

Circulating File

DIABETES
(and Diabetic Tendencies)

VOL. 1

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

**Edgar Cayce Readings
Edgar Cayce Foundation
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DIABETES AND DIABETIC TENDENCIES, VOL. 1 CIRCULATING FILE

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

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

Blessings, A.R.E. Member Services Team

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

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

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

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Diabetes and Diabetic Tendencies Vol. 1

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Devices for Diabetic Neuropathy

Meridian Institute Website

<http://www.meridianinstitute.com/newslet/Vol8-1/8-1.html#DEVICES%20FOR%20DIABETIC%20NEUROPATHY>

Edgar Cayce's therapeutic recommendations often relied on physiotherapy devices utilizing vibration and various types of energy (including infrared light). Two new appliances based on similar technology have attracted attention for the treatment of diabetic neuropathy.

As diabetes progresses, nerve degeneration in the feet is a common complication that can lead to foot ulceration and, in severe cases, amputation. Two recent studies published in the journal *Diabetes Care* propose novel devices for addressing this serious problem.

The December 2003 issue featured an article titled "Enhancing Sensation in Diabetic Neuropathic Foot With Mechanical Noise." The study of 20 people with diabetes-related nerve damage, found that exposing patients' bare feet to specially designed vibrating insoles improved sensation in the sole of the foot.

The January 2004 issue includes a study documenting the efficacy of Anodyne Therapy System (ATS), a form of mild infrared therapy. The article titled "Restoration of Sensation, Reduced Pain, and Improved Balance in Subjects With Diabetic Peripheral Neuropathy" is based on results involving 27 diabetes patients who experienced restored sensation, reduced pain, and improved balance. The ATS is thought to increase blood flow by dilating blood vessels.

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

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Blessings,

A.R.E. Member Services Team

Overview of Noninsulin-Dependent (Type II) Diabetes

http://www.edgarcayce.org/are/holistic_health/data/prdia23a.html

Of the estimated 13 to 14 million people in the United States with diabetes, between 90 and 95 percent have noninsulin-dependent or type II diabetes. Formerly called adult-onset, this form of diabetes usually begins in adults over age 40, and is most common after age 55. Nearly half of people with diabetes don't know it because the symptoms often develop gradually and are hard to identify at first. The person may feel tired or ill without knowing why. Diabetes can cause problems that damage the heart, blood vessels, eyes, kidneys, and nerves.

Although there is no medical cure for diabetes yet, daily treatment helps control blood sugar, and may reduce the risk of complications. Under a doctor's supervision, treatment usually involves a combination of weight loss, exercise and medication.

The two types of diabetes, insulin-dependent and noninsulin-dependent, are different disorders. While the causes, short-term effects, and treatments for the two types differ, both can cause the same long-term health problems. Both types also affect the body's ability to use digested food for energy. Diabetes doesn't interfere with digestion, but it does prevent the body from using an important product of digestion, glucose (commonly known as sugar), for energy.

After a meal the digestive system breaks some food down into glucose. The blood carries the glucose or sugar throughout the body, causing blood glucose levels to rise. In response to this rise the hormone insulin is released into the bloodstream to signal the body tissues to metabolize or burn the glucose for fuel, causing blood glucose levels to return to normal. A gland called the pancreas, found just behind the stomach, makes insulin. Glucose the body doesn't use right away goes to the liver, muscle or fat for storage.

In someone with diabetes, this process doesn't work correctly. In people with insulin-dependent diabetes, the pancreas doesn't produce insulin. This condition usually begins in childhood and is also known as type I (formerly called juvenile-onset) diabetes. People with this kind of diabetes must have daily insulin injections to survive.

In people with noninsulin-dependent diabetes the pancreas usually continues to produce some insulin, but the body's tissue don't respond very well to the insulin signal and, therefore, don't metabolize the glucose properly, a condition called insulin resistance. Insulin resistance is an important factor in noninsulin-dependent diabetes.

The symptoms of diabetes may begin gradually and can be hard to identify at first. They may include fatigue, a sick feeling, frequent urination, especially at night, and excessive thirst. When there is extra glucose in blood, one way the body gets rid of it is through frequent urination. This loss of fluids causes extreme thirst. Other symptoms may include sudden weight loss, blurred vision, and slow healing of skin, gum and urinary tract infections.

Medical treatment for diabetes treatment can reduce symptoms, like thirst and weakness, and the chances of long-term problems, like heart and eye disease. If

treatment with diet and exercise isn't effective, a doctor may prescribe oral medications or insulin. There is no known cure for diabetes; daily treatment must continue throughout a person's lifetime. (Excerpted from National Institutes of Health Publication No. 92-241.)

EDGAR CAYCE'S PERSPECTIVE

Edgar Cayce provided many psychic readings for individuals who meet the criteria for Type II (noninsulin-dependent) diabetes. Although the pathological process was unique for each individual, some definite patterns of causation and treatment are present in this body of information.

One of the most frequently cited causes of diabetes in the Cayce information is spinal injury. The nerve supply to the digestive organs (particularly pancreas and liver) is compromised by pressure on nerve centers in the thoracic area of the spine. Most often the problem is in the 5th - 10th thoracic vertebrae. Thus spinal adjustment (osteopathic or chiropractic) is a primary therapy for the treatment of diabetes.

Here is an example from a Cayce reading describing the effects of spinal injury:

(Q) Is the condition diabetes, or what?

(A) Diabetic in its nature. As indicated, the pressure is from the injury some time back that causes the overactivity. This lesion is LATERAL in nature, rather than circular; thus there is not the DIRECT pancreatic reaction. But, as indicated, there are the symptoms; that is, the liver activity, the excess at times and then again the scantiness of the urine or the activities of the kidneys and the bladder, and the disturbance with the circulation as to the blood pressure and the like, - all show the disturbance through the pancreatic and liver area; affecting the other conditions sympathetically.

Hence we would make those applications consistently, in the manners indicated.

(Q) Has anyone been cured that was in my condition?

(A) Many, many, many!

Do these things as outlined, and we will find we will bring the better condition for this body.

Because there is less pain, less uneasiness and less dizziness WITH the use of the artichoke, don't leave them off - for several months; at least three times each week, see? (2393-1)

Note that in addition to spinal adjustments, the Jerusalem artichoke is recommended as a dietary supplement. Diet (and particularly the Jerusalem artichoke) is another primary therapy in the treatment of diabetes. Since diet is a widely accepted treatment for diabetes, its inclusion in this protocol is not surprising. Jerusalem artichoke is not so widely regarded as a therapy for diabetes. The Therapy section of this protocol provides considerable information on the role of Jerusalem artichoke as well instructions for its use as a dietary supplement.

Although spinal manipulations, diet and Jerusalem artichoke were a high priority in the treatment of diabetes, moderate exercise was also frequently recommended. In the excerpt which follows, diet is emphasized in addition to moderate general exercise (walking) and specific therapeutic exercise:

(Q) Is the body diabetic?

(A) A tendency.

(Q) What can he do to protect himself against it?

(A) As indicated, the diet - and exercise of specific characters that tend to tone up and to create a balance.

Keep away from meats, save a little fish or fowl. None of vegetables that are of the pod variety. Those of the natures that grow UNDER the ground are preferable, but plenty also of the leafy variety.

And twice each week take the Jerusalem artichoke, about the size of a hen egg; first raw - say on Tuesdays - and the next time cooked, say on Thursdays, but cooked in its own juices (as in Patapar Paper). Only eat one each time, you see. When cooked, season it to make it palatable, but do not eat the skin - save the juices and mash with the pulp when it is to be eaten. Eat it with the meal, of course; whether it is taken raw or cooked. Do not take it between meals, but at the regular meal.

Eat all of the vegetables especially of the leafy variety; such as spinach, kale or mustards and the like. These, too, should be prepared in their own juices - or in Patapar Paper.

Refrain from tea or coffee, especially if milk or cream is used in same; but these may be taken moderately without such.

Refrain from any great quantity of butter or butter fats. None of pastries, or pies; though foods that are of the diabetic sugar-proof nature may be at times taken. Or, the use of beet sugar is preferable to cane; or still more preferable is saccharine as shortening. DO NOT take injections of insulin. If more insulin is necessary than is obtained from eating the amount of artichoke indicated, then increase the number of days during the week of taking the artichoke, see?

Then the exercise; walking regularly, and a five to ten minute period of exercise morning and evening. This should not be strenuous, nor too great an exertion at one time, but: Raise the arms gently above the head. Then, with the arms lowered to level, stoop - letting the arms not be extended in front or toward the floor but keeping a balance, see? Then placing hands on hips, gently move as to circulate the body upon the lumbar axis. (1963-2)

In several readings, Edgar Cayce recommended colon hydrotherapy as an adjunct therapy in the treatment of diabetes. The idea is to keep the lower intestines cleansed and thereby improve the functioning of the whole alimentary canal. In certain cases, problems in the colon were cited as causative factors in diabetes as noted in reading 4023-1:

Also from these disturbances in the colon there are diabetic tendencies, or there is the inability of the body to control the activities of sugars taken into the body. (4023-1)

Finally, the Cayce health information consistently maintains that the mental and spiritual aspects of healing are important. Therefore, this protocol provides some specific recommendations for working with attitudes, ideals and behaviors from a holistic perspective.

To summarize the approach advocated in this protocol, the primary therapies are:

- **Spinal Adjustment** to correct any problems that may exist in the nerve supply to the pancreas and associated organs;
- **Basic Diet** recommendations focusing on maintaining balance with an emphasis on natural foods such as fresh fruits and vegetables;
- **Dietary Supplementation with Jerusalem Artichoke** to augment the body's natural supply of insulin;
- **Moderate Exercise** is encouraged in the form of walking and specific exercises;
- **Colon Hydrotherapy** to improve eliminations and functioning throughout the alimentary canal;
- **Ideals Exercise** to develop a healing attitude based on spiritual principles.

Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified health care professional for assistance in applying the information contained in the Cayce Health Database.

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 Diabetes

I. Physiological Considerations

The primary physiological change in the condition known as diabetes mellitus seems to be a malfunction in the pancreas gland with ramifications that extend through its coordination with the liver. At times there seems to be a stimulation in the functioning of the gland as a whole, at other times a sluggishness. There is a tendency in the pancreas, in both of these conditions to create too much sugar, and to handle the carbohydrates in such a way that they form also an excess of sugar.

A basic physiological principle which seems to exist in the causation of diabetes is a disturbance of certain cerebrospinal centers which are located in association with the sixth, seventh, eighth and ninth dorsal sympathetic ganglia. These pressures in specific centers of the nervous system give an impulse to the liver and pancreas primarily and apparently also to the spleen. This impulse may be one of stimulation because of the pressure, or it may be one of creating a sluggishness. The type of injury or muscular spasm or degree of incoordination of the nervous system itself probably mediates what type of impulse will be sent out from the centers.

In nearly every case the disturbance which has occurred through one mechanism or another - already enumerated - in the autonomic ganglia is that which brings about the greater disturbance or the greater difficulty and imbalance through the pancreas and the circulation and coordination between the liver and the pancreas. This, in essence, causes the condition of glycosuria and what we commonly know as diabetes. It is then these conditions of excess sugar in the blood which brings about other strains in the system and other incoordinations which create other difficulties within the body. However, in the physiology of this disease, we find also that the assimilation of the body - that process through which food is worked on, absorbed and utilized - can become disturbed and create an imbalance or incoordination between the assimilation and the elimination. These must be in balance. In one particular case such an incoordination created a lower bowel stasis with improper eliminations, which in turn created a strain within the body to the liver and caused the circulation, especially in the left lobe of the liver, to be sluggish (953-1). In this case the liver then became principally excretory in its function rather than secretory as it should be. From this malfunction of the liver, influences of a strain within the system caused the Peyer's Patches and other local lymphatic vessels and centers to cease their production of substances which allow for recreation of blood elements - in this case probably the lymphocytes. Thus the circulation lacked new blood and this in turn - this lack - created a taxation upon the cerebrospinal centers in the autonomic nervous system that created unusual nerve impulses to the pancreas and to the liver and gradually then the condition of sugar in the bloodstream.

This impulse of an aberrant nature coming from the sixth, seventh, eighth or ninth dorsal ganglia might be considered as causing a reaction in the hepatic circulation or causing a tendency for imbalance or causing a sluggish or "cold" circulation in the liver and pancreatic area. It would sometimes undoubtedly be an aggravation of a type to the pancreas. It can be seen that these would create varying types of manifestations associated with the diabetic and this is nearly always the physiology, as a matter of fact, with the patient. A dysfunction of the pancreatic-liver circulation might create an excess in the kidney function with a subsequent strain on the heart because of the accumulation of body metabolites. Likewise, an improper assimilation might be brought into being with reflexes to the nerve supply to the prostate or to the heart and lungs and sometimes to the locomotor nerve centers of the system, causing difficulties in all or parts of these areas. The excessive pancreatic activity in some instances, in turning starches into sugars excessively, would produce obesity. The starch and the sugar thus formed prevent the normal functioning of the liver and sometimes create an excessive kidney function with a subsequent heaviness in the bloodstream and an increase in the red blood cells with the decrease in the white. Some consequences of this condition might be anticipated as a result of the system's trying within itself to adjust itself. This would make for a type of normalcy but it would be apart from the true normal function of the body and would probably create a depression of nervous and mental function and unusual emotional responses to a minor or greater degree occurring within the body.

II. Rationale of Therapy

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 of the system, 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

The therapy for diabetes mellitus should be directed at correcting those basic physiological malfunctions that exist. Again it is important to remember that this should be done gradually and it is important not to change other therapies abruptly, especially where insulin has been used. Attention should be paid to correcting the sugar-forming condition within the pancreas gland and this should be done in conjunction with correcting the causation. A diet should be adhered to which would help restore the normalcy of the pancreas and the liver. Any attendant conditions such as gastro-intestinal imbalance and an incoordination between the cerebrospinal and the autonomic nervous system should likewise be cared for.

In this manner, the apparent original causation would be corrected and should be maintained corrected; the gland itself would be gradually restored to normal and the other conditions which pre-exist the change in the pancreas and those which come as a result of the pancreatic malfunction would gradually be brought back to normal.

III. Suggested Therapeutic Regime

A. Osteopathy

There is, undoubtedly, diabetes which exists without definite subluxations of the vertebrae which have been named. Mechanisms have already been discussed. In these cases however, there still appears to be abnormal autonomic impulses coming to the pancreas. Thus it would be advisable in all cases of diabetes since we cannot appraise always the need for this type of therapy to institute a course of osteopathic manipulations and adjustments. These should be specific adjustments of these particular vertebrae and general adjustments. They should be given in series, six to eight, perhaps with a rest, and then another six to eight. They should coordinate the fourth lumbar with the third cervical in conjunction with the dorsal vertebrae that are being treated. It is important to remember that a pressure might be alleviated, but correct flow of nerve impulses cannot come about consistently unless the balance is maintained over a period of time. This is why more treatments than one are necessary.

B. Diet

Diet is highly important. Jerusalem artichokes are suggested in every case of diabetes. These provide a type of insulin material for the body which helps restore normal function of the pancreas. These should be taken in varying amounts of perhaps three a week, or if the case is more severe, one a day for five to six days a week. They should be cooked - one artichoke about the size of a hen's egg - in Patapar paper and prepared with the juices and eaten in that manner. If they are taken five or six days a week they should be used raw one day and cooked the next.

“for taking the artichoke - especially this Jerusalem variety - is using insulin but in a manner that is NOT habit-forming, and is much more preferable - if it is governed properly - with the rest of the diet.” 3878-1

“in diabetic tendencies the diet has more to do with the reactions obtained than most any other application.” 3086-1

The Jerusalem artichoke, or *Helianthus tuberosus*, also called the gerasole, is unique in that it stores its carbohydrates as inulin or inulides, which yield levulose or hydrolysis rather than as starch, which on hydrolysis yields glucose. The levulose is not as harmful to the body in diabetes as is glucose. Medical opinion has been divided on its use in diabetes. Some plants contain a substance called glucokin, but apparently this has not been demonstrated yet in this type of artichoke. For sake of reference and information, it is noted that: insulin is a protein hormone, inulin is a plant-derived fructose polysaccharide, while glucokin is a hormone-like substance obtained from plants which will produce hypoglycemia in animals and will act on depancreatized dogs in a manner similar to insulin.

In the diet otherwise, it should be advised that one eat no red meats, not too much sweets nor ever too much meats. There should be less of the starches, no white sugar or white bread. Pastries, pies, etc., should be markedly decreased. Coffee or tea should be used once daily. Fish or fowl should be used in small amounts, but there should be much leafy vegetables in the diet. There

should be very little of the pod variety of the vegetable. No vegetables grown below ground with the exception of oyster plant, carrots or beets occasionally and the beet should be taken with the beet top. No fried foods should be eaten. Diet information is available through the A.R.E.

C. Medication

Medication - after adjustments have been started of an osteopathic nature, then Atomidine could be begun. This should be used in small amounts. For instance, it might be prescribed one drop twice a day, increasing one drop daily for the next eight days until five drops are being taken twice daily. Then, decrease one drop per day until the original first dosage is regained. Rest a week or two. Then repeat this regime three or four times. The Atomidine is for a cleansing of the glands and the glandular forces of the body.

The balance of the assimilation and elimination should be established through one of several prescriptions. There are two prescriptions in case 674-1 whose purpose is **“to keep the eliminations, and is as an active force producing with the liver and the hepatic circulation an increasing of the lymph without disturbing the activities of the spleen and pancreas secretions.”** The following prescription should be used to create a balance in the assimilation and to rejuvenate the excretory function of the emunctories (lacteals, Peyer's Patches and excretory ducts and organs).

To one gallon rain water or distilled water add eight (8) ounces of Clary Flower (garden sage). Reduce by simmering, not boiling, to one quart. Dissolve four (4) ounces of Beet Sugar in just enough hot water to dissolve it. Then add - while warm - to other solution.

Dissolve fifteen (15) gr. Ambergris in one (1) oz. of grain alcohol and add to solution. Then add:

Grain alcohol	4 oz.
Oil of Juniper	50 minims
Balsam of Tolu	3 drams (Cut with alcohol)

Directions: One dessertspoonful three times a day. 953-1. (See also 730-1, 767-1)

Other medications should not be taken with the exception of insulin which may already be a part of the routine. This should be slowly decreased in dosage until it is not being used at all. Caution should be made here that blood and urine determinations guide the gradual discontinuance of the insulin. Vitamins should rarely be used.

“and when there is applied those elements even in the forms of vitamins alone they are against the activities of the liver, the spleen, especially the pancreas, as related to conditions.” 5345-1

Should we not attempt to awaken the inner forces to God's presence?

“For all healing comes from the One Source. And whether there is the application of foods, exercise, medicine, or even the knife, - it is to bring [to] the consciousness of the forces within the body, that aid in reproducing themselves [which is] the awareness of Creative or God Forces.” 2696-1

William A. McGarey, M.D. July 1967

Diet for Diabetes

Recommended:

Jerusalem Artichoke 3 to 6 times every week

Fruits:

Plenty of fruits, especially apples. These fruits may be either raw, fresh or stewed.

Citrus fruits (used in proper combinations, according to Normal Diet booklet.

Grains:

Corn (corn bread) or cereal, gruel, barley, oats, brown bread, whole grain cereal, (no white bread)

Vegetables:

Lots of leafy vegetables (above ground); spinach, endive, cabbage, celery, green vegetables, tomatoes, Jerusalem Artichoke, beets and tops, onions, carrots, oyster plant.

Not too many pod or tuberous variety.

Protein:

Lots of fish and seafoods; moderate amount of fowl, meat stock.

Nuts in moderation.

Egg yolk but not the white; occasionally a coddled egg.

Milk in moderation (Bulgarian type good)

Sweets:

May use honey, honeycomb, or saccharin for sugar substitutes.

Avoid these foods:

Foods creating sugar, such as: pastries, candies, ice cream sugar, spices.

White breads, white potatoes, fried foods, fats - such as beef or hog fats.

(Butter fats may be used in moderation.)

Important suggestions from the readings

Rather those of the vegetable forces that will create for the system those of the building to the nerve, to the blood, and to the general strength of the body. Calcium foods, phosphates, sodium...these will aid the system in correcting the conditions. 911-1

Calcium:

Spinach, steel cut oats, whole wheat, whole rye, halibut, cheese, onions, garlic, rhubarb, milk, raw cabbage.

Sodium:

Okra, celery, spinach, strawberries, carrots, salt, apples, gooseberries, prunes, raw turnips, peaches, lentils, cheese, oats, beets, cucumbers, string beans, asparagus, figs, lamb.

Drinks:

Little coffee or tea; no cream or sugar; cereal drinks all right; Postum, etc.; no carbonated drinks; no alcohol.

Diabetes

Definitions of some of the terms found in this report.

- aberrant: wandering or deviating from the usual or normal course
- Atomidine: atomic iodine, water-soluble; a commercially available product; formula came through Edgar Cayce readings.
- cerebrospinal: pertaining to the brain and the spinal cord with their associated nerve structures.
- chyle: the milky fluid taken up by the lacteals from the food in the intestines after digestion.
- Diabetes Mellitus: a disease associated with deficient insulin secretion, leading to excess sugar in the blood and urine, accompanied by progressive emaciation, extreme hunger, thirst, and metabolic failure.
- dorsal vertebrae: the middle 12 bones of the spinal column between the neck and lower back.
- emunctory: any excretory organ or duct.
- etiology: the study or theory of the cause for the disease.
- force or forces: energy or energies of specific type indicated, or for specific purpose indicated.
- ganglia: plural for ganglion, a group of nerve cell bodies.
- gastro intestinal: pertaining to the stomach and intestine.
- glycosuria: presence of an abnormal amount of sugar (glucose) in urine.
- hepatic: pertaining to the liver.
- incoordination: lack of the normal adjustment of muscular motions; also failure of organs to work in harmony.
- lacteal: any one of the intestinal lymphatics that take up chyle.
- levulose: fruit sugar (ordinary cane sugar usually turns to dextrose and levulose by digestion.) Also called fructose.
- lymphocyte: a variety of white blood corpuscles, forming about 1 percent of the white corpuscles.
- metabolic: relating to chemical processes constantly taking place, including those using energy to convert nutritive materials into protoplasm, the basis of living matter.
- nerve forces: nerve “energies”, ability of nerves to conduct stimuli.
- osteopathy: a system of healing based on the theory that most diseases are the result of structural abnormalities of the body that may be corrected by manipulation of affected parts by osteopathic physician (D.O.)
- Peyer's patches: a principal area of lacteal functioning and assimilation in the upper intestine that provide the body the alkaline forces necessary in the acid/base balance within the body that must be maintained. (See Acidity-Alkalinity Circulating File)
- renal: pertaining to the kidneys.
- stasis: stoppage of flow of blood or any body fluid.
- subluxation: dislocation, incomplete or partial.

Controlling Diabetes the Cayce Way

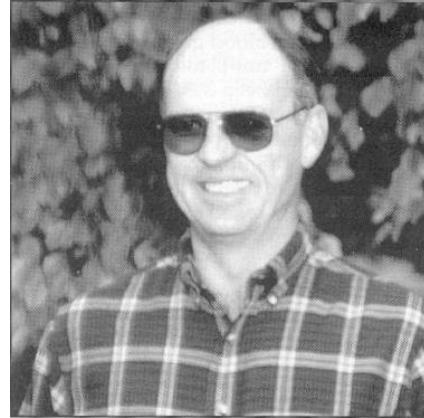
by William Briggs*

Venture Inward, July/August 1996, HOLISTIC HEALTH

This remarkable story of a police officer diagnosed with adult onset diabetes has a surprise ending, as told by his wife.

Officer William Briggs

When I was told, at age 44, that I had diabetes, I went into complete shock. I had been feeling tired and in need of a vacation, but I thought it was due to working long hours as a police officer. When I consulted the company doctor, he was so concerned about my going into a diabetic coma that he wanted to put me in the hospital immediately. He had given me a 12-hour fasting blood test, which showed a blood sugar level of 395; normal readings, I was told, are between 60 and 120.



I could not comprehend the diagnosis or agree to go to the hospital. The doctor recommended an immediate insulin injection. Something inside me – maybe it was simply fright – told me not to. Instead I asked for a special diet for one week, to see if I improved. The doctor was reluctant, but I persisted. Finally he told me to eat fish, vegetables, rice, oatmeal, and apples, and insisted that I return in one week.

I was deeply shaken, but I felt I had to find another way to deal with this. I had heard stories of people taking insulin, only to need more as time went on.

When I came home with the news, my wife, Valerie, got out some of her Edgar Cayce books. She also suggested I talk to Dr. William McGarey at the A.R.E. Clinic in Phoenix. I was frightened and confused, because I really didn't know much about Cayce and am a traditionalist at heart. On the other hand, I knew I didn't want to give in to this disease. I wanted to be healthy and free of it without drugs.

My family doctor, laughing at the idea of controlling diabetes with diet when he saw my blood test results, suggested a diuretic that could be ingested orally, and a finger prick to test my glucose level several times a day. I felt depressed after that visit, but I was determined to find another way. The Edgar Cayce information on diabetes was exact and detailed. So I made arrangements to consult with Dr. McGarey because I didn't feel qualified to initiate my own regimen.

My next blood test a week later showed improvement: 195 – still very high, but such an improvement. I was elated and encouraged. I felt I was on the right path and could not wait to talk with this doctor in Phoenix who had worked with the Edgar Cayce material for more than 20 years. I also checked with the A.R.E. for any health-care providers in Colorado, and learned of a chiropractor. I knew

* William and Valerie Briggs Jim in Golden, Colorado.

from my extensive reading that I needed some manipulations as part of my return to health. Chiropractor Michael North was even close to home.

I found Dr. McGarey so attentive, considerate, and thoughtful that I immediately felt at ease and trusting. He detailed for me what I was to do for one month - a holistic approach involving several procedures that would work together to bring about my recovery. Along with my diet, which was Spartan by my previous standards, I needed to exercise daily. I chose a stationary bike.

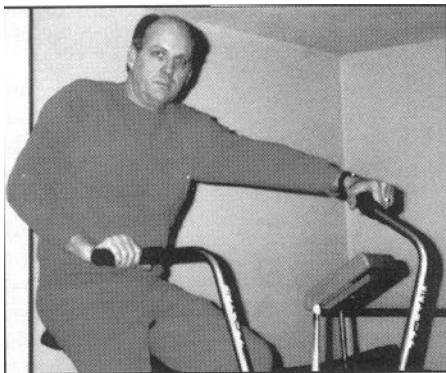
Another part of my health plan included castor oil packs. When I began using hot castor oil packs, it was quite an ordeal to get all wrapped up in the plastic with a towel under me. But I soon got it down to an art. During my "pack time," I meditated and visualized myself as being totally healthy with a fully functioning pancreas, which is the organ in our bodies that produces insulin. Dr. McGarey told me not to acknowledge the term diabetes. He said that since our minds so dutifully obey the instructions they are given, this would only give me another obstacle to overcome. He also advised spinal manipulations.

When I went to see the chiropractor, the x-rays showed the vertebrae in my neck to be completely straight instead of aligned in their normal gentle curve. This had put a strain on the 6th, 7th, and 8th dorsal vertebrae in my spine. Dr. McGarey and Edgar Cayce had said that such a problem in the spine could

cause pancreatic difficulty. I felt even more confident that I was on the right track when this information matched my situation perfectly.

I began my adjustment therapy twice a week. Soon it was decreased to only once a week, then only once every six to eight weeks.

Dr. McGarey suggested taking vitamin B-12 and a B-complex vitamin, and chromium along with apple pectin to help control sugar levels in the blood. He later added a program with Atomidine (a form of iodine), which helps the organs in our bodies function better. In my



case, it was to help the pancreas begin working again.

The only thing of my own that I added to this new-life regimen was a series of affirmations, which I repeated many times a day, from the book *You Can Heal Your Life* by Louise Hay. I still repeat these affirmations to myself daily.

My life has changed dramatically. It wasn't easy at first; every step was a conscious effort. As in learning anything new, it required work. But once I became accustomed to the routine and began to feel better, I couldn't be stopped. I felt better physically, mentally, and emotionally than I had in 20 years. I was really excited about life. I had more energy and smiled more often. I lost 40 pounds. That in itself was something to smile about!

One item in my new diet is the Jerusalem artichoke, which is neither from Jerusalem nor a true artichoke, but a cousin of the sunflower. The Jerusalem artichoke, a vegetable that tastes much like a turnip, is found in health food stores. When I tell people about its natural insulin qualities and how to prepare

them – washed and sliced in a salad or boiled in parchment paper – they try them.

Some people, however, were skeptical about my experience. One anesthesiologist didn't believe I had diabetes because my blood glucose level tested 72 prior to having knee surgery - until I told him that four months earlier my insulin level had been 395. I believe my family doctor thought that blood test was a fluke.

My initial euphoria has waned somewhat, but I'm still feeling much improved. No one thing in this overall plan was more responsible than another for my regaining my health. They all worked together, each contributing to the whole process of my becoming healthier.

Several months after beginning my program, I had a Shiatsu massage. The therapist had been studying with a doctor from France, learning to distinguish healthy working organs from those that are in trouble. She said my pancreas seemed to be functioning normally. What wonderful news!

This experience has been quite an adventure. I learned some things about myself: I'm not willing to give up when I can take charge of my own health and be responsible for it. There's a deep sense of satisfaction and inner power that comes from this type of adventure. I've also learned that Edgar Cayce made a great contribution to us all. Moreover, the people who have worked with and promoted the work of Edgar Cayce have my gratitude. Without them, I probably would have been one of the multitude that has succumbed to taking insulin injections daily. Instead, I continue to watch my diet carefully: virtually no fat or sugar, lots of vegetables and fruits. I eat brown rice and beans two or three times a week. My beef intake is minimal, but I do eat chicken or fish. I can drink a little decaffeinated coffee, which I couldn't do before. I eat whole grains and some pasta. I exercise six days a week faithfully. My last two blood tests showed glucose levels of 108 and 94.

Tempted by forbidden foods and habits, Briggs learned a critical lesson.
by Valerie Briggs

It has been more than four years now since Bill worked so hard to regain his health, but his struggle was not over then. Throughout our marriage of more than 25 years, Bill has been enthusiastic and optimistic about life, which is amazing considering that, as a police officer in Denver, he deals with the negative aspects of people's lives. After Bill's return to health, he became eager to take part in social and recreational activities again, such as white-water rafting. He has organized family trips every summer on the Arkansas River in Colorado and has kept in shape.

Occasionally Bill would eat something that was not on the diet regimen. I believe he was testing his limits. He felt great, we didn't worry. At one point he said, "I think I've really licked this thing."

Bill had done much of his meditating while using the castor oil packs. Both the packs and meditation became infrequent, until finally he wasn't doing them at all. He also quit taking the atomidine. Despite this, he still seemed to be feeling OK. Then he began eating more of the forbidden foods, mainly sweets. He continued exercising, however, and avoided caffeine, alcohol, and heavy fats.

Shortly after the holidays last winter, I began to worry because his pep and enthusiasm were gone. He was visibly tired and simply didn't look good. A glucose tolerance test confirmed the reason: His level was back into the 300s. Bill was astounded. Although he knew things had gotten out of control, he had no idea the level was so high. He was back to the same point at which he had begun.

I think he really believed he had cured himself, and that he could go back to his old ways.

I wanted to persuade him that the holistic approach was right, but I refrained. Decisions we make are much more likely to be followed when we make the commitment to ourselves rather than simply following someone else's advice. Dr. McGarey reassured Bill that he could regain his health as he had previously and that there was no shame in his slide.

After his talk with Dr. McGarey, Bill's whole attitude changed. Positive emotional states can be a tremendous help in motivating a person, and I could see that Bill had returned to that state. So began the odyssey once again.

A key factor in diabetes is stress, writes Deepak Chopra in his book *Ageless Body, Timeless Mind*. One continuous aspect of being a police officer is stress. So Bill and I were elated when he was assigned to the Denver Police Academy as an instructor. We felt this would benefit his recovery. He loved the challenge of teaching, and once again he loved going to work. His glucose levels dropped, his energy increased. We both felt he had come full circle.

Although he was not as strict in his self-discipline as he had been in the beginning, the results were evident. Perhaps being more gentle with himself would effect a more permanent change. Now he knows that this is a life pattern he must follow always.

Last summer was very stressful for Bill. Due to a shortage of police, he returned to patrolling the streets of Denver. Because his glucose levels had risen, Bill judged himself harshly. But Dr. McGarey and Dr. North were both so supportive that Bill was able to forgive himself. He now understands the importance of balance in his personal health program. He also knows that outside influences can be handled with inner peace, attained through consistent meditation, positive affirmations, and daily visualization.

Our sons, Christopher and Jason, have learned not to take life for granted, and have learned to care for their father in new ways. Our family learned to view Bill's health not as a problem, but as an opportunity to learn many spiritual lessons.

Jerusalem Artichokes

http://www.tumbledownfarm.com/drupal/Farming_Gardening_Tips/Jerusalem_Artichokes_Sunchokes



According to the *New Whole Foods Encyclopedia* "Jerusalem Artichokes are a superior source of inulin, a natural fructose that is medicinal for diabetics. This sweet tuber relieves asthmatic conditions, treats constipation,... [And is] an aphrodisiac...."

2094-2, M 70, 5/3/40

(Q) Give a detailed outline of the best diet for the body.

(A) This is a condition as we find that is best controlled by the

experience of the body; though we would include occasionally the Jerusalem artichoke....

Then, for this body, use those things that the EXPERIENCE has shown the body as being best. But do include occasionally the Jerusalem artichoke, prepared in its own juice and NOT in water. Take it in the manner as we have indicated.

(Q) What was the Jerusalem artichoke given for?

(A) An activity upon the pancreas. It carries - it is the greatest source of insulin that may be assimilated by the body.

2168-1, M 59, 4/15/40

At least once a week take a Jerusalem artichoke (NOT the bulb variety, but the Jerusalem); just one, about the size of a guinea egg, taken raw, and taken WITH other foods at mealtime. Do not take it more often than once a week, but be sure and take it that often. Preferably have one day each week when this would be a part of the diet. This acts upon the pancreas and the spleen direct, in the amount of the insulin as will retard the tendency for sugar in the blood and in the system, aiding the kidneys to reduce the pressures, aiding the liver activity to be more NORMAL in relation to the functioning of the entire body.

3240-1, M 33, 9/26/43

Also we would keep better activities by the use of the Jerusalem artichoke as a part of the diet three times each week. Prepare this in a special way and manner. Use one about the size of a hen egg, cooked in its own juices and served in its own juice - being prepared in Patapar paper. Boil in the Patapar paper then mix the bulk of the artichoke with the juices (after taking off the peeling) and season with a little butter and salt, and a little pepper if so desired, and eat all of it. Do not take this without having the osteopathic corrections, for these are to work in unison.

Ambergris

2/5/77 Saturday, Virginian-Pilot newspaper article:

"Total Ban on Whale Products"

"WASHINGTON - The United States and Britain have placed a total ban on whale products."

2/7/77 GD's note: In the 1889 definition of Ambergris (see below) note that it could be found about the sea coast of warm countries, floating on the surface of the ocean. In the 1957 dictionary definition (see below) the sperm whale's intestines is given as the only source.

No doubt the substance became so valuable commercially that the amount "floating on the surface of the ocean" was no longer sufficient. Hence one cause of the eventual total ban on whale products by the Government [see above], since the whale has now become an endangered species, in 1977.

Thomas's Medical Dictionary, J. B. Lippincott Co., Phila., Pa., 1889:

AMBERGRIS, or AMBERGREASE, am'ber-gres. [Lat. AMBRAGRI'SEA; from the French AMBREGRIS (Om'br-gre'), or "gray amber."] A concrete bituminous substance, of a grayish or ash color, inflammable, and when heated emitting a fragrant odor. It is found about the sea-coast of warm countries, or floating on the surface of the ocean, also in the intestines of the PHYSETER MACROCEPHALUS, and is supposed to be a morbid secretion of that and perhaps other species of the PHYSETER. It is chiefly valuable as a perfume.

PHY-SE'TER, E'RIS. [From the Gr. ovoaw, to "blow."] A "blower;" the spermaceti whale : - also called by its Biscayan name of CACHALOT. A genus of the class MAMMALIA, order CETACEA.

Physeter Macrocephalus. The systematic name for the species of whale principally affording spermaceti and ambergris. It is the only species of the genus that is certainly known. It inhabits nearly all the seas.

PHY-SE-TER'-I-DAE. [From the Lat. PHYSE'TER, the "sperm whale."] A family of mammals of the order CETACEA, comprising the PHYSETER MACROCEPHALUS, which see.

Dorland's Medical Dictionary, W. B. Saunders Co., Phila., 1957:

ambergris (am'ber-gris) [Lat. AMBRA GRISEA gray amber.] A gray substance from the sperm whale's intestines: used as a perfume and as a stimulant.

10/12/31 EC's letter:

"...In reply to yours, I wish to give you the formula for preparing the clary water.

"Put 6 ounces of the clary flower (or garden sage, dried) in 32 ounces of distilled water. Reduce by slow boiling, or steaming, to one-half the quantity. Strain while warm and add:

1 ounce simple syrup, 15 grains ambergris, dissolved in 1 ounce of grain alcohol, 8 ounces Gordon Gin, 1 dram Cinnamon (preferably in the stick).

Shake solution together before dose is taken.

*GD's note: Apparently above formula for preparing clary water was first given for Mr. [5676] in the fall of 1902 - See pages 137, 145 of THERE IS A RIVER.

am'ber-gris (-gres;-gris), n. [F. ambre gris gray amber] A waxy substance found floating in tropical seas, and as a morbid secretion in the sperm whale, whence it is all believed to come. It is valued in perfumery. [Current Webster's]

ambergris (am'-ber-gris) [amber; Fr., gris, gray]. A billiary or intestinal concretion of the sperm-whale, Physeter macrocephalus. It exhales a fragrant, musky odor when warmed, and is used in adynamic fevers, chronic catarrh, and nervous diseases. Dose 1--3 gr. (0.065-0.2 Gm.). [Old medical dictionary]

Extracts from the Edgar Cayce Readings

296-1, F adult, 3/13/33

(Q) Have I still diabetes?

(A) Only those conditions that arise from the overtaxing of the system as related to the activities of the pancreas. Not true diabetes.

The manipulations, when these are given in the osteopathic manner, will be found to be most beneficial in bringing about better conditions in this direction.

5659-1 F 24, 10/3/29

Now, the conditions as we find that have to do with the disturbing forces in the physical functioning of this body are of rather the specific nature, and taken in time may be practically eliminated from system. Though the effect as is being had upon the functioning of the organs is of such nature as has been termed by some as practically the incurable, yet we find - were these conditions adhered to as may be given - this condition might be abated to such an extent that, while the body would not be able to return to the full diet as SOME might, without being fearful of troubles, yet these conditions may be ALMOST eliminated.

1268-2, F 50, 12/21/36

(Q) Has there ever been a "sugar" condition or a diabetic condition in this body? If so, are there any traces present now?

(A) Anybody that has reached the age of this body has at one time or another had these inclinations; as has been indicated for this body. But, as given, if there is the proper balance kept in the diets and in the assimilations and for the glandular activities of the body, these may be kept in check - FROM the present conditions.

5540-1, M 39, 8/27/28

As to the general physical, beware of the blood pressure; also of the conditions as have to do with the pancreas, for these are tendencies for the body - but the needs of these in the upper portion need particular attention....

(Q) What precautions of work or travel, or diet, should I observe?

(A) As in reference to that producing high blood pressure, and overtaxing the pancreas. Beware of sugars and of meats; these particularly. With the correction of these conditions in the spine, and especially these in the upper portion, for the frontal portion of the face and head and neck, also that in the 8th and 9th dorsal, we will find better conditions for the whole system in general.

900-1 M 29 (Stockbroker), 8/12/24

In the hepatic circulation near normal. One that would do well to remember that stimulation in the upper digestive tract weakens the activity of secretions as exercised in system through the pancreatic forces, and do not take so much sugars in system, else we will have the after effects of same, both in the manifested condition in pancreas and in spleen in its destruction of the red blood cells used in brain's reaction. Hence would be twofold in its reaction. Brain forces disturbed as well as digestive tract. Only a forewarning though. Not abnormal at present but has the tendency, both through the present condition and that as has been and is carried by mental hereditary forces. In the hypogastric center in its circulation, both as nerve supply and as the blood flow carried in each of its branches, we have these are very good, though a strain produced, as has been given, in the eliminations in system. Hence the troubles at times of the secretion of the urine in system to eliminate sufficient of those forces as exercised through this portion of body.

Then to correct the physical forces, well that the mental have that control necessary to create the correct incentives for all functioning portions of the body direct through sympathetic system. Well that the condition in upper dorsal and the lower cervical region be corrected, either osteopathically or chiropractically, and that the body be more specific in its regular exercise to keep the physical fit for the developing of body mentally, physically and spiritually.

2554-1, F 50 (Housewife, Spiritualist), 5/2/41

(Q) Is it indicated through this approach as to the condition of my health, or any advice or warnings as to my health?

(A) This information we are giving is approached more from the spiritual than from the material or body standpoint. Yet, as is recognized by the entity, the self, the body, the mind, the soul or spirit MUST coordinate. DO NOT tax one at the expense of the other. For, this would only bring greater distresses.

As we find in the present, the warnings would be as respecting those activities through the assimilating and eliminating system, - especially as to the tendencies for increase of sugar in the body, and the inability of the kidneys AND the liver to handle same.

Use the Jerusalem artichoke as a portion of the diet at least twice a week; once raw, the other time cooked.

Keep in those activities in which there is the mindfulness of keeping thy face to the light, and the shadows will fall behind.

815-1, M 31, 2/6/35

(Q) Have I a tendency to diabetes?

(A) Not a tendency to diabetes so much as a tendency to an overstimulation between the kidneys and the liver.

INDEX OF READING 119-1 M 72

ASTHENIA

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TEXT OF READING 119-1 M 72

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 18th day of September, 1929.

1. EC: Yes, we have those conditions as surround this body, here. Now, we find there are those conditions rather of which the body should be warned. While the condition is disturbing to the body at present, there are deeper seated conditions that are affecting and undermining the vitality of the system, and those elements as have been and are used to stimulate the vitality of the system is gradually LOSING its strength, as far as being of permanent aid little may be expected in its final analysis from these, for they are but temporary changes, and the strength must eventually fail under this, and the last matter would be worse than the first.
2. These conditions, as we find, have to do with the effect as disturbances have produced in the system, and the organs as are disturbed through this pressure or disturbance are gradually failing under the existent condition.

3. These, then, are the conditions as we find them with this body, [119] we are speaking of:
4. IN THE BLOOD SUPPLY, here we find evidences of the heaviness as is experienced in the system through the lack of proper eliminations of the poisons of the system, as well as that of drosses being carried. While these have not YET affected the system, as to the brain reaction, it MUST unless changes are brought about.
5. IN THE NERVE SYSTEM, here again we find rather laxness in the nerve centers. While the body is in a state of ACTIVITY the body seems to do very well, but easily tired out, and when once ready to relax scarcely can this be wholly accomplished for a great period and then when it IS, almost as collapse with the whole system.
6. IN THE FUNCTIONING OF THE ORGANS, the brain forces are active, but with the condition in blood and nerve, this is not as sensitive - or as responsive - as is at all times desired. The tendency to laxness, or lack of ability of quick response in memory. The response in the activities are not to the full standard. These are indications, not organic, not even functional, other than sympathetic - or reflex.
7. Throat, bronchia, lungs and the sensory system - all show the EFFECT of conditions, though are accentuated in their activities at times.
8. The digestive system often gives disturbances to the body.
9. The activities of the system through that pressure, through injury as existed in the 8th, 7th, 9th dorsal centers, are the basis or the causes of the disturbances. This, as we find, occurred in the past three, four, five years ago - the first disturbance, an injury there. Cold, congestion, followed - weakness through the right side, pain through the hips, and the kidneys were blamed for the disturbance. The effect as has been produced is that sugars are created too freely in the system, and the pancreas in its activity has become engorged, or enlarged. Not wholly as would be termed, YET, as that of the diabetic - but that BORDERING upon same, and without corrections and without the proper diets for the system, these may be expected to be a result, or else HEART's reaction - through the pressure created there - would be the result, with a high blood pressure, with too much sugar showing in urine, too much of the activities of the system in direction of creating these conditions.
10. In the beginning then, for correction of these conditions, first the body should entirely rest from labors for at least two to three months.
11. After the rest is begun, we would begin with small quantities of the ambrosia weed. PREFERABLY this should be taken in the dry weed, EATEN - or dried and crumbled, then it would be for smaller dose - but at least three to four GRAINS if taken in the dried. In the green leaf, preferably would be from six to eight grains; or it may be made into a tea. This would be made in that proportion of, to six ounces of the dried we would add sixteen ounces of distilled water. Reduce to half the quantity by slow boiling or simmering. Add TO this the simple syrup, at least two ounces; also cut one dram Balsam of Tolu in three ounces of eighty-five percent alcohol - this as a preservative, also as an assistant in the

digestive system. This should be taken - the whole quantity, in either way or manner, of the properties as given.

12. Then we would begin, after the whole property is taken, by the correction of the conditions existent in the DORSAL region.

13. Beware in the diet of sugars, starches, or those that produce same. Rather those of the vegetable forces that will create for the system those of the BUILDING to the nerve, to the blood, and to the general strength of the body. Calcium foods, Phosphates, Sodiums. These will aid the system in CORRECTING the conditions.

14. The manipulations osteopathically should be made at least every other day. The corrections should not be made more than once each WEEK, and applying heat when correction is made.

15. After the second or third week of the manipulations and corrections, we would begin with those of the clary water, taken in small doses just before each meal - the dose being at least a teaspoonful (not more) half an hour before the meals.

16. We will find, in this manner, we may correct these conditions and overcome many of those troubles that are seen in the circulation, in other directions. Also these will stimulate the system so as to overcome those conditions that have troubled the body, as related to that of the tautness in muscles and in the sinew about the bone in extremities. These corrections should bring the near normal forces for the body in ninety to a hundred and twenty days. Do that. We are through for the present.

[CALCIUM: Spinach, steel cut oats, whole wheat, whole rye, halibut, cheese, onions, garlic, rhubarb, milk, raw cabbage.

SODIUM: Okra, celery, spinach, strawberries, carrots, salt, apples, ham, gooseberries, prunes, raw turnips, peaches, lentils, cheese, oats, beets, cucumbers, string beans, asparagus, figs, rare beef, lamb.]

REPORTS OF READING 119-1 M 72

R1. 10/22/29 Admitted to Cayce Hospital.

R2. 10/23/29 See 119-2.

INDEX OF READING 119-2 M 72

ASTHENIA

DEBILITATION: GENERAL

Diabetes	Par. 1, 2-A
Diet: Asthenia	Par. 2-A
: Diabetes	Par. 2-A
Osteopathy	Par. 1
Prescriptions: Ragweed: Diabetes	Par. 1

TEXT OF READING 119-2 M 72

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 23rd day of October, 1929.

1. EC: Yes, we have had this body before. Those suggestions for the conditions of which the body would be warned, have not been followed as yet. We would begin with that of the Ambrosia or Ragweed solution, or powder, and with the manipulation to ASSIMULATE same with the system. This will set up the eliminations better with this body. It will relieve the pressure in the mesenteric system, in the diaphragm region, and relieve tension. Do that. Then, after this has been used for one to two weeks, we would give the changes as would be necessary for the best for this physical body, [119]. Ready for questions.

2. (Q) What diet advisable?

(A) Not too much sweets, or little or none. Rather those of that that carries more magnesia, more of the phosphorus or iodine foods; not too much or no meats - save the sea foods, or fowl or wild game. These would be the better diet for this body. Not too MUCH of it at any time. We are through with this reading.

REPORTS OF READING 119-2 M 72

R1. GD's note: Mr. [119] was treated at the Cayce Hospital osteopathically, was administered the prescriptions as to medicine, diet, etc., and completely recovered. He and his wife [120] wrote friendly letters to EC during the next few years and contributed monthly toward upkeep to "the work" during the lean days following the close of the Cayce Hospital. Mr. [119] also made a gift of five Shaw-Walker file cabinets which are still in use. [3/30/60]

R2. 4/12/31 Letter to EC re closing of Cayce Hospital: "Mrs. [120] and I both regret, exceedingly, this turn of affairs at Va. Beach but believe that it will eventually prove to have been the best thing that could have happened, when considering the real progress of your work."

INDEX OF READING 266-1 F 51

ACIDITY

Anemia: Tendencies Par. 4

Assimilations: Eliminations: Incoordination Par. 5

DIABETES

Diet: Acidity Par. 10

Metabolism: Diabetes Par. 4

Prescriptions: Alcohol, Grain: Acidity	Par. 6--9
: Ambergris:	Par. 6--9
: Cinnamon:	Par. 6--9
: Gin, Gordon's:	Par. 6--9
: Ragweed:	Par. 6--9
: Sage, Garden, Dried:	Par. 6--9
: Sugar, Beet:	Par. 6--9
: Water, Distilled:	Par. 6--9

BACKGROUND OF READING 266-1 F 51

B1. 9/22/26 She wrote: "I'd like very much for you to give me a reading as soon as you possibly can... Would like a Mental and Physical Reading...."

TEXT OF READING 266-1 F 51

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 4th day of December, 1926. ..., Oklahoma.

3. Now, we find the body very good in many respects. There are those disturbing conditions that cause distress in the physical functioning of the body, and the body has for some time been in that physical condition wherein the physical forces are easily upset. While not exceedingly ill, yet those disturbing conditions that cause distresses, uneasiness, and varying somewhat in their effect as is produced in the body.

4. The distresses, as we find, are produced by the improper equalization of the system, or the metabolism is not in the correct balance. The disturbing forces come from that of the inability of the system to care for the amount of sugars as are created or assumed, or consumed in the system. [Diabetes?] Hence the distress to the kidneys, to the liver, and at times, with the changes as have been brought about to bring about the normal forces in a better manner, this has brought a disturbing element in the form of the body becoming toxic, from an acid condition as produced from the condition in the intestinal system. Not that of plethora, nor yet of anemia, yet both conditions exist in VARIOUS portions of the system. Hence the unbalanced forces as have been created in the body.

5. To meet the needs of the conditions as exist, and to bring about a normal force, we would meet those conditions to be dealt with one at a time, keeping the system as near in that condition of the normal eliminations, the normal assimilation, as possible, and bringing about the correct condition in the system through the general condition becoming nearer correlating one organism with the other - not over stimulating any one to the detriment of another, or giving too lax a condition, yet meeting the needs of all conditions in the system, so that the digestion is assisted, the nervousness is brought more to that of the normality, and the assimilations and eliminations are brought nearer to the normal condition.

6. For the first, then, we would prepare as this:

7. To one (1) gallon of distilled water, add eight (8) ounces of Garden Sage, dried. Reduce this by simmering (not boiling) to one (1) quart. Strain, and then prepare THESE properties and add to this.

8. Dissolve fifteen (15) grains Ambergris in one (1) ounce pure grain alcohol. Add to solution. Then add four (4) ounces of Gin, preferably Gordon Gin. Dissolve then three (3) ounces of BEET sugar - not cane sugar - in two (2) ounces of distilled hot water. Add this to solution. Then add to solution fifteen (15) grains of dried Ragweed, see? that is steeped in fifteen (15) ounces of water (distilled water), until there are only three (3) ounces left. Strain this and add to solution. Then add three (3) drams Cinnamon, preferably in the stick.

9. Shake solution together before the dose is taken, which would be a teaspoonful four (4) times each day, before each meal and before retiring.

10. Be very careful of the diet, not overloading the system with any fats or with too much sugar. Rather that of whole wheat rather than of white breads. Rye breads and Graham breads are good. Brown breads may be used, but do not use white flour. Do not use too much potatoes - sweet potatoes or Irish potatoes. Do not use apples, yet most other fruits may be eaten in a normal way or quantity, but do not overload the system. Preferably nuts that are of the nature that are easily digested, just so too many of these are not taken. A little honey in the honey comb may be taken. No tea. Little coffee, though Coca Cola may be taken as a stimulant if so desired. Not too much coffee, and never any with cream in same, see? Small amount of milks may be taken - preferably buttermilk, rather than sweet milk.

11. After this has been followed out, and all of the properties as were given taken, then we would give that as necessary to meet the needs and changes as exist in the body at that time, Mrs. [266]. Do that.

12. We are through for the present.

REPORTS OF READING 266-1 F 51

R1. 12/12/26 She wrote: "The reading fitted my case exactly, and I do certainly expect to carry out instructions."

R2. 1/10/27 Mr. [257]'s letter: "Mrs. [266] was unable to get the prescription filled, so I'm having it filled in N.Y."

R3. 2/8/33 She obtained Ck. Physical 266-2 for an abdominal condition.

INDEX OF READING 730-1 M 51

DIABETES

Diet: Hypertension Par. 23
: Lacerations: Stomach Par. 23

HYPERTENSION

Intestines: Enemas, High: Lacerations: Stomach Par. 15

LACERATIONS: STOMACH

Physiology & Anatomy: Prescriptions: Ambergris Par. 19, 21
: Cinnamon Stick Par. 19, 20
: Gin Par. 19, 22

Prescriptions: Alcaroid: Lacerations: Stomach Par. 16
: Alcohol, Grain: Par. 17, 18
: Ambergris: Par. 17, 18
: Cinnamon Stick: Par. 17, 18
: Clary Water: Par. 17, 18
: Gin: Par. 17, 18
: Sage, Garden, Dried: Par. 17, 18
: Sugar, Beet: Par. 17, 18
: Syrup, Simple: Par. 17, 18
: Water, Distilled: Par. 17, 18

Work: E.C.: Formulas: Clary Water Par. 17--22

TEXT OF READING 730-1 M 51

This psychic reading given by Edgar Cayce at the Michaels home, 84-57 - 160th St., Jamaica, L.I., N.Y., this 14th day of November, 1934.

2. As we find, there are disturbing conditions in the physical forces of this body that prevent the better or near normal activity in the physical functionings of the body. These, as we find, have to do with existent conditions in the digestive body and the effects that are created by these conditions in the body.
3. These, then, are the conditions as we find them with this body, [730], we are speaking of, present in this room:
4. We find the BLOOD SUPPLY rather heavy; the tendency for the disturbance in the metabolism, and the activities produced in the heart's forces are reflex rather than organic. Yet these show the poor assimilation that takes place under the distresses that are caused in the system.

5. In the NERVOUS SYSTEMS we find disturbances through the very nature of the conditions as produced for the body, causing at times irritations to a very natural amiable disposition; but at times with the taxation causes irritation to the sympathetic reaction.
6. As to the functioning of the ORGANS themselves:
7. Brain forces are very good.
8. As to the activities from the sensory organism, we find the heavy flow of circulation produces disturbances that are normal under the existent conditions. But with a general reaction that would bring about a better circulation and a normal reaction from the assimilating forces, all of these conditions would be aided materially.
9. Throat, bronchi, lungs, larynx - at times irritations occur, but these are again an effect of the conditions and not disturbances within themselves.
10. Lungs and heart action near normal, when considered with that which has been indicated.
11. In the digestive area, we find in the stomach proper the areas of the greater disturbance; for we have had the gastric flow so increased in the acidity and in the change in the forces of this body itself as to first cause irritations and then some thickening of the walls. These are more as lacerations than ulcerations or other disturbances, in the present. But these make for those tendencies that have caused the liver's activity, the secretions from the ducts of the liver, those activities through the lacteal ducts and the pancreatic reactions to become overcharged; and thus we have had first regurgitation from even the duodenum to the stomach proper itself. While the greater pain at times occurs in the cardiac portion of stomach, the pyloric end shows the greater reaction - or the very position of the organ itself as being the portion showing the greater disturbances.
12. The natural reaction through the hepatic circulation is to produce irritations at times to the kidneys, in keeping or attempting to keep the normal balance in the system through this overexercising of the activities in the flow from the gastric forces in the stomach itself.
13. In the general conditions, then, we find these are those that make for disturbing factors with this body, [730], we are speaking of.
14. Now, as we find, in meeting the needs of these conditions within the system, if there are the proper precautions taken by the body itself as to its diet, as to its activities, these may be overcome within the system - if there will be supplied to the system that which will act with the gastric flow of the stomach, the lymph circulation throughout portions of the body itself, and to make the conditions in the body that will create the proper stimulation without a disturbing factor to other portions of the organs that have been or are disturbed.
15. Well, then, that there be at times the high enemas for the relieving first of those pressures in the colon area. These taken once a month for some three, four or five periods, would be relieving to the lower portion of the eliminating system; and thus ridding the system first of those poisons that are in excess or in accumulations that make for reflex activity to the body itself.

16. We would take into the system the Al-Caroid as a compound after the meals. This in small quantities will act with the gastric flow of the system to prevent irritations and the accumulations of the acid nature that make for greater irritations to the disturbing factors. Take a quarter teaspoonful in a full glass of water (dissolved preferably in a small quantity first); after each meal for periods of four or five days - then leaving it off for a few days, then begin again. The periods of taking this may be best determined by the body-activity itself.

17. Before the meals we would take the clary water compound, which would be to those activities of the gastric flow of the stomach itself and to the activity of the pancreas and the system, aiding the assimilations, with the proper balanced elements for the whole system. This would be taken at least twice or three times each day, before the meals - not more than a teaspoonful at the time; and would be prepared in this way and manner:

18. To 16 ounces of distilled water add the 6 ounces of Dry Garden Sage. Boil slowly (not in aluminum, but preferably in an enamel container - with an enamel or glass cover; NOT tin), until the quantity has been reduced to 8 ounces. Strain, and while it is warm, add:

Simple Syrup.....1 ounce, (but not made with cane sugar;
preferably beet sugar)

Cinnamon, preferably in stick.....1 ounce,

Ambergris (dissolved in 1 ounce of grain alcohol).....15 grains,

Gin.....4 ounces.

Shake this well together each time before the dose is taken.

19. The active principles of each of these ingredients will act upon the digestive system in these manners:

20. The Cinnamon with the carriers are as laxatives for the system that make for active forces with the upper portion of the digestion of the body.

21. Ambergris in its actions is not for the sedimentations but the active forces to allay the tendencies for the glands that secrete or make for accumulations of sugar to be reduced in its quantity.

22. The Gin acts upon the flow for the kidneys, if used in the manner indicated.

23. As to the matter of diet, we would keep away from heavy meats. Not too great a quantity of starches, nor too much of those foods that form easy fermentations; nor too great quantities of spirits frumenti or the activities of same, for these are HARMFUL to the pressure in the blood supply - and the irritations that are produced in the system by the existent disturbing forces in the body.

24. Do these and, as we find, we will bring for this body the greater help and aid, [730]. We are through for the present.

REPORTS OF READING 730-1 M 51

R1. 11/16/34 [730] obtained a Physical Reading for his wife, Mrs. [734].

INDEX OF READING 767-1 M ADULT

DIABETES

Diet: Citrus & Cereal	Par. 12
: Diabetes	Par. 11--14
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ELIMINATIONS: INCOORDINATION

INTESTINES: COLON: PROLAPSUS

: Colonics: Glyco-Thymoline	Par. 6
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Prescriptions: Alcohol: Assimilations	Par. 8--10
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: Cinnamon:	Par. 8--10
: Gin, Gordon's:	Par. 8--10
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BACKGROUND OF READING 767-1 M ADULT

B1. 11/17/34 Friend Mr. [370]'s letter: "He has recently been confined at home by illness, the nature of which I am not familiar with but is considered by him and his friends as more or less critical, and from which he needs relief. He has expressed himself as willing to do anything to obtain relief. He is not familiar with your work but is asking for a Physical Reading as soon as possible."

B2. 12/18/34 Wire: "He will be in Tax Collector's office ... County Court House ... Diabetes seems to be one main trouble from which he desires relief and restoration to health."

TEXT OF READING 767-1 M ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of December, 1934.

2. Now, in the physical forces of this body, [767], we find there are disturbing conditions that may be materially aided and much relief brought to the body in many ways and manners.
3. These are the conditions as we find them. While to give a complete analysis of the conditions would be to give rather a history, these are they as we find in the present:
4. The BLOOD SUPPLY indicates disturbing factors in the digestive and assimilating system; heavy in the toxic forces that should be eliminated from the body, even carrying those effects from not only the accumulations from what has been the first cause through the colon area but carrying the effects from too great an active force in the pancreatic and the liver reactions to the system, as well as an engorgement in the spleen.
5. These are the effects, as we find, and while they cause the diabetic tendency - this is in effect, the causes arising from conditions in the colon and in the glands in the system. To be sure, the pancreatic activity is as a gland secretion - and there is carried or produced a large quantity and an over-activity in the kidneys; which, from the prostate condition, is the greater effect upon the bladder secretion and activity, and the greater quantity or flow at times of the secretions or urine from the system is - in the major condition - produced as much from this as from the sugar and from the tendency of the torpidity in the liver and the secretions from the pancreatic and spleen activity.
6. As we find in the main, that which would be the most beneficial to this body in this time would be to first - through colonic irrigations - reduce the prolapsus and the engorgement in the colon area; using one at least every week until four or five have been taken, then one may be used every month for three or four months. Such colonic irrigations should carry in same a very decided alkaline reaction, or an antiseptic of an alkaline nature - much as found in the Glyco-Thymoline.
7. We would find most helpful also the heat applied through the Elliott machine for the glands in the rectum, as we have indicated that show a great disturbance. Give such treatments preferably every other day, for periods of at least fifty to sixty minutes - or beginning preferably with forty-five and gradually increasing to sixty minutes each day.
8. For the assimilating system we would have a compound prepared in this way and manner:
9. To 6 ounces of Dried Garden Sage add 32 ounces distilled water. Reduce by slow boiling until there is only a quart left. Strain while warm and add 15 grains of Ambergris dissolved in 1 ounces of pure alcohol. Then add:
Simple Syrup made from Beet Sugar (not from cane sugar!).....2 ounces,
Gordon Gin.....6 ounces, Cinnamon.....3 drams,
ESSENCE of Wild Ginseng.....1 dram.
10. The dose would be 1/2 teaspoonful before each meal.

11. In the matter of diet be very mindful that there are no sugars, no red meats, and a limited amount of starch. Then, such an outline as this may be followed:

12. Mornings - citrus fruits or stewed fruits or dried cereals with very small quantity of milk or cream; but do not eat citrus fruits AND cereals at the same meal. A cereal drink may be taken, or coffee without either sugar or cream. Dry toast, preferably whole wheat or rye bread.

13. Noons - preferably a vegetable stew or meat broths, provided not too great a quantity of grease is in same. At times small quantities of beef juice may be taken. Stewed fruits. Vegetables raw.

14. Evenings - preferably all the vegetables, or most of the vegetables should be of the leafy nature; one of the bulbous nature (as peas and beans) to two of the leafy vegetables; such as spinach, mustard, cabbage or collards or such natures. Leave out potatoes; though if Irish potatoes are baked - occasionally the jacket or that very close to it may be taken, but not the pulp. Fish may be taken at times. Buttermilk may be taken in small quantities. Any of the cereal drinks may be taken. Not too great a quantity of those foods that produce an alcoholic REACTION in the system, as from the fermentations of sweets and of starches. While a form of alcohol is to be taken in the compound outlined, this - prepared in that manner - will be found to act with the system as an essential portion of the digestive fluids for the assimilating of the character of diet indicated.

15. Do these. We are through for the present.

REPORTS OF READING 767-1 M ADULT

R1. 1/4/35 Mr. [370]'s ltr.: "I have seen Mr. [767] two times since receiving the rdg. He has been very busy at the office at the closing of the year and says he hasn't had time to do anything about the rdg. but will see his doctor very soon. He is working more than is good for his health, no doubt, but thinks he has to."

R2. 1/25/37 Routine mailing to Mr. [767] was ret'd marked DECEASED.

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TEXT OF READING 834-1 F 50

This psychic reading given by Edgar Cayce at 1867 Kalorama Road, Washington, D.C., this 19th day of February, 1935.

2. Now, as we find, there are conditions that are disturbed. And they are rather of the specific nature, though they arise from conditions that have been and are rather subtle. So the condition has grown until it does affect the organs in their functioning and the natural reflexes as produced in other portions of the system, as will be seen.

3. In meeting the needs it will be well to consider the sources. And if there were those applications (that would be the general tendency) for the effects, these would do little good unless the causes are removed.

4. These, then, are the conditions as we find them with this body, [834] we are speaking of, present in this room:

5. First, in the BLOOD SUPPLY, this we find rather heavy, slow of circulation. And the metabolism and katabolism are disturbed by the non-activity and the over-activity of organs that do not eliminate properly. And others secrete through their gland activity too general or too specific into the system. Thus the other portions of the same system are unbalanced, where it makes for too great an activity in their functioning.

6. These, as we see, arise then from pressures or a creation in the glands of those influences or forces that have unbalanced their functioning. Hence the too great a quantity of sugar that is carried in the blood. The too great quantities of influences or forces left in the activities of the kidneys themselves indicate where or how the circulation is disturbed.

7. In the NERVOUS SYSTEM we find this is rather as in abeyance to the general conditions of disturbance, and there is caused the tendency for the body to feel at times rather tired, dull; the limbs and the brain as if refusing to act in coordinations with the body. The sluggishness that appears comes from the tendency of toxic forces that arise in the blood stream and affecting the nerve reactions in all portions of the system. This makes for those tendencies of pressures from the lumbar axis to make for especially the tendency at times of the lower limbs to feel swollen some, or too full and too great a heaviness. It is from the pressures on the nerve of locomotions.

8. As to the functioning of the ORGANS themselves, we find:

9. Brain forces are very good.

10. The organs of the sensory forces react nominally to a toxic force in the system.

11. In the nasal passages, as in the antrum and sinus and in those portions of the soft tissue, we have a tendency for accumulations. These are both from toxic forces and from the infectious forces that arise from the poor circulation through these portions of the system. And there needs to be some local antiseptics for the reduction and clearing of these portions of the body, as in conjunction with the changing of the CHARACTER of the circulation as well as in the manner of the circulation.

12. As to the throat, bronchi, lungs and larynx - the organs of the respiratory system at times feel rather heavy or full; though not an organic disturbance but a sympathetic functional one.

13. Heart's activity, as indicated from those conditions where there would be the tendency of the overactivity to the pancreas in its secretion, and the overcharged conditions in the kidneys from the toxic forces that arise in the system - in the heart's action itself, unless there arises other disturbances or a localizing of the condition, with the cleansing of the system and with the bringing about of a normal balance we would have little or no disturbance. For it is sympathetic or reflex, rather than organic or functional in its action, but HAS produced an engorgement of same - through the slowing of the circulation.

14. In the digestive system we find the greater portion of the distress. This, as we find, arises from a SUBTLE character of poison that has been rather absorbed or assimilated by surrounding influences - as from a type of character of paper, or the type of character of inks and the like. THESE have affected the GLANDS as related to the DIGESTIVE system; affecting the adrenals, the glands in the liver and spleen. Hence we have an engorgement and a soreness across the spleen area at times. This is the diaphragm and across the stomach. Naturally it has increased the flow of the pancreatic activity. But the greater portion of this we find is from glandular or granular trouble than from the organs themselves.

15. And to remove or to destroy accumulations, or such tendencies for the infectious forces, without removing by the creating of a balance in the system, would only be to make bad matters worse - for the better physical activity eventually in the body.

16. In the natural consequence of the digestive disturbance we have the effect of too much sugar that accumulates in the system, making for a disturbance in the manner in which assimilations are carried on in the body and also affecting the activity of the kidneys or the low hepatic circulation. These have not made for a sedentary condition, though the inflammation and the soreness across these portions at times would give the inclination - as does the activity through the secretions and the activity of the bladder, but these are rather as the engorgements in the capsule above the kidney and associated with the adrenal activity to the general digestive system.

17. In the meeting, then, of the conditions for this body, as we would find, first we would be very mindful of the diet. This should consist principally of those things that will create a more perfect balance yet making for body-building and a purifying of the blood stream. And these we will find in the closer adherence to the vegetable and citrus fruit and nut diet; though the nuts should never be other than either the almond, filbert or hazelnut, for these are the better for the body-building without influencing the body in certain directions as others do. We would have more of the leafy or green vegetables than the pod. We would have more of those that are raw and those that make for the creating of the proper BALANCE in the iron distribution through the system. This is merely given as an outline; not that these are the ONLY things to be taken: The citrus fruit juices combining lemon and orange together. These should NEVER be taken at the

same meal with any gruel, for with gruel they create a starch and an activity in the character of the inflammation through the assimilating of same that makes for an alcoholic reaction that affects the pancreas in its functioning. And it naturally affects the kidney reaction to the body.

18. We would have first those properties that would be taken into the system to create GRADUALLY a balance in the gland activity and the effect upon the organs that are disturbed in the body.

19. We would begin also immediately with the Atomidine in this proportion: One day we would take one minim morning and evening; this before the morning meal and before retiring at night. We would then on the next day take two minims morning and evening, in half a glass of water. The next day take three minims morning and evening. Then skip a day. And then begin again with the one minim, repeating the whole procedure for SEVERAL rounds - until some changes are seen.

20. As a compound for the correction of the creation of influences in the liver, pancreas, spleen and the kidneys, we would combine such elements that without their combinations with others would produce irritation or an excess activity of kidneys - that are at times already under distress; but in this combination and with the vibrations as created by the combination, it will be most beneficial - prepared in this manner:

21. To 1 quart of distilled or rain water, we would add 2 ounces of plain Garden Sage and 1 ounce of Ambrosia weed or Ragweed (dried). Reduce this by slow boiling to 1 pint and a half (not a solution or a fusion as would be by reducing to half the quantity). Then strain off while warm, and add:

Ambergris (first dissolved in 1 oz. pure gr. alcohol).....10 grains, Gordon Gin, or DOUBLE DISTILLED Gin.....2 ounces, Cinnamon.....1 dram. Shake this together, and take half a teaspoonful after each meal.

22. We would also have those vibrations that will come from the Radio-Active Appliance to keep the circulation more thoroughly in the extremities, using this at least thirty minutes to an hour each day - especially just before retiring. This would be attached to the extremities, but to opposite sides of the body; as to the right wrist and left ankle, the next day to the left wrist and right ankle. See?

23. Do these, and have a gentle massage. And make at least six adjustments in the 9th and 10th dorsal center. As we find, we will bring a much better condition for this body, [834].

24. Ready for questions.

25. (Q) Should the massage be osteopathic or chiropractic?

(A) As we would find, it would be rather a combination of this - but an adjustment made specific in the 8th and 9th dorsal segments.

26. (Q) What causes numbness up and down spine, and fullness at base of brain?

(A) This heavy circulation. The toxic forces in the system.

27. (Q) Is it necessary to operate for any of the ailments?

(A) As we find, it would be HARMFUL for operation for any of these disturbances in the present.

28. (Q) What is trouble with the right side? Is it the kidney? How is it affected?

(A) The affection that has been described, through the pressures that are caused towards that tendency we have towards the overactivity of the pancreas, that fills the lobes, you see, in this portion of the kidney.

29. (Q) Just how serious is the diabetes?

(A) As indicated, this is a tendency from a gland activity; and as we find responses in these we will find these conditions will clear to a great extent. We would not use the PREVENTATIVES [Insulin, etc.?] as yet. We would use rather the activities that will make for the correcting and purifying of the condition.

30. (Q) Please finish the diet outline.

(A) As indicated, citrus fruits and vegetables. Not meats. Not too much sugars. No white breads at ANY time. These would be of the ordinary, and the coarser, rougher food would be the better.

31. (Q) No meat of any kind to be taken?

(A) No meat of any kind to be taken.

32. (Q) Should coffee be taken, or tea?

(A) Preferably Ovaltine. If coffee is taken use that in which there is no tannic acid, such as Sanka. No tea at any time. Do these things, and after thirty to forty days we would give further instructions. To be sure, we will find some of these will at times be as heaviness to the body; but if there is consistence and persistence we will see the results coming. Be sure to have all of these taken IN their proper order, and don't leave them off one day and then take them other days. Have the regular rest period with the cleanser for the system as indicated in the Atomidine, but we would take the whole quantity of the other compound.

33. (Q) How often should the massage and adjustment be given?

(A) Once a week should be sufficient, though - of course when you go to one he will want to make it every day! ONCE a week, until six or eight have been taken. These will be much better taken once a week, than so many straight along - with the properties that are to be taken. Do that. We are through.

REPORTS OF READING 834-1 F 50

R2. 5/24/35 "Mom is feeling better now and I think she will continue to improve."

R3. 6/17/35 "She is quite careful of her diet. She must get more rest, though, before she can expect a permanent state of health."

R4. 8/8/35 "Mom is getting along pretty good. I am trying to see that she stays on the diet as much as possible. I have a vegetable extractor now and I am going to drink vegetable juices every day."

R5. 11/11/35 "Mom is about the same. I want her to get started using the battery again."

R6. 6/13/43 Son's ltr. to EC: "...I wish you would kindly send my mother information regarding your readings from a distance. ...She isn't at all well and she is taking a month's sick leave. She has diabetes and can't seem to get her sugar reduced fast enough. I wrote her and suggested that as she was helped so much thru following your suggestions a few years ago it would be logical to believe that you could help her again. I don't know whether she will get a reading or not but I am trying to persuade her to as I am sure that you will be able to get at certain causes that the M.D. can't find..."

INDEX OF READING 896-1 M ADULT

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UREMIA

TEXT OF READING 896-1 M ADULT

This psychic reading given by Edgar Cayce, this 17th day of April, 1935.

2. Now, as we find, there are abnormal conditions in the general physical forces of this body; [896]. These, as we find, have to do with the eliminations as related to specific conditions existent in the physical forces of the body. Much of this has been a gradual growth by impulses that have been created in the functioning of organs by misdirected energies in the body; and thus make for conditions that will require a consistent and persistent application of those materials or those influences as to bring a better balance in the physical forces.

3. These, then, are the conditions as we find them with this body, [896]:

4. First, in the BLOOD SUPPLY we find there are those influences as are indicated in a portion of the body itself; so that a humor exists in the blood supply, and is in the form of a rash that at times gives considerable trouble. This is the effect of conditions; and while it has responded at times to applications, the causes of same not being removed makes for the return of the condition as is indicated on a portion of the scalp and side of face and on other portions of the body; as the hands or those EXPOSED portions of the body. This, as we find, arises from those toxic forces in the system as a condition in the excretory functioning of the liver itself, and especially as related to the lower hepatic circulation - or from the uremic poisons that are thrown into the superficial circulation in the nature or the character of impingements that produce or cause the disturbance as related TO this superficial disturbance in the circulatory system.

5. In the deeper circulation, with this character of humor already in the blood supply, we find the producing of distinct or definite disturbances in the organs themselves - as will be seen.
6. In the NERVOUS FORCES of the body we find both causes and effects, in both cerebrospinal and the sympathetic nervous forces of the body. Those in the cerebrospinal system, as are indicated in the 3rd and 4th dorsal centers, and in the 4th lumbar and coccyx centers in the cerebrospinal, affect the slowing up of the heart's activity; though it is functional and not organic. This nerve force has also impinged or supplied energies in the activity of the pancreas and the spleen to the system so that we have those tendencies towards a form, though not of a specific nature, of that supplying or producing too great a quantity of sugar in the urine; and producing those tendencies for the body to lapse into a sort of lethargic state AFTER it has been on its feet for several hours, or after having eaten that which tends to make for a slowing through the stomach. For, those suppressions in the 3rd and 4th dorsal area make for this slowing of the circulation through the liver, the pancreas, and especially through the gall duct area that would cleanse this portion of the body if the circulation were normal.
7. Then, this tendency as is existent is shown in the effects in the nerve system of the cerebrospinal; while those conditions produced by the sympathetic system are rather of an emergency reaction - or the body becomes discouraged easily, the body becomes overanxious as to material conditions, as to the material or social associations, as to the general outcome of associations of the body in various directions. At periods it makes for the reverse, or an irritable condition when there are those emergencies to be met. These are effects, while those as indicated in the cerebrospinal are causes of disturbances in organs and in the general reactions of the body.
8. As to the ORGANS themselves, we find:
9. Brain forces are very good.
10. The fullness that occurs in throat and bronchi from the poor circulation through this portion of the system arises from the conditions in the 3rd and 4th dorsal area, as indicated. This produces at times anxiety as to the heart's activity also, but - as indicated - it is rather a sympathetic and not an organic disturbance.
11. In the digestive forces, as may be inferred from that which has been indicated here, we carry often very poor assimilations; and at others those properties that are taken, from the lack of the normal quantity of secretions from the glands in the areas, turn into those properties that become detrimental to the system. And this heaviness occurs after same.
12. As to the activity of the liver and the hepatic circulation as related to same, with these suppressions or subluxations existent in the 3rd and 4th dorsal center, we find a slowing up through the secondary cardiac reaction to the thrombosis of the activity, or the thrombosis as is called at times, or those in the aorta artery making for a slowing of the circulation between the heart, the liver, the lungs, THROUGH this heaviness carried in same. This is as of a poor circulation produced by pressure; slowing the circulation to such an extent that the poisons left in same produce organic disturbance, as well as functional, in the liver area.

13. In the hepatic circulation, naturally, we make for here those reactions to the kidney activity; so that we have at times the tendencies for the frequent activity of the bladder, yet oftentimes we find this very suppressed or very scant; yet the tendency for same - and for the glands through which these are governed, or this is governed - to give some distress. And the swelling of the glands in the area of the testes, and the pains at times through same make for the anxieties that arise for the body, [896].

14. Then, in meeting the needs of the conditions, or to bring about the more normal forces for this body, first - as we would find - as indicated, we must be persistent and consistent if we would bring back to the body a semblance of normalcy that will maintain the efficiency of the body to be free of these disturbances.

15. We would begin by the gentle adjustments, osteopathically given, especially in the 3rd and 4th dorsal center. We would also relieve those axes in the 4th lumbar and in the coccyx area, COORDINATING the upper cervical area WITH those relaxations created in the other centers. This we would have in the beginning, for the first two or three months, three times each week.

16. FOLLOWING the applications or the adjustments, as the body rests after same, lying prone, we would use - for the stimulation of the circulation - the active forces from the Low Wet Cell Electrical Appliance. Such applications would be made in this manner:

17. Attach the copper anode or plate first to the 3rd and 4th LUMBAR center; then the larger plate - that would pass through the Spirits of Camphor - to the umbilicii and the lacteal duct area, or that covering a portion of the gall duct and the lacteal duct area; that is, a span or four fingers from the umbilicii center but towards the right side. This would be for thirty minutes.

18. The next period when this is applied (the same electrical vibration, after the osteopathic manipulation), attach the first plate to the 2nd and 3rd DORSAL plexus area, and the larger plate to that area ABOVE the bladder - or over that area in the frontal portion of the body, you see, close to the penis - that MAKES for the activity through the glands of the kidneys and bladder area.

19. Alternate at each treatment in this manner. It will make for a slowing up and the relief of those tendencies for the swelling in the lower limbs, and this heaviness that occurs there at times.

20. In the matter of the diet, this should be MOST important. We would give this as an outline; not that these are ALL the foods that may be taken, but these are merely used as an outline:

21. Mornings - preferably citrus fruit juices, or dry cereal; but do not have citrus fruit juices and cereals at the same meal. Occasionally there may be used the cereal of the cracked wheat or crushed wheat, carrying vitamins necessary for the vitality of this particular body. This should be a portion of the morning meal once or twice a week. After same there may be taken coddled egg or brown toast, whole wheat toast; preferably not buttered toast. Only take the yolk of the egg, not the white at all. At times instead there may be used stewed fruits, or fresh fruits as the seasons change. Beware, though, of taking the berries or those that grow on vines for the body at such meals.

22. Noons - preferably the juices of vegetables or the juices of meats, or the combination of these; but not with any great quantity of grease - or those that are boiled with meats; other than the juices of same, not the fats of same.
23. Evenings - leafy vegetables, rather than those that grow UNDER the ground; though there may be included (among the vegetables that grow under the ground) parsnips or carrots or oyster plant, but not either the white potatoes or the yams - though the peelings of either of these may be taken occasionally. In them eats, preferably use fish, or fowl, if these are taken at all.
24. Follow these instructions for the first thirty to sixty to ninety days. Then we would give further instructions for this body [896].
25. We are through with this reading.

REPORTS OF READING 896-1 M ADULT

R1. 4/17/35 GD's ltr.:

To an OSTEOPATH in Plainfield, N.J.

Dear Sir: -

"For Mr. [896], ..., Plainfield, N.J., we have suggested osteopathic treatments and applications of the Low Wet Cell Appliance as follows:

"We would begin by the gentle adjustments, osteopathically given, especially in the 3rd and 4th dorsal center. We would also relieve those axes in the 4th lumbar and in the coccyx area, coordinating the upper cervical area WITH those relaxations created in the other centers. This we would have in the beginning, for the first two or three months, three times each week.

"FOLLOWING the applications or the adjustments, as the body rests after same, lying prone, we would use - for the stimulation of the circulation - the active forces from the Low Wet Cell Electrical Appliance. Such applications would be made in this manner:

"Attach the copper anode or plate first to the 3rd and 4th LUMBAR center; then the larger plate - that would pass through the spirits of Camphor - to the umbilicii and the lacteal duct area, or that covering a portion of the gall duct and the lacteal duct area - that is, a span or four- fingers from the umbilicii center but towards the right side. This would be for thirty minutes.

"The next period when this is applied (the same electrical vibration, after the osteopathic manipulation), attach the first plate to the 2nd and 3rd DORSAL plexus area, and the larger plate to that area ABOVE the bladder - or over that area in the frontal portion of the body, you see, close to the penis - that makes for the activity through the glands of the kidneys and bladder area.

"Alternate at each treatment in this manner. It will make for a slowing up and the relief of those tendencies for the swelling in the lower limbs, and this heaviness that occurs there at times."

Sincerely, [signed] Gladys Davis, Secretary

INDEX OF READING 1603-2 M 48

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BACKGROUND OF READING 1603-2 M 48

B1. 5/26/38 Questions via HLC. See 1603-2, Par. 21-A, 22-A.

TEXT OF READING 1603-2 M 48

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 1st day of June, 1938.

2. Now, in giving the conditions as we find, the body is under the supervision or direction of one who is very well in keeping with the better forces for keeping a balance in the disturbing forces of the body.
3. Then, to interfere with the better forces already being used would not be wise; other than to stimulate the mental reactions TO the applications. For we would not change these, in the present.

4. For all the activities through the system that have at times disturbed, and do at times disturb the better metabolism of the system - especially as related to the pressure and activity upon the pulmonary system, and the reactions to the lymph flow and circulation - are being kept in the correct angles, as we find.
5. Then, the only change we would make would be to stimulate the better eliminations as related to the general reactions of the body, and especially through adding some properties to the activity of the glandular forces as related to keeping the pancreas in a better coordinating condition.
6. Hence, we would add occasionally to the diet the Jerusalem artichoke; in a way and manner as to meet the needs. For if this is kept as a portion of the diet two or three times a week for periods of two or three months at a time, and then left off for a week or a month and then included again, we will find sufficient of the insulin reaction as to keep the pressure as related to the blood supply nearer normal. Also the activities of the system in keeping down sugar, as well as the reaction through the circulatory forces as related to the katabolism of the system will be much improved.
7. As we would give, then:
8. Keep in those lines of suggestions that are being followed; using only this portion of the diet as a difference - the Jerusalem artichoke two or three times a week; say Monday, Wednesday and Saturday have one about the size of a duck egg or the like. This should be **PREFERABLY** prepared or boiled in its **OWN** juices (as in Patapar Paper), and eaten as you would potatoes.
9. With the rest of the foods, this added would supply elements that would be more in keeping with the correct physical forces.
10. As to the mental attitudes - here we find at times a great deal of confusion. Then:
11. In taking up philosophic studies, especially as related to relationships of individuals with other individuals, know that such things - such relationships - must be based upon or acted upon in the manner in which the individual holds as an **IDEAL** manner of the relationships to Creative Forces.
12. For, while man has a threefold or a three-dimensional mind, a three-dimensional body as it were with the body, the mind, the soul, these each have their attributes.
13. Mind is the Builder. This is ever indicated in the experiences of individuals who hold to or build resentments, or build differences in any way or manner as related to activities or relationships of the body. For these become a barrier, that may make for destructive forces in the physical as well as in the mental and the spiritual attitudes.
14. As we find, the physical conditions oft make for irritations - by the differentiation in relationships of individuals to self as well as to others.
15. The attitudes as to conditions, then, become a portion of the mental and physical activities.
16. Hence it may not be said that the physical condition arises from the mental attitudes, or that the mental attitudes **WHOLLY** arise from the physical condition!
17. For if there is kept a normal balance throughout these attributes - of the physical, the mental and the spiritual, we will find that these will then coordinate,

cooperate one with another. For with the awakening to the realization of the relationships to Creative Forces as the ideal reaction, we may find these only giving expression in the manner in which we deal with our fellow man.

18. Then, that which IS is for the opportunities of each soul to give expression to those things and activities in which the entity, the individual itself, may be the better channel through which there may be the knowledge of that which is constructive in the own experience.

19. Not that any is to lord over another, because of the variations in their attitudes or what not. But know, he that would be the greater among the fellow man is he who is the greater service, and in the activity of a greater service to the greater number of individuals. Not as what would become termed as "betters," but as what is ever - as self - a channel for constructive influences and conditions in the lives and activities of all whom one may contact.

20. Ready, then, for questions.

21. (Q) Should any part of present treatment be dropped?

(A) As we find, and as has been indicated, it would be well for all to be kept until - through the activity of those properties indicated to be added in the diet - changes are made that will necessitate changing, or the not requiring of those influences for this direction of activity in the system.

22. (Q) Does this physical and mental condition influence my methods, theories, philosophy and mode of life, or vice versa?

(A) As has been indicated, these are to be made as one - in the form and manner as indicated. Thus we will find there will be really an awakening to the closer relationships that self bears with Creative Forces, and the greater opportunities that the self has for expression in its dealings and relationships with others.

Thus he becomes, then, the greater channel for activity; thus finding that which brings peace and joy and happiness.

23. We are through for the present.

REPORTS OF READING 1603-2 M 48

R1. 5/6/52 Letter: "I must admit that I only tried the Jerusalem artichoke a few times, as I was unable to find them in the markets after that and here [in Calif.] they don't have them at all."

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BACKGROUND OF READING 1739-1 M 36

B1. 2/7/30 Mr. [257]'s letter:

Dear Judge:

This will introduce Mr. [1739], brother of Mr. [...], the President of our firm. Without the knowledge of anyone except his wife, Mr. [1739] is coming to your Hospital. As you know, he has been ill for several years and he feels that he can regain his health under your direction.

Will you kindly give him a reading as soon as you possibly can and he will explain his circumstances to you personally. He wants to do this on his own hook and I am sure you will help him. He will explain all the circumstances of his financial standing, etc. When his brother returns from Palm Beach in about six weeks, he will then take the matter up with him based on whatever the readings say and that will insure him financial help which he does not wish to ask for at this time. With kind personal regards to you, believe me, as always
Faithfully, [257]

B2. 2/13/30 Mr [1739] entered the Cayce Hospital to be treated for diabetes, with which he had suffered for nine years.

TEXT OF READING 1739-1 M 36

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 13th day of February, 1930.

1. EC: Now, we find there are abnormal conditions with the physical forces of this body. These, as we find, have to do with specific conditions existent in the physical forces of the body, and the results or effects these conditions have upon the functioning of organs in the system.

2. These, then, are conditions as we find them with this body, [1739] we are speaking of, present in this room:

3. First, in the BLOOD SUPPLY - this we find below the nominal at times in pressure. This we find also heavy, or slow in circulation. ESPECIALLY is this true in the hepatic circulation, for a coldness of a definite nature and character is existent there.

4. In the elements of the blood, this we find shows heaviness, lack of the proper CHARACTER of red blood cells, and deficient in numbers; for the system, attempting to adjust itself to meet the needs of the condition, brings THIS condition about, and is an effect, NOT a cause.

5. In the NERVE SYSTEM, or systems - here we find rather the seat or the cause of the trouble. There is a pressure produced in the 8th and 9th dorsal that has had much to do with the nervous collapse as has been experienced by the body, so that the vitality has been run low, or a depletion of the ability to have STABILITY in the MUSCULAR forces, so that the fagged nerve condition brings distress and distraughtness to a great portion of the system, reflexly. Also this depression causes or produces that heaviness as has existed in the blood supply, as related to the functioning of the hepatic circulation, producing, as we find, that lethargy in the functioning of the lobe of the liver; also producing that overactivity as is experienced at times through the accumulations in the system,

as is seen from kidneys, or produced by the pancreas and the spleen's effect upon the system and the changes as are wrought there. This causing at times too much heaviness above the diaphragm, and a fullness in the chest, throat and head, that produces that of inertia, inactivity, nothing particularly wrong but everything awry, FEELINGS in the MENTAL reaction of the system.

6. In the ORGANS themselves: In the cerebro-spinal system, this shows the effect of the conditions produced, both in nerve system and in the blood supply. Also we find in the throat, lungs, larynx, effect of a FULL circulation, though no organic disturbance; neither is there with the heart those of an organic. Rather that of the FUNCTIONAL nature, produced more by the laggard or slow reaction in circulation - naturally the same lag in the nervous supply, both sympathetic and cerebro-spinal.

7. The digestive system, this not acting in the proper accord; for not easily does the stomach empty itself. Not so much from the position as occupied, as from the inactivity of digestion and the cause of fermentation is from the slowness of the system to set about its normal functioning, and foods would be found not acted upon for a longer period than normal with this body, [1739] we are speaking of. The effect of this upon the system is that of the cold or slow hepatic circulation, or the cold and slow hepatic circulation is a production of, and also PRODUCES the condition as is seen in the SAME activity of the liver being both an excretory and secretive organ in the system, and the effects as are produced there would be noteworthy as to the reactions as may be obtained by the correction of those subluxations [subluxations], or those pressures as produced in the dorsal region, as given; also that sympathetic condition in the sacral and coccyx, and by the stimuli as may be given in the system for this correction.

8. Then, to meet the needs of these conditions, necessarily the corrections in the cerebro-spinal should be made. These we would make osteopathically, but ADJUSTMENTS must be made throughout the whole of the cerebro-spinal system. Relax the body, however, thoroughly before these are made.

9. We would also use those properties as would be given medicinally in two characters of their reaction in the system. One which will act rather as that of a counter-irritant in the hepatic circulation, which would be prepared in this manner:

10. To 16 ounces of distilled water, add 6 ounces of sage. Reduce by slow simmering, not boiling too much, to 8 ounces. Strain, and while warm add 2 ounces of BEET sugar, thoroughly dissolve same in the solution while it is warm. Then add ambergris 15 grains, dissolved in 1 ounce of grain alcohol. We would also add cinnamon 1 dram (preferably this should be added in the stick), and 4 ounces of Gordon Gin - or this may be added in alcohol and Juniper, but preferably the Gin.

11. The dose of this would be, when shaken together, teaspoonful half an hour before the meals are taken - and eat the meals, but be careful of that that is eaten. Not meats, nor sugars. Fish may be taken. Principally those of vegetables that build iron, or blood and iron in the system. Also much of those that are nerve building, nerve replenishing in the system. Not TOO much exercise, but sufficient of this - especially in the open; for the body needs REST while the recuperations are being carried on.

12. For the cathartic as is necessary for the eliminations to be stimulated in the system, we would use those of the ambrosia weed, 3 ounces to 8 ounces of distilled water - reducing to half the quantity, add to same those of Oil of Sassafras 20 minims, 1 ounce of grain alcohol with 1/2 dram Balsam of Tolu cut in same and added to the solution.

13. The dose of this would be teaspoonful to the body when necessary for eliminations. In these conditions there would arise, naturally, the question of - with the alcoholic content as is being given this body, with that tendency of a weakened nerve, also of the tendency towards that of an overactivity in the pancreatic forces; but, as is given, these are to act as counter-irritant with the kidneys and hepatic circulation, IF prepared and given in the manner as outlined. Ready for questions.

14. Manipulations should be given every day for a relaxation. Corrections should be made at least twice each week.

15. It would be well also to add, for the corrective measures of the nerves' vibration, those of the plain Radio-Active Appliance. THIS, however, would BEST be given when the body rests during the day, rather than of evening or night - for we should not allow the body to become dependent upon exterior forces for its normal rest. This should be applied to the ankle and to the wrist, for at least thirty minutes to an hour each day, preferably during the rest period in the afternoons.

16. (Q) Should body leave Virginia Beach to attend social functions while under treatment at hospital?

(A) Just delay the game if he does! That's to be considered from his own viewpoint. We have given those for the corrections. In six to eight weeks the body should be near normal, if he will rest properly.

17. (Q) How much smoking should be allowed?

(A) This not an over-irritation, but acts as a sedative. Not more than ten cigarettes, or pipe smoke, a day.

Well to watch the specific gravity of the urine to determine the effect of those properties as are given in ambergris and the active principle IN gin, for the clarifying of the kidney and hepatic circulation. We are through for the present.

REPORTS OF READING 1739-1 M 36

R1. See Source File Key #1739 for Hospital records re 1739-1.

R2. 2/24/30 See 1739-2.

INDEX OF READING 1878-1 F 69

ABRASIONS

DIABETES

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: Diabetes	Par. 8, 9
Electrotherapy: Short Wave: Not Recommended	Par. 12-A
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VARICOSE VEINS

BACKGROUND OF READING 1878-1 F 69

B1. 5/6/39 Mr [1561]'s letter: "Dr. Taylor told me he had an emergency case - matter of possible foot amputation and was writing for 'time', so I suggested that if your book was filled, he could take my hour."

TEXT OF READING 1878-1 F 69

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of May, 1939.

3. Now as we find, there are both constitutional and acute conditions that disturb the better physical functioning of the body, and in some respects one works against the other.

4. Where there are the acute conditions from the infection, from the breaking of veins in the limb, to make application - unless with great precautions - would be directly disturbing to the glandular forces as related to that which produces the diabetic condition; slowing the blood and thickening it so that the applications for helpful forces are such that it would need great precautions.

5. And it would be almost prohibitive for operative measures, owing to the condition of the heart from this combination of disturbances.

6. As we find, we would bathe off the affected portions with a weak, warm antiseptic solution of bichloride, - not more than half a tablet to two quarts of water. Then, above and around the place, but not directly over it, apply a poultice or stupe of the green mullein. These stupes would be changed every two hours, at least. These should be rather thick, - that is, at least two or three layers of the leaves, and use the GREEN - NOT the dried, see? Crush the leaves, or bruise same, pouring the boiling water over same, in an enamel bowl, - not a tin but an enamel or glass container. Then apply same to the member, as warm as can be applied; putting a thick coat of cotton to preserve the dampness and the heat, you see; and then gauze about same, of course. These would be applied directly to the body.

7. Also we would have the stimulation that may be had through taking each day the Jerusalem artichoke as a part of the meal, - one day raw, the next day cooked. These properties are to aid in reducing this constitutional disturbance in the glandular force. They may also aid in reducing MATERIALLY, in the present, the doses of the insulin; for taking the artichoke - especially this Jerusalem variety - is using insulin but in a manner that is NOT habit-forming, and it much more preferable - if it is governed properly, with the rest of the diet.

8. Do not eat meats. Fish or fowl in moderation may be taken. None of those foods that carry sugar, nor coffee or tea; though CEREAL drinks - Ovaltine or the like - may be taken.

9. Not too much of butter fats, nor of any of those foods that carry such.

10. As we find, if these are done - cautiously - with the stimulation neuropathically to the nerve forces from especially the last cervicals to the 9th dorsal, gently, but following them out through the intercostal nerves or centers or areas to their ends - they will materially aid in bringing better conditions for the body. 11. Ready for questions.

12. (Q) Will Radionics help the Diabetic condition?

(A) As we find, until there are BETTER conditions of the limb, we would put off these. Then, if Radionics are set so as to be in direct opposition to the EFFECT of the sugar content, it may aid.

13. (Q) Would "Lachesis," homeopathic tablets prepared from snake venom, which is a great antidote for blood poison, gangrenous tissues, etc., be good in this case?

(A) As we find, if there are the CONTINUED indications of proud flesh in the abrasions, these would be helpful, - but must be given very precautiously.

14. (Q) Any other advice?

(A) Do these, as we find, - we will bring the better forces for this body.

15. We are through for the present.

REPORTS OF READING 1878-1 F 69

R1. 5/15/39 Dr. Taylor's letter to EC: 25 North Harrison Street East Orange, NJ

Dear Mr. Cayce,

Thank you for your letter concerning Mrs. [1878].... I must say that in following your directions [1878-1] in her case we have noticed an immediate improvement and everyone is very much pleased....

Sincerely yours, [signed] W. D. Taylor, N.D.

INDEX OF READING 2007-1 F 59

DIABETES

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: Cooking Utensils: Patapar Paper	Par. 14
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HYPERTENSION

Intestines: Colonics: Toxemia	Par. 9
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Kidneys: Bladder: Urine: Retention: Diabetes	Par. 3
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TOXEMIA

BACKGROUND OF READING 2007-1 F 59

B1. 9/19/39 Phone request by Mrs. [409]: High blood pressure (dizziness, weakness, rundown, shortness of breath). Bladder condition - unable to hold water.

TEXT OF READING 2007-1 F 59

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of September, 1939.

3. Now as we find, conditions as related to disturbing forces are rather well advanced. These should have had attention when there first began to be this excess of sugar, and those tendencies for weakening of the kidneys as related to the whole hepatic circulation.

4. These as we find may be materially aided, but this will require very persistent activities as well as consistency, as well as to the diets for the body.

5. For this excess in the sugar in the urine, and the weakening of the glandular activity or excess activity and weakening of the system as related to being able to take care of these, causes a great deal of disturbance as related to the metabolism of the system.

6. Thus while the heart's disturbance is serious, the diabetic tendency and activity is the more serious.

7. As we find, the causes of these arise from the excess of toxic conditions of the various natures, too much of the attempts to minimize the condition through cathartics of the nature that have tended to increase the activities through the pancreas and the liver, and the activities to the kidneys, rather than to decrease same.

8. As we find, then:

9. First begin to eliminate as much of the poisons from the system as possible through the alimentary canal, by the use of the high irrigations; using the colon tube, - though not too much at once. Better still it would be to have at least the first three or four such colonics taken by one who would administer same (once each week) who understands as to how much may be relieved without weakening the conditions of the body too much.
10. Then we would begin with the diets:
11. Refrain from all sugars, and most of the starches. While breads are to be taken, to be sure, use rather the whole wheat bread, corn bread or rye bread in preference to the white bread, see?
12. No potatoes.
13. Have more of the raw and leafy vegetables than others.
14. At least four meals each week should include the Jerusalem artichoke in the diet. One time this should be taken cooked, the next time raw. When cooked, prepare as you would a boiled potato; not boiled too much, but sufficient that it crumbles, - and keep the juices of same in same. Hence, cook in Patapar Paper. This may be given with a little salt, no pepper, and not too much butter. Butter should not be taken in any quantity, though a little for seasoning vegetables is better than the fats or oils, see?
15. Do these and as we find we may bring the better forces for this body.
16. We are through for the present.

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BACKGROUND OF READING 2040-1 M 48

B1. Questions phoned by Mr. [257] on Nov. 7th: What caused the condition?
Please outline best diet? What exercise? Where should I live?

TEXT OF READING 2040-1 M 48

This psychic reading given by Edgar Cayce at his home on Arctic Crescent,
Virginia Beach, Va., this 9th day of November, 1939.

2. EC: Yes, we have the body, [2040].
3. Now as we find, there are disturbing conditions which prevent the better normal physical activity through the system.

4. These as we find have to do with disturbances in the assimilating or digestive system, and the effects of same that are produced upon the organs of circulation and elimination.
5. Then, these are conditions as we find them with this body, [2040].
6. First, - by the disturbances in the nerve system, - there have been those conditions that have slowed up the activity through the alimentary canal, especially as related to the activities of the liver, the kidneys, and the pancreas especially.
7. Not that there is as YET a great tendency towards too great a quantity of sugar, but a diabetic condition is a portion of the disturbance. However, as we find, even with this, these may be cleared; for the greater cause of the condition is rather the superacidity, with too great quantities of oils or highly seasoned food, with especially fats or greases that have caused those conditions in the gall duct area, and especially with those portions as related to the assimilating of such through the system.
8. These produce a condition in the colon area that has caused a plethora in the ascending, or on the right portion of same.
9. Also this produces the conditions that vary as to the heart's activity, - also a disturbance of the frequency at times, and at others a scant activity of the kidneys.
10. All of these go to make up the disturbances as we find with this body.
11. In making applications, then, that as we find would be the more helpful or beneficial:
12. First we would begin with the hydrotherapy treatments, - that is, sufficient of the colonic irrigations, combined with the general massage, to aid in eliminating the poisons from the exterior portions - or through the perspiratory system; but not raising the temperature sufficiently high at or during such treatments as to cause too great a disturbance with the circulation between the heart, the liver AND the lungs; neither making so much of the eliminations in the first one or two colonics as to produce too great a strain or drain upon the system.
13. Twice a week we would have the general hydrotherapy treatments, but the colonics should be at least a week apart - or these should be given only once a week.
14. After the first two or three of such colonics, then we would change the character of the general treatments and have specific adjustments made, OSTEOPATHICALLY, to correct those subluxations which exist in the lower lumbar and through the 9th, 8th, 7th and 6th dorsal. Then, after stimulating such activities, we would begin slowly to drain the gall duct - osteopathically.
15. Reilly we would suggest.
16. As to the diet throughout the period, - this should be followed rather closely. Use rather the liquid and semi-liquids, and not heavy foods. No oils or fats to any great extent. Principally fruit juices, vegetable juices, and ANY form of the foods that are easily assimilated. As to the character of cereals, these should preferably be cooked cereals. And the vegetables should be principally of the leafy variety, rather than those under the ground - other than the Jerusalem artichoke. At least once each week be sure there is taken the Jerusalem

artichoke with the diet. This may be one time cooked, the next time raw; one about the size of a hen egg or larger. When cooked, best that it be boiled - but in its OWN juices, as in Patapar Paper. Do not leave this off! Be sure that it is taken each week, for it will add sufficient of the insulin to the system to aid in correcting the circulation between the liver and the lower hepatic or kidney circulation, and aid in reduction of sugar as well as - with the other portions of the diet indicated - correcting the acidity. And we will relieve this pressure where there is the feeling of the lack of the passage of foods from the stomach to the intestines, through the lower portion of the duodenum.

17. Also as an aid to better eliminations we would use SERUTAN at least twice each day.

18. Let plenty of buttermilk be taken at one of the meals each day, you see; for this (preferably fresh buttermilk) carries in same those properties that would aid in creating that effluvium that is preferable to be in the intestinal system under the existent conditions.

19. These we would keep regularly, for a period of at least three to six weeks.

20. As to the activities, - walking, and being in the open are the better; not so much exercise being needed while the hydrotherapy and other treatments are given at least twice each week.

21. Do these, if we would bring the better conditions for this body.

22. We are through for the present.

REPORTS OF READING 2040-1 M 48

R1. 11/21/39 [257]'s letter to EC: "...Let me tell you that [2040], [5417]'s brother, who is the hardest and most severe critic of our work I have ever known - has become a real convert. He says it is uncanny how perfectly you hit him and he is going to Reilly's to start treatments...."

R2. 12/2/39 [257]'s letter to EC: "...[5417]'s brother signed up for 25 treatments with Reilly and is already feeling better..."

R3. 2/29/40 Mr. [2040] referred Mr. [2128] for a Physical Reading.

R4. 10/9/41 [2040]'s letter to EC:

Miami Beach, Fla

Mr. Edgar Cayce Virginia Beach Va

Dear Sir,

About two years ago I was stricken with a sickness and was referred to you by my Brother [5417] of N.Y. City together with Mr. [257].

To say the least I owe them both with your help, the prolonging of my life, as Doctors had told me that I had but a short time to live.

I made a special trip to see you and am indeed very sorry to have not been able to be present at a reading which I now apply for....

I have great faith in you and your work and I feel certain that you will help me in my present ailment.... Sincerely Yours, [2040]

R5. 10/17/41 See 2040-2, a Check Physical regarding his asthma.

INDEX OF READING 2225-1 F ADULT

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TOXEMIA	

TEXT OF READING 2225-1 F ADULT

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 4th day of February, 1931.

1. EC: Now, we find there are conditions abnormal for this body. These, as we find, may be materially aided in the conditions, that the body may function the nearer normal. These, as we find, have to do with organs in their functioning, and the conditions or the results that have been brought about through either the deficiencies of the over activities in those respects.
2. These, then, are the conditions as we find them with this body, [2225] we are speaking of, present in this room:
3. IN THE BLOOD SUPPLY, this shows the effects of the disorders as respecting the eliminations of the system, especially as to the kidneys and their effect - in the lack of clarification in the blood supply as related to the forms of elimination that go through or with same. Hence their backing into the system, or the hepatic circulation, so alters by this change as to make the great variation that we find at times in the blood pressure, or blood supply itself, as well as the disorders that result in pressures created in the locomotaries themselves, to the limbs themselves, as to form - then - those accumulations in the body from this disorder.
4. IN THE NERVE SYSTEM ITSELF, here we find - while these are under stress, naturally, from the disorder that has been produced by this derangement in the functioning of the organs, especially in the pelvis and the torso of the body itself - these conditions consist rather of effects produced IN the nerve system than their being the cause, or the central cause, of disorders.
5. IN THE FUNCTIONING ORGANS THEMSELVES, the brain forces, are good.
6. In the organs of the sensory system, these we find often show the stress under which the body labors, from the absorption of poisons in the system - as is indicated in the activity of the organs and the dullness that is felt by the body when under strain of any nature or character.
7. Throat, bronchials, lungs and larynx, show the effect of the poisons, but not organic or functional when considered with the general disturbance that exists through the hepatic circulation and with the organs themselves, that have to do so much with the circulatory forces of the body itself.
8. In the digestive system we find one of the seats or causes, or FIRST causes, that existed in the body - when these first showed the signs of the conditions; for these have existed and have been builded for many periods in the system. These began first with a form of indigestion, that made for that first termed as dyspepsia; again we had regurgitation, and a formation of gas and belching in the system. Then, as these conditions were reduced by those taxations of the eliminations in system through alimentary canal, we threw out of balance those forces that make for the conditions now existing; throwing a strain on the conditions, on the kidneys, on the hepatic circulation, with the liver in its abnormal functioning, we have brought about these disorders that we find in the organs and in the functioning of the organs in the system. This tendency of an overactivity in the secreting of those to form the excesses of forces in the body as related to the CONDITIONS in same.

9. In the functionings of the liver, spleen, and the pancreas - these we find in an unbalanced condition. At times the spleen makes for those conditions wherein there is an overactivity in the brain's IMPULSES, as the body feels itself capable of accomplishing that even which the physical forces prevent from being carried forward. In the pancreas we find sugars, and those that make for excess in the digestive forces make for that disorder which has been produced by the changing of altering in the body those conditions that make for activities with the glands of secretion, as related to the building forces, or of the fat producing in the body itself.

10. In the kidneys and in the organs of the eliminations, here we find pressures are produced in the nerve system as to make for the excess of pressure in the lumbar and sacral regions, making for those tendencies of an overactivity or over amount of fluids that gather in the system. Hence the swelling at times of the lower limbs that occurs from same, those that make for the excesses to those portions as related to the upper portion of hepatic circulation, the fullness that occurs in those portion above the diaphragm region. These make for a pressure to the eyes, as a puffiness at times occurs worse than at others. Tendency of lethargy, and the determination within self, from the activity of brain forces and spleen. The body itself knows BEST what it suffers, and not easy to describe to another.

11. In the meeting, then, of the needs of the conditions in the system, as we would find - while there should be that determination in self for as much activity as possible, to keep the determined forces in the active forces of body - there should be as much rest periods as there are active periods; and during such periods we will find, when there is pressure created or brought on the lumbar and across those portions of the kidney area - through the lower limbs and across the abdomen - the use of the stoops of Mullein would be very beneficial. These will reduce the pressure, will reduce the amount of the conditions bringing about pressures in body.

12. Take INTERNALLY those properties that would be made in this manner, that will keep the alimentary canal in an active state; not that which increases the fluids or flows in same:

13. First we would take 16 ounces of distilled water, add to same 8 ounces of sage (dried). Reduce by simmering to 1/2 the quantity. Then strain, and while warm add:

Ambergris.....15 grains (dissolved in 1 ounce of alcohol),

Simple syrup.....2 ounces, Gin.....2 ounces (or this may be made with the Juniper berry or oil, and alcohol), Cinnamon.....2 drams (preferably in the stick).

The dose of this would be teaspoonful before each meal and before retiring.

14. As we begin to take these properties, we would also have those eliminations - at least one every fifteen days - through the colonic irrigations, as to keep the colon cleansed.

15. After a period of taking the medicinal properties, we would then begin with the sweats - or preferably those that do not raise the temperature of the body so much, but that will take FROM the system those excesses of poisons and accumulations in the capillary and lymph circulation. Take, then, those FUME

baths - ESPECIALLY those carrying the Epsom Salts, but these would be well even taken as sitz baths occasionally. The BETTER activity would be through the fume baths, following with a rubdown of witchhazel and an alkloid or alcohol rub later.

16. Do this, and we will find that - with persistency, with consistency - we will bring about a near normal condition for the body.

17. Be mindful that the diet does not include too much that makes for acid producing, nor of sugars, nor TOO much starches. Then, as may be said, what's left? Not meats. So, then, proteins are barred, in a manner. A balancing, then, of a diet. This would be as an ensample, though it may be changed to meet the needs of the conditions:

18. Mornings - citrous fruits, but with no sugar in same. These may be altered at times with DRY cereals. DO NOT eat cereals AND the fruit juices together, for here they would produce too much acid. Dry cereal, though, preferably.

19. The noon meal should consist of butter (though in small quantities), dried toast - whole wheat, rye, or such nature - this dried, however; with salads that carry a dressing more of the OILS that will aid in digestion, as of the olive oils, or Wesson oils, or such nature. These may include the dressings that may be made with same.

20. Evenings - not too much, but broths that carry barley, whole wheat, or those that are nearer akin to nature. A little fish, but not the shell fish, may be taken. Vegetables would include lentils, beans, spinach (small quantity, not too much), tomatoes, tomato juices, carrots, radishes, and such. These do not always agree with the body, but they may be taken from time to time and TRIED OUT - as it were. Especially those that make for ELIMINATIONS in the system are well, as the oyster plant or eggplant, or those natures that carry the activities for the assimilating system. Ready for questions.

21. (Q) How often should the fume baths be taken?

(A) These should be taken at least ONCE each week, following same with the full massage and manipulations - either AT the time or immediately following same.

22. (Q) What about the teeth?

(A) The teeth need some LOCAL attention. This is a contributing condition, but NOT the cause!

23. (Q) What causes the terrible pain in the head toward morning?

(A) The unbalancing of the circulation, or pressure that comes from the change or alteration in the pressure as the body lies prone. The body is much better from same, if it will sleep with the head still higher.

24. (Q) What causes the pain in the knee?

(A) This produced principally from that pressure in the lumbar and over the kidneys. These conditions will be aided, as we will find, by the activity of the Mullein stooks. These should be taken as hot as may be easily done. Be well if these were taken each evening, say about the time of retiring. This will aid the body in resting better, relieve this pressure on the knee - or it may be applied to the knee - reducing the swelling, as well as will the relief of the pressure through the colon.

The activities of the properties that are taken internally, here we find alcohol added to an already over active system in this direction - but under a condition that will change the characterization of same, see? ESPECIALLY if the relief is brought to the colon. Also those activities in the Juniper, which come from the properties themselves that are carried IN the alcohol, in the forces that make for an OVER activity, REDUCING this pressure and this fullness about the kidneys, aiding the endrenal [adrenal?] glands to become nearer normal in their functioning.

25. (Q) Just how should these Mullein stoops be prepared?

(A) Preferably, when it's possible, have the green Mullein, bruised, with rather a poultice over same - that is, as stoop. If dried, a larger quantity would be required. These are placed between bandages, or thin cloths, and applied directly to those portions - across the kidneys, across the lumbar regions, across the abdomen, across the knee - and if pain is in the head apply at the BASE of the head. We are through for the present.

REPORTS OF READING 2225-1 F ADULT

None.

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TEXT OF READING 2338-1 F 45

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of September, 1940.

3. Now as we find, rather would there be the suggestions for preventing the arising disturbances from inclinations or tendencies which exist with this body.
4. While there are some specific disturbances which prevent normal reactions, we find that these do not hinder in the general physical welfare; though there are those tendencies for disturbances in organs that may PROVE to be detrimental forces to the body.
5. These, then, are conditions as we find them with this body, [2338] we are speaking of, present in this room:
6. In the blood supply we find there are the inclinations towards a disturbance with the pancreatic activity. This, at times, as combined with general conditions, causes some disturbance in the metabolism of the system, as well as in those directions of producing too great a quantity of sugars for a nominal balance.

7. That there has NOT been, from these tendencies, the inclinations or a disturbance in the katabolism, is indicated from the nature of the causes of such tendencies.
8. Also in the blood stream there are those inclinations for a roughening at times through the superficial circulation; causing the inclinations for the eliminations to become involved.
9. In the nervous system we find the SOURCES of these tendencies; for there exists a subluxation in the lumbar and sacral areas that has hindered, and does hinder, the normal functioning through the pelvic or genitive system.
10. This is turn, through the sympathetic relationships between the superficial and deeper circulation, causes the reactions in the lymph AND the emunctory system to the pancreas, the liver, the spleen, in their coordinations with the general functioning system.
11. As to the organs themselves, - we find the brain forces and the reflexes from same are very good. These indicate the normal reactions; while in the sensory system - because of those tendencies and relationships with the disturbances to the eliminating and the imaginative system - there comes at times the hindrances to the better circulation. Hence those conditions that may sympathetically occur with the hearing, the taste, and the vision at times. However, these in the present are not in those proportions as to cause any GREAT disturbance. These WILL grow, unless there ARE those corrections made for the better coordination there.
12. Throat, bronchi, lungs, larynx, - we find only a nominal reaction under the sympathetic disturbances.
13. In the digestive system, and as related to the heart, liver and kidneys, - we find through the sympathetic reaction there is caused in the metabolism, as indicated, those conditions which at times make some variations in the pulsation; though the PRESSURES that are indicated TEND toward too great a pressure. These are tendencies, and vary a great deal at times in their reaction through the system.
14. It is not a heart disturbance, but the inclinations from the pancreatic reaction; and the heaviness that occurs at times across the small of the back, or below, or between the kidney AND the lumbar-sacral area. These are merely reflexes, and are indicated through nerve reactions.
15. Digestive forces at times are very good; at others we find a NERVOUS reaction, - from this disturbance through the metabolism of the kidneys and liver AND the heart circulation.
16. In the pancreatic forces, as related to the activity of this gland with the organs of assimilation, we find indications of the greater disturbance existing.
17. Thus the corrective measures as would be taken should be indicated in those directions of creating a better balance, and to prevent the tendencies for the body-increase in weight, with those inclinations for the producing of greater excess of this activity in the body.

18. In the kidneys as related to the activities through the organs of the pelvis, - these as we find HAVE at times given disturbances; though in the present not so much as heretofore, but is producing greater reactions to the organs of assimilation.

19. As to the functioning of the organs of the pelvis, - we will find the corrections in the coccyx, lumbar and sacral will relieve those tensions which have existed there, and that have prevented a normal reflex or reaction to the generative or genitive system.

20. Also these, as combined with those properties which we will indicate to create a balance in the activities of the spleen AND pancreas, will prevent the increasing in the weight and in the disturbances through the pancreas, heart AND liver activity.

21. First, then, we would give:

22. Begin with corrective measures osteopathically administered to those areas specifically indicated; coccyx, lumbar axis, sacral, AND coordinating the brachial AND the upper plexus WITH those corrections made through the area. We would have these in series. First we would have the relaxing treatments, by the application of Wet Heat to the lower end of the spinal column. Then, twice a week take such adjustments for some six to eight treatments. Then rest from these at least three weeks. Then take another series of some twelve to fourteen; THESE given about ONCE a week, - ONE a RELAXING treatment, the other a stimulating treatment.

23. As a corrective measure for those tendencies indicated through the functioning of the assimilating system, we would add the Jerusalem Artichoke to the diet three times each week. Let this be eaten with the meal, you see. Take this regularly; twice it should be cooked, and once raw. The activity of this is for that influence upon the assimilating system.

24. In the general diet, - keep away from fried foods, or from red meats.

25. Plenty of fresh vegetables we would use each day.

26. Not that the body is to refrain from meats if desired, but no red meats - or hog meat.

27. Doing these, we will find we will bring much nearer to normal reflexes and activities through this body.

28. Ready for questions.

29. (Q) What causes the bad pain in the back?

(A) Those reflexes from the activities of the pancreas, as related to the eliminations through the kidneys. It has not reached such a stage that there is any inflammatory condition, but the pressure upon the nervous system.

30. (Q) What has produced the swelling in the abdomen? Is this of a tumorous nature?

(A) This is the natural reflex, or filling of that lymph AND emunctory circulation, as was first indicated, that arises from the disturbances or tendencies in the direction as we have indicated.

It is only of the lymph and emunctory circulation, which CAUSES puffing or fullness, but not in any form tumorous in its nature - as yet.

Setting up the eliminations, and stimulating the activity of the eliminations through osteopathic corrective measures in the areas indicated; directing the activities of the pancreas, the liver and the kidneys through the corrections as would be received through the taking of the properties indicated in the diet, will prove to relieve these tensions.

Do these things as indicated; we will not only remove the disturbances but PREVENT a great deal of disturbance later, that might arise from these tendencies and inclinations gradually arising in the system.

31. We are through for the present.

REPORTS OF READING 2338-1 F 45

None.

INDEX OF READING 2393-1 F 62

DIABETES

Diet: Artichoke: Jerusalem: Diabetes	Par. 15, 19, 27-A
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INJURIES: SPINE: AFTER EFFECTS

Intestines: Colon: Plethora	Par. 9
: Prolapsus	Par. 9

LESIONS

Osteopathy: Lesions	Par. 16--18
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BACKGROUND OF READING 2393-1 F 62

B1. Has been on a strict diet 8 yrs., has not started taking insulin, fearing it would have to be taken permanently. Does not remember any particular injury, but may later; is going to follow rdg. Capt. [584] said he was in same condition, and after the rdg. put him on artichokes he had gotten so he could eat anything he wanted.

TEXT OF READING 2393-1 F 62

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of November, 1940.

3. As we find, there are conditions as prevent the better normal functioning. These are specific in the first causes, and then the effects that have been produced with the functioning organs cause a constitutional disturbance of a complicated nature.
4. Yet, with the proper corrections and activities, we find that these can be materially aided.
5. We find that these have to do with the metabolism of the system, and the activity of the pancreatic system.
6. Then, these are the conditions as we find them with this body, [2393] we are speaking of, present in this room:
7. The blood supply indicates the nature of the disturbance through the metabolism as created, through the activity of the pressure to the heart's activity, to the conditions as related to the activity of the pancreas, the liver and the spleen - as related to the kidneys and their activities.

8. The first cause of this dates back to some several years ago, when there was an injury or a straining of the back, in the 8th and 9th dorsal.
9. This as we find caused a slow, gradual pressure upon those areas as related to the pancreas, the liver and the lower hepatic circulation; increasing the pressure through heart's activity, and gradually increasing the activity of the pancreas to the extra influences of sugar in the system; and through the lower part of the colon a plethora, and in the descending colon a prolapsus.
10. Hence the effects produce the combination or complication of conditions, while the first cause is from a subluxation - which is of a LATERAL nature, as the lesion in the 7th, 8th and 9th dorsal centers. To be sure, the lumbar and the brachial centers and the vegetative nerve system have at periods suffered.
11. With the specific diets that have been followed, and the keeping away from sugars, meats and those activities as would cause the greater disturbances, these have been somewhat aided; yet these gradually are making more disturbance in the circulation between the heart, the liver and the kidneys.
12. To be sure, most of the organs are naturally under strain from the inactivity in some, and the overactivity in others, - which is indicated by the manner of the metabolism of the system, or the circulation THROUGH the central organs of the body.
13. In meeting, then, the needs of these disturbances:
14. First, we would retain most all of the specific diet that has been followed, which has been beneficial.
15. However, we would add to same the Jerusalem artichoke. For this body, these should be taken at least three times each week, preferably cooked, or prepared in its own juices, as in Patapar Paper, so that whatever portions that may exude from the tuber during the preparation may be mixed with same in preparing. Eat it with the meal, you see, three times each week - using one each time about the size of a hen egg. Do not overcook nor undercook, but so that it is well able to be mashed thoroughly. Do not peel, - only wash thoroughly with a brush, then cook it in Patapar Paper - as if cooking an Irish potato. Season with a little salt, and at times a very small quantity of butter. Though this is at times tabu for the body, we find that it will aid in this particular instance.
16. We would begin with osteopathic adjustments for those areas indicated. These should be done VERY slowly. If done too severely in the beginning, we find it would tend to INCREASE the disturbances rather than to alleviate. But have them made - the adjustments and corrections - in at least three or four series. First have them about twice each week until twelve adjustments have been made. This would be the first series. Then leave them off for at least a month. Then have about six more adjustments. Then leave off for about a month. Then have six more. This would be the manner best to make the adjustments, see?
17. To be sure, at least every third adjustment or treatment, we would coordinate the lumbar and sacral and the upper dorsal, head and neck, WITH those corrections gradually made in the 7th, 8th and 9th dorsals; and we will prevent causing disturbances by these adjustments.
18. We would have these made under such an one as Irvin.

19. Keep the diet, the general activities, in the manner as has been indicated; throughout the period keeping those activities of the insulin through the eating of the artichoke.

20. And we should find the condition almost entirely alleviated. However, we find it will be necessary - even then - that the body not break over too often in the taking of sweets or heavy meats.

21. To be sure, fish or a little fowl may be taken occasionally, but never fried. Never any fried foods of any kind.

22. Have plenty of vegetables, and those foods that have been indicated, - these will be the better.

23. Do these, if we would bring the better conditions for this body, [2393].

24. Ready for questions.

25. (Q) Is the condition diabetes, or what?

(A) Diabetic in its nature. As indicated, the pressure is from the injury some time back that causes the overactivity. This lesion is LATERAL in nature, rather than circular; thus there is not the DIRECT pancreatic reaction. But, as indicated, there are the symptoms; that is, the liver activity, the excess at times and then again the scantiness of the urine or the activities of the kidneys and the bladder, and the disturbance with the circulation as to the blood pressure and the like, - all show the disturbance through the pancreatic and liver area; affecting the other conditions sympathetically.

Hence we would make those applications consistently, in the manners indicated.

26. (Q) Will I be able to eat anything I want to?

(A) As indicated, it will be necessary to adhere rather closely to the diet that has been followed; but at TIMES there may be other foods taken, to be sure, though this will have to be GRADUALLY done. It will require some several weeks and months before other foods than the strict diet would be permissible, to be sure; and then not too much at the time.

27. (Q) Has anyone been cured that was in my condition?

(A) Many, many, many!

Do these things as outlined, and we will find we will bring the better condition for this body.

Because there is less pain, less uneasiness and less dizziness WITH the use of the artichoke, don't leave them off - for several months; at least three times each week. We are through for the present.

REPORTS OF READING 2393-1 F 62

R1. 1/26/42 Letter: "Mr. Cayce, dear friend, in answer to letter 1/8/42... I will try to set aside a few moments each day for prayer. Thank you for your lovely letter."

R2. 9/42 She referred Mrs. [2811] for a Physical Rdg.

R3. 1/18/60 GD's note: Mrs. [2393] is still living, apparently in good health.

R4. 10/6/66 She died at the age of 87.

INDEX OF READING 2472-1 M 67

DIABETES

Diet: Artichoke: Jerusalem: Diabetes	Par. 13, 14, 25-A
: Diabetes	Par. 16--21, 26-A
: Eliminations	Par. 26-A
Glands: Prostate: Diabetes	Par. 11, 12
Intestines: Enemas: Eliminations	Par. 26-A
Kidneys: Overactive: Diabetes	Par. 8, 25-A
Locomotion: Impaired: Diabetes	Par. 8, 9
Physiotherapy: Massage: Peanut Oil: Diabetes	Par. 15
Prophecy: Prognosis: Death	Par. 4, 5, 23, R1

BACKGROUND OF READING 2472-1 M 67

B1. 3/26/41 Questions submitted by daughter, Miss [357]. Doctors say he has extremely high blood pressure.

1. What is the cause of the numbness in left side of the body, especially the leg, and how may this be relieved? 2. What causes extreme soreness in lower part of back and relief for same? 3. What is the cause of dizziness and how may this be corrected? 4. Please give relief for the over activity of the bladder. 5. Please outline diet. 6. What would be a good laxative for this body? 7. If he follows these suggestions could he, in time, expect a complete recovery?

TEXT OF READING 2472-1 M 67

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of March, 1941.

3. As we find, there is quite a complication of disturbances with this body.
4. Rather than curative forces, we find that in the present there may be given only those things that may bring temporary relief - or an easing of the disturbances and the anxieties.
5. For, there is growing more and more within the body the desire to be rid of - or "through with" - these present conditions.
6. These are conditions as we find them with this body in the present:
7. There is the tendency towards the lack of proper coordination or reaction through the pancreas.
8. Hence for some time there has been the excess of sugar created by the body. This has produced the unbalanced circulation, and causes an excess activity of the kidneys, with a strain upon the heart; as well as producing the weakening of the body's abilities in locomotory reaction.

9. Thus the tremblingness and weakness manifested in the lumbar and sacral areas; the inability of the limbs to coordinate; the tendency for the limbs, especially in one side, to feel as if going to sleep; the tremblingness through the hands, arms, and the inability for proper assimilation of foods.
10. We find that this has been a gradual development, but with all the complications that naturally arise from conditions of such natures; that is, these are the characteristic reactions from such.
11. The glands, especially of the prostate, give the body trouble at times.
12. All of these are effects, of course, of the pancreatic disturbance; as combined with liver, heart and kidneys.
13. A very positive reaction may be had that will relieve a great deal of this tension, if there will be eaten each day - with the meal - a Jerusalem artichoke; one day cooked, the next day raw; one not larger than about the size of a hen egg. Preferably keep these fresh, not by being put in the refrigerator but by keeping them in the ground; by necessity protecting them from animals - dogs, hogs, pigs or the like; for these will scratch 'em up - as would cats also!
14. There is needed that booster, or the effect of insulin as may be derived from the artichoke, for the system.
15. Also each evening when ready to retire, massage the spine with Peanut Oil; especially across those areas of the small of the back and the sacral, or across the hips, - even along the sciatic nerves would be beneficial.
16. As to the matter of diet (other than the artichoke), - refrain from those foods that tend towards creating sugar; as excess of starches or sweets.
17. A little honey may be taken occasionally.
18. Yellow corn meal is very good for the body, in whatever way it may be prepared; whether made into spoon bread, egg bread, cakes or the like.
19. The Wheat Germ Oil would be beneficial, taken in moderation; that is, one to two drops a day; but NOT white flour or wheaten flour so much. Rather use the rye bread and the corn bread.
20. The meats should be rather fish and fowl, - though no fried foods.
21. Use the leafy vegetables rather than any of those of the pod variety.
22. Do these, as we find; that offer the better conditions for this body.
23. As indicated, these will bring relief but not curative forces.
24. Ready for questions.
25. (Q) Is there any suggestion for overactivity of the bladder?
(A) We have been trying to give this the best we can. Use the artichoke, in the manner indicated.
26. (Q) What would be a good laxative for this body?
(A) Gradually the yellow corn meal mush, cakes or bread, will become as a laxative. Enemas are preferable to laxatives, for this body, - until there may be the reaction in the effect from the diets outlined.
- All the citrus fruits may be taken, but no sugar in same. Coffee may be taken, but no sugar or cream or milk in same. If sweetening is desired for this, use either honey or saccharin. We are through for the present.

REPORTS OF READING 2472-1 M 67 R1. GD's note: I vaguely remember hearing that Mr. [2472] died within the next year or two with cancer of the bladder?, kidneys?

INDEX OF READING 3086-1 F 28

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Prescriptions: Insulin: Not Recommended	Par. 11, 15

BACKGROUND OF READING 3086-1 F 28

B1. 6/22/43 [3086]'s letter: "I have had Diabetes for over 10 yrs. I could have gotten it either from heredity - for it is on my father's side of the family - or could have been obtained from a fall, and I fell on skates the year I graduated - 1933 - and was knocked unconscious and shortly after that, I learned I had it. I take Insulin every day and am on a diet, altho I don't stay on a strict diet. I have been having quite a bit of trouble with my legs paining all the time and my entire body is very sensitive. It hurts to even wash with a wash cloth. I also have a spot in my back where I always perspire. Cold or warm weather, my back is always wet. I don't know if that is a weakness or not.

"This reads like an ailing letter, Mr. Cayce, but I really don't complain, but I just wanted you to know all the facts."

TEXT OF READING 3086-1 F 28

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 9th day of July, 1943.

3. As we find, there are specific conditions that are causing disturbances in the physical body. These are producing reactions that will gradually grow to be more and more troublesome, unless measures are taken to correct same.
4. The retentiveness of the mind indicates that the disturbance is from an accident, not that commonly called karma.
5. Thus, if the corrections are made properly, there should be a response in the physical, the mental and the spiritual body.

6. These are the conditions which disturb this body, as we find:
7. In times back there were those injuries to the coccyx area of the spinal cord. The position of this has allowed lesions to form in the coccyx and lumbar and sacral area. Also a wrench was indicated in the 8th and 9th dorsal area.
8. From this there came too great a supply of energy to the pancreas. In this respect, then, there came that which has become rather an aggravating condition in the activity of the pancreas.
9. Then this is not a true diabetic disturbance, but - as indicated - is from an accident which has caused the pancreas to produce the quantities of sugar in the body forces.
10. Thus the weakening of the kidneys and their activity, and the abundant supply and frequent activity of same in the body units.
11. Of course, the use of insulin - that has been taken in the body - is necessary at the present. But with the administration of the properties which we will indicate, and the other applications for correcting the cause, we find that the insulin may be gradually diminished.
12. For instance, after following these things we will suggest for a period of two or three weeks, skip a dose of the insulin; and then gradually decrease this. For, those properties we will suggest in the diet will assist the system to combat those activities of same, and thus act better with the greases that are active in the body - and gradually we will correct these conditions.
13. First we would give that there be begun the osteopathic adjustments. We would suggest one such as Smith in Youngstown to make the corrections. These will be found in the area of the 6th, 7th, 8th and 9th dorsal, and in the coccyx area - more in the 2nd than in the 4th, or in the lower end of the coccyx. All of these will necessarily have to be made gradually, and relax the body preferably with Wet Heat before the adjustments are attempted. So treat the body for at least three to four times to each period of making the adjustments; relaxing the body.
14. In diabetic tendencies the diet has more to do with the reactions obtained than most any other application, but - as indicated - this is not TRUE diabetes.
15. So the osteopathic corrections AND the diet will assist the body to eliminate the habit-forming drug.
16. For, we would add in the diet the Jerusalem artichoke, which supplies insulin in its natural state in which it is CORRECTIVE forming, or in the order in which it may be properly assimilated.
17. Do take one Jerusalem artichoke almost every day, or at least five days out of every week. Cook this in its own juices, or in Patapar Paper. And when this is prepared, do eat the juice mixed with the bulk of the artichoke. This may be seasoned with a little salt or pepper, or butter - but not too much.
18. Do not take other fats than butterfat.
19. Refrain from fats, especially of any beef or hog meat of any kind. Not even breakfast bacon is very good, though this very crisp may be taken occasionally.
20. Do eat the yoke of the egg and not the white.
21. Have fish and fowl occasionally, fish preferably, most of the time as the meat.

22. Use leafy vegetables rather than those of the tuberous nature; though carrots and beets may be taken, but not with vinegar. The carrots may be eaten raw as well as cooked. Use the beet tops with the beets.

23. Do these, and keep in that same constructive attitude toward which the entity is naturally inclined. But be a little more spiritual-minded. TRUST in the spirit, not in self, nor in knowledge alone.

24. For, He is the way and the truth and the light. All healing comes from His power, as may be manifested in the earth through individual application to those phases of experience of individuals.

25. Thus, the osteopathic corrections should be made by one who is dependent upon, aware of, the knowledge of the divine power in human experience.

26. Keep this in mind - "As ye would that men should do to you, do ye even so to them." We are through for the present.

REPORTS OF READING 3086-1 F 28

R1. 7/13/43 [3086]'s letter:

Dear Mr. Cayce:

I was so glad to receive a copy of my reading and was overjoyed upon reading that I was not a diabetic but the disturbance was caused by an accident. That alone has made me feel better.

It would be impossible for me to go to Youngstown to Mr. Smith, who you suggested, and our osteopath, Wm. Clark, has gone to the Army, so I went to Dr. Albert Graham, osteopath, whose offices are in the ... Bank and Trust Building in ..., W. Va. I gave him a copy of the reading, and I think he was a little taken back by it. I have known Dr. Albert Graham all my life and he is a wonderful Doctor. He said he was leaving tomorrow for two weeks vacation, but wants me to come in Monday, July 29th when he will be back. He said he would like to treat me twice a week for three or four weeks, and then for me to take a blood test to see if my sugar had gone down any. If it had, he knew it had helped, if not, he said he couldn't do me any good.

Before I left the office, I feel he was quite interested in it, and was only too glad to have a copy of the reading. Deep within myself, I feel he will be surprised at the outcome of my blood test at the end of the four weeks, for I know it is going to be just the thing for me, Mr. Cayce.

You wouldn't think I was appreciative of what you have done for me, for as yet I have been unable to get the review for you, but Mrs. Crumpler has been busy, so please have patience with me, and I assure you, I will have it before much more time goes by. I again wish to thank you for all you have done and what all I believe can be done.

Sincerely, [3086]

P.S. Thank Gladys for the address for the artichoke, for I am unable to obtain it around here.

R2. 9/2/43 [3086]'s letter:

Dear Mr. Cayce:

I haven't written lately, as I was waiting to see how my treatments were reacting, and I was so disappointed when Dr. Graham dismissed me last week,

after I had a blood-sugar taken, which was 298. The fact I had only been taking treatments for three weeks, he should not have expected a big change immediately, but I guess he did. Needless to say I was discouraged, not by the reaction, but the fact he wouldn't go further on with me. I called Mrs. Crumpler, my teacher, and she said she wasn't satisfied from the first by me going to him. She wanted me to go to Dr. Rosenberg. He isn't an osteopath, but a chiropractor. So, to make a long story short, I did. He is a young, sincere doctor, and from the first contact with him, I felt I had made the right move. He was interested in the reading and said he would take me and would follow the reading step by step and would also like to contact you. He took an ex-ray of my entire body and then I was to go back this evening, which I did and Mr. Cayce, everything you said in your reading is true according to the ex-rays. He thinks it uncanny and says you have to be a Doctor. He does not want me to have any high ideas for at least six months and says I'll probably have to be treated for a year but I don't feel that way, for if your instructions are followed closely, I know it will be sooner. Mrs. Crumpler is very interested in my case and goes over with me. Yes, she is getting that review together, but she is going over the book again, for it has been so long since she gave the review, she can't remember all she said. I feel so good about the whole thing.

I haven't been able to get any artichokes yet, as they are out of season, and the John A. Salzer Seed Co. of Wisconsin will not have any for awhile, but will send me some as soon as it comes in.

Dr. Rosenberg wants me to come for treatments three nights a week, so I feel at that rate, a change will take place before long.

I wish to thank you again for what you have done, and I'll write you from time to time.

I have received several pieces of literature from the Association and have enjoyed it very much.

Dr. Rosenberg's address is: Dr. K. A. Rosenberg, ... Street, ..., W. Va.

INDEX OF READING 3274-1 F 50

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BACKGROUND OF READING 3274-1 F 50

B1. 4/27/43 [3274]'s ltr. to EC:

..., N.Y.

Mr. Edgar Cayce, Norfolk, Va.

Dear Mr. Cayce,

I write to you hopefully to ask if you can do anything for me, so I can get well? I have been sick since May 1940 with four strokes, (now no apparent trace left, no paralysis now) high blood pressure, diabetes, menopause, heart condition, etc. But there is something within me that tells me my case is not hopeless for a complete cure and a sense of feeling well again. I have had so many doctors, and each one tells me something different, so I know they are only feeling their way and perhaps doing a lot of guessing and experimenting.

B2. 8/15/43 Letter: "I am mostly in intense pain with the condition in my arm. And now my sight is very bad. Cannot see my own face in the mirror. Eye doctor has diagnosed it as a combination of high blood pressure and poor circulation. I believe the osteopath has helped me in a general way, but he does not seem able to cure the pain in my arm. He diagnosed it as a block in the lymph. That seems to me nearer the truth than medical doctors have said. One said it was a coronary condition of the heart, another said it was either neuritis or a form of rheumatism. I have a swelled upper left arm, and now a new development...the swelling now is on the under part of the same arm, another blockage the osteopath said. So far no doctor has been able to reduce the swelling nor the intense pain. I sit up a good part of each night...cannot lie down as the pain gets worse...have to take sedatives to ease the pain, etc."

Questions [First Physical]

1. Is there a cure for the high blood pressure? How can it be reduced to normal? What causes it? 2. Is it the kidneys; if so, what is the procedure? 3. Do I still have diabetes? What remedy? 4. What caused the condition in my left arm? What will reduce the swelling and the intense pain? 5. Can I be cured entirely? 6. What should be done to help my eyesight? (At present I have a film covering the eye that impedes my sight.) 7. What condition do you find in my left leg? (Have had phlebitis about 4 times. How can I prevent getting it again?) 8. Should I have the veins cut in upper left leg and injections from the knees down, as advised by medical doctors, or should I just keep wearing elastic stockings for the rest of my life? Is there a permanent cure? 9. Is my heart damaged? In what condition do you find it? 10. What causes my difficulty in drawing a long breath...is it the heart or gas? 11. How may I relieve the gas? 12. What causes difficulty in breathing, especially in winter, when I sometimes have a blocking of the nostrils? and what will relieve this? 13. How may the circulation be improved? 13 1/2. Any particular diet? 14. Is there anything else wrong with me?

TEXT OF READING 3274-1 F 50

This Psychic Reading given by Edgar Cayce at the office of the association, Arctic Crescent, Virginia Beach, Va., this 9th day of October, 1943.

3. Many disturbances, as we find, upset this body. These are rather the complications that we find:
4. The blood supply, the high blood pressure - this aggravates all the rest of the body. But this has caused some disturbance in the circulation between heart and liver.
5. However, as we find, if the sources of these disturbances were cautiously and carefully removed, we would do away with many of the other disturbances; the weakness through the body, the dizzinesses that occur, etc. For, the sources are both a plethoric condition and a prolapsus in the colon. With the reducing of these by high enemas, scientifically given, and a gentle massage or osteopathic relaxing of those tensions in the 3rd cervical and through the upper dorsal, we should reduce the blood pressure to near normal in six to eight weeks - and we should find the rest of the body responding - the disturbances through alimentary canal, kidneys, bladder and all of these disturbances will be overcome by the purifying of the system.
6. Do not overtax the body. Don't run up and down steps. Don't try to walk too far, but a little exercise in the open every day would be most beneficial.
7. But DO have the colonics scientifically given and have these sufficiently often - at least once every ten days until five or six have been given. Use body temperature water, and a heaping teaspoonful of table salt with a level teaspoonful of baking soda to each half gallon of water injected. In the last rinse water, use a tablespoonful of Glyco-Thymoline to the quart of water. If given in this manner, these will not cause weakness. Don't try to give too much at once. Keep these up until we have cleansed the colon from all mucous, that will come from time to time.
8. Then do the relaxing - not stimulating - osteopathically, in the areas indicated; and we will reduce these conditions and save the body from a great deal of trouble later.
9. Ready for questions.
10. (Q) Are the kidneys involved.
(A) Naturally the kidneys are involved. With a disturbance of the circulation between heart and liver, it causes a reflex condition in the kidneys. Just keep away from sugar. Do use the Jerusalem Artichoke at least once a week in the diet, but only cooked in its own juices - or mix the juices in which it is cooked with the bulk of the artichoke; that is, cook it in Patapar paper.
11. (Q) Do I still have diabetes? What remedy?
(A) A tendency towards same, as indicated from the amount of insulin to be given in the artichoke diet.
12. (Q) What caused the condition in my left arm? What will reduce the swelling and the intense pain?
(A) This is from the poor circulation. With the massage and the colonic irrigations we will gradually reduce this, if these are properly done.
13. (Q) What should be done to help my eyesight? (At present I have a film covering the eye that impedes my sight.)
(A) The general circulation increased will aid this. Then adjust glasses.

14. (Q) What condition do you find in my left leg? (Have had phlebitis about four times. How can I prevent getting it again?)

(A) This is also from the poor circulation. Do the things indicated and we will correct most of these conditions.

15. (Q) Should I have the veins cut in upper left leg and injections from the knees down, as advised by medical doctors, or should I must keep wearing elastic stockings for the rest of my life? Is there a permanent cure?

(A) Not by any means!

When the applications suggested are made, if these continue to give distress we will then make suggestions for other applications. But follow these suggestions outlined for eight to ten weeks. Then we will give other directions, dependent upon the responses that have been made.

16. We are through with this reading.

REPORTS OF READING 3274-1 F 50

R1. 10/13/43 [3274]'s ltr. to EC:

..., N.Y.

Mr. Edgar Cayce, Virginia Beach, Va.

My Dear Mr. Cayce,

I have just received the reading, and I wanted to write to you immediately to thank you so much....

I know my glasses needs changing but so many times I have gone to get them but am told they can do nothing for me till my general condition clears up. I believe the film on my eyes have [has] disappeared. I can see much better and the blood clot which impeded my sight so badly is gradually being absorbed and nearly gone now.

All doctors so far have told me exactly what you say, all my conditions are due to poor circulation and high blood pressure, but they can't help me.

But I shall follow your instructions implicitly, and get started as soon as it is possible to do so....

I don't know what a prolapsed colon is, but I will find out I am sure. All I know is that nothing I take for constipation is effective, that is only the last 2 or 3 years of my life! Previous to that time, I never had the slightest trouble in that way. You have something there I'll say.

I will see what can be done to get started, and will let you know more later on.

Thanking you I beg to remain

Gratefully yours, (Mrs.) [3274]

R2. 10/21/43 [3274]'s ltr. to EC:

..., N.Y.

Mr. Edgar Cayce, Virginia Beach, Va.

Dear Mr. Cayce,

Last Saturday I went to see Dr. Reilly and took the first irrigation. He suggested I take it every week, so six of them would end by November 13th.

I realize it is best to go there and take them. I could not do it quite so well at home.

I am glad that Dr. Coulter's home address is right near me so he suggests I take treatments twice a week. So for eight weeks I will end that series by December 2nd. This is the data you requested.

I took a treatment Oct. 14 from Dr. Coulter and was to have gone again last Monday. But I was so sick, could not get Dr. Coulter so had to call another doctor. Have a touch of pleurisy he said. But expect to be able to see Dr. Coulter tonight for the second treatment.

He works a little differently from the osteopath that I had been going to all summer. My blood pressure came down 15 pts. after the first treatment, but Dr. C. was not sure it would remain down though.

However I think he is very good. May I hear from you soon? Thanking you I am

Gratefully and sincerely yours, (Mrs.) [3274]

R3. 11/10/43 [3274]'s ltr. to EC:

..., N.Y.

Mr. Edgar Cayce,

. . . The intense pains in my arm back & surrounding areas has become yet more painful. The pain has not lessened in the least.

One good thing is that when I first went to Dr. Coulter, my blood pressure was above 190. Now it is 168. That is progress in that direction. I believe the irrigations are very excellent, and cannot do but good, also the osteopathic adjustments. But the pain is so intense, at times I feel I cannot endure it.

I still have almost 3 weeks for further treatments. I hope the pain will have lessened by then and I shall be glad to shout from the housetops of my release from this pain.

Will you please send the recheck appointment at your early opportunity? Thank you and God bless you and keep you in health for your heavy burden of serving a sick humanity!

Gratefully yours, (Mrs.) [3274]

INDEX OF READING 3927-1 M ADULT

Circulation: Incoordination: Diabetes Par. 2

Clairvoyance Of E.C.: Conditions Confirmed Par. R4

DIABETES

Diet: Diabetes Par. 4, 5-A--8-A

Exercise: Diabetes Par. 4

Psychosomatics: Diabetes Par. 3, 4

BACKGROUND OF READING 3927-1 M ADULT

None.

TEXT OF READING 3927-1 M ADULT

This psychic reading given by Edgar Cayce this 3rd day of July, 1920.

1. EC: Now in this body, [3927] ..., Ala., we are speaking of, we have a good body physically and mentally; well developed both physically, mentally, and spiritually.
2. The action at this time in the digestive tract of this body, producing and carrying through the system too much sugar, causes an overstimulation of the heart action in the body. We also find this condition in the duodenum, which affects the circulation around the heart. Too much sugar exists in the system, and the duodenum, the medicine chest of the body, is disturbed and there is produced an overbalance in the body; this also causes too many chemicals to be produced. We have an overbalance, or recurrence, of these elements in the entire system, causing conditions that affect the physical forces of the body.
3. The reaction from these conditions that we have at the present time is a languidness of the action of the mind's control over physical things pertaining to the body.
4. To rid, remove, or perform a balance of the action of the chemicals in the body, as in the digestive tract, would be to give, or treat, the system through a diet, and also through mental suggestion. Let the body control itself in its action over itself. Let that which is taken into the body be food of a predigested nature, as buttermilk. Also take exercises that will tend to reduce the body, especially those from the waist up in its action, so the system will be able to perform a full digestion. Keep the body away from meats and sweets. Give bread, as whole wheat or brown bread, and plenty of buttermilk. Give whole wheat and brown bread preference over plain bread.

5. (Q) Should he be allowed to eat ice cream?

(A) At times he may be allowed to have plain cream, if properly manufactured, but even this should be restricted.

6. (Q) Can you suggest a diet that will be both beneficial and palatable?

(A) This has already been discussed.

7. (Q) Should he be allowed to have any meat at all?

(A) Once or twice a week.

8. (Q) What about chicken?

(A) This should be taken very seldom until the body has overcome the conditions now existing in the system.

9. (Q) What has been the cause of the recent attacks to which the body has been subject?

(A) As stated by the stomach's reaction from the conditions existing in the system, and by overstimulation, caused by too much sugar being produced in the system.

REPORTS OF READING 3927-1 M ADULT

R1. GD's note: He also obtained a Physical Reading for his nephew, [3926].

R2. 5/15/34 Miss [580]'s letter: "Mrs. [...] and I were speaking of you yesterday. She told me you had given Judge [3927], her brother-in-law, a reading. She thinks you are wonderful, as does everyone else who has ever known you at all."

R3. 8/1/40 HLC's letter to Mr. [3927]: "Our records show that you secured a physical reading from my father in 1920. This is one of our oldest written records of his work, and we would like, if possible, to secure any statement or report that you are in a position to make regarding it. The reading described the condition of too much blood in the body with disturbed heart action. Diet and exercise were recommended. It is quite possible that all of the reading was not recorded, for during those days it was difficult to get a good stenographer. I would appreciate any statement from you which will bring our files up to date on this case. You may be interested to know of the expansion program now being undertaken by our Association which is studying and presenting my father's work. The enclosed leaflet will carry a description of this program." Sincerely,

R4. 8/14/40 Mr. [3927]'s letter to HLC: "Thank you for your recent letter relative to the physical reading I secured from your father in 1920. So far as I know, the record speaks the truth, and frankly I don't know of anything else to add, except that I considered your father a very good friend of mine. I shall always remember him as a fine, outstanding gentleman. With best wishes, I am," Cordially yours

INDEX OF READING 4023-1 F 66

Appliances: Radio-Active: Headache: Migraine Par. 12--14

Bible: Study: Psalms 23: Meditation Par. 14
: Matthew 6: 9--15: Par. 14

DIABETES

Diet: Artichoke: Jerusalem: Diabetes Par. 13
: Cooking Utensils: Patapar Paper Par. 13

ELIMINATIONS: POOR

HEADACHE: MIGRAINE

Healing: Consistency & Persistency Par. 8

Intestines: Colonics: Eliminations Par. 9--11
: Glyco-Thymoline: Eliminations Par. 9--11
: Salt & Soda: Par. 9--11

Meditation: Affirmations Par. 14
: Appliances Par. 14

Prescriptions: Insulin: Not Recommended Par. 13

Sedation: Diabetes Par. 13
: Narcotics: Not Recommended Par. 13

BACKGROUND OF READING 4023-1 F 66

B1. 7/27/43 She wrote: "Suffer with very severe pain in right side of face and head. One specialist said it was sinus trouble, another thought it was tic douloureux. I went to Vanderbilt Hospital in Nov. - they said it was migraine. My family physician, Dr. J. E. Stone admits that he doesn't know. If it isn't hurting when I get up in the morning, the minute I start eating my breakfast it begins. I have had all kinds of treatments and medication, and so far nothing has done me any good. I am hardly ever free of pain except when it gets so bad that I can hardly stand it, I take a tablet that Dr. Stone prescribed. I have a light case of diabetes which I control with n40 insulin once a day."

TEXT OF READING 4023-1 F 66

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of March, 1944.

3. As we find, there are disturbances which prevent the better physical functioning of this body. These under the existent conditions, unless changes are wrought, must gradually grow to cause other combinations that would become more and more disturbing or distressing to the body.
4. We find that these began some time back when there was poor eliminations manifested in the body. While some conditions have been bettered at times these have left in portions of the colon the disturbing conditions that constantly - when there is an activity of the body on the feet or moving about to any extent - cause what has been termed migraine headache or pressures upon the 5th nerve; so as to cause, as it were, all characters of nerve tension through head and face, teeth - or in gums, sinus, soft tissue of face and head.
5. Also from these disturbances in the colon there are diabetic tendencies, or there is the inability of the body to control the activities of sugars taken into the body.
6. The use of sedatives only aggravates the varied disturbances produced in the body by pressures upon the nerves produced from the plethoric condition in the ascending colon.
7. Hence the pressures or fullness at times experienced by the body in the right side of the lower portion of the abdomen, extending at times almost across the body at the diaphragm area, or across the colon.
8. These, as we find, being of longstanding, will require patience and persistence and a consistent effort on the part of the body, if there would be any permanent help of a nature other than merely palliatives. This will require serious effort of series after series then, of such applications as may be indicated, that will aid in alleviating and correcting the sources of the disturbance.
9. We would begin first with a series of colonic irrigations. These should be given scientifically, and in the first series should be some two weeks or more apart, being kept up until there is no mucous indicated in the stool or discharge as these are given.
10. Have the water body temperature and to each gallon put at least a heaping teaspoonful of baking soda and a heaping teaspoonful of table salt, thoroughly dissolved.
11. In the last water injected, as the rinse water for the colonic, use at least two tablespoonfuls of Glyco-Thymoline to the gallon of water, body-temperature.
12. We would also use the Radio-Active Appliance for an hour to two hours each day, whenever there is the recurrence of the pain in the face and head. The attachment plates are to be kept very clean, being polished with the emery paper before and after attaching. Do prepare the Appliance in the ice about twenty minutes before it is attached to the body. Do apply the same anode or plate first each time. Alternate the attachments in the regular manner indicated, being sure to keep these intact.
13. Instead of using so much insulin; this can be gradually diminished and eventually eliminated entirely if there is used in the diet one Jerusalem artichoke every other day. This should be cooked only in Patapar paper, preserving the juices and mixing with the bulk of the artichoke, seasoning this to suit the taste. The taking of the insulin is habit forming. The artichoke is not habit forming, not

sedative-producing in the body as to cause accumulations of poisons as do sedatives; though it will be necessary to take a sedative when there are the attacks, but take a hypnotic rather than a narcotic - only under the direction, however, of a physician. Gradually decrease the quantity of this sedative as the Appliance, with the series of the colonic irrigations, begins to produce a different reaction in the body.

14. There will possibly occur no feeling from the use of the Appliance, except the feeling of being sleepy. Do go to sleep when this occurs. When the Appliance is used, let this period be devoted to prayer and meditation - not as a period for planning the day's work or other activities, but as a period of resting and repeating the 23rd Psalm or the Lord's prayer, or both. Let the meditation end ever with these thoughts, but in the entity's own words:

LORD, USE ME IN THE WAY AND MANNER IN WHICH I MAY BE A BETTER CHANNEL AND OF A GREATER SERVICE TO THEE IN THE EARTH, NOW.

15. We are through with this reading.

REPORTS OF READING 4023-1 F 66

R1. 4/6/44 She wrote: "My reading was scheduled for March 27th, but as yet I have not received it. My sister [3909]'s reading was given March 28th and she received her copy April 3rd. If you have mailed mine it must have been lost. In case you did not give me my reading on March 27th, please do not give me one at all, for I have lost all hope of anything's giving me any relief."

R2. 4/10/44 EC wrote assuring her it has been mailed and if not received by now let him know: "If you do not care to follow through the suggestions that were made, you know we will be very glad to return the membership fee. In fact, I didn't want you to pay it at first. I would like to see you get some real help and I believe there is something offered. Please remember me to H... [[4023]'s husband], and with every good wish to you both, I remain,"
Sincerely, Edgar Cayce

R3. 6/19/72 GD's note: We did not hear from her again.

INDEX OF READING 4156-1 F 45 (?)

BOILS

CARBUNCLES

Chiropractic: Diabetes Par. 20

DIABETES

Diet: Diabetes Par. 18, 19

Digestion: Indigestion: Diabetes Par. 6, 13

Intestines: Enemas, High: Oil: Toxemia Par. 20

Lesions: Diabetes Par. 5, 6, 13

Liver: Kidneys: Diabetes Par. 14

Prescriptions: Alcohol, Grain: Diabetes Par. 16, 17

: Ambergris: Par. 16, 17

: Cinnamon Stick: Par. 16, 17

: Gin, Gordon's: Par. 16, 17

: Peppermint, Oil Of: Par. 16, 17

: Sage, Garden: Par. 16, 17

: Sugar, Beet: Par. 16, 17

: Water, Distilled: Par. 16, 17

BACKGROUND OF READING 4156-1 F 45 (?)

B1. 11/7/24 [4156]'s letter: "...My niece [140] and her husband [137] have told me so much about you and of the wonderful help you have been to them.

"I have been an awful sufferer for nearly two years and none of the doctors here have been able to help me. Do you think you could do something for me? I would be very grateful if you would try. Hope to hear from you very soon..."

TEXT OF READING 4156-1 F 45 (?)

This psychic reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 17th day of November, 1924.

2. EC: Now we find there are abnormal conditions in this body and many may be corrected. There are abnormal conditions that to this body have become normal.
3. Now these are conditions as we find them in this body, Mrs. [4156] we are speaking of. First:

4. IN THE BLOOD SUPPLY, we find this in some respects good; in many bad. Much of the vital forces in the hemoglobin are missing. Much of the white blood remains too much in the lymph form in circulation. Hence the conditions in the hepatic and capillary circulation. This, however, is more an effect than cause of conditions.
5. IN THE NERVE SYSTEM, we find much of the trouble, as produces conditions that are abnormal, that may be corrected, in many centers there is the disturbance that produces these conditions, as well as organic conditions as exaggerated by these digressions of circulation through nerve tissue and in ganglia that have become in that state of a depressing effect to the system. In attempting to ward these we have formed lesions in portions of the cerebrospinal centers.
6. The deflection in organs we find affecting directly the pancreatic secretions. Hence the hypogastric and pneumogastric systems become involved, bringing distresses at times over the whole system, especially in the digestive system. First begun with the taxing of the duodenum and gastric juices in stomach; too much acid formed there, produced by lesion in 6th dorsal center. With the changes accorded the system by properties taken in the body to correct this produced the taxing of the ganglia of the hypogastric plexus. This affected the pancreas and the secretion from same prevented digestion through the intestinal tract, overcharging liver, making high hepatics and more blood pressure, affecting nervously the arterial circulation.
7. These, then, ward against, by the system taking properties to reduce conditions, brought the distresses, for conditions were not considered as thoroughly as that producing them.
8. In the system of digestion, then, brought the condition in blood supply, through the inflammation produced in the lacteal and mesenteric glands. These, from the system of blood supply and the lack of the properties to balance same, brought about the capillary circulation as at present.
9. Organic conditions, we find:
10. Brain forces very good.
11. The lungs, bronchials, larynx, show effect of congestion, yet not organically deranged.
12. Heart's action subnormal and abnormal in pressure; then producing an engorgement or full heart, yet not organically in that position of being heart troubles.
13. Digestion showing effects as produced in system, especially in the pancreatic forces; producing then lesion, or the 9th dorsal vertebra being to the left this bring pressure on these portions of the mesenteric system and glands as to prevent the secretions necessary.
14. Then, the taxing of the kidneys comes from high hepatics in lower portion of body, and the lack of proper secretions being produced by the liver for the blood's circulation.
15. The conditions then to be improved, and brought to the normal, will be reached through these:

16. Take into the system these properties: To half a gallon of distilled water, add: Garden Sage (dried).....8 ounces.

Reduce by simmering (not boiling) to one quart. Add: 4 ounces Beet Sugar, dissolving in same well. With 15 grains Ambergris, dissolved in one ounce Grain Alcohol, with 4 ounces of Gordon's Gin, extra dry. With 2 drams of Cinnamon, in stick, and 2 minims Oil of Peppermint.

17. The solution should be shaken well together before properties are taken, and the dose will be teaspoonful three times each day, before meals.

18. Let the diet be of those properties that carry such as these:

19. No fats, neither butter nor stimulants of tea or coffee. Only brown or whole wheat bread. Meats only of sea foods, that well seasoned with Cayenne or hot peppers. Great deal of salt in all foods taken. Milk that should be heated before taken.

20. For the system, when toxins appear in colon, using high enemas of pure olive oil (half a pint at a time) and deep manipulation or adjustments, and manipulation given by a thorough chiropractor, for we find these centers producing the condition in the body and must be adjusted, would we bring the better conditions for this body, Mrs. [4156].

REPORTS OF READING 4156-1 F 45 (?)

R1. 11/20/24 [4156]'s letter: "...Am delighted with your letter and instructions just received and will endeavor to carry them out in every detail. Am puzzled about your prescription. Am enclosing a check which I hope will be acceptable.

"Am a diabetic patient, taking large doses, morning and evening, of Dr. Banting's 'Insulin' cure. Have been forbidden sugar. Your prescription calls for 'beet sugar.' Am obliged to eat a great deal in order to take care of the large doses of Insulin I take. Would the prescription interfere in any way with the Insulin, or did you mean for me to stop taking Insulin?

"Am sure I am now on the right road to recovery, and that my many furuncles, carbuncles and rash will soon disappear. Am so anxious to start the treatment. Would you kindly give me a reading at once, and telegraph an answer letting details of the reading follow by letter. Dispatch whether or not I should add 'Beet Sugar' to the prescription, and whether I should continue the Insulin.

"Many thanks and kind regards from..."

R2. 11/21/24 Telegram from [4156]: "...Letter follows in addition to questions asked therein please also answer in reading whether osteopath such as Berger at 21 E. 49th St., N.Y.C. is satisfactory to administer my treatments. If not give name and address of reliable New York Chiropractor as doctors will not recommend..."

R3. 11/21/24 [900]'s letter to EC: "...Have just come from Mrs. [4156]'s home. She is so very happy with her reading she doesn't know where to turn first, but is surely puzzled. Dr. Stillwell of N.Y. is her doctor and confident. I will say for him that he did not sneer or deride your reading. She has boils for which he gives her injections, but says if she decides to follow your readings he must give up

injections so as to give your reading a fair and complete test. He warned her that it would be dangerous not only to her health but to her life for her to give up her insulin treatments. She has written you of this asking you to take reading on these questions and as she is fully determined to do exactly as recommended in reading and as her very life may hang in the balance would ask that you make every effort to make her reading thorough and detailed, especially telling her if insulin treatment she now takes for diabetes and injections she has been taking for boils should be continued as in past or if either one or the other or both should be discontinued. Unless one knows of a definite reliable chiropractor such a one is almost impossible to find in N.Y. and the physicians all refuse to recommend one. If Dr. Berger or Krause, osteopaths, won't do, she would also like to know of some reliable chiropractor in N.Y. Hope you will help her out.

"You will probably think I have my nerve butting in here, but it is a terrible responsibility, Cayce, taking a woman with a serious case of diabetes and whose body is covered with boils, out of the hands of a doctor and specialist, both of whom are treating her and change her diet and treatment. I am sure the forces that manifest through you are right and she will be benefited, but full information must be given her and she must be carefully guided very often. I have her reading in my pocket for I want to try and see that the medicine given there is carefully prepared. Thus far your physical cases of ours have been more or less minor in character, that is - there has been no serious organic trouble that might mean life or death. Mrs. [4156] is [140]'s ([137]'s wife's) aunt and should anything serious happen to her by reason of the radical change advised in your reading (which change I advised her to do) - it's then good-bye to all our plans... The principle thing is: What, if anything of her present treatments should be continued, including insulin treatments and injections for boils. Upon receipt of your answer the two physicians will be dropped, an osteopath or chiropractor will be taken on and the life of a very sick woman will depend on those treatments in your readings. I suggested to her that she have one reading a week for first month of treatment to be sure osteopath was administering properly, medicine right and correct results being obtained. Believe she will do this. You might write her recommending something of this sort due to the seriousness of her case. We all await this second reading on her, then will watch progress of treatment and I do hope she is benefited."

R4. 11/22/24 [900]'s letter to EC: "...I only wish to add to last night's that on the request of Mrs. [4156], I advised her not to give up her insulin treatment and her other injection for boils until she hears further from you. You may mean that in addition to one or both of the above treatments she should do as advised in her reading. She awaits anxiously your reply..."

R5. 11/23/24 EC gave her Ck. Physical Rdg. 4156-2.

INDEX OF READING 4156-2 F 45 (?)

BOILS

CARBUNCLES

Chiropractic: Diabetes Par. 4, 10-A

DIABETES

Diet: Diabetes Par. 6

Doctors Suggested: Kraus Par. 9-A, 10-A

Electrotherapy: X-Ray: Diabetes Par. 4, 7

Injections: Hypodermic: Insulin: Diabetes Par. 5

Osteopathy: Diabetes Par. 4, 10-A

Prescriptions: Alcohol, Grain: Diabetes Par. 2, 3

: Ambergris: Par. 2, 3

: Cinnamon Stick: Par. 2, 3

: Gin, Gordon's: Par. 2, 3

: Sage, Garden: Par. 2, 3

: Sugar, Beet: Par. 2, 3

BACKGROUND OF READING 4156-2 F 45 (?)

B1. 11/17/24 She obtained a Physical Rdg. 4156-1 for diabetes and resultant boils, carbuncles, etc.

TEXT OF READING 4156-2 F 45 (?)

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 23rd day of November, 1924.
New York City.

1. GC: Now you will have before you the reading given on Mrs. [4156] on Monday, November 17th, 1924, at 3: 00 P.M. You will tell just how this prescription is to be prepared, how often taken and whether an osteopath would be able to give the treatments as suggested. Tell them how they would go about it. How much, if any, of her present treatment should she discontinue, while the treatment as outlined in this reading is being taken. You will answer any other questions that might be asked you regarding this.

2. EC: Now, we find, we have given very specifically as to how these medicinal properties should be prepared. We would prepare the sage tea first, while warm, sufficient to easily dissolve the beet sugar, and only use beet sugar. This should be prepared in the medicinal properties, then adding Ambergris dissolved in the alcohol, then adding the Gin (Gordon's dry), then adding the Cinnamon. These properties taken in this manner with the system, the sage becomes the sedative, and an active principle with the gastric juices and an incentive to the emunctories in liver, and with the sediments from the Ambergris as stimulated by the alcohol, and beet sugar, will give the action necessary to the pancreas and duodenum to receive the incentive for their functioning. This we find in the sugar properties, with the mixture in the system, does not become the active principle as that in cane sugar. Hence the beet or vegetable.

3. In the system below the digestion in stomach, the Cinnamon and Gin becomes the active principle with the hepatic circulation. These properties should be taken in the system in small quantities, as has been outlined.

4. The osteopath may give the adjustments, provided the anatomy of conditions is understood by such an operator. First, we would give, X-ray the condition of the cerebrospinal system, especially in the region of the 6th, 7th, 8th, 9th 10th and 11th dorsal. The 9th will be the segment found upon which first adjustments should be made. Rather than of massage, adjust, that the impingement as is caused by the position of segment may be relieved.

5. The properties as are being at present accorded the system, keep those until the system shows response to these properties as outlined. Then, gradually diminish, diminishing the injections for the capillary circulation first, but gradually diminishing all. This, we will find, will give the correct assimilation and assist the eliminations to become normal.

6. The diet, as we see, has the great effect upon the body, and should be looked after VERY carefully, assuming the conditions as they manifest through the added treatments accorded the body.

7. The X-ray will show the conditions first. Make such from both front and side and back, that all may be compared properly.

8. Do that, for we will bring the better physical conditions to this body, Mrs. [4156].

9. (Q) Which doctor would be the best to take charge of this case, Dr. Berger or Dr. Kraus? [Grace C Berger, D.O., Eugene R. Kraus, D.O.]

(A) Dr. Kraus, if assisted by ... [GD's note: Sounded like Brittle or Biddle. Stillwell, M.D.?)

10. (Q) Will you give the name of a chiropractor that she should go to?

(A) We have given for the outline of the other. Either, as first given, if understanding the conditions. We have outlined as to how an anatomist may find, may verify, those conditions. Be sensible. Do as given.

REPORTS OF READING 4156-2 F 45 (?)

R1. 11/23/24 EC's wire to [900]: "Properties now being given Mrs. [4156] should be kept up until results are being shown by other treatment. Kraus with an assistant will be able to verify reading. Full complete reading by special delivery..."

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BACKGROUND OF READING 4708-1 M 83

B1. 12/23/26 Son [4709]'s questions submitted: "Has he diabetes? Is he constipated? Should he diet? What will relieve him? Does he suffer any pain?"

TEXT OF READING 4708-1 M 83

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 25th day of January, 1927, in accordance with request made by his son, Mr. [4709].

2. EC: Yes. Now, we find there are specific conditions in the physical forces of the body that - with these deficiencies produced by these abnormalities - bring about disturbances in the organs of the functioning portions of digestive system, especially.
3. Now, these are conditions as we find them in this body:
4. IN THE BLOOD STREAM, the pressure and the elements show the effects of this condition as is existent in the system, and the effect same produces on those organs regulating, or regulated - and these show how that the elements, the pressure, and the circulation proper, are affected by same.
5. THE NERVE SYSTEM is the greater trouble, or the cause of the distresses and abnormalities in the functioning of the organs. There have been in times back depressions in the 7th, 8th, and 9th dorsal. These - in their present condition, and in that in which they have remained long - have produced lesions; which have been assisted in times back, PARTIALLY, by the correction; yet never having been corrected properly, or having had the system rid of those conditions that were produced, and are attempting, or gradually growing into, that state wherein they set up an element of production from within themselves, and finding lodgement in the various organs and tissue produce from their OWN position destructive or disturbing elements in the functioning organs. In the various effects as are produced over the nerve system, we find from different ganglia and ganglions those effects in various portions of the system - as is seen from those in the solar plexus center, from the brachial plexus centers, and from the lower coordinating or locomotory centers. In the lower locomotory centers we find other disturbing elements as have been produced in the organs themselves by the deranged condition, or the pressure, or the lack of that stability or coordinating effect in the functioning or the eliminating centers, where distresses are produced - pains caused at times - especially when the organs of elimination in pelvis are reproducing self in its absorption from the system. Hence the urine becomes very aggravating at times - the bladder gives trouble, as do the kidneys, and across the lower portion of the back.
6. IN THE FUNCTIONING OF THE ORGANS PROPER, many of these show disturbances in the various portions of the system, but with the inflammation created in the region of the pancreas and the duodenum, from these deflections and subluxations in the upper dorsal, we find the form of indigestion as was shown in system, and a form of dyspepsia that has gradually brought about disturbing conditions in the liver and the hepatic circulation, until we have signs or traces in the urine, and in the pressure created, of that disturbance as is shown in the pancreas and duodenum, and too much sugar is being created and assimilated by the system for it to carry on in its proper form and manner. Hence the regurgitation, and the re-vibration, as is seen reflexly in the nerve centers and plexuses from same. Especially is same seen in the action of the locomotories when the body attempts to walk forward, or straighten suddenly, or to use the arms or extremities in any direct manner. They become secondary motions, rather than direct.

7. To meet the needs of the conditions in the body - for, as we see, much is produced by that as is caused in the poor eliminations, by constipation, from too much heat, and non-elimination in the system -
8. The diet is the most necessary element for the body. Principally should the body eat green vegetables, and especially those of the weeds or greens, or soups, or such natures. Never any very heavy or indigestible, or undigestible, food for the body. That which the body knows disagrees with it, do not tempt self with! No ONE of the narcotic elements entering in - nothing that carries too much sugar - nothing that carries too much alcoholic stimulants of any nature, or that will PRODUCE alcohol from within the system, see? If coffee or tea is taken, take without sugar. If sugar is used, only use beet sugar, and in small quantities.
9. Correct through osteopathic adjustments those sublaxations in the dorsal and lumbar and sacral region, stimulating the sacral and the region of the bladder - when such pains are caused - by hot packs of castor oil, which may be supplemented by hot packs over same of salt, see? but wring packs or flannels out of oil - hot oil, see? as warm as the body may bear, so that this may be driven into the system and alleviate same. The packs will only be used when the pains or the miseries are such as to cause troubles - for we will find these will overcome (as will the medicinal properties given below) those tendencies for the clay or sugar as is eliminated through the kidneys. We will also stimulate the system to become cooperative with the functioning of the eliminations of the system, as the liver is enlivened and the regular eliminations or normal conditions set forth.
10. Take these properties internally for the internal conditions:
11. To 1 (one) gallon of rain water, add 8 (eight) ounces of garden sage. Reduce this by simmering (not boiling) to 1 (one) quart. Strain, and while warm - or hot - add 15 (fifteen) grains of ambergris, dissolved in 1 (one) ounce of pure grain alcohol. Then add 2 (two) more ounces of grain alcohol (pure), with:
Oil of Juniper.....24 minims, Beet Sugar.....2 ounces, first dissolved in 2 ounces of hot water (rain water); Cinnamon.....1 dram, preferably in the stick; Oil of Sassafras.....1/2 dram.
The dose of this would be (shaken together before the dose is taken) a teaspoonful 3 (three) times each day, about 30 (thirty) minutes before the meal is eaten, and let the meals be in keeping with those conditions as have been outlined.
12. Use enemas - preferably those of the elevator nature, and use antiseptics in same - to relieve the tension in the colon, until the system has adjusted itself to eliminate properly.
13. Do this. Follow these out consistently and persistently, and we will bring the relief for this body, [4708].
14. Ready for questions.
15. (Q) Has the body diabetes?
(A) A touch of same, yes. This was indicated by the condition in the kidneys - also the digestion - though not in a virulent form at present. The relief of the condition - as is seen through the properties as taken - will overcome these conditions.

16. (Q) How can the constipation be relieved?

(A) Through following out the suggestions for eliminating the condition in the colon - and correcting the excretions from the liver and the activity of the intestinal tract - through diet, and medicinal properties as have been given, and correction by manipulation of those conditions in the dorsal region.

At least 16 to 26 (sixteen to twenty-six) such adjustments would be necessary for these conditions for this body for they are of long standing. They have never been corrected PROPERLY, though assisted some. Heat (water heat) should be applied to the dorsal region for at least 20 (twenty) minutes before such adjustments are made, and made with body relaxed.

17. (Q) How often should the treatments be given?

(A) Often enough to correct the condition, whether once every day or once every hour! Correct the condition by that in accordance. Do it all in a consistent manner. Be consistent in all things, at all times, in all ways. Consistency is a jewel to all. We are through for the present.

REPORTS OF READING 4708-1 M 83

R1. 2/27 Questionnaire:

ASSOCIATION OF NATIONAL INVESTIGATORS

NAME: [4708] ADDRESS: ... AGE: 83 SEX: M MARRIED OR SINGLE: Married

NATIONALITY: Scotch Irish

REMARKS:

(You will please state in the space below how near, in your opinion, reading fits your condition, as you know it yourself, and if you expect to carry out the suggestions made for the improvement of your health.)

Fits his condition. On account of his age we may not be able to treat him in every way that you suggest.

[4709] [son]

R2. 4/29/27 Questionnaire:

ASSOCIATION OF NATIONAL INVESTIGATORS

NAME: [4708] ADDRESS: ...

Kindly advise us in the space below if you have followed all, or any part, of the suggestions given in your reading of Jan. 25, 1927, and give us in detail the exact results you have obtained.

Mr. Edgar Cayce, Virginia Beach, Va.

Dear Sir:

No, I have not done as you suggested in my Father's case and mine. I am trying some other treatments and I want to give them a thorough test before taking up yours.

Will write you later the result of the present treatments and when I take up yours again.

With kindest regards, I remain,

Yours very truly, [4709] [son]

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BACKGROUND OF READING 4978-1 F ADULT

B1. 2/9/26 Husband's letter: "My wife [4978] has been ill for some time [with diabetes, according to friend Mr. [2903]'s letter of same date] and I will be obliged if you will give a reading to see if she can be benefited or cured."

TEXT OF READING 4978-1 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 20th day of February, 1926.

3. Now, we find there are many abnormal conditions in this body, and many of these may be corrected and bring the better condition for the whole physical functioning of the system. The conditions have to do with the way of eliminations, and those specific conditions as have brought about this condition.

4. Now, these are the conditions as we find them in this body, Mrs. [4978], we are speaking of. First:

5. IN THE BLOOD SUPPLY, this we find heavy and above normal in pressure, produced much by the conditions as exist throughout the system, especially that as has to do with the lacteal ducts and the functioning of the pancreas for the system, the pancreas being engorged.

6. IN THE NERVE SYSTEM, this we find very much depressed in many ways, and the specific conditions as are produced in the system are an outgrowth of the condition existing in the nerve system. This, then, being the greater seat of the trouble. Much of those conditions as have been accorded the system are for the effects rather than the seat of the trouble. The nerve centers that show the impingement are in the 8th and 9th dorsal vertebra. These, as we see, give the direct influence on the pancreas and the liver, and this lack of incentive for normal action has brought about this creating of this existent condition in the system.

7. In the general condition, then, of the ORGANS.

8. In brain forces very good, yet the effect of high blood pressure, and the nerve reaction on the kidneys, by being so overtaxed in their functioning, brings about the dull, leadened feeling to the body; easily tired, easily overcome by exertion, especially when on feet, and the repression gives that dilatory feeling over the whole body.

9. In the organs of the sensory system, many of these become accentuated in their functioning, from the condition of strain, as is produced by this nerve disturbance in its reaction in the system. This is seen, especially, in the ear and in the nasal forces of the system.

10. Throat, bronchials, larynx, very good, though in the left breast, or portion of the lung in left side, there is at times a feeling of pressure or fullness. Not the heart action, but the pressure as is produced by the condition in reflex to the upper dorsal centers or plexuses.

11. In heart's action direct, we find this rather slow for the whole system, age, and the condition then being the condition producing same, and not heart condition or trouble, see, direct.

12. The stomach, liver and pancreas, with spleen:

13. Spleen engorged, and often gives the full feeling about the stomach.

14. The pancreas engorged.

15. The liver - tendency towards inactivity, especially in that as functioning in an excretory and secretory way. That is, dormant in a manner, and often necessary for the excitement of the condition to produce the normal conditions for

eliminations in the body. Dull or slow. Hence the overtaxed condition as comes to the kidneys, and their over activity, and this then brings the condition as is felt in lower limbs. This a reflex condition.

16. Then, to bring the normal conditions for this body, there must be many conditions considered, and is of necessity one that must be consistent and persistently carried out to GAIN the relief of existent conditions.

17. First (and at the same time the other properties should be taken also), correct those lesions and those segments in the 9th and 8th dorsal, specifically, and those other conditions in 7th and 8th, and 6th and 5th dorsal, with that in the 1st and 2nd lumbar. This should be done OSTEOPATHICALLY, yet in the manner that these vertebrae may be in perfect alignment. Were X-rays made, this condition as is seen in 8th and 9th would be perceptible.

18. For medicinal properties, there should be taken this:

19. Ambrosia or Ragweed, in this proportion: 6 ounces of the dried or green Ragweed, in 32 ounces of distilled water. Reduce by simmering (not boiling) to one-half the quantity. Add:

Beet Sugar.....4 ounces, dissolved in Hot Water.....2 ounces,
with Pure Grain Alcohol.....6 ounces.

20. The dose of this would be teaspoonful 3 times each day, taken after meals.

21. Also these properties:

Garden Sage (dried).....6 ounces, in Distilled Water.....16 ounces,
reduced to 8 ounces.

Strain, then add:

Pure Grain Alcohol.....1 ounce, with Ambergris.....15 grains
dissolved in same. Beet Sugar.....1 ounce, dissolved in Hot Water
(distilled water).....1 ounce, with Gin.....4 ounces, with
Cinnamon.....2 drams.

22. The dose of this would be 2 teaspoonsful twice each day, before meals or on arising, and just before retiring.

23. There should be at least 26 to 39 adjustments made, for these must of necessity be made gradual, rather than all at once.

24. The diet is the principal condition to be observed by this body. The diet has often been outlined for this system. Follow close as to those. Whole wheat bread. Very little of ANY white bread. Little of proteins, butterfat, or fats of any kind. Milk in moderation. Little or no coffee with sugar; that is, cane sugar, in same. No tea whatever, see? The vegetable diet the preferable for the body, especially that as is seen in greens of every character, especially spinach, or celery, or salsify, or of that nature, for these carry the properties that will assist with the treatments, and with the medicinal properties as should be taken.

Following these DIRECTLY, and we will find, if these are kept in the consistent and persistent manner for the three months, a great deal of change will come for this body. Then we would go over these conditions to direct from there.

25. We are through for the present.

INDEX OF READING 5074-1 M 63

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BACKGROUND OF READING 5074-1 M 63

Born 6/12/1880 in Sweden; married; 3 children; "director of commercial education".

5/44 Letter: "I will be at ..., Ill... (1) Diet? (2) Medicine? (3) Treatment?" [The additional questions submitted are at end of 5074-1.]

TEXT OF READING 5074-1 M 63 (Teacher, Protestant)

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of May, 1944.

3. As we find there are disturbances that may become rather serious unless there are the corrective measures taken to meet the disturbances gradually arising.

4. We find there has become a disturbance with the glands, especially having to do with the assimilation. While there is not a great deal of trouble as yet, it has caused a disturbance to the activity of the kidneys and will cause a change in the blood pressure, unless allayed, and will cause even a greater disorder in the areas of the activities of the kidneys and bladder and prostate. This tends to irritate the conditions in the pancreas, and it is the combination that we find must be taken care of.

5. We would begin with this:

6. Jerusalem Artichoke should be included in the diet, about twice a week, Tuesday and Thursday, or Tuesday and Friday. This should be cooked only in Patapar Paper so that the juices that are in same would be retained and mixed with the pulp when prepared to be eaten. This, of course, is to be placed in boiling water and cooked, and may be seasoned to taste.

7. Do cut down on the amount of sugar that is taken. Cut out such foods as steak or ham or any of that type of food that may be called "red meat". Fish, fowl and lamb may be taken in moderation, but not fried.

8. Also have the use of the machine that makes the injection of hot water into the system, called the Elliott machine. Use this through the rectal area to apply heat to the prostate disorder. This should be followed by a general massage.

9. If these are done, we may find much better conditions for this body. We will keep down the tendency for aching joints; tired feet; and that of easily becoming tired with physical or mental activities. Do that.

10. Ready for questions.

11. (Q) What can I do to correct too frequent urination?

(A) As has been indicated, this is the trouble first the tendency for a diabetic reaction causes the irregularity in the circulation, the disturbance in the circulation between the liver and kidneys and the glands of the pancreas, combined with the prostate disorder, irritates and causes the over-activity of the kidneys and bladder.

12. (Q) What causes the intestinal trouble and facial eruptions?

(A) All of these come from the same disorder. The massages are to equalize or centralize between the superficial and the deep circulation, and the treatments should be particularly in the lumbar, sacral and ileum plexus, and in the upper dorsal and through the cervical. We are through with this reading.

REPORTS OF READING 5074-1 M 63

R1. 6/1/44 Letter: "The reading I received on May 8, I believe gave an accurate diagnosis of my condition. I have done all I can do to follow the suggestions for improvement. Two things, however, I have as yet been unable to do. No Jerusalem Artichokes seem to be left on the market. The John A. Salzer Seed Co. were sold out until fall, and...other companies I contacted tell the same story. I am also unable to find a place where I can get the hot water treatment with an Elliott Machine. The only Elliott Machine I have discovered is a diathermy one that uses electronic heat instead of hot water. I shall continue to look for the right one. I am taking the massage treatments and have modified my diet, as suggested. This has improved my condition very much. I shall appreciate any suggestions about a substitute for the Jerusalem Artichokes in my diet, until they can be obtained, and any help you can give in locating an Elliott Machine of the type mentioned in the reading...."

R2. 6/17/44 EC's letter: "...I don't think, Mr. [5074] that there is a substitute; there is nothing I know of, at least, for the Jerusalem Artichokes in your diet. Of course, you could take some shots of insulin, but I would certainly not advise such, for that is usually habit forming, and I am sure within the next 2 or 3 months, you will be able to get the Artichokes... If you are getting better under the present routine, it certainly would not be best to have an upset from using something else. As for the Elliott Machine..., if you or your doctor would write to ..., N.Y., I am sure, he can tell you how or where you will be able to obtain same. The motors for these were put up by the Westinghouse Co., and it is a hot water treatment..."

INDEX OF READING 5341-1 M 41

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BACKGROUND OF READING 5341-1 M 41

6/4/44 Letter: "I have diabetes, and a nervous disorder, or neurosis, which has made me unhappy and inefficient for years, even though I have become recognized as one of the best men of my line in the state. I am a physician, practicing ear, nose and throat surgery, and allergy... My neurologist friends have helped me a good deal, but not enough. If I could be released from my nervous and emotional difficulties, I would be a much happier and more useful man. I am convinced also that my diabetes is connected in some ways with my nervous system."

TEXT OF READING 5341-1 M 41

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 13th day of July, 1944.

3. As we find, there are disturbing conditions which are preventing the better physical functioning of the body. These are rather a combination of disorders; those of a glandular nature which deal with the activity of the organs of the body and those which deal with the nerves and blood supply of the body, or where there are incoordinations between the sympathetic and the cerebrospinal system, as well as that which affects the organs in activities between liver and kidneys.
4. These, then, are the conditions as we find them with this body, [5341] we are speaking of, present in this room.

5. The blood supplies indicate how that, from a pressure which exists in the 6th dorsal center, there has been and is an oversupply of energy which is being directed towards the pancreas, and the effect this activity has upon the system is to create too great a supply of sugar which is related, or the type of sugar related, between the activities of the liver and spleen with the activity upon kidneys.
6. Thus, we have a diabetic reaction, as it is at times called.
7. Also in this area where this subluxation has caused this direction to the spleen, in the non-activity between the patches, as it were, of the emunctories, between the sympathetic circulation and the cerebrospinal, there is caused a form of anemia, which produces in the nervous system reactions to not only the heart, but to the cerebrospinal activity as to affect sensory organs at times.
8. These, as we find, are the sources and the causes of disorders with this body. These in their combination often work one against another.
9. But if there would be this type of application we may bring much bettered conditions for this body. To be sure it will be necessary, for the time, that only rest be taken and corrections be made as those pressures and subluxations which exist particularly in the 6th and 7th dorsal center. These should be administered through a period of from thirty to forty days, about once or twice a week making the corrections so that we relieve these tensions.
10. Then we would begin taking the Jerusalem artichoke. This would be prepared preferable with only Patapar paper, the juices of same mixed with the pulp and at least every other day one of these be taken. This will prevent the necessity of use of insulin for the body.
11. Then also use the Wet Cell Appliance. This is to be used for this body as the Radio-Active is ordinarily used. This is to be connected one plate to the right wrist, the other connection to the left ankle, but these should be charged and carry two solutions. Iodine should be charged in the solution. This would be regular solution though made heavy; that is, two pounds of Copper Sulphate in the charge of a gallon and a half of distilled or rain water and the other ingredients, the acid and zinc, to be increased in proportions. Three ounces of Tincture of Iodine would be suspended in the solution and charged three amperes for at least a half an hour. This will receive the charge although it may not appear to do so. Then use also the Chloride of Gold Sodium in the proportions of one grain to one ounce of distilled water, using three ounces for the charge. This is to pass through the solution, as these are used regularly. The one applied to the wrist should be the first connection and should be the one which passes through the solution, see? The other should be attached to the lower extremities of the body. The small plate which passes through the solution, or connected with that passing through the solution, should be the nickel, while the other should be copper, as also are the poles in solution.
12. Use this for thirty minutes each day. This is to be used when the body is ready to retire. Do keep the plates very clean. Do disconnect from Appliance when not in use and remove connection from the solution. Do attach or prepare at least twenty minutes before it is to be attached to the body.

13. If we will do these we will find bettered conditions for this body, removing this tiredness, this all-overness, which occurs when there are those conditions, as the body works with others, which unnerve and upset the body.

14. Ready for questions.

15. (Q) Should the corrections be made osteopathically?

(A) Corrections should be made osteopathically.

16. (Q) Are all these treatments begun at the same time?

(A) As has been indicated, the corrections would be made at least thirty to forty days; that is, about twice a week, before you begin with the artichoke or with the application of the Wet Cell Appliance. For, unless these corrections are made, none of those applications suggested would have the same affect upon the body. Coordinate, to be sure, not only the areas needing the mechanical adjustments. Don't attempt them chiropractically. Do coordinate the 3rd cervical, 9th dorsal, the lumbar axis and sacral with the corrections made at the 6th and 7th dorsal, see?

17. (Q) Will this cure the diabetes?

(A) This will so allay that if this is kept carefully, just the artichoke, there will be little trouble from the diabetic tendencies.

18. (Q) Have some rheumatism.

(A) These, you see, are parts of the effects from poor eliminations. These, as we find, are from the uremic poisoning* and will be entirely eliminated.

Do these things and we will bring much bettered conditions for this body.

19. We are through with this reading.

REPORTS OF READING 5341-1 M 41

R1. 7/21/44 EC's letter to son, EEC: "...We also had quite an interesting man from... He is an eye, ear, nose and throat specialist. He came, not out of curiosity for something for himself. He expected to be here for one day and spent a week with us. He is a lovely person."

R2. 3/31/49 Report requested by GD.

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BACKGROUND OF READING 5345-1 F 35

B1. 6/18/44 Friend [3407]'s letter: "She for some time has been suffering with sugar diabetes, no help from M.D.'s. I feel she is deserving. She's read the book THERE IS A RIVER and is ready to accept and follow anything that may come through the reading."

B2. 7/5/44 She submitted questions, including: "Is the sugar condition hereditary or due to other ailments?"

TEXT OF READING 5345-1 F 35

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 15th day of July, 1944.

1. EC: Yes, we have the body here [5345].
2. As we find, there are conditions here which with care, with precautions as to diet, and with the corrections to be made, we may bring much better conditions and reactions in this body.
3. As we find, here there is a subluxation which has been caused from a strain many years ago and has gradually been a great pressure which has caused overactivity in the pancrean and spleen area, and thus the creating in the body of too much sugar. These reflect upon the activity of the kidneys and bladder, as well as the general nervous system and the incoordination in the areas of the brachials, just a little higher up, which caused distresses to organs of sensory system, general nervous system and the glandular forces of the body.
4. These produce at times inability for the body to have any great activity without much fatigue. And when there is applied those elements even in the form of vitamins alone they are against the activities of the liver, the spleen, especially the pancreas, as related to conditions.
5. There would be begun and taken a series of treatments osteopathically administered until we remove this disruption in the 6th dorsal center. This forms a pressure in the segments below and above. Thus we would make corrections in the 6th, 5th and 7th, coordinating the organs which are supplied from the lumbar and lower dorsal centers and the 3rd cervicals and those upward with same. These would be the better if they were taken rather in series. Take the corrections and coordinating of the centers, six to eight treatments. Rest a week or two and then again, and repeat this five or six times if we would have the removal of the pressure.
6. Begin with the use of Jerusalem artichoke when the treatments have begun, instead of insulin which may be gradually diminished. Use the artichoke cooked in Patapar paper. Have in the beginning about three of these each week, about the size of a hen egg. These would be cooked well, but the juices in and from same mixed with the pulp as they are prepared. Season to suit the taste of the body. Do not use too much salt and do use, in all the vegetables cooked, the kelp or health salt and not the regular sodium chloride as purified.
7. Do refrain from any red meats. A little fish or fowl but not too much of these. Great quantities of leafy vegetables and little or none of pod variety. Very little of those which grow under the ground except occasionally the oyster plant, carrots, and beets and the beet tops prepared together. These we would take, but yams or white potatoes, no. Not a great quantity of onions but the top of these may be prepared with raw salads if these are palatable for the body.
8. Not too great an amount of exercise in the beginning and after some ten to fifteen weeks, we would give further instructions. But these begin with for this period and we will bring better conditions for the body.
9. Ready for questions.

10. (Q) What should be done for the vaginal discharge?

(A) The regular diets will be most beneficial as indicated. But for the conditions itself, use alternately the douches, one time using Glyco-Thymoline, a tablespoonful to a quart of water, and the next period using one-half teaspoonful of Atomidine in a quart of body temperature water. Use this in a Fountain Syringe. The corrections indicated through the lumbar axis are to have their part in aiding this condition. These are tied with the reflexes from the 6th, 7th and 5th dorsals.

11. (Q) What will aid my gums?

(A) Equal portions of soda and salt as a massage. Use the kelp salt here also.

12. (Q) Would you suggest a tonic or something to build up the system, especially the nails and hair?

(A) We are taking it here, with not only the douches, but the massage, and the corrections which will add to this, but occasionally, about three times a week, we would take for three days together (but use the same days regularly) one drop of Atomidine in half a glass of water, mornings before any meal is taken.

13. (Q) What doctor in the area of ..., Connecticut should I consult?

(A) You need a doctor only for the correction, and use the osteopath.

14. (Q) Any further advice?

(A) Keep the attitude of constructive thinking. Be good for something, as well as being just physically or mentally good. Do a good deed each day. Go out of the way to help someone else, it'll be the greater help for self.

15. We are through with this reading.

REPORTS OF READING 5345-1 F 35

R1. 8/3/44 Letter indicated she had started treatment with a local chiropractor [Justin M. Barber, D.C.] who seemed much interested in EC's work; she was having trouble locating the Jerusalem artichoke and kelp salt.

R2. 8/15/44 GD wrote: "The Jerusalem artichoke may be obtained for a few cents a pound from The John A. Salzer Seed Co., LaCrosse, Wisconsin.

"Kelp Salt may be secured from almost any health store counter - in department stores, or may be ordered direct from: Health Food Center, 140 N. E. 2nd St., Miami, Florida."

R3. 8/30/47 GD requested report from the osteopath.

R4. 3/29/49 GD requested report from [3407] and received 5/3/49 as follows:

"She died in a coma 11/6/44. I saw her in 1944 and feel sure that she was doing nothing that the reading said for her to do. She occasionally mentioned the effort to get Jerusalem artichokes. Her husband was overseas and she was working and having an accelerated social life - that took a great deal of her strength. My information is very sketchy about her after '44, but I feel that she did very little that the reading told her to do."

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BACKGROUND OF READING 5480-1 F ADULT

None.

TEXT OF READING 5480-1 F ADULT

This psychic reading given by Edgar Cayce at his office, 105th Street & Ocean, Virginia Beach, Va., this 9th day of September, 1931.

1. EC: Now, as we find, while the conditions-physical are not over-serious in the present condition, and while that as is being applied in some respects is preventing any growth of the trouble; yet this lacks in the way of REMOVING the causes; causes being specific in their nature, as we find, affecting in the present functioning of organs, and brings about other conditions in OTHER organs as to their normal functioning. These, then, are the conditions as we find them:
2. There exists in the 7th and 8th dorsal center a form of lesion, that produces in the liver and pancreatic area a tendency for a creation of too much of the secretions from the pancreas, too little of the balancing from that of the gall ducts, overtaxing of the kidneys - especially in the adren [adrenal] glands. This produces an altered condition in the blood supply, also a tenderness for too easily tired out, too much activity at times from the kidneys, and a strain on the whole of the sensory system - especially the eyes, and on the throat and bronchi.

3. To remove these disorders, or the causes - while the diets are well, these we would KEEP much in the same manner, but we would ADD to same those of OSTEOPATHIC adjustments and treatments. These, as we find, we would take in this manner: First a series of adjustments in the region as given, with those of the general alignment throughout the cerebrospinal system, for six to eight treatments - see? taken twice a week, until eight treatments are taken. REST two weeks, then take ANOTHER eight treatments - and we should have the causes REMOVED.

4. For the adjustment of spleen, liver, kidney action - we would take those of the clary water, in their formation as has been given [through these sources] in combining same. This we would take, the whole quantity - or a quart of same. The DOSAGE of this would be half a teaspoonful four times each day, after each meal and before retiring. Ready for questions.

5. (Q) How can body help herself mentally?

(A) With the repressions in system, with the conditions as have existed in the mental field or endeavor of the body, with the financial situations, in some respects these have made for that that may be termed a lethargic activity.

In arousing, or awakening self - better that some specific of a mental reaction be taken, as of READING some set line or study; as Unity, as New Thought, as that that partakes of a PRACTICAL application of moral, mental, and religious thought. While these do not wholly coincide with that as has been tenets of the body, these will open FOR the body that of a MENTAL reaction which, with changed conditions in the physical body, will make for a different outlook upon life.

6. That is all the questions.

7. We are through for the present.

REPORTS OF READING 5480-1 F ADULT

R1. 10/9/31 [5480]'s letter to GD:

"...In Dr. Cayce's reading he mentioned or recommended clary water. This we are unable to obtain in ... Kindly give me the manufacturer's name and address as I have already started the osteopathic treatments and am anxious to make the treatment complete.

"Was pleased with the accuracy of the reading as regards symptoms and am following carefully all of his instructions..."

Potatoes and Eyesight

A.R.E. members call us often with a variety of problems. One such woman, a 57-year-old diabetic, was losing her sight due to retinal hemorrhages that were resistant to therapy. Her vision had become so bad that she had to quit work. She confided to me (as she probably had not to her doctor) that she had not followed her diet, and felt quite discouraged. I emphasized that a constructive diet needs to be followed persistently and consistently, and told her how to use a potato poultice. She was to take a raw potato (like one uses for baking) and after washing, scrape - not peel - the potato onto a piece of cloth until there is a little mound of mushy material large enough to separate into two parts. Lifting the cloth with both hands, the mounds of potato peel were to be placed on the closed lids of both eyes. This is left in place for fifteen to thirty minutes, and then the dried material is washed off with boric acid water. She was to do this once a day, while paying strict attention to her diet.

Three months later she wrote me that she had followed the suggestions exactly, and had been on the prayer list at Virginia Beach for the three months. She had just returned to work, and was very happy. One eye was much improved, and she said (with a twinkle in her eye?) that the other eye "needs a little more potatoes."

[Note: The preceding case report was written by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, March, 1975, Volume 10, No. 2, page 84, Copyright © 1975 by the Edgar Cayce Foundation, Virginia Beach, VA.]