arthritic conditions, or any form of skin eruption, may come when a system is tended toward alkalinity!

Acids make for a fermentation, as may be seen from yeast, fruit fermentation, or the like.

ACIDITY-ALKALINITY CIRCULATING FILE

975-3, F 80, 12/21/35

(Q) What change may be made in diet, if any?

(A) As indicated, that to meet the varying surroundings, the climatic reactions; or to make the proper balance of keeping towards the proper alkalinity, is the more preferable. For, as the body ages, there are the tendencies to make for an acidity. The alkalinity, of course, may be overdone. But keep a GENERAL alkaline-reacting diet. Or, rather let the body follow its desires - with these conditions in mind, that the greater the alkalinity the less chance there is for cold or for congestion.

3062-1, M 40, 6/28/43

We would begin at first to alkalize the system. Not to such an extent as to cause an overalkalinity through the activity of the digestive forces of the body, and thus throw entirely out of kilter the activity of the gastric flows in the hydrochloric and lactic fluids, in the glands either of the mouth, throat or stomach.

5558-1, F Adult, 4/5/29

. . . the lessening of the acidity in system will also clarify and cleanse the system for the conditions to be nearer in the proper functioning.

2892-1, M 1 Month, 2/10/43

That there has been a keeping of the tendency for alkalinity through same HAS prevented this from growing much worse. It is not beyond repair, but it is not beyond a serious disturbance as yet.

257-144, M 41, 1/10/35

But if the body will DO what has been indicated, and keep down the acidity in the system by the manner of the diet, then we will find those conditions also in throat and head - that at these periods usually give disturbance to the body - WILL be eliminated!

294-135, M 55, 3/15/32

Much better physical conditions in system than that as we had here before. There needs to be kept for the time the proper ratio of the food forces as make for acid and alkaline in the system. Do not overtax the system with those of acid PRODUCING forces, and be mindful that those things that have been given for the activities with the body are kept up until there are the proper eliminations taking place in the system, and the activities of the gastric forces of the body are in accord; and that the mental attitudes that are held by the body are in accord with that as is necessary for the corrective forces to be manifested in the physical being.

ACIDITY-ALKALINITY CIRCULATING FILE

424-1, F Adult, 10/30/33

Be very mindful that the diets are kept in more of an alkaline state, little of the acids; for all forms of those that act as sedatives for the system are acid in their reaction through the digestive area.

288-46, F 35, 2/26/40

As we find, in the main, conditions are very good through the physical forces generally of the body. There is an unbalanced condition in the blood streams, from too much of alkalinity at times and excesses of acids at others, - by improper balancing in the diet.

523-1, M 45, 2/26/34

Be mindful that the diet is such that it keeps eliminations in a nominal way and manner, but tending toward alkalinity for the body at all times; for this will not only prevent infectious forces but will aid in keeping the blood stream in such a manner as to aid in eliminations where absorption is affected by external application.

538-34, F 54, 4/21/34

As to the character of the food values, any of those that will keep the body more in an alkaline than an acid tendency - as it is seen that toxic forces naturally produce in any system.

774-6, F 78, 1/23/37

Keep the diet rather in more of the alkaline-reacting foods. For the natural resistances in age and the inability for a great deal of activity makes for the tendency for more and more acids to be thrown into the system.

805-2, F 52, 3/27/35

(Q) Has the acidity been so allayed that I can discontinue the strict diet?

(A) Gradually it may be discontinued, but do not partake of too large a quantity of those foods that tend to make for acidity, else we will find recurrent conditions.

642-1, M, 4/24/34

We would also be mindful during these periods that there would be the diets rather inclined toward the alkaline than the acid nature, for the acids tend to make for the irritations to those portions of the body where the distresses have existed.

ACIDITY-ALKALINITY CIRCULATING FILE

418-2, F 22, 12/12/33

The diet should be kept a well balanced diet, more alkaline than acid. That which builds much of the resistances for the system, and that will enable the blood supply to be well balanced in red blood plasma for the coagulation's influence in system.

294-208, M 67, 3/14/44

In the present the unbalanced condition in the physical of the alkalinity and acidity has caused, and does cause, congested areas in the functioning of the body. These as to their sources have in the main arisen from anger (physical) produced by the activities of environs about the body; thus causing the throwing into the lymph circulation those poisons which reacted upon the general physical body-relationships with the mental and spiritual activities of the body.

For the glands secrete according to impulse from the emotional system. This has been, then, the source of the disturbances in the body.

1288-1, F Adult, 11/10/36

In the heart's activity: With the disturbance in the circulation, this makes an irregularity. In the digestive system it sets up a great disturbance at times, making for a superacidity through the coordination of the activities of the pancreas and the spleen to the digestive forces; again the tendencies for the gastric forces themselves of the stomach to become as a disturbing factor; and throughout the alimentary canal making for a disturbing condition.

5544-1, M 47, 1/15/31

These conditions, as we find, are produced by that of improper diet - or disregarding of the diet; also by lesions that are indicated in the upper cervical regions and in the dorsal region. These being the conditions existent, coordinate - or coordinating one with the other. Superacidity is a result; tendency of dyspepsia, indigestion, headaches, pains in the eyes, heaviness in feet, perspiring feet, melancholia, sleeplessness - these are heirs of such condition, and are manifested to a greater or lesser degree at times in the physical body.

3170-1, F 45, 8/21/43

The basis of the trouble is auto-intoxication, or the lack of the proper balance in the chemical forces of the body. Thus the liver and the gall duct area become involved and too much of fats of one nature or another produce acidity.

Then this acidity, with the poor circulation, attacks such as the gums, the throat, the tissue through the abdominal area and in joints and locomotory centers of the body. For, with the unbalancing of the conditions, and toxic forces, and the attempts of the kidneys to meet the conditions of the body, uric acid is also caused. In the diet, beware of acid-producing combinations.

1866-6, F 36, 11/20/28

(Q) What is wrong with stomach and what caused this trouble?

(A) . . . The inability to maintain a nominal reaction through the digestive system is that there has not been brought the normalcy between an acid and alkaline condition as has existed there. There is . . . the tendency for the system to remain over-acid, from the amount of elimination necessary to be kept within the body for the nominal or normal metabolism of the body. The metabolism as respecting this body refers especially to that condition as existent in the coordinating of the liver with the pancreatic and duodenal juices of the stomach, and that digestion taking place in the upper portion of intestines themselves. Not all digestion takes place in the stomach. Merely as the passing through, is the preparation for assimilation in the system. In this body, especially, we find accentuations especially in the duodenal region, from the inactivity of the liver with the juices as are secreted by the pancreas and the action of the spleen, with the blood forces acted upon through hepatic, or especially in the upper hepatic circulation. The stimulation osteopathically of these centers has relieved, in part, the LOWER portion, yet the upper ganglions - especially of those radiating from the 4th and 5th dorsals, have NOT received the proper stimuli through the manipulations, and the soreness as remains in the right side indicating that the gall bladder in its activity is engorged, and with this naturally comes that retraction to the stomach, producing a fullness and an unpleasantness, and at times a burning sensation. This may, unless relieved, produce laceration and ulceration, and becomes very troublesome. We would apply with the manipulations (and these should be kept up for at least another ten to twelve treatments) those of the alkaline Petrolagar, alternated - or taken with same occasionally that of an intestinal antiseptic; that is in its reaction alkaline also. This may be found in that preparation known as Glyco-Thymoline. Take, then, every second and third day - second, then third day, see? those of five drops to half teaspoonful Glyco-Thymoline in water. Take at least a TABLESPOONFUL of the alkaline Petrolagar once each day. The manipulations kept up every other day, we should bring the nominal forces for this body. Adhering to the diet as has been outlined, and with the replenishing in the system, these will relieve these conditions, as we find them.

2267-1, M Adult, 4/30/30

Now, we find there are disturbing conditions in the physical forces of the body. These, as we find, have to do with the effect produced in the system from the character of eliminations as have been manifest in the body. These being of specific natures, especially as to the nerve ends in the muscular forces in the locomotion of the body; yet there are deeper seated causes - these having to do with specific conditions as have been gradually builded in the system by that of a continued ACID condition existent in the digestive system, and the effects - as we shall find - have much to do with the FUNCTIONING of various organs.

No condition exists, as we would find, that produces too MUCH OF other than acid in the system.

The diet should not be of any other than the vegetable and the laxative diet during this period, and especially those that are of the alkalin reaction.

ACIDITY-ALKALINITY CIRCULATING FILE

1852-1, F 66, 3/28/39

(Q) What causes the mouth and stomach to be irritated at times?

(A) Too much acidity that causes the regurgitation of the acid in those portions, as to produce the soreness.

2542-2, M 3, 10/14/42

The body has a tendency for acidity. This is partially because of the inability of proper eliminations, from a manner of inflammation through the digestive tract.

118-1, M Adult, 3/23/29

The liver then, in its excretory functioning, normal - in its SECRETIVE functioning subnormal, as is seen by the high amount of activity often necessary to carry about the proper elimination from the system, as is shown in the activities of the kidneys in their functioning with the body; for over-excitement and over-activity may increase these activities through this portion of the system, while apparently at another time the same things would decrease the activity of same. Not other than a disturbance in the functioning of the organs, and not organic conditions.

2051-1, M 66, 11/30/39

With the over toxic force, we find an unbalanced condition between the lacteals and the activity of the gastric flow through the digestive system. The excess of the poisons there, and not being able to be eliminated - because of the lack of the proper excretory functioning of the liver, to carry off - produces the condition where there is NOT sufficient of the alkalinity in the body; that is, in the upper stomach, or upper portion of the stomach, through the cardiac end, - so that in the pylorus or the lower end it becomes slow in being digested. Thus the feeling of a heaviness, or fullness, often after the attempt to eat.

The unbalance between the hydrochloric and the lactic fluids causes this condition.

199-4, F 22, 8/18/30

This will necessitate that care be taken as respecting the proper eliminations through alimentary canal, and that there be the proper balance kept as to the diet, and as to the ALKALIN reactions for system. Do that.

1120-2, M 29, 4/17/36

As to the activity of the spleen, the pancreas, the liver, the gall duct area: When foods are assimilated, these organs function for or in producing the juices or fluids that act upon elements in the foods that are assimilated in an acid and alkaline content from the stomach itself. With these hindrances, there becomes at times the tendency for these to become acid.

ACIDITY-ALKALINITY CIRCULATING FILE

1068-1, F 40, 11/26/35

Hence we find in portions of the body acidity when there should be alkalinity. We will find them working opposite at times. For we may find perfect alkalinity through the testing of the salivary secretions, and yet through the eliminations in the kidneys an excess of acid. Again we may find the secretions or activities through the gastric flow of the stomach itself in an acid condition. Again we will find the eliminations through the kidneys, or through those activities from the bladder itself, producing a greater quantity of alkalinity than should be expressed.

(Q) What causes the fine rash on face?

(A) As indicated in how that at times this comes and goes, by the super amount of acidity that is left in portions of the system; and then recurrent conditions in other portions make for this to be carried away - or stimulations are such that same is eliminated, and becomes as nil in the reactions in the superficial or sympathetic circulation.

276-8, F 17, 7/31/35

And there is too great a quantity of the disturbing factors between the keeping of the balance in the acid and alkaline; so that rather than the hydrochloric combined with the pepsin forces, there has become the picric which makes for a coagulating and a causing of souring in the system. This makes for the nausea, those tendencies for the activities in the whole system to make for some temperature. For it produces in the gall duct and those assimilating forces in the liver, rather a hardening effect; or as to cause a bloating.

The general mental attitude of the body also has much to do with this, making for a disturbance in the coordination of the eliminations through the regular periods in the activities of the body itself, as disturbed with the blood supply.

294-113, M 51, 8/14/28

The conditions then to be met are those about the portion where the lesion exists, and the effect same has upon the system - especially producing the fermentation, or acidity AND fermentation, in an improper proportion and manner.

There has been taken recently properties that have started the secretions from the liver. This adding to the system under the existent conditions, produces or causes the extra or OVER amount or condition of acidity.

Then, the manipulation - that the lower of pyloric end of stomach may be relaxed, and the upper or cardiac end may be more contracted.

The lower portion of the intestinal system should be kept, then, nearer in the state of non-acidity, or alkaline. Keep those food values, those medicinal properties, that tend to produce for the system a nearer equalized condition in this respect. Foods entering should be ALKALINE in reaction. When acted upon by gastric juices they become acid, but should be alkaline reaction in the lower digestion.

ACIDITY-ALKALINITY CIRCULATING FILE

487-18, M 16, 9/14/34

(Q) Is the present general diet alright?

(A) Present general diet is very good. Keep an even balance between acids and alkalines, potashes and iodines; these are your four principles, and ones that work one with the other.

437-6, M 45, 11/11/33

(Q) What particular alkalin foods should I stress in my diet?

(A) When the outline given is followed, there would be the proper balance. Do not use too much syrup with the cakes of mornings, and do not at any meal use foods carrying too much greases. Though some of the foods outlined may appear acid in the first, their combination will make for an alkalin reaction.

It is necessary, to be sure, that a certain amount of acid is kept in the system. An over alkalin condition is much worse even than a mild acidity; for an alkalin reaction easily dissolves certain tissue, while an acid condition usually attempts to create the effluvia about the lymph circulation as to reduce acidity. Hence, the outline we have given would bring a correct balance.

448-1, M Adult, 11/19/33

Be mindful of the diet that it is not excessive, and that it is rather inclined toward the influence of the alkalines for the body.

723-1, F Adult, 11/9/34

As to the matter of the diet, keep to those foods that are more alkalin than acid-producing. Use at least eighty percent of the alkalin-reacting food values to twenty percent of the acid-reacting.

557-6, F 54, 10/15/35

(Q) Any other suggestions for building up the body at this time?

(A) Much has been suggested to the body as to its activities physically and mentally, and as to the diets and activities respecting same. With the applications in the present, as we find, we would keep rather to the normal diet; just so there is not too much of the acid-producing. Not always is that taken that is acid of an acid-reaction with the system. Just be careful that there are not quantities of sugars or sweets taken at the same time quantities of white bread or potatoes or starches are taken in the system. It would be well in THIS body that when there is the desire most for foods of whatever nature or character the same be adhered to, but do not indulge in any of these things. And we would find these would make for much better conditions....

ACIDITY-ALKALINITY CIRCULATING FILE

978-1, F Adult, 8/24/35

Not too much sweets; for sweets occasionally tend to bring on those spasmodic conditions, IF the system is the least bit acid, though these are not as bad if the system is alkaline.

(Q) Please outline a specific diet.

(A) As indicated, hold to those things that are alkaline in their reaction. Not too much of sweets, not too much of starches; but rather those things that are well-balanced and those special foods as indicated should be a portion of the diet from day to day. This is better than just saying do this or do that. Keep a well-balance; knowing that the alkaline reacting foods are PREFERABLE for the body; for they prevent acidity. And acidity is irritating to the blood flow, hence irritating to those tendencies existent in the areas as outlined.

1739-7, M 36, 5/26/30

Be mindful that the diet is kept in accord with much of that as has been outlined. The natural inclinations in the system are for those of the acid, and these should be kept BELOW the condition as exists most of the time. This may be done with diet, or with the taking into the system of that of alkalines that KEEP the system in that state. Taking of an alkaline ANTISEPTIC would be well, in Glyco-Thymoline, or such. These would be well. Well for the body, for its throat, and for its organs of the soft tissue in head - use a gargle occasionally OF the Glyco, but alternated WITH that of Listerine or its counterparts. These will aid the tissue, and PREVENT the conditions becoming infectious in any nature - (for the body opens his mouth often) and these, with acid conditions, bring for the system those of things that ARE harmful in nervous reactions for the whole body. Needs to bring about EQUALIZATION of disseminating forces within the physical body. Ready for questions.

601-19, F 51, 2/9/37

Keep well towards an eighty percent alkalinity in the system. Beware of excesses of anything, whether alkalines or acids, but keep a normalcy.

862-5, M Adult, 10/18/36

(Q) Any other advice as to diet or other suggestion as to osteopathic manipulation?

(A) Keep to those things that make for the keeping of body-building, but as has been indicated, those things that tend to keep an eighty percent alkaline to twenty percent of acid and acid-producing. While there are foods that are in themselves acid, their reaction in the system without other combinations are alkaline. These be mindful of.

816-8, M 53, 1/20/37

The natural balance is an eighty percent alkaline to a twenty percent acid reaction. This means REACTION in the system, and these should be kept.

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949-14, M 24, 2/15/39

It is well that there be kept about a twenty percent acid-producing to an eighty percent alkalin-producing diet.

1167-1, F 40, 5/14/36

Keep the body physically fit, with an equal balance in the diet. Keep more to an alkalin-reacting diet; eighty percent alkalin-producing to twenty percent of the acid-producing.

1201-1, F 30, 7/11/36

And with the diets, keep these in the eighty percent alkalin to twenty percent acid-producing. Beware of combinations. Keep the acid-producing - or the necessity of the flow of the gastric juices or of acid, which is for certain foods - combined properly. And do not mix starches with sweets. Do not have white bread as a portion of the diet, nor white potatoes. Most other foods in general may be taken.

1217-2, M 61, 1/11/37

(Q) What foods will constantly renew the body just as it needs renewal?

(A) As has been indicated for this body in the present. As we have given heretofore, a constant renewal of the body needs (for a balance to be kept) a twenty percent acid to an eighty percent alkalin-reacting diet. Not necessarily in this body in the present, for it's OUT of balance in the vibratory forces through the activities of those portions as indicated - but in a nominal body for its renewal keep such a diet. The variations arise from what might be said to be prenatal influences and the very vibrations set up from the beginning of inception.

920-8, F 49, 7/7/36

It will be found to be helpful, then, that the diets be not too much starch nor too much of the sweets or a combination of these. Proteins, citrus fruits, those activities that MAKE for keeping an ALKALINITY would be well; or about eighty percent of alkalin-reacting foods to twenty percent of the acids. To be sure, ordinarily proteins are considered acid-reacting. But the ACTIVITIES of proteins in the system, when not taken with starch, bring the necessity of the hydrochloric activity in their digestive forces. So when proteins such as from fish, fowl or lamb are taken, their final reaction through the lower portions of the duodenum becomes nearer to a normal balance of alkalinity. For alkalinity begins with the glands themselves of the mouth. Then with the entrance to the stomach we have a combination of lacteals and hydrochlorics, dependent of course - upon the nature of the foods or MORE so the COMBINATIONS of same.

1688-1, F 28, 9/22/38

(Q) Has the Eskay's Neuro of Phosphate tonic I've been taking been good for my body? and should I continue to take it?

(A) We would not. There has been produced an excess of alkalinity. And this is much more serious than an over-acidity.

Of course, Acid would be well as a part of the treatment a little later, see - and this is taken only in raw milk. The Acigest is that referred to; or hydrochloric acid - and this may be had better or as near in Acigest as in any form, as we find here. And this is only taken ONCE a day, but do not begin this until the system has improved, you see - to add sufficient of the acid to the system for the better assimilation.

3495-1, F 19, 11/12/43

But taken in the present, we find that these may be allayed, if there is a little persistency and consistency in the activity being carried on to create first the balancing of the chemical forces of the body, so that in assimilation there will be sufficient of the division of alkalines and acids as to not allow the distresses to arise again.

Digestion

1485-1, F 29, 11/25/37

In the matter of the diets and regularity of activities, these should be taken into consideration. Not those food values that produce an excess acidity, for the very nature of inflammation as is produced by the conditions in the circulatory forces tends to make for more acidity - and to produce the effect of the gas-forming forces through the duodenum and portions of the digestive forces themselves.

Hence at least an eighty percent alkalin reaction to a twenty percent acid reaction diet should be followed.

1120-2, M 29, 4/17/36

As to the activity of the spleen, the pancreas, the liver, the gall duct area: When foods are assimilated, these organs function for or in producing the juices or fluids that act upon elements in the foods that are assimilated in an acid and alkalin content from the stomach itself. With these hindrances, there becomes at times the tendency for these to become acid.

1724-1, M 40, 11/2/38

All of these, of course, are then disturbed by the cycle of reaction produced by excesses of acidity and the lack of the proper activity upon the chyle or the digestive forces, and a balance between the lacteals and the acid forces of the digestive force.

(continued on the next page)

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As we find, for bringing about the bettered conditions for the body:

First, precautions should be taken as to the diet, - that there is kept a well-balance in the acidity and the alkalinity of the body.

Whenever there is the feeling of fullness in the stomach after a meal, take Alcaroid as an aid to the digestive forces. Not too large a quantity, but a quarter teaspoonful or less, first dissolved in a small quantity of water and then a large quantity added, or the glass filled, and then a second glass of water taken afterward. This will tend to make for keeping of an alkalinity and a better balance through the bodily forces themselves. The fullness may occur often, or - with the use or application of these suggestions - it may get farther and farther apart, and should. But take the Alcaroid whenever there is the feeling of fullness.

(Q) What should the diet be?

(A) As just indicated, keep a well-balanced diet. This will depend upon the ability of the body to assimilate, see? And whenever there is a great anxiety or stress, do not eat especially apples raw nor bananas nor fruits of that nature which are acid-producing, but rather use the easily assimilated foods. Not too much white bread, not too much of meats - and never fried foods.

1246-1, F 52, 8/8/36

Hence we will find that at times while there may be alkalinity even to the upper portion of the stomach, from the salivary glands to the stomach glands, there may be acidity from the middle portion of the jejunum through the activity of the alimentary canal and through the kidneys themselves and through the bladder; thus producing an irritation at times that has through the bladder; thus producing an irritation at times that has through sympathetic conditions from lesions in the lumbar, pressures in the coccyx area, CAUSED a heaviness across these areas and the functioning of the organs become involved. Hence tendencies are produced for accumulations of lymph pockets, producing pressures then in the abdominal area, through the pelvis, upon the organs of the pelvis, and through this portion of the system itself.

In the digestive forces - these become upset only occasionally through this sudden change, as it may be said to be, in the acidity and alkalinity, by excesses of hydrochlorics, lack of potassiums, in the system - and the lack of the gland secretions through those portions of the body where inflammation or the excess of the lymph circulation produces a tendency in that direction.

. . . In the diets, beware of these - of fried foods of ANY character, of too great a quantity of white breads. Keep about an eighty percent alkaline diet to twenty percent of an acid diet. These are necessary forces, yet their combinations are the detrimental conditions to the body.

1749-1, F 48, 11/16/38

Again we find the digestive system upset by the same character of slowing of activity of the secretions from the lacteals, or the balancing between the acidity and alkalinity for the necessary digestive forces.

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This produced then a state of unbalanced fermentation in the stomach. Then this caused more nervousness, more of physical gas and a pressure which produced a disturbing condition.

This caused headaches and dullness, and with the natural condition as broken between the sympathetic and cerebrospinal nervous system a lulling of the activity of the system towards digestion and elimination. Accumulations of poisons are a natural result of such disturbing conditions. This makes for a lethargic reaction then to kidneys, as well as liver and spleen and pancreas, - and the effect of the reaction of an anemic condition, or the lack of the coordination between the deeper and the superficial circulation.

294-113, M 51, 8/14/28

The conditions then to be met are those about the portion where the lesion exists, and the effect same has upon the system - especially producing the fermentation, or acidity AND fermentation, in an improper proportion and manner.

There has been taken recently properties that have started the secretions from the liver. This adding to the system under the existent conditions, produces or causes the extra or OVER amount or condition of acidity.

Then, the manipulation - that the lower of pyloric end of stomach may be relaxed, and the upper or cardiac end may be more contracted.

The lower portion of the intestinal system should be kept, then, nearer in the state of non-acidity, or alkaline. Keep those food values, those medicinal properties, that tend to produce for the system a nearer equalized condition in this respect. Foods entering should be ALKALINE in reaction. When acted upon by gastric juices they become acid, but should be alkaline reaction in the lower digestion.

3076-1, F 32, 7/6/43

Those activities having to do with the glandular system, and the effect had upon the emunctory bursa and the lymph bursa through the body, - as there has been a definite call upon these portions of the body to create the lymph for this inflammation here, - have caused deterioration and some lack of proper assimilation through the digestive area, in the amount of the balance that is kept between the lactic and the digestive fluids - or the balance between the alkalines and acids. For, there must be sufficient acidity to form a certain kind of digestive chyle through portions of the body itself.

3096-1, M 59, 7/16/43

First, in the blood supply, - this indicates the lack of the proper digestive fluids in the system, the unbalancing of the alkaline and the acid forces - as indicated in the stomach and duodenum itself.

Thus the necessity for almost all predigested or liquid foods in the body.
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We find that these conditions arise from that which existed in some time back, when - as combined with the lack of vital energies - these was a subluxation produced in the area of the 7th, 6th, and 8th dorsals. This hindered in the impulse to the supplying forces that aid the liver, the pancreas, and the glands in the portion of the stomach itself close in the area of the duodenum and the pylorus, such that there began the leakage - as it were - of the acid produced.

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

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

5273-1, F 51, 6/26/44

As we find, there are disturbances which are preventing the better physical functioning of the body. These are rather a complication of disorders. There is an upsetting in the digestive system which causes many, or most, of the effects which are produced by the lack of proper digestion; causing through the alimentary canal and the general circulation a condition that may, unless there are changes brought about, tend to an arthritic nature.

These, though, are from an unbalancing of the chemical forces of the body, especially as to the quantity of the acids which should combine with the alkalinity of the body. Here we find a rare condition where there is a greater alkalinity in some portions and thus a greater acidity in other portions of the alimentary canal. Thus those disturbances which are indicated through the accumulations as calcium deposits, or crystallization of the conditions not eliminated, and these may be found in places or areas in the lymph circulation, as the nasal passages, at times in throat, in shoulder, the abdominal area close to the upper portion of the hips. All of these are areas which give a great deal of distress to the body.

5456-1, F 28 (Dietician), 7/2/30

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

Balance

243-12, F 52, 2/10/32

Be mindful of the diet and of the general elimination as respecting the alimentary canal, that there are LESS of the alkalins during such periods. Not TOO much of the acids, to be sure, but MORE of an acid - for these will coordinate better with the eliminations that are established in such a way and manner.

816-8, M 53, 1/20/37

The natural balance is an eighty percent alkaline to a twenty percent acid reaction. This means REACTION in the system, and these should be kept.

2072-12, F 32, 3/8/43

But keep that general activity, the occasional correction, and the keeping of the body in a normal relation between the acid and alkalines; not becoming overalkaline, for this may be worse than not sufficient. But the general activities, and these things kept in mind; that is, the alkalization and the acidization of the system in a nominal balance. However, do not become one set on any particular diet. For, remember, all the forces necessary for body changes are within the realm of the diet for an individual. And these are the natural sources, means and manners through which such should be carried on. An ounce of preventative may be worth pounds of cure!

294-132, M 54, 2/10/32

In correcting these, there should be more of the alkaline nature in the food values. There should be less of those of such heavy protein and hydrocarbonates for the system, and there should be more ACTIVITY of the body-physical as for the exercises of the physical body - and we will keep a more even balance for the body.

975-3, F 80, 12/21/35

(Q) What change may be made in diet, if any?

(A) As indicated, that to meet the varying surroundings, the climatic reactions; or to make the proper balance of keeping towards the proper alkalinity, is the more preferable. For, as the body ages, there are the tendencies to make for an acidity. The alkalinity, of course, may be overdone. But keep a GENERAL alkaline-reacting diet. Or, rather let the body follow its desires - with these conditions in mind, that the greater the alkalinity the less chance there is for cold or for congestion.

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2180-1, F 54, 4/26/40

As congestion existed through the duodenum, because of cold and inflammation, there are still the effects of hindrances to a balance being produced in the lacteals - or that portion of the system which keeps the flow of the gastric forces. Or, the acid and alkalinity is unbalanced; especially under certain conditions or foods.

189-6, F 44, 3/18/39

Do this, and be mindful that there is the better balancing of the diets for elimination, and not too great quantities of acid-producing foods taken. Citrus fruits, to be sure, are NOT acid-producing; they are alkaline producing, unless combined WITH starches at the same meal when these are taken in the system.

4003-1, M 45, 3/24/44

In the diet we would keep the correct balance between the acids and alkalines of the body. This may be done by the using of vegetables and grasses, raw foods and fruits.

5475-5, M 50, 7/14/30

(Q) Is diet given correctly?

(A) These are very good. At times the body becomes dissatisfied, and then it ISN'T good - but alter or change according to the needs of the system, making for more of alkalin for the system, for this will enable the body to assimilate better and to relax better.

5497-1, F Adult, 1/8/30

Be mindful that the reaction from all taken as food is well balanced in alkalin and in acid producing. Not too much of either. Well balanced as to the potash and iodine content, and that silicon and iron are equally divided as to be assimilated - but NEVER take food when tired or OVERLY worried. Never!

195-55, M 45, 2/5/29

Now, in the physical functioning of the body we find there have arisen accentuations of disturbances as have been seen or indicated in the varied conditions, as has been given respecting this physical body. The cause, specific, being that of congestion and of the UNBALANCED condition produced in the system by the lack of sufficient numbers of that IN the blood stream itself to combat with those causing cold and congestion, and PARTICULARLY the numbers as necessary to resuscitate or rebuild those portions weakened in the throat, bronchials, and in the portion of soft tissue where there has been trouble already seen - see? tonsil. In this condition, while bettered from that as has been

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seen, well that - with the antiseptics as have been and as are being used - these be alternated in their reaction as will be produced on mucus producing or mucus tissue, and not all be either acid or alkaline - nor a neutralizer or neutral condition. Rather one with that of an alkaline reaction and the next solution, or in the next gargle or wash, use one with the decided acid reaction, so that as the balance is created by osteopathic manipulation - as would be given to assist the blood stream and lymphatic circulation in removing tissue and in removing and absorbing obnoxious conditions from the system - that as the light or the Ultra Violet Ray is applied to the body, the balance will be brought nominally to the body....

294-158, M 56, 5/26/33

There should be the creation of a normal balance in the alkalinity in the body, with the use again of Milk of Bismuth and Milk of Magnesia; and we would [thus] clear much of the poisons from the system. There needs to be therapeutic change, as well as suggestive therapeutics.

1476-2, M 41, 12/31/37

And thus through the foods or the diets apply those necessary elements for the creating of a balance in the chemical reactions of the system as between the sodas, the potashes - or the alkalinity and the acidity - and the reactions for the body of the ability for replenishing itself.

2173-2, F 50, 9/25/40

In the organs themselves we find, - brain reflexes are very good; though the activities through head and neck and portions of the respiratory system are at times sympathetically disturbed, through those pressures and the variations in the alkalinity and acidity through the system - and their activity upon the organs.

3429-1, F 52, 1/2/44

These, then, are prenatal. We find that they may be eliminated from the body. But this catarrhal condition in the soft tissue of the sinus and in the throat, with the acid condition, has gradually produced inflammation through drippings, or the secretions that have become a part of the digestive forces. Thus it has unbalanced the combination of lactics and acids, so that the chyle of the stomach is constantly tending to lack sufficient acid - and then there are conditions where the system is very acid - in the attempts of the body to create a balance.

Thus the body is subject to colds, to hot and cold flashes, to a constant upsetting of the digestive system, and periods when there is a great deal of gas through the abdominal areas with heaviness through the caecum and colon. All of these are effects and results of these conditions that exist with the body.

257-66, M 37, 3/28/31

(Q) Should I continue taking soda, and for how long?

(A) When necessary, take it. Do not overdo. It's just as bad to get the body unbalanced with the alkalin as the acid. In taking a change occasionally to the carbohydrates will be much better than just the soda - see? Like Upjohn's carbohydrates, or Walt's Alsace Lorraine (?), or something like it - see?

5619-1, F Adult, 8/17/31

The quantity would be a small pinch of the elm (ground elm) in a glass of water, and this prepared just before being taken into the system. In that of the saffron, this would be made in a very mild tea, but the effects of this are that, with the muco-membrane of the stomach, of the duodenum, of that portion of the digestive forces in system, will prevent that recurrent condition of acidity, and the too much of the alkalin - for one is as bad or as SEVERE on the ulcerated or lacerated conditions, as occur from time to time. Hence the necessity that these be in the water as is taken.

Then, we must be mindful that the diet is such that the gastric forces of the stomach do not become over acid. These we would give as an outline, though these may be altered or changed to meet the conditions as they arise....

256-3, M 33, 8/16/32

In the food values, then, keep a well balanced diet that is nerve and blood building, and body building, but not those that would make for too great an excess of those forces that make for an excess of flesh. Leave off some of the starches. Keep the proteins. Keep a well balance for all those foods that carry a well balancing of all food values, or those that make for the activities that produce the vitamins, or vitalities, or vitale, for the various functioning organs. Keep an even balance in the acidity and alkalinity of the body. It would be well were these tested occasionally, both from the spittle and from the urine, so that these show as to whether they are kept near to a normal neutrality in the system.

Prevention of the Common Cold

1947-4, F 32, 10/11/39

(Q) What causes colds? Can you give me a formula or method of preventing them, or curing them?

(A) Keep the body alkaline! Cold germs do not live in an alkaline system! They do breed in any acid or excess of acids of ANY character left in the system.

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1657-2, F 40, 10/5/38

(Q) How can I prevent taking such colds?

(A) Keep the system alkalized rather than making so much of acid in the system. The citrocarbonates are very well to take when there is the appearance of cold.

1208-8, M 1, 8/12/37

(Q) What can be done to keep him from catching cold so easily?

(A) Keep the acidity of the system below normal. Make the tests of same with litmus paper from the kidney effusion - or the urine.

3334-1, F 51, 11/3/43

(Q) How can I keep my body free from colds?

(A) Keep the body equally alkalized, or do all the things indicated and we will find betterment.

3248-1, F Adult, 9/29/43

(Q) How can I overcome susceptibility to infections such as colds, influenza, etc.?

(A) As we have just indicated, by keeping the body alkaline. Only in acids do colds attack the body.

261-13, M 47, 11/22

(Q) Regarding the Physical condition: Cold air and draughts quickly cause congestion in my head. Is this because of my general condition? Do you recommend any specific remedy?

(A) As just indicated as to those conditions wherein there are those effectual activities when there is the creating in the system of a superacidity. Acidity is that in the supply of the lymph and blood itself, or in the circulatory system, which allows the effectual action of cold, draught, or any of those activities which produce the effect of congestion localizing - as in head or in arm or any portion of the body. Hence there should be kept the general condition of the system in a tendency more towards alkalinity; and this may be determined by the test of self from the spittle or from the urine, or both, so that it is known that there is kept an equal balance in the system. For these, of course, are the channels of elimination through the supply to the lymph circulation, and to portions of the eliminating system, show whether the alkalinity and acidity are kept balanced or not.

Then, we would use the alkaline eliminants that are not in the form of astringents such as to make conditions like that; but rather Upjohn's Citrocarbonate - or those things that act without becoming of a sedative nature. And keeping for an even balance in this manner will make for the overcoming of these conditions.

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3172-2, F 9 months, 5/15/44

(Q) What caused the cold baby had recently?

(A) Excess of acidity by too much of protein in the foods.

1100-38, F 48, 6/20/44

Those inclinations in the throat and the bronchi and trachea will be much improved by the following of that which will produce more of those tendencies for an equal balance in the acidity and the alkalinity of the body. These precautions taken, then, we should keep physical forces good for the body.

3141-1, M 83, 7/30/43

(Q) What will prevent the bronchial attacks?

(A) These we find will come only when there is over-acidity in the system.

Be mindful in the diet to keep to the more alkaline-forming foods. Eat plenty of citrus juices and fruits of all kinds, less of some characters of fruits – as apples or some characters of peaches; but the citrus fruits will keep down acidity. Thus with the changes as will be wrought with the Diathermy, we should have less trouble with the bronchial disturbances.

902-1, on the Common Cold, 2/17/41

First: A body is more susceptible to cold with an excess of acidity OR alkalinity, but MORE susceptible in case of excess acidity. For, an alkalizing effect is destructive to the cold germ.

The diet also should be considered, - in that there is not an excess of acids or sweets, or even an excess of alkalinity, that may produce such a drawing upon some portion of the system (in attempting to prepare the assimilating system for such activity in the body) as to weaken any organ or any activity or any functioning as to produce greater susceptibility.

1125-2, F 57, 2/2/37

Thus we have the excess acidity, making the body more susceptible to cold and congestion, and then we complete as it were a cycle with those very influences bearing upon not only the pathological but the psychological forces of the body itself.

The creating of those elements of unification by the use of the Radio-Active Appliance will tend to bring about nearer normalcy for the avoirdupois, as well as the use of food values that keep a nearer normal balance between the acidity and alkalinity of the body.

For as the body knows (though do not let the attitudes produce the acids; or the resentments or disappointments or any of those factors of the mind itself), it should leave off altogether the white breads, white potatoes (unless merely the jackets are taken). Do not combine ANY of starches with any quantities of

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sweets. Do not take food values that cause great quantity of alcoholic reaction. This does not refer to alcohol, but sweets AND certain starches produce a character of fermentation that is alcoholic that makes for excess of fatty portions for the body.

340-29, F 46, 9/28/34

Keep towards rather the alkaline diet, if we would keep down the tendencies for cold or congestion, or for the accumulations of any influence within the system where there are the tendencies from the weakened conditions that have been created by the activities in the intestinal tract, from the colon congestion and from the colon adhesions, to create temperature. Hence in an alkaline state these CANNOT - DO NOT - exist, UNLESS they become EXCESSIVELY alkaline - and then it is more serious than if it were from an acid condition! But keep in a CONSISTENT way and manner. The ways have been pointed out in all of those measures all along.

3332-1, M 51, 10/30/43

At times, even under the distresses, there has been added too great a quantity of alkalines, under the distresses of cold or acidity (for, cold is acidity). When there is an unbalancing between these, it becomes either pleurisy or pneumonia. These conditions have brought some distress to almost every portion of the body at times.

808-3, F 27, 5/19/35

. . . As indicated, keep a tendency for alkalinity in the diet. This does not necessitate that there should NEVER be any of the acid-forming foods included in the diet; for an overalkalinity is much more harmful than a little tendency occasionally for acidity. But remember there are those tendencies in the system for cold and congestion to affect the body, and cold CANNOT - DOES NOT - exist in alkalines.

3255-1, F 64, 10/2/43

As we find here, there are changes taking place in the body forces. The body should consider as to the sources and causes for the neuritic and neurotic conditions that exist through the body. This is what might ordinarily be called a condition wherein the general taxation has run down the battery for the body; that is, the toxic forces in the body have become excessive. Thus there are pains in the arms, or shoulders at times, in the back, through the lower limbs and through the abdominal area. All of these come and go, dependent upon how well and how thoroughly the eliminations are in the body, and as to whether in the diet the body keeps the general physical forces alkaline or allows the greater portion to become acid. Then we have those reflexes that cause some disturbance with the heart, with the kidneys and with the liver. (continued on the next page)

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These all arise from toxic forces that affect naturally (for, as the body battery is) heart, liver, lungs and kidneys. These must coordinate. When they do not, some portion of it is going to revert....

In the diet beware of too much starches or too much combinations of proteins with starches.

1291-1, M 36, 11/15/36

In the reactions as we find in the general system through the lungs and the activity of the bronchi and larynx, all of these - unless for cold or over-acidity - function near to normal. But the body becomes supersensitive to excess acidity, and the reactions are found first in the mucus membranes of the head, through the nasal passages, the throat or the larynx.

Hence these are precautionary measures the body should take as respecting the diet, in the keeping not only of the balance in the circulatory influences but an equal balance between the acids and the alkaline reactions for the body itself. Twenty percent acid to eighty percent alkaline- reaction should be the proportions for this body specifically, as for most bodies; for these, with the tendencies that exist, make for a better condition for the body to build resistances throughout the system. While it is necessary for the acids and the alkalines, their balance in the system tends to make for the abilities for the reaction in the whole of the general system as related to mental and physical or muscular forces in the body itself.

The activity of the pancreas, the spleen, and the excretory functionings of the liver - so long as there are not excesses that make for tendency of accumulations of drosses or of an over-acidity in the system by any excesses of any nature, we find these function very good - and only those precautions should be taken.

(Q) How can frequent colds be prevented?

(A) As has been indicated, these arise from over-acidity. When we keep a normal balance between the acids and alkalines for the body, we will find colds will be prevented. For, colds that are the more common to all bodies do not react in an alkaline condition. An alkalinity is destructive to colds. Hence any of those influences that may be had to alkalinize the body; not Alka-Seltzer but any of the citrocarbonates that make for the proper reactions to the lymph and the emunctory circulation will relieve cold. Citrus fruit juices taken occasionally, if there is the tendency for a cold, will create an alkalinity in the system such as to remove same....

584-5, M 57, 10/4/35

As to the activities for the diet of the body: These, as indicated by the reactions, are necessary precautionary measures to take. That is, keep the diet tending more toward the alkaline-reacting foods and we will find that through the coming season there will be little or no cold, and that the throat, the nasal passages and the general system will keep in a much better RESPONSIVE way and manner.

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1992-2, F 38, 9/30/39

Also, as there is already the tendency for weaknesses, and for the tissue to become involved with the least excess acidity in the system, we find that precautions and measures need to be taken to remove those inclinations for re-infection at times through these areas....

1074-1, F 21, 12/4/35

In the matter of the diets, keep to those things that will - with the influences as given - add to the creating of not too much of the potash but more of the iodines. Not too much of those things that are ALTOGETHER of the alkaline nature, but those that create a normal balance between the acids and alkalines. But DO NOT combine at any time, in the meals, quantities of sugar and quantities of starch at the same meal; for these would - with the tendencies in the system - work hardships upon the functioning not only of the organs that are sympathetically disturbed, but upon the glands of the body. These the body understands; that is, the food values. Then, consider those things necessary, using same in the combinations as to make for normalcy.

. . . but remember, with the alkalinity of the system kept nominal not only will cold be prevented but any infectious forces will be prevented from finding hold - save, of course, fevers.

5147-1, M 53, 5/24/44

For, with this sinus disorder, there is then a form of catarrhal reaction. This forms in the circulation that which tends to produce a greater amount of acidity throughout the system. This acidity causes those inclinations for cold and for the congestion in the liver and the kidneys. Naturally with these congestions, we have a variation in the circulation between lungs, heart, liver and kidneys. As we find, there is no organic disturbance in lungs, heart, liver or kidneys, and yet with these tendencies for the increase in the circulation, and for the attempt to eliminate the congestion produced by this superacidity, all may show some reflex conditions and may, without relieving these disturbances, later cause distress.

1677-1, M 8, 9/2/38

First, there are the after effects of a condition that may have been called intestinal flu.

And then there arose - and are the effects in the system of - the infectious forces of a malarial disturbance, by the very nature of the condition as seen existing in the blood supply.

Hence the upsetting of the balance of the acidity and alkalinity, as well as the ability for activities through the alimentary canal; periods of regurgitation and vomiting, and the inability of obtaining conditions wherein the flow of the lower portions of the stomach did not counterbalance the activities through the alkalized force - or the lacteals.

(continued on the next page)

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Hence the inflammation has greater effect upon the body, and reduces the vitality, and raises more temperature than ordinary.

1091-1, M Adult, 1/2/36

As to the conditions in the face or in the nasal passages, we find there are obstructions. These, as we find, may be materially aided by the general osteopathic treatments and manipulations. But, for the FULL correction, the condition has GROWN to such an extent that the operative measures would be the more preferable - for the REMOVING of those obstructions; that there might be the more perfect taking in of the breath, or intake in the breathing. And this will not only aid in relieving those stresses in the face, but it will aid in making for less of the soreness that comes at times to the throat - or the drippings, as may be said, from portions of the system not absorbing the circulatory forces and the lymph that passes through portions. This would overcome in part, too, some tendencies for the superacidity that arises in the system - from the drainages that are often taken into the esophagus and to portions of the digestive forces. These conditions may be materially aided, to be sure, by the adherence to an equally balanced diet - but tending towards the alkalin-reaction rather than the acid diet. Or, beware of too great a quantity of starch and of carbohydrates being taken AT THE SAME meal.

3224-3, F 7, 5/15/44

There has been very good development and then too much of sweets caused an acidity which has produced in the throat and the lungs a bronchial disturbance.

558-6, F 34, 6/9/35

Then use those precautions about colds or congestion, keeping the feet dry, keeping out of drafts; and be mindful that the diets are body and blood building with at least an eighty percent alkalin diet.

1100-20, F 43, 12/9/38

As we find, there have been some indiscretions as to dampness of the feet; and with a little superacidity there is a severe contraction through the bronchi and the whole of the lymph for head, throat and bronchi.

(Q) What can I do to build resistance against head colds?

(A) Keep the normal acidity and alkalinity, by occasionally taking the test with litmus paper - both from the urine and from the spittle. Use the blue litmus, see?

When there is the inclination for acidity, use any of the sodas or their derivatives (citrocarbonates) as would make for producing a better balance. Thus we will find the colds will be eliminated.

1100-27, F 44, 12/2/39

Owing to those inclinations and tendencies, however, and the climatic surroundings in the present especially, with such conditions as arise from the atmospheric pressures and the lading of same with those influences that would tend to irritate especially the respiratory system, - it would be well that the body check on itself occasionally as to the alkalinity, or acidity of the system.

Check with litmus paper, both the saliva and the urine, for acids.

When there is the tendency towards the acids, then alkalize with lemons, especially, or lemon and orange.

This as we find would materially aid in keeping a better normal equilibrium, if this is done.

Do it, say, once a week or the like. DON'T take an excess of the alkalines unless there is indicated an acid reaction.

576-2, M Adult, 9/13/34

While it behooves the body to be active in its physical exercise, as well as in the mental abilities, this may be overdone as well as underdone. Hence no undue exposure, especially in damp, bad weather. No allowing of the system to become overburdened with acids in the system; being mindful of the diets that have been indicated, that the system is kept more in the order of alkalinity in the body. For with the alkalinity rather in excess than in the minority, we would find cold and congestion will have no activity or effect on the body; for the germ cold does not live or subsist or take hold in an alkalin reacting effluvium in the body.

1467-5, M 34, 1/12/39

...There needs to be more corrections made, but also a more consistency in diet, as to exposure and activity of the body; as to getting overheated or getting in the cold and the feet cold - and this tends to make for the reactions in the system for greater acidity. This then should be altered by the diets; not so much of meats but more of raw and fresh vegetables, both cooked AND raw; and the meats, only fish, fowl or lamb - and no fried foods.

Other Conditions and Treatments

263-3, F 23, 1/18/35

We find that first there should be precautions taken respecting the general diet of the body; which should CONSISTENTLY contain principally those foods tending towards an alkalin-reaction. Not that there would never be eaten any meats or even the acid-producing fruits or vegetables; but the GENERAL diet should be more and more alkalin - less quantity of sugar, more and more blood and nerve building.

798-1, F 48, 1/23/35

. . . For, in all bodies, the less activities there are in physical exercise or manual activity, the greater should be the alkalin-reacting foods taken. ENERGIES or activities may burn acids, but those who lead the sedentary life or the non-active life can't go on sweets or too much starches - but these should be well-balanced.

478-4, M 45, 11/7/35

Keep more of those things in the diet that will tend toward an alkalin-reaction in the system, and we will find these conditions will clarify themselves.

780-8, F 46, 1/5/35

If these will be attended to, and then follow an alkalin diet - with the eliminations kept regular, we will find these tendencies for the swelling of the lower limbs, these pains in the knees, these tendencies for the bearing down pains through the pelvic organs, these headaches, the dizziness, the nausea, will disappear!

1639-1, F 38, 7/14/38

(Q) Any advice about diet, or any other portion of the body?

(A) As we find, these properties as indicated are the better for the body to build up resistances and prevent the effect of weakening through the LACK of a balance in those portions indicated; that is, the Codiron, see?
In diet the body is very good. Keep away from fried foods as much as practical. Keep the alkalin-producing foods predominant; though for THIS body sufficient acids are needed for a balance, and a little more than twenty percent.

2884-4, F 17, 11/4/36

(Q) Has diet anything to do with condition?

(A) The diet of the body should be at least eighty percent alkalin-producing to twenty percent acid-producing. These as we find - with the cleansing of the system occasionally with the enemas for the overcoming of that tendency in the caecum area for packs to form - would be assistants in removing the condition.

5610-1, F Adult, 11/3/30

(Q) Any special diet?

(A) As would be indicated from those things given, the condition in body bespeaks of an acid state in system, else there would not be the burning up of the mucus membranes of the system. An ALKALIN diet, and one as will STIMULATE especially those of the thyroids of the body, see?

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270-27, M 46, 6/3/31

Be mindful that the diet is not too acid, either from citrus fruit acid or that that creates for those of too much lacteals, keeping an even balance - which, as we find, may be accomplished with normal care, using carbonate - or bicarbonates, with hydrates - or those as we would find in Upjohn's bicarbonates, or hydrocarbonates, carbonates, phosphates, etc. [Upjohn's Citrocarbonates.] These taken occasionally will keep normal forces.

136-11, F 20, 7/21/25

Then, to bring the more normal, and to bring that condition that will relieve this, we would take those properties that will cleanse thoroughly the whole alimentary canal. Not in the form of purgatives of an acid nature. Rather those as of the lacteal, or of the opposite nature - alkaline in its reaction in system. More may be found by using mineral oils, with the diet of the nature that produces the alkalines in system. No acids or of high volatile seasoned foods for several days, taking the oils. Better those of Usoline (?) than of other makes, for this carries less of the paraffin base.

257-131, M 41, 5/4/34

We find that the better applications in the present would be the more mindfulness that there are less and less acids and acid-producing diets, and more of those things that will stimulate the activity of the liver and hepatic circulation BY the alkalin condition in the system. Not those things that are so much as purgatives, but such as Upjohn's Citrocarbonates once or twice a day will be very beneficial to the body - if the foods are kept more alkalin. The dosage would be a heaping teaspoonful in a tumbler, or six to eight ounces of water.

880-1, F 49, 4/5/35

(Q) Any other suggestions for the body?

(A) We would follow these suggestions. First the Atomidine would be begun, one minim twice each day for ten days; then begin - during the five day period of rest from the Atomidine - with the osteopathic manipulations. Of course, through the WHOLE period keep the diet, with less of the acid-producing foods (such as meats, starches and sweets); for the superacidity in the system is caused from the lack of gland activity; and the irritation to the nerve forces is from those pressure that have allowed adhesions in the pelvic area.

270-33, M 49, 1/24/35

(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.

281-20, Glad Helpers, 4/27/34

(Q) Please give suggestions for improving the health of [415] ..., Va.

(A) Yes. As we find, there have been indiscretions as to the diet of the body. Well that the eliminations through the alimentary canal first be increased. Then that in the present the massage and rubs be continued; and there will be no return of the temperature, provided there are kept those things for the digestive system as indicated. For, too great a quantity of those things that cause congestion in the hepatics will raise the temperature, already tended in this direction by the tendencies for the slow activity.

Keep more alkaline. No carbohydrates or sweets that have caused this - as also some heavy protein.

99-5, M 38, 7/7/30

We would also take more of those - that is, not increase in quantity - but just keep it up - those as act as an eliminant to the alimentary canal, in those of the salts water, or Pluto water, or of Honeyida water - which is the better. With this, we would take occasionally small quantities - eight to ten drops - of an INTESTINAL antiseptic, such as is seen in that of Glyco, or that as is found in any of those that are the ALKALIN reaction. Such as may be seen in forms of those of the pepsins that keep the system the more alkaline in the stomach's reaction proper....

In the diet, beware of meats - especially of red meats. Those of the vegetable - those of even more starches may be better taken than too much of that, that must form acid - and which produce pressure.

1337-2, F 41, 7/20/37

(Q) What are the scaly spots mostly on my abdomen, which were left from my last pregnancy?

(A) This is a poor circulation and acidity in the system. Hence as has been indicated, do not overdo it - to be sure - in making the system alkaline, but keep in a normal balance. Keep the diet eighty percent alkaline to twenty percent acid-producing.

And where weaknesses and tendencies exist for cold and for changes and poor metabolism of the system, it is necessary to keep the eliminations somewhat above normal. It is better to do this, when necessary, by the use of enemas rather than too much cathartics or laxatives; but if the diets are kept balanced this may be done through the laxative foods included - that become not as acid-producing necessarily, but most cathartics are acids - and if there is kept then the better alkalinity, all of these conditions will work much better in the system.

So when it becomes necessary for the use of cathartics, as we have indicated, those of a vegetable nature are preferable; and we will find that these would not upset the system but purify the body in a much better condition; keeping alkalinity.

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1533-2, F 45, 7/18/43

(Q) Is there any reason in my past for my weak back and lack of vitality?

(A) None as indicated here. This is purely physical, but if there is used those properties to keep a better alkalinity in the system, we find that this would lend towards suppressing and removing the heaviness and tautness there, and will contribute to the better eliminations, thus bringing better strength and vitality to the body. Use on the back, then, the Glyco-Thymoline Packs; small crash towels or about three thicknesses of cotton cloth saturated in Glyco-Thymoline and applied for an hour at the time, once each day.

5671-5, F 34, 12/21/29

(Q) Any other suggestions for this body?

(A) Be patient and follow the readings closely, as are outlined here, and we will find the body will soon be near NORMAL - for the conditions are being corrected in the system, and when the adjustments are complete, and when the system has responded to these portions - we would keep as much ALKALIN as is normal, see - or an EXCESS at the present. Be well were small doses of Bicarbonate of Soda taken REGULARLY.

1739-3, M 36, 3/24/30

(Q) What is cause of boils?

(A) This would be said by some - meanness coming out; that is, the activity of the eliminations in system are showing their activity in the CAPILLARY circulation. These are not harmful, in so long as they DO NOT become constitutional. These will be found that ACTIVITIES PHYSICALLY will aid in eliminations being COORDINATED, and reduce same. Keep the body, in the food values, as near normally balanced between those of the acid and alkaline. These may BEST be found by the tests as may be made for such; not from stools - rather from juices of the stomach itself, see?

1767-1, M 76, 12/26/38

For as we find conditions are very good when all things are considered. While there is the inclination for the forces of the body as used in energies through the activities of the body to produce the natural acid tendency, this tends to make for a filling of the blood stream in such manners as to increase the pressures; as well as the activities which slow up the kidney and the upper hepatic circulation.

(Q) Any advice regarding diet?

(A) Here we find those that have been accorded the body are the better, and those as the appetite calls for. Keep though more towards the alkaline, rather than too much of the acids.

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2470-1, F 51, 3/22/41

First, - the blood supply indicates there is very poor assimilation of foods. Thus those upsettings of the digestive system, and the irritations as produced in the lower hepatic circulation; by the excesses of acids and especially a uremic reaction causing irritation even to bladder at times - and the irritation to the tube or eliminating channel of the urine from the system.

Also we find conditions such that, with the superacid forces, there is a prolapsus in portions of the colon; causing lymph formations, and the hemorrhoid activities - though not true hemorrhoids, for the irritation is more from the forming of lymph pockets.

These, with the combination of disturbances, cause the unbalanced condition in the blood stream itself, as to the character of its reaction to the organs.

Thus there are not organic disturbances in any of these, but rather a combination of sympathetic nerve reactions produced by acid pressures upon the nervous system, - especially in the superficial circulation, or to those centers particularly where the sympathetic and cerebrospinal should coordinate.

Hence a nervous headache - as indicated in the present; the inability for the body to rest well at times.

We find that these combinations arise from the unbalancing in the digestive activity, causing the acids to be increased and at other periods an excess of the lactics; thus an unbalanced condition.

3661-1, M 60, 2/15/44

Thus when there are changes of pressure in atmosphere, or when there are certain characters of foods taken, when there is the least cold or that which produces an unbalanced chemical condition in the body in the acids and alkalines, we find that there are recurrent spasmodic reactions through those areas where these scars or hindrances have been produced from this deflection. It is called an asthmatic condition, or asthma.

5237-1, F 24, 6/2/44

These, unless there is less irritation and unless a better balance of the alkalinity and acidity of the system is kept, will become of such natures that peritonitis must eventually result.

5555-8, F 51, 5/16/30

(Q) What treatment for acidosis?

(A) Soda, and the changing in the diet, or alternating of same so that there are more reactory forces of an alkalin nature.

5686-1, F 57, 1/3/31

The relief of the pressures through the colonic irrigations will make for a less toxic force, as will the creating of an alkaline condition in the digestive system make for the easier or nearer normal eliminations.

Acid/Alkaline Tests

566-6, F 5, 1/1/36

Keep the system alkaline. Test same by the spittle or by the urine, with litmus paper.

470-30, M 50, 12/2/39

It would be well to test for acidity also occasionally; the best manner as we find being with the spittle and the urine. If acidity is shown, then alkalize by the use either of carrot juice or the combination of carrot juice and celery and lettuce. These for THIS body, as we find, would supply the energies from same, through the effluvia in same, for the necessary forces to reduce those inclinations for the "catch," or the tendency for the flowing of strains through the nerve energies, - by the effect of poison pressure.

540-11, F 35, 10/11/38

A general activity for a body in much of a normal condition is to keep the acidity and the alkalinity in a proper balance. The best manner to indicate this is to test the alkalinity or acidity of the body through the salivary glands or through the salivary gland membranes, or by taking the litmus paper in the mouth. This also may be indicated through the urine.

Whenever there is disturbance with this, if it is in the glands themselves, then take citrocarbonate, - that is, if it is indicated in the salivary glands that there is an acidity, then take a small quantity of citrocarbonate. If the acidity is indicated through the kidneys, or from the urine itself, then drink a little of the carbonated waters, as would be indicated with Coca-Cola - but that which is BOTTLED is the better; OR use a little of the Watermelon Seed Tea. Either of these would tend to make for a balance.

Then if the proper balance is kept in the diet as indicated - twenty percent acid-producing to eighty percent alkaline-producing - as the conditions are for this body, its age, its temperament and the like - we should keep near normal.

1208-8, M 1, 8/12/37

(Q) What can be done to keep him from catching cold so easily?

(A) Keep the acidity of the system below normal. Make the tests of same with litmus paper from the kidney effusion - or the urine.

538-56, F 59, 9/15/39

As for those conditions as we find from the abrasions, or the humor that is experienced, - keep to those of the alkalinities, - not too much, but sufficient to keep balanced. Test same with litmus paper, both as to spittle and as to urine.

(Q) Should I take the Ironized [ionized?] Yeast as suggested? [538-54]

(A) Should take - take - take and take! Better do something to build up than to take so much!

Let the tests be from those very things as indicated, see? Test for acidity, see? Then change the diet according to the needs of same! Getting too close to the alkalinity, which is - as oft indicated - much worse than acid!

567-1, M 25, 6/1/34

As to the matter of diet, be mindful that there are kept those reactions that will keep the eliminations and the activities throughout the alimentary canal in a near normal manner. But keep the system in an alkalin reacting condition, which may be tested both from (and should be) the spittle and the urine also. This will make for the keeping of a system being brought to a near normalcy.

593-1, F Adult, 6/22/34

As to the matter of diet, be mindful that the food values are kept rather in an alkalin reacting state; or that the tests of litmus paper - both for the spittle and for the urine - show an alkalin reaction, see? This should be maintained more by the diet than by other efforts, you see. But do not make these tests of the litmus paper under three to four hours after having taken the Atomidine.

681-2, F 41, 2/28/35

(Q) What diet should be taken?

(A) There might be one diet given today and then next week you would have another! That which keeps the spittle or salivary reaction alkaline. That which keeps the blood reaction, by test, negative. That which keeps the urine eliminations as a balance at twenty-four without albumin, without sediment, and with an alkaline tendency; but not too great a tendency. That which makes for the proper eliminations and body-building without becoming superfluous flesh, or drainage to same - see? Hence these are to be kept by CONSTRUCTIVE measures and forces, see?

1068-1, F 40, 11/26/35

Hence we find in portions of the body acidity when there should be alkalinity. We will find them working opposite at times. For we may find perfect alkalinity through the testing of the salivary secretions, and yet through the eliminations in the kidneys an excess of acid. Again we may find the secretions or activities through the gastric flow of the stomach itself in an acid condition.

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Again we will find the eliminations through the kidneys, or through those activities from the bladder itself, producing a greater quantity of alkalinity than should be expressed.

1100-27, F 44, 12/2/39

Owing to those inclinations and tendencies, however, and the climatic surroundings in the present especially, with such conditions as arise from the atmospheric pressures and the lading of same with those influences that would tend to irritate especially the respiratory system, - it would be well that the body check on itself occasionally as to the alkalinity, or acidity of the system.

Check with litmus paper, both the saliva and the urine, for acids.

When there is the tendency towards the acids, then alkalize with lemons, especially, or lemon and orange.

This as we find would materially aid in keeping a better normal equilibrium, if this is done.

Do it, say, once a week or the like. DON'T take an excess of the alkalines unless there is indicated an acid reaction.

1131-2, M Adult, 10/29/32

(Q) Should the body need a laxative, what is best for it to take?

(A) Watching the diet, this will not be particularly necessary. If there should be an indication of over acidity (which may be found by the use of the litmus papers, of course, in the saliva), the better would be as this:

Milk of Magnesia combined with Milk of Bismuth that is pepsitized, see? that is, Milk of Bismuth with Pepsin - a dessertspoonful, not quite a tablespoonful, with five to six drops of Lactated Pepsin - Essence of Lactated Pepsin - in same. This should be taken one day. The next day take a tablespoonful of the Milk of Magnesia. These would work well.

If there is not the indication of acid, then we would use the laxative known as Phenolax - one wafer.

Emotional Effects

760-15, F 55, 6/5/30

In the diet, well to keep that of the eliminations in an alkaline reaction - and DON'T worry!

1125-2, F 57, 2/2/37

For as the body knows (though do not let the attitudes produce the acids; or the resentments or disappointments or any of those factors of the mind itself), it should leave off altogether the white breads, white potatoes (unless merely the jackets are taken). Do not combine ANY of starches with any quantities of sweets. Do not take food values that cause great quantity of alcoholic reaction.

(continued on the next page)

ACIDITY-ALKALINITY CIRCULATING FILE

This does not refer to alcohol, but sweets AND certain starches produce a character of fermentation that is alcoholic that makes for excess of fatty portions for the body.

1254-1, F Adult, 8/22/36

In the digestive forces of the body we find those that may be said to be nervous reactions, or nervous indigestion, and the assimilated forces of that which disagrees at times may at others be assimilated by the body. Thus we find an unbalanced condition between the upper and lower portion even of the digestive force itself. Acidity at times and an overalkalinity at others, and the overalkalinity is more disturbing than the acidity....

Then with the assimilated forces being upset makes for disturbances through eliminations, upsetting the digestive forces or organs and disturbing throughout the alimentary canal.

499-1, F 22, 1/25/34

Digestive forces disturbed only through sympathetic conditions at times. The organs of assimilation function near normal, though there are tendencies at times for an acidity; from the MANNER of diet rather than the character of diet, for when the body takes thought as to its diet and what it is for such detrimental reactions disappear from the body's make-up, while when the body is overanxious or overtaxed it allows self to become reactory to conditions.

276-8, F 17, 7/31/35

And there is too great a quantity of the disturbing factors between the keeping of the balance in the acid and alkaline; so that rather than the hydrochloric combined with the pepsin forces, there has become the picric which makes for a coagulating and a causing of souring in the system.

This makes for the nausea, those tendencies for the activities in the whole system to make for some temperature. For it produces in the gall duct and those assimilating forces in the liver, rather a hardening effect; or as to cause a bloating.

The general mental attitude of the body also has much to do with this, making for a disturbance in the coordination of the eliminations through the regular periods in the activities of the body itself, as disturbed with the blood supply.

294-208, M 67, 3/14/44

In the present the unbalanced condition in the physical of the alkalinity and acidity has caused, and does cause, congested areas in the functioning of the body. These as to their sources have in the main arisen from anger (physical) produced by the activities of environs about the body; thus causing the throwing

ACIDITY-ALKALINITY CIRCULATING FILE

into the lymph circulation those poisons which reacted upon the general physical body-relationships with the mental and spiritual activities of the body.

For the glands secrete according to impulse from the emotional system. This has been, then, the source of the disturbances in the body.

1223-1, F 29, 7/18/36

In the digestive forces of the body, as indicated, those disturbances from the pelvis, those disturbances as related to the nervous forces of the body produce through the very activity of the nerves themselves a spasmodic reaction at times in the pylorus or the lower portion of the stomach itself. Thus food values oftentimes become non-active, and there is the lack of the flow of the gastric juices to carry on proper digestion. This reaches such stages at times as to produce an overalkalinity in one portion, an overacidity in another portion of same, by the non-movement of this lower portion of the stomach itself or pylorus; thus making for a burning, a laceration or a caking over the lower end of the stomach itself.

1411-2, M 52, 9/12/37

When the body is under stress or strain by being tired, overactive, and then would eat heavy foods - as cabbage boiled with meat - these would produce acidity; yet cabbage WITHOUT the meats would produce an alkaline reaction UNDER the same conditions! The same would be true if there were fried foods such as fried potatoes eaten, when there is a little cold or the body has gotten exceedingly cold or damp, these would produce (if fried) an acid, and become hard upon the system; while the same taken as mashed or as roasted with other foods would react differently.

1632-1, F 37, 7/8/38

In the matter of the diet, keep to those things that are more of the alkaline nature; that is, keep closer to those things that are alkaline-producing, or about twenty percent of the acid-producing foods to eighty-percent of the alkaline-producing.

Do not use white breads or potatoes, spaghetti or macaroni at the same meals; that is, no two of these at one meal.

Do not combine fried foods ever, or very seldom, with the diets.

Meats, if these are taken, should consist principally of fish, fowl and lamb, rather than other meats.

If these applications are kept, and especially the mental attitudes towards creative forces and spiritual activity, we will find better conditions coming to this body.

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1959-1, M 58, 7/19/39

However, the trouble in the nervous system arises from the conditions in the blood stream AND the digestive forces of the body.

In the functioning of organs we find the greater disturbance in the present is lack of proper assimilation, or lack of the proper balance between the hydrochloric and the lactic forces, or the acid and alkalin forces of the bodily functions in the stomach proper....

As to the diet, - keep away from those things that tend to make for easily fermenting; that is, those that carry yeast, or carbonated drinks, or too great a quantity of starches.

No fried foods. All of these tend to make for irritations in the areas indicated.

2001-1, F 59, 9/14/39

Hence we have a nervous indigestion; poisonings or the excess acidity tending to use those energies as we have indicated that should be the supply to the digestive or assimilating forces.

3332-1, M 51, 10/30/43

At times, even under the distresses, there has been added too great a quantity of alkalines, under the distresses of cold or acidity (for, cold is acidity). When there is an unbalancing between these, it becomes either pleurisy or pneumonia. These conditions have brought some distress to almost every portion of the body at times.

5475-5, M 50, 7/14/30

(Q) Is diet given correctly?

(A) These are very good. At times the body becomes dissatisfied, and then it ISN'T good - but alter or change according to the needs of the system, making for more of alkalin for the system, for this will enable the body to assimilate better and to relax better.

5497-1, F Adult, 1/8/30

Be mindful that the reaction from all taken as food is well balanced in alkalin and in acid producing. Not too much of either. Well balanced as to the potash and iodine content, and that silicon and iron are equally divided as to be assimilated - but NEVER take food when tired or OVERLY worried. Never!

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BACKGROUND OF READING 1014-1 M 41

None.

TEXT OF READING 1014-1 M 41

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of October, 1935, in accordance with request made by the self - through the sister-in-law, Mrs. [413], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [1014], Mrs. [413], Mrs. [1079] and L. B. Cayce.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1014].
2. Now, as we find, there are disturbing influences in the physical forces of the body. These in some instances we find are specifics, in others they are the effects of disturbing factors that have existed for some time, while in others these are reflexes that come and go dependent upon the reaction and the activities of the various systems in their correlating effect of conditions through the body.
3. These, then, are conditions as we find them with this body, [1014] we are speaking of, present in this room:
4. First, we find the BLOOD SUPPLY is not only deficient in the red blood supply but at times deficient in the white blood, in the activity of the coagulations that should take place in the body and do not. This is a condition that changes at times. This in the present, though, indicates there is some temperature in the body; while not a great deal, it arises from the attempts of the body to supply the necessary elements for the creating of coagulation. Hence the debilitation that is felt through the system, the tiredness, the aching in the limbs and through the torso; heaviness through the lower portion of the lungs; heaviness and a dizziness somewhat in the head area.
5. These are effects of cold, congestion, and the attempts of the body - under a very depleted nerve and blood supply - to replenish the condition in the system itself.
6. There is the tendency in the blood supply to be acid. This is indicated through the activity that has long existed in the area of the diaphragm, through the conditions in the abdomen - which has necessitated the use of those supports to maintain the conditions in the position of portions of the body.
7. These arise primarily (such conditions) from superacidity, strain from (in this particular case) a wrench and a strain, and then the lack of the system making the proper balance to cause sufficient coagulations and the adherence of the muscular forces in the body.
8. Also there has been in the blood supply, as indicated, the condition in the lung and trachea - where inflammation has made cellular forces become clogged. These being at times encased, or set about by the plasm, naturally call for the activity of the leucocyte or the white blood - and this produces a drain upon the red blood supply.

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9. The drain upon the red blood supply calls for the activity in the structural portions of the body; especially in the clavicle, in the rib area, in a portion of the sternum, the organs and the structural portions about the pelvic activity.
10. These then being called upon, with a little cold or congestion, make for a great deal of aching through the bones, through those, particular areas of the body. This is a portion of that existing which produces temperature, and the attempt of the system to correct same - as indicated in the present.
11. There is the lack, then, of the red blood supply; the lack of that which will make within the plasma itself the better coordinations - there are deficiencies in this particular portion of the system.
12. The NERVE FORCES of the body we find in some respects are very good, and the body oftentimes has been forced - through the activities of the organs and the functioning of same - to draw, as it were, upon the nerve energies to "carry on." For oft has the body, and does the body force the issue with self, as it were. Yet this naturally makes a strain upon the nervous forces of the body, especially where there have been indications - as outlined - where structural portions, with the impulses from nerve forces, coordinate with the organs of the system; as in the sensory forces. Hence we find, with the slowed circulation, with the energies used in the nerve forces of the body, especially the vegetative or sympathetic forces, the organs of the sensory system suffer; as with the conditions in the ear, in the throat, in the soft tissue of the nasal passages.
13. Hence we have a slowed circulation and a congestion that arises in these areas at times.
14. These make for periods of distressed conditions for the specific areas, by the nerve energies - as it were - laxing in their tautness. And these call upon the vitality and the general system for strengthening.
15. Then, as to the functioning of the ORGANS themselves, we find:
16. Brain forces are very good.
17. The organs of the sensory system, as indicated, have periods of distressed conditions; so that the soft tissue - as in the antrum, about the ear, about the face - at times gives distress; as with noises in the head, as with disturbances in the ability for the sense of odor - or these become, in other periods, supersensitive, and thus the areas from which the drainages from such organs become disturbed.
18. In the throat, bronchi, lungs, the larynx: As indicated, there have been periods when from the infectious forces there have been distressed conditions through a portion of the lungs; and the trachea and bronchi show a specific disorder in the present. This, however, as we find, needs only a general building for the recuperation of these, for the better conditions of the body.
19. The heart's activity: The changings in the pulsations through the attempt of the heart to supply sufficient of the blood flow through the veins for its clarification, to the pulmonary for its oxidization, and through the system for the revivification, create an impulse that is above the normal; though the activity in the pressure itself varies a great deal. No organic disturbance, purely a sympathetic or at times a functional disorder; but not organic in its nature.

20. In the digestive area, naturally, with a superacidity, there are tendencies for congestions and the lack of the proper activity through foods digesting properly - from the lack of the proper balance in the gastric flow. Too much acid makes for a soon filling of the stomach, or at other times it is so quickly emptied that it does not digest the food. Hence the activity of the organs that supply elements for digestive force; these become either at times too lax or too active, and thus cause the contributory cause to a general disturbance in the pylorus and through the areas about the lacteal ducts; the liver becoming congested, the gall duct area showing sedimentary conditions - as accumulations from superheating, as it were, of the blood forces and the activities of the whole hepatic circulation. This makes for a strain at times upon the kidneys to keep an even balance. And with those distresses from the separations in the folds, as it were, through the peritoneum area and in the ileum plexus and caecum area, these make a strain that at times assists - with the acidity - in producing the heaviness across the lumbar area, and the feeling as if the legs were hollow - the feeling as if they were very heavy on the ends, or the feet become leadened, with a very poor circulation through the lower portion of the body. These are the effects, then, as seen from disorders.

21. The arising of the trouble, then, is from a low vitality with superacidity, and the conditions that arise of specific and contributory natures from same.

22. As we find, then, in meeting the needs of the conditions for this body, necessarily one portion must not be builded to the detriment of the other - but all portions must be considered and the applications made that will make for the better and proper coordination throughout the whole system; allaying some conditions, stimulating others, and making for a coordination between the sympathetic, the cerebrospinal nerve forces to create a proper balance in digestive and assimilating areas and build up the general influences throughout the body itself.

23. First we would begin with that which will meet or combat the cold, the congestion, and the acidity in the system. So, we would have a compound prepared in this way and manner:

24. To 2 ounces of Strained Honey add 2 ounces of Distilled Water. Let this come to a boil, for a carrier. Then set aside, and add the following ingredients (IN THE ORDER NAMED):

Syrup of Sarsaparilla Compound.....1/2 ounce,
Syrup of Horehound.....1/4 ounce,
Essence of Wild Ginseng.....1/2 ounce,
Syrup of Rhubarb.....1/2 ounce.

25. Shake this solution well before the dose is taken, which would be three, four, five times each day; at least FOUR times, and at other periods if necessary. The dose would be a teaspoonful, which may be taken before the meals or between the hours for meals.

26. This compound, as we find, will act upon the mucous membranes, stimulating the digestive forces of the system, stimulating the activity of the excretory forces of the kidneys and the secretive forces of the liver and those activities of the pancreas. These activities will create, then, a better balance throughout.

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27. We would each day massage the abdomen and the ileum and the caecum area with a compound prepared in this manner; in the order named:

Olive Oil (heated).....2 ounces,
Tincture of Myrrh.....2 ounces,
Oil of Wintergreen.....1 ounce.

28. Use this solution for massaging, that the folds of the abdomen and the activity through the areas in the lower portion of the abdomen become more in order that the building up of the system may make for a coagulation and the proper adhesives.

29. We would wear the belt or those supports that make for the ability of the body to walk or stand or become active in the necessary influences. But these may be gradually loosened as the conditions change.

30. Then, we would be very mindful of the DIET for the body. For this should be the greater healing influence that will aid in building up the body. This would be as an outline, though these are not the only foods to be taken - but let these be the greater portion of the foods as taken for the body:

31. Mornings - citrus fruit juices; OR whole wheat, that is crushed or rolled, that is not cooked too much but cooked sufficient that it may be active with the digestive forces of the system itself. About three or four times each week the whole wheat would be used, and at other times the citrus fruit juices - but DO NOT have these both together. Preferably the drink would be a CEREAL drink, or one where the greater part of the caffeine has been extracted. Do not use milk in the morning meal.

32. Use milk rather in the meal that would be BETWEEN the morning and noon meals; that is, in a glass of milk there would be added the YOLK of an egg with apple brandy. Have the egg "cooked," as it were, with apple brandy; then ADD the milk. This should be at least a glassful, in the middle of the morning between the two meals.

33. Noons - principally raw vegetables. Not meats. Not so much of soups; though these may be taken occasionally. Principally fruits OR vegetables; not both, but fruits or vegetables. Soups occasionally.

34. Between the noon and evening meals - that is, in the middle of the afternoon - take two ounces of red wine with black bread, or brown bread, or whole wheat bread that is browned. This should only be taken in such combination, for the iron, the copper, the silicon, the blood-building properties that come from such a combination - especially at this hour. Do not take OTHER alcoholic DRINKS at other times!

35. Evenings - beef juice, or steak - just so it is WELL-cooked but not hard nor not raw. Fish. Vegetables, especially red cabbage, spinach, lentils, beans, and such natures. These should be the principal foods for the evening meals. Not too much, but satisfy the appetite.

36. In the eliminations, instead of using cathartics use rather the enemas and OIL. These will work better with the general conditions, but keep eliminations each day sufficient to prevent accumulations of toxic poisons from fecal forces in the system.

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37. Do this, as we find, for thirty-six to forty-eight days; and we will find such a change that we may then give further directions.

38. Ready for questions.

39. (Q) Should any milk be used with the whole wheat cereal for breakfast?

(A) NO MILK at the morning meal!

40. (Q) How may hearing be improved?

(A) With the general improvement in the conditions. As indicated, this is rather an effect than a specific cause. The building up of the general system will gradually improve the activities through the sensory forces. This will become a portion of the SECOND program!

41. (Q) Please give needed advice about teeth.

(A) With local attention and keeping down the acidity in the manner indicated, a great deal of change may be made here. The use of any of the dentifrices that are less and less acid-forming will make for better conditions. Many dentifrices that are used by many are acid-producing. Tests may be best made for acidity by the use of litmus paper in the saliva and in the urine. These may be used in conjunction, and the body then alter the diet to meet the needs for causing less acidity.

42. (Q) Has the condition caused from so-called erysipelas been relieved entirely?

(A) Naturally, this being a lymph disturbance (erysipelas), and the conditions in the body a drain upon the sympathetic nerve forces and a great deal of disturbance in the blood supply, there are - as it were - TRACES; but the general condition builded as indicated will eradicate same, especially through that as will be assimilated by the system from red wine - copperas.

43. (Q) Can anything be done to overcome the sacro-iliac sprain, other than wearing a belt all the time?

(A) The rub over the areas indicated, as outlined, will aid - and the general health so that coagulations are better will make for a general strengthening. The body will put on weight, but let's put it on NOMINALLY - and not too much at once!

44. (Q) What caused the stomach trouble during the past summer?

(A) The tendency of the walls of the peritoneum to break down by the lack of sufficient blood supply, and the strain generally upon the system.

Do these things, as given, for thirty-six to forty-eight days; and then we will give those changes for specific conditions that will need local or specific attention.

45. We are through for the present.

(GD's note at time of reading: See letter [which was enclosed] to Druggist for preparing compound.)

REPORTS OF READING 1014-1 M 41

R1. 1/13/36 See 1014-2.

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BACKGROUND OF READING 1014-2 M 41

B1. See 1014-1 on 10/4/35.

B2. Report: Much better; gained six pounds; able to sleep at night; better appetite.

TEXT OF READING 1014-2 M 41

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of January, 1936, in accordance with request made by the self - Mr. [1014], through Active Membership of his sister-in-law, Mrs. [413], in the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [1014].
(Physical Suggestion)

1. EC: Yes, we have the body here, [1014].
2. As we find, conditions are very much improved throughout the general physical forces of the body.
3. While there are still those tendencies and those inclinations for the disturbed forces in the functioning of organs, it is well that there be kept occasionally the following of the suggestions that have been indicated. Thus we will make for the continued building up of resistances in the system, and thus make for those activities where the body may keep the better balance.
4. It is well that the eliminations be looked after, or KEEP those activities so that in the activities of the body the ALKALINES (in the diet reaction) are the more prominent. Not too much in excess, but with the predominant alkaline reaction in the diet there may be kept down those tendencies for cold, for congestion, to affect weakened tissue so that it may become involved in disturbances that may AFFECT a depleted system.

5. Hence the necessity for the caring for those conditions occasionally, so that this resistance may be gradually builded up.

6. Ready for questions.

7. (Q) Should compound be continued?

(A) Rather occasionally, as indicated, so as to keep those activities in the system until the body adjusts itself in such a manner that the assimilating forces tend to create that necessary for meeting the activities necessary for replenishing the body.

The variations here, as may be well to note, are:

In those activities that have been given, we find we are adding elements that are as incentives for the SYSTEM to create that within the body itself. While oft we find in the administration of medicinal properties, whether they be of the mineral or vegetable forces, if those things administered are habit-forming, or if they are those things that tend to take the place OF the activities of organs in the system, they eventually prove to be detrimental. For the body builds with that which is supplied it THROUGH the assimilating system.

Hence in the administration of factors that may be beneficial to a body, as to this body, [1014]:

The ministrations in the compound are those elements necessary to supply DEFICIENCIES, but are not of those natures that will require an excess quantity to keep the activities of the body in order for those deficiencies to be carried on in the system - but may ENABLE the body to produce these elements themselves. Hence, as indicated, rather than this compound being taken as regularly, these properties would be taken about half as often, or about half the quantity. Thus we will find the body would conform in its function and in its activity to meet the necessary conditions.

8. (Q) How often would you suggest the massage now, if that is necessary?

(A) Once a week, or twice in one week and then skip two weeks, see?

9. (Q) Any change advised in diet?

(A) As indicated, keep rather to those things that are tending for alkalinity in the system. Not an excess; not that there should be NONE of the starches or hydrochlorics or the proteins taken in order for the body fuels and the body activities. But do not make combinations in the foods in such manners as that they work one with another, or against another. Not an excess of starches at the times quantities of sweets are taken. Not an excess of starch when citrus fruits are taken or these things that are of an acid nature but are alkaline in reaction; for these tend to make for combinations that work at variance. But keep that which is body-building, tending towards keeping the alkalinity.

10. (Q) What causes the burning and blood-shot appearance in eyes? What remedy?

(A) The massages that are given, if they are made so as to correct those conditions in the upper dorsals and through the cervical areas, should be such as to eliminate these. These are those tendencies, that have been first indicated in the body, where the weakness occurs that causes a great amount of the lymph flow. This is an excess of pressure in the area that tends to prevent the circulation from carrying away used forces in the system. But if the drainages

ACIDITY-ALKALINITY CIRCULATING FILE

are set up in the upper dorsal and through the cervical area, when the massages or manipulations are given, these would gradually disappear.

Well, for the local application, that these be bathed at times, or just before retiring, with a little saline solution; about a pinch of salt (between the fingers, you see) to an ounce of water. Dissolve the salt preferably in warm water; stir well, and then put in an eye cup. This is the better manner to make for the cleansing of same, and this - of course - with the eye open.

11. (Q) What causes and what may be done for the headaches?

(A) These are rather much from the diets. These are from those tendencies for the wrong combinations in the digestive forces, and the irritations that arise from anxieties to the nervous systems after same.

When these occur, as we find, a little soda water will relieve these disturbances. Not quantities, for then it would become the very thing that would be injurious - if taken too much. But about three grains of soda in half a glass of water.

12. (Q) Should any other treatments be followed now?

(A) The whole general treatment that has been indicated, occasionally, to keep the body in those tendencies for its building resistances within itself. It is ON the road to recuperative forces and to building resistances. KEEP it in that way and manner.

13. (Q) Any further advice?

(A) Do that.

14. We are through with this reading.

(GD's note at the time of the reading: See ALKALINE REACTING diet list [which was enclosed]).

REPORTS OF READING 1014-2 M 41

R1. 7/22/40 Mr. [1014] reported that his first reading, 1014-1 certainly described his condition accurately - the loss of appetite, loss of weight, tiredness, etc. He had gotten wonderful results from following the treatments recommended; felt like a different person after 3 months.

R2. 8/5/64 Wife, [1079] reported, via sister-in-law, Mrs. [413] that [1014] recently had been not well at all - especially in the spring and early summer; he told her he thought he would go to Johns Hopkins and get a check up; he just didn't feel like going on living. She asked him if he would follow his original reading from Mr. Cayce if she got it out and prepared the things for him. He agreed that he would, since he had some of the same symptoms - loss of weight, appetite, lack of zest, etc. She got the compound prepared and started him on it, fixed his meals exactly as recommended, etc., etc. Now, after 3-4 weeks of the treatment he feels like a different person; looks and feels much better, is gaining in weight, eats his meals with interest and has much more vitality, etc., etc.

R3. 9/11/74 Mr. [1014] died in a hospital, leaving his wife, a daughter, three sisters, one brother, two grandchildren and a great grandchild as survivors.

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BACKGROUND OF READING 1120-2 M 29

None.

TEXT OF READING 1120-2 M 29

This psychic reading given by Edgar Cayce at the home of David E. Kahn, 44 West 77th St., Apt. 14-W, New York City, this 17th day of April, 1936, in accordance with request made by the self - Mr. [1120], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [1120].

R E A D I N G

Time of Reading

Bronx, 5: 55 to 6: 20 P. M. Eastern

Standard Time. N.Y. City.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1120], present in this room.
2. Now, as we find, the general physical forces of the body in many ways appear to be well. And the reactions in most of same are good. Yet we find there are hindrances, disturbances and impulses the correction of which now would not only be a helpfulness to those conditions that disturb the body at times in a greater degree than is shown in the immediate, but would assist in preventing disturbances that would be of a much more violent nature to deal with - if allowed to become more and more a condition to be reckoned with by a perfectly normal functioning body.
3. These have to do, as we find, with impingements that exist in the nervous system, as will be seen by their effect upon the body as well as in the disturbances or nature of same as produced.
4. Then, these are the conditions as we find them with this body, [1120] we are speaking of:
5. First, IN THE BLOOD SUPPLY, from the disturbed condition in the nervous system (that is, the cerebrospinal impulse), (more than the sympathetic) there are hindrances with the MANNERS of assimilation. Thus there are those tendencies for a slowing of the circulation in its return from the extremities, or through the arteries into the veins.
6. Hence we have in the metabolism of the system an unbalancing, but with the corrections of that which has produced same in the first there would be a more helpful condition in creating a normal equilibrium.
7. IN THE NERVE FORCES THEMSELVES OF THE BODY, we find: As has been indicated, here is the basis or the cause of the disturbances.
8. In some time back there was a hindrance in the ganglia of the 2nd and 3rd dorsal, that has produced there the tendency for a lack of proper incentive for its coordination with the vegetative or sympathetic nerve system as WELL as an excess of activity in the deeper nerves as from the junction there of the cerebrospinal and sympathetic with the organs of assimilation.
9. Let it be understood, then, by the body, the manner in which this disturbance arising there affects the system (for it will be disputed to the body):

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10. Each segment connects with a centralized area between the sympathetic and the cerebrospinal systems, or in the spinal cord impulse itself. In SPECIFIC centers there runs a connecting link between the segments. And such an one exists in this particular center as we have indicated.

11. In each of those areas called a ganglion there is a bursa, or a small portion of nerve tissue that acts as a regulator or a conductor, or as a director of impulses from the nerve forces to the organs of the body that are affected by this portion of the nervous system.

12. Not that any one organ, any one functioning of an organ, receives all its impulse from one ganglion or one center along the spine; but that these slowing up by a deficiency in the activity because of pressure produce - as here - a lesion, or an attempt of the blood flow (that is, the lymph and emunctory flow) to shield any injured portion or any pressure. This oftentimes increases the amount of pressure to other portions of the body.

13. Hence we have an incoordination with the activities in other portions of the body. But with the correction or removal of pressure from such an area, the affected portions will be relieved; that is, as in this body here, the effects to the sensory forces - as the throat, the nasal passages, the eyes, that are affected by this lack of the blood flow.

14. For, remember, though the heart beats - it is governed, or the circulation is governed by nerve impulse that acts as a supervisor or an overseer would, in conducting to the activity of the system that which not only supplies the nutriment for its individual functioning but also the eliminations of drosses from such used activity, as well as supplying nutriment from that assimilated by the circulation in its entirety for the recuperation and rebuilding.

15. And remember, these conditions are constantly going on in the system at all times.

16. What, then, are the conditions produced by this subluxation, in this particular body?

17. There are times, even with the full-blooded circulation or full quantity that exists, when the outer portions of the body (that is, through the superficial circulation) become as deadened for a period; a few moments is sufficient to make for pallidness to the body; easily tired by walking of any great amount; easily tired at times - or even more so - (than by walking at certain periods) by sitting around; or worrying about or being overanxious about conditions brings headaches, fullness in the throat, upsetting at times of the digestive forces and the reactions to the whole of the assimilating system, as WELL as producing for the general forces of the body a tendency towards acidity throughout the system. So, the eliminations even through the alimentary canal become involved.

18. Now, in taking those things that assist in producing a stimulation to either the eliminations or to cause a balance in the acidity and alkalinity of the body, or so that we make for an increased flow or a draining of conditions through the lymph flow through the head or soft tissue of throat and head, the condition is allayed. But the CAUSES of these effects, the causes of those things that upset the digestive forces, the causes of that which has made for a disturbance through the

eye, the ear, nose, throat, in their relative relation one to another, arise from those areas indicated - as we find.

19. IN THE FUNCTIONING OF THE ORGANS THEMSELVES:

20. As to the brain forces, when there is a PHYSICAL coordination as related to their activity with the system, we find that - as we have indicated for the body through its MENTAL development - the body's mental abilities and associations are able to segregate, able to make for definite impressions upon activities in given directions. But if these are hindered by the tiring that comes on, or those disturbances through the organs' functioning as indicated, these naturally will become LAGGARD - or the abilities of the body will become hindered.

21. In the throat, bronchi, lungs and larynx - as we have indicated - there occurs at times, as a tendency from this improper pulsation and especially from the specific ganglia referred to, the more susceptibility of the body to congestions through such areas; though organically these are very good.

22. Heart's activity is as we have indicated.

23. Digestive forces again are disturbed or upset at times, nervously; but organically, as for their balance, as a coordinant tendency through the system, very good. And when such corrections are made, we would find these disturbing reactions would be overcome.

24. As to the activity of the spleen, the pancreas, the liver, the gall duct area: When foods are assimilated, these organs function for or in producing the juices or fluids that act upon elements in the foods that are assimilated in an acid and alkaline content from the stomach itself. With these hindrances, there becomes at times the tendency for these to become acid.

25. Hence through the alimentary canal disturbances arise at times; but these are reflex, as we find, as may be indicated, rather than being organic or even functional in these portions of the system.

26. THEN, IN MEETING THE NEEDS OF THESE CONDITIONS, as we find:

27. First we would begin with the use of the hydrotherapy activity that would not only give periods for specific exercise but AT such periods have a massage and an adjustment in those PARTICULAR areas indicated; that is, the upper dorsal, specifically in the 3rd and 2nd, coordinant with the cervical area, to the base of the brain.

28. Also we would add with same an electrical vibration as a portion of such treatments.

29. And we will find the bodily functionings, the muscular forces, the whole general outlook, will be brought to a normal force in this body, [1120].

30. Ready for questions.

31. (Q) What type of electrical treatment should be given?

(A) Either the violet ray or the ALTERNATING current of a sinusoidal vibration that is HAND applied.

32. (Q) Should these adjustments be made osteopathically or chiropractically, or just how?

(A) As indicated, in the proper regulated hydrotherapist treatment we have the masseurs that would make such an adjustment when these are taken.

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Use these as at intervals; once a week, or twice a week one week, once a week the next week, twice a week the next week, then once a week; and then whenever there are those tendencies for the tiredness or sluggishness through the activity of the liver or the eliminations, or pains to the head or even a heaviness there.

And, as we find, we will keep the body fit.

33. (Q) These treatments will relieve the tiredness?

(A) This, as we have indicated, is what these are for! When we remove those pressures that cause these conditions, then we remove that feeling, see?

34. (Q) What treatment should be used for the scalp?

(A) The electrical treatment with the violet ray for this particular body, we find, would be the MOST beneficial.

35. (Q) Will this prevent the hair falling out?

(A) As indicated, there have been those tendencies for the superficial and the deeper circulations to be disturbed. They are breaking away, they are not coordinating. A stimulation to any portion of the body for greater activity, by not too much but as using the comb of such a hand violet ray machine through the hair and head, will make for such stimulation as to make more growth of the hair and also a better growth of the hair.

36. (Q) What about general exercise, golf and tennis?

(A) Well, he'll find his golf stroke will improve a great deal if he will remove this pressure between the shoulders as indicated!

These, to be sure (the exercise), are helpful conditions.

Do these.

37. We are through for the present.

(See letter [which was enclosed] with directions to Hydrotherapist.)

REPORTS OF READING 1120-2 M 29

R1. 5/22/36 letter: "I am following out the treatments that you outlined in my reading and find that they have helped considerably."

R2. 7/13/36 Mrs. [1203] had Physical Reading via Mr. [1120]'s recommendation.

R3. 8/7/36 Mr. [1120] obtained a Business Reading. See 1120-3.

R4. 8/10/36 Mr. [1120] requested Business Reading for his brother. See 1249-1.

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INDEX OF READING 1522-2 F 55

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TOXEMIA: CURED

BACKGROUND OF READING 1522-2 F 55

B1. 1/26/38 She obtained a Life Reading - 1522-1.

B2. 4/30/38 Reporting on her Life Rdg. she added a P.S.: "I think I should have a Physical Rdg. I do not sleep as well as I might and in order to function at my best my body should be taken care of."

B3. 5/5/38 She submitted questions: "What is the cause and remedy for my toxic condition? Why do I have sleepless nights, or comparatively sleepless? What should I do to help high blood pressure? What diet should I follow? What is the best laxative to use? I have had such wonderful health all my life and have so little to complain of now, but in order to function to the best I would very much like a guide to follow."

TEXT OF READING 1522-2 F 55

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of May, 1938, in accordance with request made by the self - Miss [1522], Associate Member of the Ass'n for Research & Enlightenment, Inc.

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P R E S E N T

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

R E A D I N G

Time of Reading 10: 50 to 11: 05 A. M. Eastern Standard Time. New York City.
(Physical Suggestion)

1. EC: Yes, we have the body here, Miss [1522].
2. Now as we find, there are disturbing conditions; yet the suggestions here as we would give would be more in the direction for corrections that may prevent further disturbances - and the inclinations.
3. Rather than so much of disease, it is dis-ease in the present.
4. These then are the conditions as we find them with this body, Miss [1522].
5. IN THE BLOOD SUPPLY, this indicates - from its activity, its irregularity, and the pressures produced between the circulation of the lungs, heart and liver - that there is a source of toxic poisoning.
6. And there is in many periods excess acidity.
7. These as we find arise from inclinations and tendencies in the structural portion of the body; and the effects that are created through the activity of the colon, the lack of eliminations, the disturbance at times with some of the glandular forces of the system.
8. The source we find arising from subluxations in the structural portion of the cerebrospinal system, especially in the lower portion of the cervical, almost THROUGHOUT the dorsal, and the lack of coordination of the lumbar axis with the reflexes from the 9th dorsal plexus.
9. IN THE NERVOUS SYSTEM, naturally, these pressures produce the inabilities of the body to rest well, or the inclination towards insomnia because of the very pressures upon the nervous system as related to their coordination between the sympathetic and cerebrospinal systems in the areas indicated.
10. The greatest subluxation as we find is in the 2nd and 3rd dorsal area, and pressures in or throughout almost the whole of the cervical area.
11. And the lumbar axis is so disturbed as to make even the pelvic balance to be shifted, especially on the left side.
12. IN THE FUNCTIONING OF THE ORGANS OF THE SYSTEM, because of the nerve disturbance we find the inclination for the upsetting of the assimilating system at times; the feeling of a fullness after meals, as of a gas formation; lack of proper elimination; distention in a portion of the colon area itself.
13. THEN, FOR THE CORRECTIONS:
14. We would have at least six to ten osteopathic adjustments covering those particular areas indicated. These would be taken about twice a week until six or eight or ten are taken.
15. About two or three weeks apart we would have a high colonic irrigation, to remove the toxic forces; until at least two or three are taken.
16. Occasionally, about two or three - possibly four times a week we would take a quarter teaspoonful of Alcaroid after the heavy meal of the day; the period it is taken and frequency depending upon just how severe the gastric flow appears.

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17. As we find these will remove the inclinations that are causing disturbance in the heart or blood pressure, the toxic forces, and allow the body to sleep much better.

18. Do these.

19. Ready for questions.

20. (Q) What diet should I follow?

(A) A well balanced diet, but not such a severity as to unbalance or not to work with the changes being made in creating the correct balance in the alkalinity and the acidity of the system. Hence in the diet we would keep about a twenty-percent acid-producing to an eighty-percent alkaline-producing diet.

Beware of mixing white breads, white potatoes, spaghetti or macaroni, any two of these at the same meal. Beware of too much of the sweets, especially until there is a full cleansing of the colon. The sweets taken should be preferably honey or its products.

Plenty of fresh fruits, fresh vegetables - these would be well.

21. (Q) What is the best laxative to use?

(A) This should vary with varied experiences. As we find, if those manipulations and adjustments are taken as indicated, also the colonic irrigations, a laxative will not be necessary for some time. If it is necessary later, take preferably the vegetable compounds rather than the mineral - for the body.

22. (Q) Would you recommend Dr. Dobbins [Frank P. Dobbins, D.O.] or Dr. Miller [Mary A. Miller, D.C.] for the osteopathic treatments?

(A) Dr. Dobbins. We are through for the present.

REPORTS OF READING 1522-2 F 55

R1. 5/14/38 [1522]'s ltr. to EC:

Dear Mr. Cayce:

Again I am deeply grateful for the Reading, (physical), which you have given me. From the beginning - dis-ease completely expresses my condition for I am not diseased. I have had one treatment from Dr. Dobbins, where he found as predicted the unbalance of the pelvis on the left side, he is giving me a complete finding on my next visit, Tuesday next to send to you. I shall indeed follow conscientiously the directions given. I have had the best nights sleep in a long while & look forward to a continuous period of rest & sleep in the months ahead. Dr. Hardwicke [Henry S. W. Hardwicke, M.D.] was much impressed by the reading. I said "What Doctor could have put his finger so accurately on the cause of your trouble it is intensely interesting & remarkable." Now I know I am on the right track & feel free to go ahead, both in my diet & course of treatment. I also showed it to Mr. Hugh Lynn who stressed my attention to every detail. With gratitude for your personal interest & incalculable help.

Very sincerely yours, [1522]

R2. 5/17/38 Miss [1522]'s letter: "I enclose Dr. Dobbins' report [see below MEMO] which is exactly as your reading showed. I am getting such help from him, and for two nights after first treatment slept well. He is going to give me exercises to keep me in good condition. I am so grateful to you and the Association."

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5/13/38 MEMO to Miss [1522] from Dr. Dobbins:

Sacro-iliac subluxation with compensatory lesions throughout dorsal and cervical region. Very bad lesions from 2nd to 5th dorsal vertebrae. F.P.D.

R3. 5/31/38 [1522]'s ltr. to EC:

Dear Mr. Cayce:

I have wanted to write you before this but could not manage it, you seem like an old friend and I hope you are for we seem to have much in common....

Dr. Dobbins says he is satisfied at my progress, he admits I am very tense and a lot of work is needed on my spine in the dorsal region. I still have not regained my sleep, but I supplement his treatments with the Radionic Box of yours, and am doing very nicely thank you.

Please tell Mr. Hugh Lynn that I think but for the Grace of God I might have been a Manic Depressive, when I read my Life, and realize what an emotional person I am, where [were?] it not for my experience among such and my health of body I could easily have gone into such a state. He can use my history if he likes. It came from both the Astral and the Earth experiences....

Thanking you for all your help and kindness, and assuring you how much I appreciate the privilege of doing something to help the Association.

Affectionately, (if I may), [1522]

R4. 6/19/38 "I am sleeping so very much better since following the instructions given through you, and feel better in every way, but what I like best is the spiritual incentive given to cultivate the 'points of the spirit' that to me is the pith and kernel, the 'gold' of all your work, than which there can be none higher."

R5. 8/25/38 "Dr. Dobbins has been so very helpful. I do hope I can resume my treatments when I return [to N.Y.C.] in the fall."

R6. 12/7/38 "What I wanted to say over the phone this morning is how well I am feeling, the proof of my reading is now, after returning from the country to work, I am sleeping better, have better elimination and assimilation. I am indeed finding myself, am fatter than I have ever been, and have a deep inward content that nothing can shake. I wonder too if you guess intuitively another source of happiness that has come to me after all the years. I would like you to know of it but cannot speak of it. If you know, it is between us and God. You cannot help but be blessed when your heart is so in tune with God."

R7. 3/16/39 "I am in the best of health and happiness, thanks to the Giver of all good - and am most humbly grateful each day."

R8. 3/26/40 Reply to Questionnaire:

OSTEOPATH'S Report to Association For Research And Enlightenment, Inc.,
Virginia Beach, Virginia

Date of Reading: May 11, 1938 Case No.: 1522-1

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Note: As a research organization we are endeavoring to make a thorough study of psychic information in relation to human ailments. We will deeply appreciate your cooperation in securing a thorough report on this case.

Name: (Miss) [1522]

(1) (A) Did the Reading presented to you describe the condition of the patient?

(b) Explain any variation. (c) Give technical diagnosis.

(A) Yes. (b) None. (c) Insomnia.

(2) Were the suggestions for treatment in your opinion proper for this condition? Yes.

(3) For what period of time has the patient followed directions given in the Reading under your care? 2 months.

(4) What results have you observed? Very much improved.

(5) Comment. Did you find greater subluxations in the 2nd & 3rd dorsal area, and pressures throughout the cervical area? also disturbed lumbar axis, shifting the pelvic balance especially on left side?

I find - posture sacro-iliac lesion subluxation compensatory changes through out the upper dorsal and cervical areas. I find a great many times there is a difference in nomenclature of the osteopathic lesion. The reading may call them one thing I another but it amounts to the same thing. With my familiarity with the readings I'm able to interpret them.

Date: March 26, 1940 Signed: Frank P. Dobbins, D.O.

R10. 5/3/40 Reply to Questionnaire:

Individual Case Report, Association For Research And Enlightenment, Inc., Virginia Beach, Virginia

Date of Reading: May 11, 1938 Case No.: 1522-1

(PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY)

(1) In your opinion did the analysis of the Reading cover the condition? Yes, thoroughly -

(2) Give symptoms of condition described correctly? Insomnia, Unbalance of Pelvic area, (Dr. Dobbins) Poor Assimilation, fullness after meals, poor elimination.

(3) What was the physician's analysis of this condition? Dr. Dobbins found even greater subluxation in the structural portion of the spine, than was given in reading.

(4) Have the suggestions given in the Reading been followed exactly as outlined? Yes, with the exception of substituting high enemas instead of colonic irrigations.

(5) For how long? I still am careful of my diet, and use enemas occasionally with excellent results.

(6) Describe the extent to which improvements have resulted? Restored sleep - gain in weight - Better digestion.

(7) Comment. I am most grateful for the accurate and helpful advice and diagnosis.

Date: May 3rd 1940 Signed: [1522]

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INDEX OF READING 1635-2 F 3

ACIDITY & ALKALINITY

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BACKGROUND OF READING 1635-2 F 3

B1. See 1635-1 on 7/11/38 for violent rash.

B2. 10/3/40 "She has bad cold and fever blisters all over mouth and chin."

B3. 8/11/41 Phone request by mother: "Mama [1187] wrote - just had the letter this morning - that [1635] has something broken out on her feet - started right after she got back to [...]. Mama thought it was athlete's foot, but Dr. Feulner said it was poison. He first thought it was poison oak, but now says it is poison in blood. He has given her several things to take and to use as local applications, but nothing does any good. Some of the places have dried up but others come. She has to lie in bed all the time, as she can't walk. Mama said she didn't know what she would have done without [641] - he talks to [1635], bathes her feet, and tries to entertain her. Mama said she herself was not feeling well at all, but would probably get better if she were not so worried about [1635]. She wrote that [641] said he was going to ask for a Reading...."

TEXT OF READING 1635-2 F 3

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 11th day of August, 1941, in accordance with request made the by the mother - Mrs. [2111], Associate Member of the Ass'n for Research & Enlightenment, Inc.

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P R E S E N T

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

R E A D I N G

Time of Reading 4: 00 to 4: 05 P. M. Eastern Daylight Savings Time. ..., Ala.
(Physical Suggestion)

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes.
3. As we find, there is the lack of proper eliminations set up in the system. Also there are those tendencies towards too great an alkalinity - as combined with the ACUTE conditions from rash AND from a poison ivy.
4. This combination makes for a rather serious disturbance, producing a little temperature and a great deal of disturbance in the lymph circulation, as well as in the superficial circulation.
5. Then, we would give a combination to cleanse the system, of the alkali and acid nature - as eliminants, see?
6. Hence, first prepare a compound containing a small quantity of Podophyllum, in this manner:
Podophyllum.....1/2 grain,
Leptandrin.....1 grain,
Sanguinaria.....1 grain.
Mix these ingredients and make into five pellets.
7. Take two a day, one in the morning, one in the afternoon.
8. On the third day, after the last pellet has been taken on that morning, you see, - begin with Fletcher's Castoria in broken doses - a quarter teaspoonful every thirty minutes throughout the entire day, or until there are thorough eliminations.
9. Bathe the affected portions of the body with Cuticura Soap, and apply Cuticura Ointment.
10. Then - after the Cuticura has been used for several days - obtain the Ray's application for poison ivy and apply same.
11. In the diet - have more of the raw vegetables and not so much of the fruits - in the present. Have more the raw and the cooked vegetables.
12. Little or no meat, and NONE of carbonated waters! We are through.

REPORTS OF READING 1635-2 F 3

R1. 8/18/41 Mrs. [1187]'s letter to son [641]:

"[1635]'s feet are well, not a single sore on them, tho they still itch a lot, especially at night. She is getting along fine, only she still won't eat. I just can't get her to eat vegetables to do any good, altho I stopped giving her any fruit, hardly at all. I gave her some grapes yesterday, as I had some and hated to eat them and not give her any. She will drink a little buttermilk, not more than two glasses a day. It nearly worries me sick trying to get her to eat. She never wants anything though I could get her to eat fruit. I couldn't get that prescription filled. They only had one of the ingredients. I really think she would be alright if she

ACIDITY-ALKALINITY CIRCULATING FILE

would eat like other children. All of the skin is peeling off her feet. I still bathe with the soap you left (Resinol)."

R2. 8/20/41 Miss [288]'s letter:

Wednesday afternoon,

Dearest Mama: -

Your letter to [641] just came, and we are so concerned because [1635] hasn't gotten the entire treatment as outlined in the Reading. I'm writing this to mail tonight WITH the pills, which we have at last been able to get fixed at Meredith's. Now, Mama, PLEASE do ALL of this EXACTLY as I outline it below. [641] also urges you to do just this and nothing else, for at least a week, and I KNOW [1635] will be alright - not only the itching stopped but her condition cleared up internally so she will have an appetite. Don't worry about her not eating, because so long as the acid and alkaline condition exists she couldn't properly assimilate it even if she ate plenty.

Now, the very next morning after you get this:

7: 30 o'clock - give [1635] one of the pills. 4: 30 o'clock - give [1635] another one of the pills.

7: 30 next morning - give her another pill. 4: 30 next afternoon - give her another pill.

7: 30 next morning - give her the last pill. 8: 00 o'clock same morning - start giving Fletcher's Castoria - a quarter teaspoonful every half hour all day long, until bedtime.

Be sure and do it EXACTLY in this way, not using something else, but the Fletcher's Castoria. It is the correct reaction with the other properties to get her stomach juices working properly.

Bathe her ONLY in the Cuticura Soap (NOT the Resinol that [641] left), and use the Cuticura Ointment whenever and wherever necessary.

Did you receive the Ray's Prescription for Eczema - the liquid to be applied externally? If so, use that also on the places where there is itching. I sent it the same night I sent the Reading, so I am afraid it is lost. If you have not received it, write immediately and tell me so I can send another special delivery. It is important!

After about a week from the time you begin this entire treatment, [1635] should be able to eat fruit again; but right at present - with the peculiar acid-alkaline set-up in her body the fruit has the wrong reaction, and causes that itching - at least there is too much already of the fruit reaction in her body. Give her carrots and tomatoes and any other raw vegetable she will eat, or cooked vegetables and their juices.

Also DO NOT give her any more of the effervescing medicine that Dr. Feulner gave for her, as this makes CARBONATED water which the Reading warned against. You said she wouldn't take it anyway, which is a good thing - but just wanted to mention that CERTAINLY she shouldn't have any more of it. It was the very wrong thing for her little stomach considering the condition of it, after tasting carbonated drinks all summer.

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Now please start on this immediately, and write me at once about the Ray's Prescription. [1635] may have serious after effects from this condition unless you DO EXACTLY AS INDICATED to get rid of the condition internally that has caused the whole thing. We went to a lot of trouble to get the ingredient we lacked for the pills [Leptandra - culver's root]. So PLEASE use them. Hope you are feeling alright yourself. Love, [288]

P.S. #1. Do this, Mama, even though you think [1635] is alright; because it certainly won't hurt her, and it WILL correct the internal condition that has caused the whole business, and unless it is corrected something else will pop up that will be worse still. Besides, this will correct her appetite - I know it will. [641]

R3. 8/29/41 [1635] took all of her medicine and is feeling fine. Her appetite seems a little better."

R4. 10/10/41 "[1635] is getting on fine. She weighs 45 lbs."

R7. 1/23/64 See mother's report under 1635-3 Reports, indicating that [1635] has had a physical problem of underactive thyroid, with a tendency to be overweight, since her early teens.

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BACKGROUND OF READING 1749-1 F 48

B1. 11/7/38 [1749]'s letter:

New York City

Questions:

1. What are the causes of the various symptoms which appear in my body from time to time and make it necessary for me to be under a doctor's care?
2. What shall I do or what treatment shall I take, to gain permanent health and abundant vitality and remove all such symptoms? 3. Is there any particular way of eating which I should follow? 4. How can I clear up completely any after effects from the nervous breakdown which I had when a young woman? 5. What was the cause of this breakdown? These are conditions occurring from time to time: Kidney trouble, hemorrhoids, congestion in uterus and breasts, hearing - (left ear slightly deaf) - chronic constipation, easily subject to colds. I should like, if possible, to get some clue as to the spiritual and mental causes back of my physical ill health - and so know better how to avoid any repetition in the future.)

B2. 11/8/38 [1749]'s letter to EC:

New York City

Dear Mr. Cayce:

I would like to include the question: 6. What shall I do to improve my hearing?

The left ear is beginning to be affected. Thank you

Sincerely, [1749]

TEXT OF READING 1749-1 F 48 (Teacher, Protestant)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of November, 1938, in accordance with request made by the self - Miss [1749], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Miss [283].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Bertha Bell Harris, Carrie and Elizabeth Ewell.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions she has submitted, as I ask them:

2. EC: Yes, we have the body, [1749].

3. Now as we find, there is rather the complication of disturbances in the physical forces of the body. These arise from several causes or disturbances.

4. In the first we find there has been the inclination for the body, through activities of the mental self in its anxiety, to raise or open the centers of the body through meditation and activity when the physical forces were not in the condition for such.

5. This produced upon the nerve system, especially the sympathetic, what might be called a contaminated stream of negative reaction; causing or producing a nervous breakdown.

6. Then this slowed the activity of the PHYSICAL body-action in relationships to the mental and spiritual self; in much the same manner as would be the short-circuiting of the nervous system to the high vibratory forces of bodily functioning.

7. Hence we have those effects as seen in the auditory forces being under suppression, - or in the eustachian tubes the inclination for this slowing to produce a catarrhal condition.

8. This caused or produced a prolapsus, or dropping down. Hence we have had buzzing, and gradually the hard of hearing, - or the ear filling; causing the inner ear to become static as it were in its activity.

9. Again we find the digestive system upset by the same character of slowing of activity of the secretions from the lacteals, or the balancing between the acidity and alkalinity for the necessary digestive forces.

10. This produced then a state of unbalanced fermentation in the stomach. Then this caused more nervousness, more of physical gas and a pressure which produced a disturbing condition.

11. This caused headaches and dullness, and with the natural condition as broken between the sympathetic and cerebrospinal nervous system a lulling of

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the activity of the system towards digestion and elimination. Accumulations of poisons are a natural result of such disturbing conditions. This makes for a lethargic reaction then to kidneys, as well as liver and spleen and pancreas, - and the effect of the reaction of an anemic condition, or the lack of the coordination between the deeper and the superficial circulation.

12. All of these have been and are a part of the disturbance to this body.

13. The effects at various times are suppression to the lung or pulmonary system; at others the overactivity of the kidneys, at others the tendency for the whole general system to produce that of melancholia, - the inclination for the body to become so overexercised as for the lachrymal ducts to overflow, or for the inclination to cry, to weep, and to feel sorry for self.

14. All of this produces greater depressions through the system.

15. AS WE FIND, in making applications for the body that would correct the disturbance:

16. First, quiet the self mentally, internally, by holding to those things which are eternal, - such as may be found in reading the 14th, 15th, 16th and 17th of John. Know that these words, in the reading of same though the names of others may be used, do not apply other than to thy inner self. Do not read these merely as rote, but as experiences to thine own inner self.

17. As ye read, "In my Father's house," know that it means in THY Father's house, in thy own soul, in thy own experience are the many mansions! And "were it not so, I would have told you," means that if it were not so ye yourself would have known; ye yourself may experience same through His presence and His abiding faith in THEE, as well as that thou may have in Him!

18. Then, through such corrective measures as might be administered by Dr. Miller, have - gently but firmly - a relaxing first of the lumbar centers, gradually going upward to the rest. For in these areas were the centers first opened. Such would be done firmly, making adjustments and a gentle massage through the centers in the lumbar, the lower dorsal, then gradually to the upper dorsal and through the cervical areas.

19. Following such relaxings, have the gentle, soothing, low electrical vibrations as may gently heat the body throughout. Not the sinusoidal, not the deep therapy, but the general static, - that may be applied for twenty to thirty minutes, with the body remaining quiet.

20. Afterward hold thy deep meditation as you rest, and let this be that ye would follow within thyself, and with thine own words:

"Father, God! Thy handmaiden comes before thee seeking grace, mercy, truth, understanding!

"Open my heart, my mind, to thy love. And use Thou me, O Father; not as I would but as Thou seest that I may serve Thee better; that I may be the more perfect channel for the manifesting of thy love to the children of men."

21. We are through for the present.

REPORTS OF READING 1749-1 F 48

Omitted

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BACKGROUND OF READING 1959-1 M 58

B1. 7/13/39 [1959]'s letter to EC:

New York

Mr. Edgar Cayce

Dear Sir -

I am enclosing the form supplied me by Mr. [...].

On July 19th between 10.30 & 11.30 A.M. I will be at the Princeton Club 39 EAST 39th St., New York City.

Questions:

1. What diet or treatment will improve digestions - reduce fermentation?
2. How can more normal sleep be induced?
3. Can I acquire again the powers of close application to business duties and retentive memory?

[1959]

TEXT OF READING 1959-1 M 58

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of July, 1939, in accordance with request made by the self - Mr. [1959], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [1797].

P R E S E N T

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

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions he has submitted, as I ask them:

2. EC: Yes - we have the body, [1959].

3. Now as we find, we have disturbing conditions that cause anxieties and physical disturbances. But unless these are corrected in the present, these may become more of a hindrance than is indicated in the present.

4. These, as we find, have to do with the digestive system, and the effect it produces upon the rest of the functioning of the body.

5. Then, these are the disturbances as we find them with this body, [1959] we are speaking of:

6. The blood supply indicates a great deal of toxic influence and force from a nervous indigestion, and an inflammatory force in the pyloric portion of the stomach itself. This is indicated by the variation in the plasms in the blood supply, and the effect this produces especially upon the nervous system when there are the attempts to rest. This produces restlessness in the waking periods, and insomnia in the periods when there is the attempt to sleep.

7. These, then, are nervous reactions from toxic forces, - and are indicated by the swelling in portions of the duodenum where it empties into the jejunum, and the effect produced in the assimilated forces, or the lymph of the circulatory system.

8. In the nerve forces we find the effects indicated, rather than these being the causes; though the restlessness or inability to rest arises from the nervous system.

9. However, the trouble in the nervous system arises from the conditions in the blood stream AND the digestive forces of the body.

10. In the functioning of organs we find the greater disturbance in the present is lack of proper assimilation, or lack of the proper balance between the hydrochloric and the lactic forces, or the acid and alkalin forces of the bodily functions in the stomach proper.

11. Hence the belching at times is a result of improper fermentation in the system, from the unbalancing of the functional forces in the digestive forces themselves.

12. As we find, these of course affect sympathetically the organs of the sensory system, as well as producing those conditions through the bodily forces for tiredness, languidness, heaviness in the lower limbs, upsetting of the eliminations at times through the kidneys, the bladder; and of course a little disturbance through the areas of the lower portion of the stomach, - these all being reflex.

ACIDITY-ALKALINITY CIRCULATING FILE

13. Hence in making for corrections, all of these disturbances should be taken into consideration.

14. First, then:

15. We would have osteopathic adjustments in the cervical and the dorsal areas specifically, WITH the coordinating of the lumbar and sacral areas with same. This activity of the manipulations, you see, would be to set up better drainages through the alimentary canal. We would do it the Dobbins' manner. These corrections osteopathically, for the relief of the tension, would be given twice each week until about sixteen treatments have been taken, - then have a rest period from same of about two weeks, and then another six to ten treatments SHOULD make for a great deal of improvement.

16. Also after each meal we would take ALCAROID internally; about half a teaspoonful dissolved in a small quantity of water and then a full glass of water added, and then drink another glass of water afterward. Do this for two to three days, then leave off, - and only take after that when there is the feeling of uncomfortableness, - half to three-quarters of an hour after eating.

17. We would each evening, for one hour, use just before retiring, the Radio-Active Appliance to relax the body to produce better coordination in the nerve forces of the body. Do this consistently, persistently, for at least five days at a time, leave off for a period of five days, and use again for a period of five days, - and so on.

18. As to the diet, - keep away from those things that tend to make for easily fermenting; that is, those that carry yeast, or carbonatpd drinks, or too great a quantity of starches.

19. No fried foods. All of these tend to make for irritations in the areas indicated.

20. Ready for questions.

21. (Q) Can I acquire again the powers of close application to business duties and retentive memory?

(A) Is that not the effect being created by the quieting of the nerve forces, enabling the body to concentrate?

Yes, - these should be EASILY acquired, if there is the proper precaution and persistence and consistency kept.

Keep away from strong drink, from beer, from carbonated drinks of any kind.

Keep away from sedatives as much as practical.

We are through for the present.

REPORTS OF READING 1959-1 M 58

R1. 8/4/39 [1959]'s letter to EC:

... St. New York City

Dear Mr. Cayce

Referring to the reading for me dated July 19, I was impressed by the substance and all the details of your findings. It appealed to me as the most accurate and helpful diagnosis of my troubles that has ever been made.

I am following the recommendations to the letter and shall expect favorable results.

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If you wish to keep in touch with the case I will report later on, and will also give some facts regarding the history of any difficulties - as requested at the end of your report.

Sincerely, [1959]

R2. 9/15/39 He requested Physical Reading for his son - See 2009-1.

R3. 1/29/40 [1959]'s letter to EC:

... St. New York, N.Y.

Dear Mr. Cayce -

Refer to the reading which you gave me July 19, 1939.

I had good results from following your directions.

It appears to me that you might help me to carry on further with improvement of my health.

I do not know whether you would call it a check reading or not. Having overcome the specific condition we were aiming at the first time this should be approached as a new effort and all resources and skill should be called upon to take another step.

If you will assign me a time and tell me what to send you in payment I will write again giving necessary details and remittance.

There is nothing acute nor urgent about my case and I prefer to have the benefit of whatever advantage there may be in receiving attention from you when you are not too rushed.

With best wishes,

Sincerely, [1959]

R4. 2/28/40 EC's letter to [1959]:

Dear Mr. [1959]

Have yours of the 26th - can give you the afternoon of the Wed. the 6th 3.30 to 4.30 E.S.T. if that will be convenient for you. Let us have your address and questions.

Sincerely hope we may be of a real service.

Sincerely, [signed] Edgar Cayce

R5. 3/2/40 [1959]'s response:

I will be at Princeton Club, Ground Floor, 39th St. and Park Ave., N.Y.C.

Questions:

1. How can I maintain my digestive system in normal, neutral (non-acid) condition?

2. How can I build my nerve forces to normal vital activity? (low blood pressure)

... St. New York City

R6. 3/6/40 See 1959-2.

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ELIMINATIONS: POOR: CURED

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HYPERTENSION: CURED

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TOXEMIA: CURED

BACKGROUND OF READING 1973-1 F 71

B1. 7/20/39 Daughter, Miss [1749]'s letter to EC:

Dear Mr. Cayce:

. . . I am enclosing a check for a reading for my mother. As I am going to Dr. Taylor [William D. Taylor, N.D.] regularly it seemed unfair not to have her profit by it and so she has consented. Of course she is 71 yrs old.

We would like to ask about 1) any suggestions for treatment for her entire body. In particular 2) CAN ANYTHING BE DONE TO IMPROVE HER EYESIGHT? 3) What can be done for the rash or "breaking out" on her face? 4) What causes her occasional HIGH BLOOD PRESSURE? 5) Will you suggest any particular diet? What should she eat? 6) What do you find to be the condition of the body?

I thought it would be so wise for mother to have what help she can during this summer while I am here. She is such a lovely soul, so much loved by everyone, and of such a service to people because of her influence. Dr. Taylor thinks she has been long on the way, and I do too.

Would it be possible for her to have a reading before you leave?...
Faithfully yours, [1749]

TEXT OF READING 1973-1 F 71

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 31st day of July, 1939, in accordance with request made by the daughter - Miss [1749], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions may be submitted, as I ask them:
2. EC: Yes, we have those conditions in the body, [1973].
3. As we find, disturbing conditions arise primarily from toxic forces, or the unbalancing of the chemical forces of the body - until from the lack of eliminations there is a toxic force caused; thus affecting organs of the body in their functioning and causing at times a high blood pressure, - having in same at such times too much acid in the blood forces.
4. These then are conditions as we find them with this body of [1973]:
5. The blood supply indicates the toxic conditions, - principally an acidity to such an extent as to produce dilation in the colon itself, with phlegm or mucous in same that affects the nerves through the sympathetic system, - producing too great a pressure upon the area of the circulation between the liver and the heart.
6. The shortness of breath, the acute pains across the diaphragm area at times arise from these disturbances.
7. The inclinations for the lower limbs and the abdomen to feel full at times, especially after meals, are the effects also of these.
8. The effects to the eyes at times are from acidity, and the lack of the conditions to produce a better balance in the chemical forces of the body.
9. These, as we find, are those disturbances that are to be reckoned with at this time.
10. In making applications, first:
11. We would have the colonic irrigations to remove the toxic forces, or all of the mucous and phlegm, - not attempting all at once, but some two, three to four high colonic irrigations. This will tend to make for a general easing in the toxic forces in the system.
12. And we would supply better eliminations and counteract acidity by the taking of Milk of Magnesia, preferably in tablet form; about one tablet every other day.
13. On opposite days take two to three drops of Glyco-Thymoline in half a glass of water.
14. Make corrections by the manipulations or adjustments in the whole of the cervical and the upper dorsal area; coordinating the lumbar and sacral with same occasionally. These would be better for this body if made every day, until at least some ten or fifteen are given; rest then a period of a week and then a few more taken.
15. In the diet beware of those foods that carry large quantities of fats, - as the fat of fowl, though the lean or bony portions would be very well to supply more

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calcium; as well as fish and those bony portions of same that are cooked to such an extent that these may be masticated also, - that is, the heavy bones, not the small ones. Hence these boiled or broiled or roasted would be preferable for the body, and of the larger varieties - (fish) that carry a great quantity of those properties or body and blood building.

16. CODIRON as a tonic would be most beneficial, - this taken one tablet morning and noon meals, - taken during the meal.

17. Have plenty of leafy vegetables; and occasionally the artichoke - especially the Jerusalem variety. These (the artichokes) would be cooked in their own salts, - that is, cooked in Patapar Paper; not too done nor too raw, though they may be eaten raw at times if so desired.

18. These done, we may bring better influences for this body, [1973].

19. Ready for questions.

20. (Q) Can anything be done to improve eyesight?

(A) As has been indicated, - with these corrections and with the supplying of the energies for the general system and reducing the acidity, there will be bettered conditions.

21. (Q) For the rash or breaking out on her face?

(A) This is from the acidity in the system, and will disappear as the system is alkalized.

Do as has been indicated. We are through for the present.

REPORTS OF READING 1973-1 F 71

R1. 8/4/39 Daughter [1749]'s letter: "Thank you for your letter and the reading for mother. It was wonderfully clear and helpful and we are going right on with the directions."

R2. 12/6/39 Daughter's letter: "My mother has finished her treatments with Dr. Taylor and looks wonderful."

R3. 7/25/40 Reply to Questionnaire:

Association For Research And Enlightenment, Inc., Virginia Beach, Virginia
INDIVIDUAL CASE REPORT

Date of Reading: July 31, 1939 Case No.: 1973-1

PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY

(1) In your opinion did the analysis of the Reading cover the condition? Not perfectly - there was no shortness of breath or pains across diaphragm.

(2) Give symptoms of condition described correctly? High blood pressure, mucous in colon, fullness in abdomen, disturbance in the eyes.

(3) What was the physician's analysis of this condition? Physicians also noted (besides the above) gall bladder conditions and some inflammation in uterus.

(4) Have the suggestions given in the Reading been followed exactly as outlined? Yes

(5) For how long? About 4 months.

(6) Describe the extent to which improvements have resulted? 100%

(7) Comment. [No response]

Date: 7/25/40 Signed: Daughter [1749] for [1973]

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: Lanolin: Par. 4
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BACKGROUND OF READING 5009-1 F 63

B1. See readings for son [3384] and grandson [5014].

TEXT OF READING 5009-1 F 63

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of April, 1944, in accordance with request made by the self - Mrs. [5009], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.)

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

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2. EC: Yes. As we find, there are disturbing conditions. There has been a gradual increasing in the lack of activity of the liver and gall duct area, with the accumulation not of stones but of gravel in the gall duct itself. This tends to produce activities that prevent a normal elimination and the normal flow of the gastric juices that keep certain elements out of the system by the poor assimilation; making then rather a complex reaction. For there have been those quantities of foods and of medicinal properties that have caused an excess alkalinity. Thus the reaction existing between the circulation in liver and kidneys is gradually, through this alkalinity, causing irritation to the bladder and the tubes through which the urine passes.
3. As we find, in making applications for helpful forces for this body:
4. We would begin applying Castor Oil Packs for one hour each day over the liver and gall duct area, extending down to the lower portion of the caecum on the right side, just as hot as the body can well stand without blistering. Do this for one hour each day for three days in succession. Each time when removing the Pack sponge off the area with a weak soda water and then massage into the abdomen and the whole right side, this combination of oils:
Olive Oil.....2 ounces,
Peanut Oil.....2 ounces,
Lanolin (melted)....1/4 ounce.
5. After the third day, take internally two tablespoonfuls of Olive Oil.
6. Then leave off the Packs until the next week and apply them again for three days in succession, the same three days, each time using the oil massage and following each series taking the Olive Oil internally.
7. After the second series of the Packs, begin taking Acigest [Hydrochloric Acid in a form easily assimilated] once or twice a week at first and then three times each week, but at a regular time; a teaspoonful stirred in a glass of raw milk, preferably taken at the evening meal.
8. Keep up the massage. Leave off extra vitamins during this period. Thus we will eliminate the sources of the conditions.
9. Do have through the period at least high colonic irrigations, scientifically given. These should be about ten days to two weeks apart.
10. Doing these we will bring better conditions for this body.
11. Ready for questions.
12. (Q) What causes bitter taste in mouth?
(A) This is the activity of the liver, with the lack of the gastric flow in the duodenum or regurgitation in the stomach.
13. (Q) Should I continue with the "herbs" prescribed or vitamins?
(A) Leave these off until these treatments are completed, or until we have given several series of the Castor Oil Packs, - when we should find much better conditions for the body.
14. (Q) Should I continue Lacto-Dextrin?
(A) We have just given to leave off all of these until after there has been the cleansing through the applications suggested here. When there has been a cleansing, we find that liver juices, liver extract, beef, or beef, iron and wine

(Wyeth's) would be well. These carry most of the vitamins needed. Take this as a tonic, a dessert spoonful once each day.

15. (Q) What causes morning lameness?

(A) Pressures in the abdominal areas and the conditions in liver, gall duct and caecum area. Do those things indicated. We are through with this reading.

REPORTS OF READING 5009-1 F 63

R1. 5/20/44 [5009]'s letter: "...I am following my reading directions and know that I shall find relief. Give a prayer for my boy sometime, dear friend..."

R2. 6/4/44 [5009]'s letter: "...I am following my reading's instructions and while the reading made no apparent diagnosis of the arthritis, I feel that the liver and gall duct conditions it points out are probably the sources of the arthritis crippling, etc. I am again very grateful..."

R3. 6/10/44 [5009]'s letter: "...I reported to Dr. [...], my nephew, as to me, for I am greatly improved. My reading advises raw milk with Acigest and while I have a terrible time getting raw milk (and have missed out a few times), even so, I am GREATLY improved. With God's help my boy will gain more too..."

R4. 8/14/44 [5009]'s letter: "...I must tell you that I am greatly improved. It was quite a hardship when I was in ..., Calif. for a month recently, for I was unable to purchase raw milk for my Acigest and so did not take it... All my pain and aches returned while I was not following the reading. The bladder became quite bad, anyway, on returning. While it is also unlawful in ..., Ill, to purchase or sell raw milk, we found a place outside where, properly handled, raw milk can be had. Immediately back on my Acigest, I straightened out... While arthritis was not mentioned in the reading, I feel sure the metabolism trouble spoken of is the root of the arthritis and I even know I can do hard work (Red Cross sewing) and mending rugs at home. I am better able now to do with less pain than formerly..."

R5. 9/23/44 [5009]'s letter: "...I have moved around so, still with arthritic hands and they seem more flecked, and with less grip than they had a year ago and pain. Still I am so improved in so much else, I feel the general condition improved may eventually stop the crippling and while I feel I do need a check reading this little girl in the wheel chair is in greater need..."

R6. 2/4/46 [5009]'s daughter's letter: "...Your father gave a reading for my mother, [5009], one for my brother [3384] and for our son [5014]. Each has followed the readings' instructions carefully. My mother responded at once and beautifully; her condition was more of a physical nature, whereas my brother's and son's are subtle nerve conditions... My cousin, Dr. [...] whom you may know, found several readings for his patients very effective..."

R7. 4/6/50 Questionnaire sent to [5009].

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R8. 5/31/50 Reply to questionnaire: "...Good luck. Feeling as I do of Virginia Beach, I wish I had a better report. I think I would have come through well, had I not been barred the use of Acigest. Chief complaint - continued bile taste; pain in right side lawfully to obtain 'raw' milk for prescribed Acigest - occasionally obtained a few quarts - so was not really able - have been able to get it here in ..., Ariz. now, and still working on it, as the Acigest does help - still unlawful to sell 'raw'. Every once in a while I still have this condition - recurrently. Had I been able to keep going; pain in right leg; spastic bowels; Date of onset - about 1943. Was unable as prescribed I feel this would have been cleared. Physician's diagnosis and treatment: Same as EC's reading. Recently went thru clinic in Ariz. - and took EC reading for them to see.

"Recently sent for 4 more bottles of Acigest, since I can here and now get raw milk, although am told not continuously. (Polio epidemic made raw milk selling tight. Acigest not usable in pasteurized milk.)

"Yes, I used Castor Oil Packs exactly, but left for Calif. and Ariz. and found there the same 'unlawful to sell' raw milk information which shot into all directions - contacted universities and every place where I thought I might get the raw milk. Wrote finally to Va. Beach and later to Greenvale, L.I., New York, to ask if raw milk was not imperative - answer was Yes. It is a form of hydrochloric acid [Acigest]. I do not seem able to use 'regular' hydrochloric acid. Recent tests show I have only ONE unit of hydrochloric at present (I should have 12!? I am not sure, but 'one' is very minus I am told.)..."

R9. 10/16/52 Comment to GD by D. H. Fogel, M.D., (heart specialist) studying EC records: "I would index Case [5009] under Cholecystitis and Alkalosis."

R10. 8/23/57 [5009]'s daughter's letter: "...My mother [5009] has had this summer an operation for malignancy in the intestines, found quite early...anything the readings advise as to prevention of a return?"

R11. 7/8/58 Daughter's letter: "Mother [5009] is fine. It was a year ago she had the intestinal surgery for malignancy and the x-ray photos now show how all clear and all completely healthy."

NOTE: This information was written as a subjective personal experience. It is not intended to recommend any course of treatment without professional medical supervision. Please work with your personal health care provider before undertaking any course of therapy.

Common Cold and Balance

Fred (from Ottawa, Ontario) came home from a four-day business trip with a cold and what he also called the flu. Then he remembered an article called "Balance - An End to the Common Cold" in *The A.R.E. Journal*. (Nov., 1976) That same afternoon, a member of his Study Group told him about using baking soda in hot water to help get rid of the cold. (His mother had also always recommended this treatment.)

So he took 1/2 teaspoonful of baking soda in a large mug of hot water and sipped it slowly until gone. Once every hour he did this until he went to bed. Altogether he consumed five mugs of water and 2 1/2 teaspoonsful of baking soda. The next day, when he awakened, he started out with the familiar mug full of soda water every two hours, and went to a meeting that evening. No more cold or flu, but he felt weak. He drank lots of fluids and orange juice that day. The next day, he worked half a day, took the soda water morning and evening. The day after that, he was feeling great and fully up to par.

But a strange, unexpected happening occurred. For four months, he had been sorely distressed by excessive sweating through the groin area, improper and "spasmodic" urination, and incomplete emptying of the bladder. Now, four months after the beginning of these symptoms and while experiencing the exhilaration of recovery from the severe cold, he realized that all these urinary troubles had completely disappeared. And, in the six months following, there has been no recurrence. Balance! Cayce said in his readings that with proper acid-alkaline balance, one could not get a cold. But Fred discovered that there are other advantages to be derived from a balanced body.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, March, 1980, Volume 15, No. 2, page 95, Copyright © 1980 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Acid-Forming & Alkaline-Forming Foods

It must be noted that because a food is acid it is no indication that it REMAINS acid in the body. It can turn alkaline. Honey and raw sugars produce alkaline ash, but because of a high concentrate of sugar become acid-formers. Those fruits marked with an asterisk* should not be eaten with other foods. They are acid externally but alkaline internally.

ALKALINE FRUITS	ACID FRUITS	ALKALINE VEGETABLES	ACID VEGETABLES
Apples/cider	All preserves	Alfalfa sprouts	Asparagus tips (white only)
Apricots	All canned with sugar	Artichokes	Beans (dried)
Avocados	Blueberries	Asparagus	Garbanzos
Bananas	Cranberries	Bamboo shoots	Lentils
Berries (most)	Dried-sulphured, glazed	Beans (green, lima, wax, string)	
Cantaloupe	Olives (Pickled)	Beets	
Carob (pod only)	Plums	Broccoli	
Cherries	Prunes	Cabbages	
Citron		Carrots	
Currants		Celery	
Dates		Cauliflower	
Figs		Chard	
Grapes		Chicory	
*Grapefruit		Com	
Guavas		Cucumber	
*Kumquats		Dill	
*Lemons (ripe)		Dock	
*Limes		Dulse	
Loquats		Eggplant	
Mangos		Endive	
Nectarines		Escarole	
Olives (ripe)		Garlic	
*Oranges		Horseradish	
Papayas		Jerusalem artichokes	
Passion Fruit		Kale	
Peaches		Leeks	
Pears		Lettuce	
Persimmons		Mushrooms	
Pineapple (fresh)		Okra	
Pomegranates		Onions	
Melons (all)		Oyster plant	
Raisins		Parsley	
Sapotes		Parsnips	
Tamarind		Peas	
*Tangerines		Peppers (bell)	
Tomatoes (fully ripened)		Potatoes (skin is best part)	
		Pumpkin	
		Radish	
		Romaine lettuce	
		Rutabagas	
		Sauerkraut	
		Soybeans	
		Spinach	
		Sprouts	
		Squash	
		Turnips	
		Watercress	
		Yams, sweet potatoes	

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ALKALINE DAIRY

Acidophilus milk
Buttermilk
Milk (raw only --
human, cow, or goat)
Whey
Yogurt

ACID DAIRY

Butter
Cheese (all)
Cottage cheese
Cream
Custards
Margarine
Milk (boiled, cooked,
malted, dried,
canned)

ALKALINE GRAINS

Amaranth
Quinoa
Buckwheat & millet are
thought to be either
neutral or alkaline.

ACID GRAINS

All grains and grain
products except
buckwheat & millet

ALKALINE, MISC.

Agar
Coffee substitute
Honey
Kelp (edible)
Tea (herbal & Chinese)
Egg yolks

ACID MISC.

Alcoholic drinks
Cocoa
Coffee, Indian teas
Condiments (all)
Dressings
Drugs
Eggs (whites)
Flavorings
Mayonnaise
Tapioca
Tobacco
Vinegar

ALKALINE NUTS

Almonds
Chestnuts (roasted)
Coconut (fresh)

ACID NUTS

All except above
Coconut (dried)

ALKALINE FLESH FOOD

Beef Juice
Blood & bone (only bonemeal
is alkaline)

ACID FLESH FOOD

All meats
Fowl, fish, shellfish
Gelatin