

**Circulating File**

**DIABETES**  
(and Diabetic Tendencies)

**VOL. 3**

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

**Edgar Cayce Readings**  
**by Edgar Cayce Foundation**  
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## DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

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

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

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the continuing 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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6. Eyes: Macular Degeneration
7. Numbness and Tingling (Peripheral Neuropathy)
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\* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: <http://www.edgarcayce.org/circulating>

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**TEXT OF READING 69-2 F 48**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 22nd day of October, 1929.

1. EC: Yes, we have the body here. Now, we find the body very good, both in mental and physical functioning. There would be rather the warnings to the body regarding conditions as exist, than of correction or correcting of disorders present in the physical forces.
2. These, then, are conditions as we find them with this body, [69], we are speaking of, present in this room.
3. IN THE BLOOD SUPPLY, this very good, both as to quantity and quality, and the effect as is created in the system, through which the supply operates, both as to the functioning of the organs as control same, and the plasm as is created IN the organs to bring that assimilation for resuscitation of life forces in the blood stream. However, that which would be the warning comes from conditions as exist in functioning of the system as related to the cellular forces in the assimilation in the body, for the tendencies as are apparent in the plasm - as related to the hemoglobin - show at times a form of crystal, that is NOT in keeping with full resuscitation in the blood plasm, which tends to increase the amount of the sugars as are effective in the system. Not that as taken FOR assimilation, but that created by the cellular forces in the system when digestion takes place, and is an activity of the pancreas with the plasm, or a portion of the plasm that is active in the central lobe of the liver. This that which at times mentally causes sudden depressions to the body. This may be only spasmodic, or may be that the depression forms as a pain to the central portion of the brain, as is related to the vision. Not that the eye or the reflex of vision becomes affected from this condition, but the effect is rather the result of pressure IN that region in its reflex, physically active.

4. IN THE NERVE SYSTEM, this very good, both in the sympathetic and cerebro-spinal, and - as for the SENSORY - these may be made by the body, through its mental activity, either acute - or may be altered to that wherein the negative active forces become prominent. This rather relating to the psychic forces of the physical body.
5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, the brain forces good. Discernment fine. That of discrimination, to self WELL; to others, not always so well.
6. In the functioning of the sensory organism, this - as seen - only relating to that of the plasm as is created in a portion of the blood supply, that at times causes a reaction to the sensory system - especially through that of vision.
7. Throat, bronchials, larynx - good. There are periods when there is the sensation of a tickling in the bronchia. This the overactivity of sympathetic forces; not an organic, not even a functional disorder; rather nerve reaction, and NOT a disorder, other than irritating to the senses of the system at times.
8. The lungs and heart's action near normal.
9. The digestive system very good, save as has been indicated, that warning should be taken as respecting the character of plasm created in the system.
10. The digestive forces as related to assimilation, as given.
11. The functioning of the hepatic circulation, very near to normal - though at times there are periods when distresses through the colon gives distress in the form of a reaction to the system. This not a fault. Rather the inactivity of the physical body as respecting that portion of the system, and the in-application or un-application of the mental body towards those of the physical reaction in the physical body.
12. Then, to meet these conditions, or to be forearmed for the warnings:
13. Rather that with the mental applications, apply also physical forces, or exercises as stable as the mental is exercised, so exercise the physical in certain or specific directions as related to the assimilation and digestive forces of the body. Applying these, will bring long life in this experience, and the ability to aid in many directions. Ready for questions.
14. (Q) What is the peculiar sensation felt in left temple?  
(A) Psychic forces as applied to the expression of self, related to those nerves as find expression through that portion of the body. The tingling as is caused is the response of the cerebro-spinal with the sympathetic, and the body may consciously or unconsciously PRODUCE that of a voluntary or an involuntary reaction, and may MAKE this acute by continuing holding same before self, or relieve self by holding the positiveness of self's ability to control self's emotions.
15. (Q) Am I opening up any subconscious centers in my body?  
(A) Those of the retrospective vision, the ability to control self in this direction will aid much in giving help and aid to others, as to their abilities to conquer, use or apply self in the MENTAL world; not material - for to be material minded is to block self, for this body.

16. (Q) What foods should I eat and not eat?

(A) The body is a very good dietician for itself! Those of the fruit and nuts, with those of the grains that are whole in their food values. Little or no meats, but those proteins that may be gained from whole grain is sufficient.

17. (Q) Why have I not overcome constipation?

(A) Not sufficient activity of the system in the lower portion. THIS, for this body, will overcome it. Not so much other than the diet that's been taken. Of morning - upon arising - exercise the body only from the waist up, of morning - see? Before retiring, the circular motion of the body from the diaphragm down.

18. (Q) Why is it difficult for me to remember?

(A) It isn't difficult! It's rather trained in self to FORGET! See the differentiation between forgetting and remembering, is - MEMORY is the exercising of the inner self as related to thought. To acknowledge that the memory is poor, is to say you don't think much! The forgetting is to say that the thought becomes self-centered, for memory is thought - even as thought is memory, brought to the forefront by the association of ideas.

19. (Q) The body wishes to know who is speaking.

(A) The body knows!

20. We are through.

#### **REPORTS OF READING 69-2 F 48**

R1. 12/26/29 Letter in answer to inquiry from Cayce Hospital: "Am sorry to say results have not been satisfactory. I have faithfully followed suggestions given both mentally and physically and I must admit I am a little discouraged; however, I shall continue the suggestions as given and hope that I may yet get results, not only for myself but for the good of the Hospital."

R2. 2/30 Mrs. [69] asked that literature about the Cayce Hospital be sent to a friend who was in need of treatment.

**INDEX OF READING 69-6 F 62**

**[edited]**

Diabetes: Tendencies

Par. 5-A

Doctors Suggested: Witcher, Jane: PhT.

Par. 4-A

Physiotherapy: Hydrotherapy

Par. 4-A

**BACKGROUND OF READING 69-6 F 62**

B1. See 69-6, Par. 4-A. "I took 5, but there was so much confusion and so many different ones working on me, I didn't feel I was getting that type of treatment I needed."

**TEXT OF READING 69-6 F 62**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 25th day of June, 1943.

4. (Q) Were the treatments by Jane Witcher given correctly, and how many should have been taken?

(A) In part these were given very well. There were times, however, NOT very well. There should have been at least five or six more than were taken. For in the activities of the therapeutic value of such treatments, there is required those necessary reactions as should take place. And the number taken was not sufficient to give as much reaction as the body should have.

As we find, if there is given the proper administration, especially as a stimulation to the circulation between the liver and the kidneys, and those activities of the pancreas and the spleen, it would prevent - and also rid the body of much of those tendencies for the accumulation of gases through the intestinal tract, and eliminate to a great extent those tendencies for the disturbances in this particular portion of the circulation.

5. (Q) Does the blood stream contain too much sugar?

(A) At times, it does.



**INDEX OF READING 480-39 F 25**

CHILDBIRTH: STILLBIRTH: AFTER EFFECTS

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Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 22  
: Menu: Childbirth: Stillbirth: After Effects Par. 20--22

GLANDS: MAMMARY: CHILDBIRTH: STILLBIRTH: AFTER EFFECTS

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: Sage, Garden, Dried: Par. 12--19  
: Water, Distilled: Par. 12--19

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**BACKGROUND OF READING 480-39 F 25**

B1. See 480-38 on 7/9/37 following birth of dead baby son, and mother's phone call 7/11/37 P.M. (480-38, Par. R2) indicating doctor's urinalysis of [480] had found 3 plus sugar and an abundance of pus. "If the blood count shows sugar he recommends insulin."

**TEXT OF READING 480-39 F 25**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of July, 1937.

2. There are some changes in the general physical forces of the body since last we had same here. While some have become somewhat alarming, to some, these as we find in the main are better conditions as a whole.

3. And if the situations and conditions are carefully guarded, and taking advantage of the reactions that have occurred and are occurring in the system, we should find bettered conditions from the whole of the experience.

4. For much in those disturbances are the attempts of the body to adjust itself with the changes brought about. And while the inflammation is in the kidney area, and there are the activities of the glandular system as related to the pancreas, the liver and the spleen in its productions of activities in the system,

these are temporary. And with these as we find taken advantage of, not producing that upon which the system would come to depend, but these given in forms or manners that are easily assimilated and are a part of the system's activity, we would find these would make for a much greater improvement and the body then - rather than being reliant upon influences to be administered - would create same as a natural effect in the whole of the glandular system itself.

5. As to the conditions about the mammary glands, with this flow - and with the gentle manipulation and the use of the properties that are absorbed - naturally, with this absorption, there is a show of excess through the activity of the kidney itself (from the blood flow). This again, of course, is temporary; provided that is cared for in the ways that have been outlined.

6. While there should not be too much of the manipulations in the pelvic areas to so increase the flow as for it to become an aggravating condition or a strain upon the system, there should be at least sufficient that the system eliminates that from the body as a natural flow - and not as too much of an excess.

7. Hence, these as we find would be the better activities for the body in the present:

8. First, keep up the applications about the mammary glands with the compound as a rub. Keep up the gentle manipulation with same. If the excess of the milk arises, naturally this should be withdrawn rather than attempt to have same assimilated by the system, or taking chances of this forming a cake or hardening in the glandular forces themselves. Be careful, to be sure, that there is not a bruising, either in the manipulation or the massage, or in the pumping, of the glands themselves.

9. There should be sufficient of the manipulations to keep the body generally relaxed, stimulating specifically for the activity to the glandular forces of the spleen, the pancreas and the liver from the upper portion of the 9th dorsal center, as well as the lower portion of the secondary cardiac plexus center; which, if all of these are combined in the manipulative forces, will make for a stimulation with the properties as we find that would be indicated to be taken as a tonic and as a toning for the system, that would be assimilated and would make for better digestion as well as producing a better activity throughout the body.

10. Stimulate, of course, the lumbar and the lower dorsal for the pelvis, but not to the excess - such that there is an overflow.

11. But when these manipulations or stimulations are made, we would also relieve the congestion, or make for the production of an activity from the coccyx center or the end of the spine and to the feet also; especially under the knee and in the bursa of the feet themselves. For this with inflammation tends to slow the circulation through the lower extremities, and such osteopathic stimulation will make the body feel much better.

12. As to the compound for the tonic, this we would prepare in this way and manner in the present:

13. To 6 ounces of Garden Sage (dried), add 12 ounces of Distilled Water. Let this simmer until it has reduced to at least, when drained off, 6 1/2 ounces. Keep this warm and set aside.

14. Then prepare: To 1 ounce of Strained PURE Honey, add 2 ounces of Distilled Water. Let this come to a boil. Skim off the refuse. While warm add this to the other solution, or the Sage or Clary Water solution, see?
15. Dissolve 15 grains of Ambergris in 1 ounce of Pure Grain Alcohol. Have this thoroughly dissolved. Add this then to the other solution while warm, and stir.
16. Then, put 2 sticks of Cinnamon (good size Cinnamon sticks) in 6 ounces of Gordon's RE-DISTILLED Gin. Let this set for at least an hour.
17. Then add the other solution to the Gin, not the Gin to the other. That is, add the solution of the Sage, the Honey and the Ambergris, TO the Gin solution.
18. Shake this together and the dose will be a teaspoonful before each meal, and half a teaspoonful at bedtime.
19. We will find these also should work with that as has been given for the manipulative forces; as well as with this as a consistency for the diet:
20. Mornings - fruits, melons or peaches or berries. A little sugar, a little cream; not too much of the sugar but a little sugar to make it palatable; with a little brown bread and tea or coffee HOT - not too hot but hot, but WITHOUT cream!
21. Noons - vegetable stock, a little meat stock; not necessarily together, may be a combination of same or separately; and RAW vegetables.
22. Evenings - include fresh fish; not salt fish but fresh fish. The leafy vegetables; not too much of those, but the leafy vegetables rather than the pod or tuberous. Do not take too much of those such as dried beans or butterbeans or peas or of pod vegetables. Of course, tomatoes may be included in the evening meal, a little onion if desired, a little lettuce - all of these may be combined. And ESPECIALLY artichoke, preferably the Jerusalem artichoke; this not with vinegar, to be sure, but this should be taken - a little of it - for EVERY evening meal! This carries those properties that are as of an insulin reaction, that will produce a cleansing for the kidneys as well as producing the tendency for the reduction of the excess sugar that is indicated in the inflammation noted in blood tests in the present.
23. DO NOT give the injections of Insulin, but those properties as indicated that may act with same - as the Ambergris upon the activity of the digestive forces, especially the action of the liver, the kidneys, the pancreas, the spleen, WITH the activity from these combinations; and we would find bettered conditions.
24. These as we find would bring the better conditions, and - taking advantage of these changes - produce for THIS body of [480] near to normal forces of the body.
25. Ready for questions.
26. (Q) Is it advisable for the body to be moved to her parents' home within the next few days?  
(A) Not until at least ten or twelve days have elapsed from the experience, you see.
27. (Q) Has the massage of the mammary glands been done properly?  
(A) As has been indicated, this is very well; and if there are the cares with the massage - that is, the rub with the compound - and the manipulations osteopathically as indicated, these will be well.

28. (Q) Is it advisable to take the blood test?

(A) If that's desired it may be taken. That is the experience, of course, for some - but if these conditions will be watched, and these directions followed, we will see the changes necessary for improvements.

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

(A) Keep in the attitudes of spiritual constructive forces. Know that the purposes of the divine with self are that there may be the greater opportunity for the expressing of the LOVE DIVINE that IS of the Father.

30. We are through for the present.

#### **REPORTS OF READING 480-39 F 25**

R1. 7/18/37 Phone request from [480] herself: "How is Mr. Cayce? I'm at Mother's now; getting on very well - the prescription hasn't come yet; we wired Snyder and he wired back it had been sent at one o'clock yesterday."

[480] ... Ave., Detroit, Mich. Questions:

1. Can diet be changed at this time to greater variety, to include milk, citrus fruits, cooked vegetables - and what kind? 2. May anything else be added to diet at this time? 3. How long should the present diet be continued? 4. Last urinalysis showed 1 plus sugar, no pus. Is this condition clearing up? 5. Please give exercise to be done as body is stronger. 6. Any special support to be worn now? 7. Are osteopathic treatments being given correctly? 8. Any change advised in osteopathic treatments? 9. Is it advisable for the body to take a trip East to the mountains around the first of August? ...Give our love to everybody.

R2. 7/19/37 See 480-40.

**INDEX OF READING 480-40 F 25**

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**BACKGROUND OF READING 480-40 F 25**

B1. See 480-39 on 7/12/37 in re diabetic tendency following birth on 7/6/37 of dead baby son.

B2. 7/18/37 She phoned questions, saying she was getting on very well.

**TEXT OF READING 480-40 F 25**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of July, 1937.

2. Now as we find, while there are some conditions that disturb the general changes, as we find - unless there arises some condition not exhibiting itself in the present - the body is in that position or way where, with the proper precautions, near to normal health may be the effect or the result; if those precautions are taken care of as has been indicated.
3. All conditions as we find - as to the metabolism, as to the circulation, as to the glandular reaction and the glandular activity, even the whole of the nervous system - show great improvement.
4. There may be a change somewhat in the diet. However, we would not have too much of a milk diet; unless it is the dry milk, malted milk or the like. Raw milk would not be so well in the present.
5. The general vegetable diet; fish, fowl or lamb - all of these as we find may be taken.
6. The necessary forces in liver and the like are still well for the body.

7. It is not necessary that there be more of the Ventriculin unless there is shown signs of more poor elimination, or the inclination for a rash to appear on portions of the body; then this would be resumed again.

8. The manipulations have been VERY well taken care of. These should be occasionally taken now.

9. Do not overtax the self, especially in running up or down steps or jumping or lifting or pushing things with the body. All of these should be refrained from; though activity such as walking - even some golf a little bit later or even horseback riding - would be well. But, to be sure, it will be another month or six weeks before such should be attempted. However, such exercises would then be well.

10. Keep in the open as much as possible, but not too much - for several weeks yet - in the very hot sun; but in the open air is well.

11. These as we find - if they are kept - should make for much nearer to normal conditions.

12. Ready for questions.

13. (Q) May citrus fruits be added to the diet?

(A) Citrus fruits may be added. Do not combine same with cereals or starches at the same meal.

14. (Q) Any special vegetables?

(A) Only as has been indicated; that a special vegetable should be a part of the diet each day.

15. (Q) Any vegetables that the body may not eat, or should avoid?

(A) Cooked tomatoes are not so well; although raw or well ripened or canned tomatoes are very good. These, if they are prepared with other foods are not so bad as they are alone.

Potatoes - these are not so well for the body as yet. These a little bit later, by the latter part of August or first of September, may become better as a part of the diet.

The leafy vegetables, to be sure, are preferable. A green vegetable salad each day; such as lettuce, celery or of such natures, is very well.

We would not include cucumbers or radishes in the present. These may be taken somewhat later, to assist in purifying the blood - for these are good blood purifiers - but not so much as yet; a little bit later it would be well that these be included.

16. (Q) How long should the present diet be continued?

(A) It can be gradually changed, as has been indicated.

17. (Q) Last urinalysis showed 1 plus sugar, no pus. Is this condition clearing up?

(A) Clearing; but it is well to use those things indicated for the diet, and the properties as indicated for the appetite, as well as for the production of an activity upon the glandular system, especially as related to the activity of the pancreas.

[See 480-39.]

18. (Q) Any special support to be worn now?

(A) Support, of course, is very well. The regular BAND, as from cloth, and not a specially prepared belt but a band that may be a support, is the better - as we find in the present.

19. (Q) Any change advised in the osteopathic treatments?

(A) As has been indicated, these are very good - and are well to be kept up occasionally.

20. (Q) About how often?

(A) About however often it's needed! This is to be not such that the body comes to depend upon same, but to give a stimuli to the system by keeping an equal balance - rather than stimulating activity.

21. (Q) Is it advisable for the body to take a trip East to the mountains around the first of August?

(A) After the tenth or fifteenth, be very well.

22. (Q) Any further advice for the body at this time?

(A) Keep that optimism and that cheeriness about the whole of the activities of the body that are ever constructive in the mental and spiritual forces. These, unless the lessons are gained from the experiences - do not let them be in vain.

23. We are through for the present.

#### **REPORTS OF READING 480-40 F 25**

R1. 7/23/37 Mother [601]'s ltr.: "We appreciate your letters and all you have tried to do for us. There is so much I try to understand but from all indications my capacity is very much limited and only suffering will have to be my teacher. "[480]'s last rdg. was very encouraging and realize more than ever what the baby would have done to help restore her to normal health and have been a blessing for all.

"We have had an awful time about the medicine [in 480-39]. I wired Mr. Milton Snyder (of Snyder Pharmacy)...finally had to phone him to make him understand that the package had to be traced by the sender. Got the address from him where the Ambergris can be gotten and called N.Y., as none of the wholesale drug stores here had any. Rec'd the Ambergris Thurs. 8 a.m. by air mail special. [480] and I filled it by following the directions and hope it does help her... [619] had the Gin redistilled at the Detroit College of Medicine, as that cannot be bought in Michigan."

R2. 7/26/37 See 480-41 okaying the Ambergris concoction as prepared.

R3. 7/31/37 "[480] has been taking this tonic faithfully and her stomach has been in fine shape since, but yesterday out of a clear sky came one of those bad headaches - the tingling in her fingers, pain over right eye, and a pounding in the head. Dr. John R. Thompson gave her a tr. which relieved the pressure. It has been so long since she has had one of these that she felt rather discouraged and upset at this recurrence. Can this be an adjustment taking place, or was the tonic begun too late to have the proper reaction? Otherwise she has been coming along fine, has gained in weight, feels stronger and gradually getting

adjusted... I am so heartsick for [480] and [633] and know deep in my heart that no one is to blame, only myself [GD's note: That she did not request rdg. immediately when [480] went to hospital in labor]. Gladys' letter was so sweet but the painful realization that the baby's nursing and general happiness would have restored [480]'s health to normal is a very bitter pill for me to digest... I know how eager and willingly you have answered whenever I called. I just missed the boat."

R4. 8/13/37 See 480-42.

R5. 7/20/37 Tuesday morning GD's letter:  
Dearest [480] -

. . . There doesn't seem to be anything special to wire, unless I tell you a few more things to eat, and I imagine two or three more meals won't make much difference. Everything seems to be going along nicely.

Dear [480]! You are certainly going through a purging period physically, and necessarily it must be a mental and spiritual purging as well - else the whole thing would be without purpose. I can't imagine anything harder to meet than what you are having to cope with, after having built up such high hopes. But there is one consolation which I'm sure you must feel, as I do, that this is only a passing experience - a beginning really; something of what Job had to go through with before he was ready for everything to be returned to him manyfold.

We have been wondering, [480], in our attempt to see the bright side, if perhaps this experience isn't a blessing in disguise, since this glandular condition which is being worked out in such a drastic manner may have been transmitted to the child. I mean, his little body may have been so imbued with the glandular weakness that it would have been a fight all his life to overcome it; while with your body well and strong and perfectly free from this trouble you can build him a new body without a single weak point. Of course, this may be only imagination, but we have to find something to be thankful for - else there is only despair, lack of hope, and we become miserable instead of being channels of light as we were intended. Then, too, I can't help but be thankful that Jim's soul didn't come into the body - that is, if the body had to pass - because now he can be ready for another body which you can prepare for him; while if he had entered and then passed, I don't believe he could have come back so quickly and to the same parents. So, after all, it was only his physical body that passed - which you and [633] created, with the God-given power from within, and which you can recreate. I loved that part of the Reading where it said that he had chosen to remain - for the present - with his Maker. Of course, it seems such a pity to go through the preparation period and all the suffering as you did without apparently anything to show for it but disappointment. However, as we have learned from the last two Readings, you WILL have a perfect body to show for it, and the ability to carry on and give Jim the undivided attention which he will need in his training and development.

Please forgive me if I sound TOO optimistic. I know it is impossible for me to fully comprehend just what you are going through, but I also know that you are



capable of rising to the occasion and gaining soul development from it as no one else of my acquaintance. It is only those who are spiritually strong that can withstand the disappointments with a smile and look to the mark of the Higher Calling as set in Him. I know that it is only from Him that we can receive consolation and peace, and courage to carry on. When we look elsewhere we are indeed lost in the slough of despair. So many we meet every day who are dwelling only in their misfortunes and are miserable. If we can only realize that there is a Divine Purpose back of everything that happens to us, then the way becomes easier - no matter how hard it may seem at first.

[391] and [934] have been so touched by this experience, more than by anything which has happened outside of themselves since I've known them. I think it is because they realize what they would have missed if their baby [1208] had not lived. They realize it now more than they would have at the time, because - not being spiritually strong as you are, [480] - I don't believe they would have developed under such an experience. In fact, there was a time - when the baby was so ill - that many of us thought it would perhaps be a blessing for them not to have the privilege of keeping him; but we were wrong in our surmise. God, in His Wisdom, knows what we are capable of - and He looks on the heart rather than the outward appearances. And, really, their lives have been made over by this child; I've never seen such a change in anyone! Of course, they're not ideal parents by a long shot, but at least they are thinking about the child's good instead of their own waywardness; and their life has a constructive purpose whereas before it didn't. So, I can see where we are ALL tried - as in a furnace - in the thing we need or desire most. I give thanks every day that I am privileged to be a witness of so many souls in the making; because I truly believe that we are being made ourselves from day to day; we either grow bigger or smaller in God's plan each day, as we react to circumstances, to emotions, to mental turmoils. And, as someone has said, "I am bigger than anything that can happen to me." If we can just realize that, and remain faithful as Job did, I'm sure everything will come out RIGHT for us.

I'm glad you are planning a trip to the mountains. I thought you would. Has the tonic come, and how does it taste? I hope it isn't too awful tasting! You know, that's a funny thing about the artichoke. The Readings have for years recommended it in the diet for certain individuals, saying it contained the necessary elements, etc., but never did mention insulin till your Reading. Then two or three days later we noticed in the newspaper (you may have seen it too) that a large artichoke farm is being started in North Carolina, because recent tests have proved that the soil there yields an artichoke with a high glucose content, which is valuable in treatment of diabetes. So many things like that happen every day, when the Readings have been giving such for years, that we have ceased to wonder; but we are collecting such clippings to file with all the data we have had on diabetes for years, or on any other ailment. You know every Reading you have had mentioned the adrenal glands as being the source of your trouble, and it is remarkable that the condition can be worked off in this manner. It just shows how little we - or the doctors - know about such things.

DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

You had to go through the experience of pregnancy to bring the condition to a head in that manner, so that it could be gotten AT.

I'm wondering what you are going to do about the apartment; I hope you will keep it and still prepare it for Jim - for I am so certain he is waiting and will continue to wait for another chance to come to you. That should make the delay seem shorter, just knowing that he is ready and waiting. There is no such thing as time or space in the spiritual world, and what seems such a long time to us means nothing there - he is still just as much a part of you.

Mr. Cayce is holding up fine, but he said yesterday that he would soon have to take a rest; he would like to go on a fishing trip for about a week. I hope a convenient time will present itself. I believe this is the busiest summer so far that we have had in many years. We're grateful for being busy, but then again we can't overdo our "channel."

A heart full of love from all here to each one of you. May God bless you and keep you.

As ever, Gladys

R6. 8/12/37 She submitted questions for 480-42, saying: "When speaking with you tonight I meant to tell you what a great comfort your letter was and how much we all appreciated it. This has been a trying period and I don't have to tell you what wonderful cooperation I've gotten from [601], [619] and [633]... I have no fear of going through it again, with your aid."

**INDEX OF READING 480-41 F 25**

CHILDBIRTH: STILLBIRTH: AFTER EFFECTS

DIABETES: TENDENCIES

Kidneys: Diabetes: Tendencies Par. 4

Physiology & Anatomy: Prescriptions: Ambergris:  
Diabetes Par. 4

Physiology & Anatomy: Prescriptions:  
Gin, Gordon's: Diabetes Par. 4

**BACKGROUND OF READING 480-41 F 25**

B1. See 480-40 on 7/19/37 for diabetic tendency following 7/6/37 birth of dead baby son.

B2. 7/23/37 Mother [601] wrote of difficulty in getting Ambergris prescription filled; she and [480] had finally done it themselves, following directions in 480-39, but wondered if it was prepared correctly.

**TEXT OF READING 480-41 F 25**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of July, 1937.

(Physical Suggestion - Has the tonic been correctly prepared?)

1. EC: Yes, we have the body, [480], and those conditions about same.
2. As we find, if the suggestions that have been indicated are kept, the strength will return the faster.
3. The properties that are prepared in the clary water are well, these are VERY well put together. Do not overtake nor undertake the amount that has been indicated. But it will be found that the digestion and the activity of the pancreas and the kidneys will be clarified.
4. While there will tend to be a little excess activity of the kidneys, owing to the amount of those active principles in the Gin in the compound, this as indicated - with the stimulation from the Ambergris to the pancreas, in preventing the formation of the sugar and the activities of the kidneys, and the glands above same - is necessary for the proper eliminations.
5. Take this for about three weeks. The whole quantity will not then be taken, but leave it off for a week - for the surroundings and environs will be a little different; but after a week or ten days begin again - at that time only taking it after the morning meal and the evening meal. We are through for the present.

**REPORTS OF READING 480-41 F 25**

R1. See subsequent letters under 480-40 Reports.

R2. 8/13/37 See 480-42.

**INDEX OF READING 480-42 F 25**

Air: Exercise: Childbirth: Stillbirth: After Effects      Par. 7, 15-A, 16-A, 20-A

Bible: Books Of: Matthew 7: 12      Par. 21-A

CHILDBIRTH: STILLBIRTH: AFTER EFFECTS

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Not Recommended      Par. 5, 13-A  
: Beverages: Milk: General      Par. 14-A

Environment: New Jersey: Asbury Park      Par. 20-A

Ideals: Service      Par. 21-A

Osteopathy: Childbirth: Stillbirth: After Effects      Par. 6, 17-A

Physiotherapy: Applications: Powder, Balsam:  
Dermatitis      Par. 9, 18-A  
: Massage: Oils, Olive: Childbirth:  
Stillbirth: After Effects      Par. 8, 18-A

Prescriptions: Ventriculin: Debilitation: General      Par. 19-A

Soul Development: Human Relations      Par. 21-A

**BACKGROUND OF READING 480-42 F 25**

B1. See 480-40 on 7/19/37 for diabetic tendency following 7/6/37 birth of dead baby son.

B2. 8/10/37 Mother [601] submitted questions.

B3. 8/12/37 Mrs. [480] phoned questions, also wrote: "I don't have to tell you what wonderful cooperation I've gotten from Mother [601], Daddy [619], and [633] [husband]. I really feel as tho I don't deserve it, because the anticipation was just as great as far as they were concerned, and the sorrow just as keen. It was such an easy time and I felt so grand, that's why the loss seemed so improbable. You people were so grand during the whole period... Dr. I. L. O'Connor is still shocked and can't figure it out but then that's past."

**TEXT OF READING 480-42 F 25**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of August, 1937.

2. Now as we find, there is a great deal of improvement in the general physical forces of the body.
3. While there are still some disturbing conditions, in the general physical forces much improvement is indicated.
4. As we find, there is a clearing of the activities of the pancreas and the kidneys.
5. There should not be too much of those influences to produce too great a reaction upon the pancreas, especially. We would leave off, then, the special diet in that direction [Jerusalem artichokes as suggested in 480-39?]; but we would still continue with the Clary Water. This we will find, if it is taken now a teaspoonful after each meal - about half an hour after the meal - will work well with the general conditions of the body.
6. We would find, too, that just occasionally there should be the general manipulations; that the body may gradually adjust itself to the changing influences as in correcting itself through those experiences through which the body has passed.
7. We would keep as much outdoor exercises as possible, though not as yet a great deal of very strenuous exercise; but riding, walking and the like are very well. Swimming is well. Not over violent; as tennis or golf - these are too heavy or strenuous as yet for the body.
8. Olive Oil massage over the abdomen should make for a great deal of relief from those tendencies of soreness and make for the relaxation of the body in a manner to be more comfortable.
9. We will find that the use of a Stearate Powder with Balsam will prevent irritations in portions of the body.
10. These as we find kept will make for bettered conditions.
11. Ready for questions.
12. (Q) Has sugar condition cleared entirely?  
(A) As has been indicated, this is almost entirely cleared. There needs be, as given, the keeping of those tendencies for the proper adjustments of the body.
13. (Q) Are the artichokes that to be left off?  
(A) Artichokes to be left off.
14. (Q) Can Milk and Dairy Products be included in diet? Also eggs?  
(A) The yolk of eggs might be taken, but not so well for the whole egg. Milk products may be gradually added, but for the body yet it is much preferable to use Dry Milks or Malted Milks rather than Raw Milk. There is so easily an over-stressing upon milk, by many; for there are many products much more healthful than milk. So few milks are free from tubercle; so few are free from those influences that cause a great deal more irritation than help - unless irradiated or dried milk is used. These as a whole are much more healthful to most individuals than raw milk.
15. (Q) Any special exercises that can be taken to strengthen flabby abdominal muscles?  
(A) These have been given. Walking, riding, swimming, AND massage.
16. (Q) What causes weakness in legs?  
(A) The general adjustment of the body after the strain. Hence the character of exercise indicated.

17. (Q) Any particular osteopathic manipulation?

(A) As has been indicated, these treatments should be given only sufficiently often to keep a perfect adjustment through the system; unless other conditions arise - as from over- acidity, overexercise, accident, colds or what not. These should not be so often as for the body to depend upon them as the means of the exercises, but rather the physical exercise and the gentle massage.

18. (Q) What causes rash on leg, which seems to come after Myrrh and Oil rub?

(A) These irritations are the influences from the circulation attempting to eliminate poisons from the system. Use, as given, only the Olive Oil rub, and after the bath or when the regular exercises are taken use the Stearate Powder with the Balsam. These have been given. Do those.

19. (Q) Is this when the Ventriculin should be taken?

(A) The Ventriculin preferably would be taken when there is not the ability for outdoor exercise, rather than when there are the vitamins and the violet ray from the sunshine and air. When these are available these are preferable as nature prepares them. When there is the inability for the outdoor exercise, for the sunshine and air, THEN Ventriculin.

20. (Q) Is it advisable to go bathing at Asbury Park while East?

(A) The swimming, as has been given. The baths at Asbury Park - if the pools are clear - are preferable to the surf; for this body at the present. This is owing to the weakened condition. If the surf were farther South, where there is the advantage of the elements from the water as well as from the sand and sun, it would be much preferable.

21. (Q) Any other advice?

(A) The mental and spiritual attitudes should be maintained in a constructive manner at all times.

Find not fault with others. Hold not grudges at any time. Do to others as you would have others do to you. Make for the feelings, the thinking, of that which would be not sentimental but as helpful, constructive forces in the experiences of others; knowing that others have their worries, their disappointments, their sorrows, that to them are as mountainous as thine own.

Then in thine associations with others, keep not so much of thine own but see rather the beauty of opportunity for assistance and help and hopefulness created in the experiences of others; and let it ever be such that all are glad to see thee come and sorry to see thee leave.

22. We are through with this reading.

## **REPORTS OF READING 480-42 F 25**

R1. 9/9/37 She obtained 480-43.

**INDEX OF READING 480-43 F 25**

CHILDBIRTH: STILLBIRTH: AFTER EFFECTS

DIABETES: TENDENCIES

NERVOUS SYSTEMS: INCOORDINATION

Occupational Therapy	Par. 8, 9
Osteopathy: Nervous Systems: Incoordination	Par. 7
Pregnancy: Not Recommended	Par. 12-A, 13-A
Prescriptions: Ventriculin: Nervous Systems: Incoordination	Par. 7
Psychosomatics: Nervous Systems: Incoordination	Par. 6

**BACKGROUND OF READING 480-43 F 25**

B1. See 480-39 through 480-42 indicating diabetic tendencies following 7/6/37 birth of dead baby son.

**TEXT OF READING 480-43 F 25**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of September, 1937.

2. As we find, in many ways the body is better physically than we have had here before.
3. However, there are still some inclinations and weaknesses in the activities of the organs as related to the sugar content of the body, or blood stream.
4. This, however, in the present, as we find is entirely free.
5. But it would be well that there be continued the clary water compound; not as a regular routine but occasionally - for two to three days, then leave off for two to three days, then take again. So, we would have this prepared again. [See 480-39.]
6. That there are still those inclinations for the glandular system to produce the headaches or the improper flow between the superficial and the cerebrospinal circulation is the cause of the periods when there is the little dizziness, or when overanxiety or anger produces that reaction upon the nervous system of the body as to cause the extra flow of energy through the circulatory system to the digestive forces; or to the balance in the nerve system which occurs in the first cervical to reactions to the brain.

7. Hence occasionally the manipulative treatment would be well; as would the Ventriculin occasionally - if it's only once a week - to produce in the plasm of the blood stream a better normal balance to the body.
8. In the activities of the body then, the body must keep self busy at that which would cause or produce constructive influence in the experiences of others; or engage in constructive work in either personal or organized work for relief or help to unfortunates.
9. This especially for the body as related to children would be most helpful. Engage, of course, in activities where outdoor exercise is a part of the influence.
10. These are also well; and as we find, if these are kept in a CONSISTENT manner, we should have near to normalcy for this body of [480].
11. Ready for questions.
12. (Q) Should any means be taken to prevent pregnancy at this time?  
(A) This is too soon after the experiences of the body for the body mentally OR physically to experience this so soon again.  
After the first of the year, it would be very well for this to occur again - but not just in the present.
13. (Q) Any special means suggested?  
(A) These are the effects of self's own precautions and not to be given from here. We are through with this Reading.

#### **REPORTS OF READING 480-43 F 25**

- R1. 9/14/37 Mother [601]'s letter: "We are getting the ingredients for the clary water compound and will soon be able to hang out a shingle unless we are arrested for preparing medicine without a license.  
"[480] looks well - has gained about 8-10 lbs. and am hoping she will hold on to it."
- R2. 9/21/37 Mrs. [1100]'s ltr. (see under 470-18 Reports) said if she secured Jerusalem artichokes she was going to send some to [480], who was using bottled or canned artichokes "and I do not believe they are of the Jerusalem variety."
- R3. 10/12/37 Mrs. [480]'s ltr.: "Send another tube of the TIM (for hemorrhoids), please, so that we can have it on hand should we need it. It is very fine and did the trick. I did the exercises, too."
- R4. 10/12/37 Mother [601]'s ltr.: "[480] had a cold last wk. but it is much better. Yes, the Information understand the great desire and need for another baby for [480] and [633], to advise pregnancy soon. The time cannot pass soon enough to help her for another one to be on its way and hope it will be soon."
- R5. 10/28/37 She [480] phoned for 633-9 for her husband.
- R6. 11/5/37 She was present for her Ck. Physical 480-44.



**INDEX OF READING 480-44 F 25**

CHILDBIRTH: STILLBIRTH: AFTER EFFECTS

Chiropractic: Nervous Systems: Incoordination      Par. 14-A--16-A  
: Not Recommended      Par. 16-A

Cold: Congestion: Tendencies      Par. 20-A--22-A

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Diabetes: Tendencies      Par. 6-A--9-A

Doctors: Berg, William M.: Ph.T.      Par. 18-A

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Mind: Conscious: Concentration: Poor: Spine:  
Subluxations      Par. 10-A--12-A

Osteopathy: Mind: Conscious: Concentration: Poor      Par. 12-A

Physiotherapy: Baths: Fumes: Dermatitis      Par. 17-A--19-A

Prescriptions: Bismuth, Milk of: Cold: Congestion      Par. 22-A  
: Clary Water: Diabetes: Tendencies      Par. 6-A, 9-A  
: Magnesia, Milk of: Cold: Congestion      Par. 22-A  
: Pepsin, Elixir of Lactated:      Par. 22-A

Psychosomatics: Healing      Par. 23-A  
: Mind: Conscious: Concentration: Poor      Par. 10-A--12-A

**TEXT OF READING 480-44 F 25**

This Psychic Reading given by Edgar Cayce at the David E. Kahn home, 20 Woods Lane, Scarsdale, N.Y., this 5th day of November, 1937.

2. As we find, in many ways the conditions are very good throughout the body and the physical reactions show improvement in the general physical forces.
3. While as we find, taking all conditions into consideration, there needs to be precautions taken; but if there is the following and the keeping in attune with constructive thinking as well as activity, and the taking of precautions in those directions as we have indicated from time to time, we should keep the physical and mental balance in such a way as to bring about most satisfactory reactions at this time.
4. Ready for questions.

5. (Q) Has the sugar cleared?

(A) Cleared almost entirely. The reactions to the activity of the pancreas and the functioning of the kidneys as related to same show that there is an almost normal balance.

These then need only those precautions; as at times eating the food values that carry those elements which in their assimilation make for keeping a balance, or the taking internally of those influences that work with the activities for the assimilating system.

As we find these should keep a normal balance.

6. (Q) Should the artichokes be taken?

(A) As just indicated, these should be taken occasionally. Not necessary that they be kept a portion of the diet every day, now. Let the SYSTEM, by the very assimilation of such, act or react in such manners as to keep a normal balance. If there are long periods when these may not be taken, then the Clary Water would be taken for a few days, left off, and then when necessary taken again - in those proportions or manners as we have indicated for this body.

Most of these reactions may be felt by the body; by a draggy, dull feeling, a little burning at times through the bladder at the time of the urinations or the like. These are signs or indications.

Those indications that arise from such are then as warnings. Hence either the Clary Water or the artichokes should be taken - which carry the more of the insulin in the form that may be assimilated for the system, or those properties in another form that carry the digestive force that in its reaction through the system makes for the activity in the liver AND in the glands the production of near the same character of reaction.

7. (Q) Are the artichokes more beneficial raw or cooked?

(A) Depends upon the MANNER of cooking. If they are OVERCOOKED, then they become - of course - less reactive. But if they are cooked just about as boiled potatoes or the like, then they are the more easily assimilated than raw.

8. (Q) When I return home to Detroit, where may I obtain the artichokes?

(A) There should be the ability to obtain same from the vegetable dealers there, or they may be obtained from those that keep in touch with the distributors from Columbia, South Carolina.

9. (Q) Should the prescription be refilled?

(A) As has been indicated, not necessary if there is the ability to obtain the artichokes.

10. (Q) In previous Readings it has been given that the haziness would be cleared up. What can be done to get rid of same, now?

(A) Well, if we will make for those corrections in the dorsal areas that will remain in attunement, as it were. But the general conditions that have produced same, through the lumbar and sacral, are almost in alignment.

Then those returning conditions at times are rather the effect of the cycle of activity of the system, and should be thrown of MENTALLY as well as - of course - having the manipulations in the dorsal area.

11. (Q) Why has the haziness persisted for such a long time?

(A) As just indicated, it is that condition in which there is the effect of what is sometimes here referred to as a CONSTITUTIONAL condition - which is in fact, this: The organs and the glands of the system become accustomed to certain reactions, by habit or by the lack of the exercising of the activities of same into the system; so that the effect becomes rather as a habit to the system - just as a desire for smoking or the like, or desire for drink, that is acquired as a habit. Just as the desire for coffee or caffeine, or for tea, or for things that are not the NORMAL reactions, see?

Hence it is a constitutional condition - or effect of a condition.

Now that the condition has been removed that has caused most of this (though not entirely until we may bring alignment in the 9th dorsal, as well as accord in the lumbar axis with same), we find that such reactions should get farther and farther apart, gradually.

But it requires a MENTAL reaction with it to overcome.

If there is the feeling of same, then exercise the mental self towards something that requires a physical activity and a mental reaction from same, and we will find it will be less - or it will disappear perhaps soon entirely.

12. (Q) Are there any specific manipulations that can help to relieve the haziness?

(A) As indicated, the 9th dorsal and the 4th lumbar or the lumbar and sacral axis. These need to be kept or brought not only to an alignment but to a coordination in their interrelations.

For not only is the 4th lumbar, the axis of the pelvis, from which the pressure has been in part at times as we have indicated heretofore, the cause of an activity upon the glandular forces of the system, but the 9th dorsal is that plexus or center from which the solar plexus receives its impulses.

Then these reactions brought to perfect alignment, then coordinant in their activity, would remove the pressure from the system.

Now that those areas in the lumbar have been corrected more than we have had heretofore, then stimulate same for coordination with the 8th and 9th and 10th dorsal areas, for coordinant activity.

13. (Q) What is the glandular set-up of the body now as compared to that outlined in the first Reading? [See 480-3.]

(A) It is almost entirely changed. For now we have a better coordination, or a unification of activity in the organs as related to the glands, that produce that within themselves which is the rejuvenation of the organs themselves.

As we have the whole unification of the glandular system as related to the ductless glands, or the specific activity of the inner force of the thyroid, the activity of the inner force through the pineal, and through the interrelationships with the pineal and the sealed glands and those above the kidneys themselves; those also in the lower portion of the brain forces. All of these are much nearer to normal.

14. (Q) The nausea and tingling sensation has reappeared since confinement. What is the cause and how can that be stopped?

(A) That's just what we have been referring to, in producing the coordination between the lumbar axis (which is the brush end of the cerebrospinal as related to the vegetative or sympathetic nerve system) and the 9th dorsal center as related to the sympathetic system. These are the great centers - save the vagus itself, in the dorsal and upper portion of the cervical areas - but these are the great centers from which the cerebrospinal and the sympathetic system coordinate in their activity with the body - or the impulse AND reaction from the brain centers themselves.

That's what is meant by keeping COORDINATION between the plexus of one ganglia or center and those in another, that the ATTUNEMENT between same is such that their rate of pulsation, their rate of vibration, coordinate one to another. How may we use same? Well, these are not osteopathic terms, but there has been perfected or used in the chiropractic association a thermometer, or a gadget that run along the spine shows WHEN they coordinate one with another, see?

15. (Q) Where may same be procured?

(A) From the chiropractic school in Des Moines, Iowa. [Palmer School, Davenport, Iowa?]

16. (Q) Could the chiropractor do that in Detroit?

(A) We would rather give the osteopathic than the chiropractic. Because to make an adjustment even in these conditions for the body, without giving the MUSCULAR forces the proper reactions - well, it's not always good, and their reactions are not always the better.

17. (Q) What can be done to correct the skin and keep it so at this time?

(A) As we find, the use of the sweat baths occasionally would be the better for the skin, and these would be made only occasionally but in a manner like this: These are not in cabinet baths but rather fume baths, though they may be taken in cabinets or in a fume bath cabinet. And the fume bath for this body would be rather with the equal portions of Camphor and Olive Oil, or Spirits of Camphor and Olive Oil - a tablespoonful in a pint of water and this kept either once in a week, then again twice in ten days, and again it would be a month before another would be given. These with a thorough rubdown following same will make for quite a change and a satisfactory one in the care of the skin.

18. (Q) Should this be done in a steam bath?

(A) It may be done in such as Berg's Cabinet Gown [Designed by William M. Berg, Ph.T.] - or it's like this: These are not put in a steam bath, but rather in the vapor cabinet, you see, then the heat applied under same and the steam from this that comes over the whole of the body itself, see? This is fastened around the neck and the water is set under the stool and the fumes rise over the whole of the body.

19. (Q) How would that be applied to or help the face?

(A) Well, if we correct the rest of the skin we will find we will correct the face also.

DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

20. (Q) Is there a cold in the system at present?

(A) A little congestion from cold.

21. (Q) What should be done for same?

(A) Any eliminant that makes for balancing the acidity will be well.

22. (Q) Milk of Magnesia?

(A) Milk of Magnesia. Follow same, though, with a little Milk of Bismuth with Elixir of Lactated Pepsin in same.

23. (Q) Any further advice?

(A) Keep optimistic in the outlook upon the experiences of the physical and the mental and spiritual activities, and we will find the outlook becomes more and more worth while. We are through with this reading.

**REPORTS OF READING 480-44 F 25**

R1. 11/16/37 See mother's ltr. under 601-22 Reports indicating Dr. Berg's cabinet was \$15, so she, Mrs. [601], made one out of oiled silk which was very effective.

R2. 11/28/37 Mrs. [480] obtained 1062-2 for her father-in-law.

R3. 12/11/37 Mother [601]'s letter: "We expect [480] and [633] here (in Fla.) a week from today and it will be nice to be together again...

"[480] has been writing every day and am hoping she has been alright while we have been away. I know worrying doesn't help any and know also that sooner or later [480] will have to get on without us ([601], [619]) but I do hope and pray her health will return to normal before long."

R4. 1/22/38 She submitted questions.

R5. 1/30/38 See 480-45.

R6. 4/7/38 See 480-46 in first month of pregnancy.

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<b>PREGNANCY</b>	
Prescriptions: Cinnamon Water: Nausea	Par. 10-A
: Limewater:	Par. 10-A
Psychosomatics: Pregnancy	Par. 3, 4

**BACKGROUND OF READING 480-46 F 26**

B1. See 480-45 on 1/30/38 advising another pregnancy would be alright in March or April [Baby son had been born dead last 7/6/37].

B2. 3/28/38 See her heartbroken ltr. under 601-31 Reports in re mother dying with cancer, then: "I believe I am pregnant again. Can I have a ck. rdg.?"

B3. 4/5/38 She submitted questions.

**TEXT OF READING 480-46 F 26**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of April, 1938.

2. As we find, there are changes taking place with the body.
3. Owing to the disturbing conditions mentally and physically about the body, there will be the necessity for greater precautions; else through the very anxiety there may arise disturbing conditions to prevent the fulfilling of the developments that are begun.
4. These then are rather as periods of precaution, and there must be the keeping of the mental attitudes in a constructive manner as well as those precautions about too great a strain of any character, overexertion or the like; and with the periods as they arise, keeping the growths of the bodily FUNCTIONINGS nominally.
5. Well that sufficient calcium be taken, whether this is in small quantities of the calcium itself - as a mineral, or whether from the minerals of the fruits or vegetables that make for the assimilating and activity of same. These as we find are preferable; that is, through the food values as in the fish and fowl, and especially in nuts such as the filberts and almonds and the like.
6. From the conditions that have been a disturbance in the glandular forces, especially in the activity of the pancreas [Diabetic tendency], it is well that the

balance be kept by occasionally using the Jerusalem artichoke - and for tests to be made later, of course, as respecting same.

7. Ready for questions.

8. (Q) Is there a pregnancy?

(A) As indicated.

9. (Q) How far advanced?

(A) In the third [first] month. [GD's note: This was either my mistake or a slip of the tongue, because her rdg. 480-45 was obtained only 2 mos. ago advising not to become pregnant until March or April.] [Her baby son was born 12/8/38, which would make this the 1st month.]

10. (Q) If there is nausea what shall I take for same?

(A) The precautions that have been indicated should bring relief: that is, not too early an arising, and the orange juices - or the lime and cinnamon water, these are well. For this condition, do not mix the potassiums with these. [As given in 480-28 for first pregnancy.]

11. (Q) Any other medication at this time?

(A) Only those precautionary measures, and - of course - the necessary examinations for keeping in line with the developing conditions.

12. (Q) Any particular kind of osteopathic treatment?

(A) Those treatments of the general nature as related to same, only - as we find.

13. (Q) How often would you advise these to be taken?

(A) Once in ten days or once a week or the like. Much of this would depend upon the feelings or the reactions to the body itself, to be sure.

14. (Q) How can I be of more service to my mother who is so very ill?

(A) Just the patience, and the cheerfulness with it, that - even though it makes a hardship for self - will bring the greater joy to the mother.

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

(A) Only those precautions as indicated, as we find for the present.

16. We are through with this Reading.

#### **REPORTS OF READING 480-46 F 26**

R1. 4/9/38 Letter from EC to [480]: "How wish could see and talk with you all, do hope the suggestions will be helpful for you, my heart is always so full when think of you and your Mother, there just isn't any thing for me to say, do hope the very best possible comes for you all. You are all such wonderful people such gracious and marvelous friends - doesn't seem right that you should be made to suffer so; and there always comes the question - if God loves us why does he allow us to suffer so - we can only find the answer in our own selves, no one else can tell us or explain it to us; and we have to turn as the Psalmist - 'tho he slay me yet will I trust in Him' - for strength can come from no other source.

"Please give your Mother [her mother, Mrs. [601], died Wed. night, 4/20/38] our love won't you, let us hear whenever you can, know we are anxious, and are praying - His will be done -

"With love from each one to you and yours..."

R2. 5/4/38 See 480-47 in the second month of pregnancy.

**INDEX OF READING 480-47 F 26**

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: Study: Deuteronomy 30: Melancholia:	
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: Psalms 23:	Par. 17-A
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: Minerals: Calcium: Pregnancy	Par. 16-A
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Osteopathy: Pregnancy	Par. 10, 11
PREGNANCY	
Soul Retrogression: Condemnation	Par. 17-A

**BACKGROUND OF READING 480-47 F 26**

B1. See 480-46 on 4/7/38 during first month of pregnancy.

B2. 5/2/38 She submitted questions [her mother died with cancer on 4/20/38]:  
"I'm all WORN OUT! Just can't get myself together."

**TEXT OF READING 480-47 F 26**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of May, 1938.

2. There are changes in the general physical forces, as well as the mental attitudes and activities of the body, since we last had it.
3. Most of these as we find, or all of these, are the nominal, normal conditions; all circumstances and surroundings taken into consideration.
4. As we find, there are NOMINAL developments; and there needs to be kept only those precautionary measures, those activities that have been indicated for the body under the circumstances.
5. Owing to the great nervous strain, mentally and physically, under which the body has been and is passing, there will be required the greater effort to keep in a cheerful frame of mind BY associations with those who MAKE for the changing of attitudes as respecting the general activities or the influences about same.
6. Keep in the open as much as is practical, especially of evenings with those of the associates and activities that are of the nature to MAKE for the better attitudes.
7. However, we would refrain from those greater strains, of course; such as rushing up or down steps, or jumping, or lifting or the like.



8. The diets would be kept very much in order with those things that have been indicated for the body through the general conditions. [See 480-28 through 480-36 during last pregnancy.]
9. That there may be no great disturbance with the bodily forces as related to the activity of the kidneys, as the upper hepatic circulation or the pancreas and the spleen activity, [Diabetic tendency which followed birth of her dead baby son on 7/6/37.] include the artichoke at least once a week. This should keep sufficient for a normal balance in these directions.
10. The gentle manipulations or care in those directions would be very well.
11. We would insist upon examinations occasionally by those of surgeons, or those of the osteopathic surgeons, for the proper position, the proper placement of the organs of the pelvis during these developing periods.
12. Ready for questions.
13. (Q) How may I overcome complete fatigue, and pull myself together?  
(A) As indicated, it may only be done by such physical activities in the companionship of those who intend or are inclined to make for creating an atmosphere that makes for the overcoming of such.  
Do not rely upon drugs or chemicals for such a change, for these are ONLY those that may momentarily relieve and the end is worse than the condition.
14. (Q) What should I do to prevent melancholia?  
(A) Just the same as has been indicated.
15. (Q) How stimulate appetite?  
(A) As we find, if there are the activities and the influences as indicated, these will make for the better stimulation than taking drugs.
16. (Q) Should I take anything in particular to help me gain strength?  
(A) As we find, the Codiron would be very well in these directions; but only take about ONE tablet a day instead of one after each meal. Let it rather extend over a long period. These properties as we find would be carrying sufficient of the vitamins. Of course, it should not be overdone, but be careful that there is plenty of calcium in the foods taken.
17. (Q) Can you tell me what is the best approach through this channel for me to gain an understanding from the spiritual angle of the apparent tragedy which has come in my life through the loss of my mother? [See 601-31.]  
(A) The Lord giveth, the Lord taketh away. Such as these appear to come as trite sayings, but as we study the Scripture and the promises therein, we find that only does the answer come within the self. Know that as He WILLS, only that which is for the individual - for ALL concerned - the will of Him as it is done in each, able to make for that an awakening necessary for the better understanding.  
Condemning of self, of others, of the lack of this or that or the other, only creates barriers that make for the INABILITY OF the self to catch the glimpse.  
Read that which has been indicated in the last admonition of Moses, in the 30th of Deuteronomy. Read of those promises in the Psalms - as in the 24th, the 23rd, the 91st, the 1st, the 150th. All of these will indicate that which is the SOURCE of strength mentally and spiritually, and - if we coordinate our mental and physical selves - also the source of our body's strength. For, as indicated in those, the SOURCE of all is there.

If we look, then, for other means - or material means - for the answer, there is none. Only is it found in Him. We are through with this Reading.

**REPORTS OF READING 480-47 F 26**

R1. 5/7/38 "My rdg. came Thursday aft. very fast. I realized all those things that applied to me physically, and how true they are. I have been reading the Bible passages mentioned and am trying very hard not to look for some reason for all this. There is such an emptiness in Daddy's life [see 619-5 Reports] and in mine. No one will ever know the place she filled in our hearts and minds. We all seemed to live for one another. The companionship and understanding she gave us - only she could give. I wouldn't have wanted her to suffer, though; she was too fine for that. She knew when she went to the hospital (March 7th) that she didn't have long - she told me so. She suffered intensely that previous week... "It's very hard to believe she is gone - I feel her near me all the time. Could I have some kind of reading through which she could counsel me or suggest to me? Didn't Tommy House have that once? [See 5756-13 on 7/9/34.] She didn't talk to me a whole week before she passed away and my, how I miss her sweet voice!

"There is little more for me to say. I'm just filled up and locked.

"Give my love to all at your home."

R2. 6/18/38 Ltr. in re her conclusions as to death, see under 601-31 Reports.

R3. 6/21/38 See 480-48.

**INDEX OF READING 480-52 F 27**

**[edited]**

Attitudes & Emotions: Spirituality Par. 5, 6

CIRCULATION: INCOORDINATION

DEBILITATION: GENERAL

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 11

: Debilitation: General Par. 11

: Vitamins: Codiron: Debilitation: General Par. 9

INTESTINES: COLON: IMPACTION

Osteopathy: Intestines: Colon: Impaction Par. 8, 10

Physiotherapy: Baths: Fumes: Circulation: Poor Par. 16

: Massage: Oils, Olive: Par. 16

: Peanut Oil: Par. 16

: Packs: Camphor: Intestines: Colon:

Impaction Par. 8, 10

: Mutton Tallow: Par. 8, 10

: Turpentine: Par. 8, 10

**BACKGROUND OF READING 480-52 F 27**

B1. See 480-51 on 1/7/39 following birth of baby son [1788] on 12/8/38.

B2. 7/20/39 "I've not been feeling just well - tired, slightly headachy, etc. I'd like a ck. rdg. if possible."

**TEXT OF READING 480-52 F 27**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of July, 1939.

3. As we find, there are very good conditions in many ways, and some very disturbing in other ways.
4. Partially, those disturbances arise from the general mental attitude of worry, of anxiety.
5. This is not then the suggestion that there be a goody-goody experience at all, but rather lean more on spiritual things; not disregarding the assurance in material things, to be sure, but depend upon the powers and the strength and the promises in Him.
6. This will make for an attitude for self, and those about the entity, and the general environment, of more of a contentment; not satisfied, not a general activity in which there is less and less of exertion, but an ACTIVE influencing force of being good for something, - and not just good.

7. In the general physical force, there has been quite a depletion in the general nerve and blood supply. Of course, the strain upon the body through the mental anxiety and activities, as well as of childbirth, has depleted the vital forces and energies in the whole activity of the system. And there is inclined to be an impaction in the lower portion of the caecum, in the right portion of the body. This is where the jejunum enters the colon itself, or what was the appendicial area - the caecum activity.

8. For this we find that a general manipulation, with hot applications of an equal combination of Mutton Suet, Turpentine and Camphor, would relieve the tension.

9. Take Codiron as a tonic.

10. Have at least fifteen full, general osteopathic treatments; one each week until at least that many have been taken.

11. Keep a general upbuilding in the diet, by the body-building influences. Plenty of raw as well as cooked carrots. Have plenty of lettuce, tomatoes in moderation with same; cole or raw cabbage with same occasionally. Have plenty of beef juice; not too much of roast beef. Steak, - scrape same, even for self. Not too much of potatoes, but more of the skins. Plenty of onions, raw as well as cooked. Plenty of all forms of the bulbular vegetables, - peas, beans and the like. Occasionally have the artichoke, to keep down those inclinations for the lack of the proper activity in the pancreas....

**INDEX OF READING 496-1 M 35 (?)**

ALCOHOLISM

DIABETES: TENDENCIES

Diet: Alcoholism	Par. 10-A
Humor	Par. 11-A
Osteopathy: Alcoholism	Par. 6, 9-A, 11-A
Prayer: Healing	Par. 14-A
: Intercessory: Alcoholism	Par. 5, 7, 14-A
Prescriptions: Benzoin, Tincture of: Alcoholism	Par. 4, 6, 11-A, 12-A
: Eucalyptol:	Par. 4, 6, 11-A, 12-A
: Valerian, Tincture:	Par. 4, 6,

**BACKGROUND OF READING 496-1 M 35 (?)**

B1. 1/23/34 Sister, Miss [439], submitted questions via Mrs. [255] who indicated that Mr. [496] had been a hopeless alcoholic for several years.

**TEXT OF READING 496-1 M 35 (?)**

This Psychic Reading given by Edgar Cayce at the home of Mrs. and Mrs. Ernest W. Zentgraf, 400 St. Paul's Ave., Stapleton, Staten Island, N.Y., this 23rd day of January, 1934.

1. EC: Yes, we have the body, [496] and those conditions physical and mental that surround this body.
2. In the physical forces we find rather those conditions that the body should be warned concerning; that being builded by those reactions apparent in the system. For, with the repressions that exist in portions of the system, that affect the glands that are necessary in keeping a normal balance in assimilation, we will find that there will be - as there is the tendency for same in the present - an over amount of sugars created in the system, that are detrimental to the blood supply, aided in this particular condition by the disorders that must eventually make for such a detrimental reaction upon the kidneys - and these would make for conditions hard to cope with.
3. These are not causes of the desire in the body for the use of drink, but rather are the effects; yet the physical readjustments in the physical forces of the body in this direction would enable those that might aid the body in reaching the decisions in self for the desire for rather the use of the abilities in more constructive and more active forces in this material plane.

4. With these corrections, if they are able to be insisted upon to have those made, that the diabetic tendency and also the activities of the kidneys be corrected, there would be given a compound prepared in capsule - and only three might be necessary - so that from the physical standpoint there would be little desire for strong drink. Prepare in this way and manner, this in each capsule:

Eucalyptol.....1 minim,  
Tincture of Benzoin.....1 minim,  
Tincture of Valerian.....1 minim.

If the body does take the strong drink with this reacting into the system, for at least three years it would make him awfully, awfully sick whenever taking any.

5. And, if the mental and spiritual forces are acted upon by those that have an interest in the welfare of the mental and spiritual reactions of this body, [496], through the power of intercession by meditation and prayer, to counteract the forces from without that are working with this body, there may be brought an awakening within - in correcting these conditions - and an awareness that there is a worthwhile experience for self in the activities of the entity's manifestation of life, and will bring the abilities to be active in directions that would make for a change that will not only be helpful, hopeful, but worthwhile.

6. The corrections to be made should be done osteopathically, in the 8th and 9th dorsal centers specific. And with these use those drops in capsule, see? As we find, these are the conditions to be met.

7. Who may make intercession? They that have within their consciousness a channel to the Throne of Grace, that there may be given into the mind and activities of the soul of this entity those influences that may bring the changes in the experience of this body.

8. Ready for questions.

9. (Q) Are the osteopathic treatments all that will be necessary for the diabetic and kidney condition?

(A) These are tendencies, you see, that exist. Corrected in the present, and necessitating some local application - of course - in other directions that would be found that cause or produce the tendencies in the kidney condition.

10. (Q) Any recommendations for diet for this body?

(A) When these are begun, if these drops are given, he won't need a diet for some time!

When there is the change, or the recommendations that might be made by the one that would apply the manipulative and corrective measures for the body, it would be preferably a fruit and vegetable diet; especially quantities at each meal - if possible - of fresh tomatoes.

11. (Q) When should these capsules be given, and how?

(A) Necessarily they will be given by the one making the applications or the corrections; that is, the suggestions would be made by such an one - if they may be gotten into him at all, and he'll have to take 'em in his mouth and swallow 'em!

12. (Q) How far between each capsule?

(A) About one each week.

13. (Q) What is the reason for his present condition?

(A) As has been indicated.

14. (Q) In what manner may his sister [439] help him?

(A) By making the stronger intercession in prayer, and in getting or asking others to aid in and with her in same. For, where there is that intercession made through the combined efforts of many, the greater may be that directed influence towards the activity of any soul, any mental being.

15. (Q) Any other suggestions for the body at this time, or for those who may be able to help him?

(A) These we would follow as outlined, for the better conditions for this body, [496]. We are through for the present.

### **REPORTS OF READING 496-1 M 35 (?)**

R1. 1/23/34 GD's note: We referred him, through his sister, to Dr. Frank P. Dobbins, D.O., also to the A.R.E. Prayer Group.

R2. GD's note later: We understood from the sister, Miss [439], and from the family friend, Mrs. Zentgraf, that they were not able to get him to follow the treatment.

**INDEX OF READING 550-5 M 63**

DEBILITATION: GENERAL

DIABETES: TENDENCIES

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: Syrup, Simple:	Par. 9, 10
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Spleen: Engorged	Par. 6



**BACKGROUND OF READING 550-5 M 63**

B1. See 550-3 on 6/2/27.

B2. 5/3/34 Wife [639]'s ltr.: "The past few wks. he has been in a bad condition. A Dr. here is making urinal tests and so far has not decided where the trouble is, whether urinary or diabetic. Also for the past yr. and a half he has had what they term hay fever and sneezes a great deal and very severely. Also he suffers with cramps in his legs and feet at night."

B3. 5/10/34 "He has considerable trouble in retaining the urine as he should."

**TEXT OF READING 550-5 M 63**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 15th day of May, 1934.

2. There are many changes in the general physical forces of the body from that as we have had before. There are changes that are natural in the order of the activities of a physical body in materiality. There are changes that have been brought about by the weakening of organs and the functioning of organs through this general deterioration that sets in, in such an activity and environ.

3. As we find, many of these are somewhat of a constitutional nature. But there may be brought temporary relief, and changes that will be helpful and give many more years of an activity comparatively free from distress or incapacitation; making for capacities for the body to carry on and adjust itself to the changing conditions and make those necessary arrangements for the changes that must eventually come to every physical body.

4. There is, as is seen, a weakening of the abilities of the organs to re-inhibit or re-capacitate themselves, which is indicated by the activity in varied portions of the system.

5. There is the tendency for the slowing up of the blood supply. There is the changing in the pressure in the heart's activity, or pressure in the blood supply. This causes those periods when there are the effects of these both in the nerve system and the organs that are thus affected by these repressions as produced.

6. There is the tendency for a slowing of the circulation through the hepatics. Hence the inability of the body to have the normal functioning of the hepatic circulation. The liver is torpid, the spleen engorged, and the activity of the pancreas is increased by the pressure that is made not only in the general circulation but by the toxic forces that are maintained in system by the poor eliminations; and the incapacity of the bladder to retain the urine is produced from that tendency for the accumulations of sugar, for the engorgement of those tubes that make an outlet from the bladder itself. And the inflammation that is caused there, more than that of the diabetic nature, is the excess of the repressions in the system; though with a diabetic reaction to same.

7. This makes for a slowing circulation, a tendency for the swelling at times in the lower extremities, a heaviness at the back of the neck and a dizziness at times when attempting to rise quickly; or with an excitement to the mental activities of the body we find the recurrent conditions or the effects of same are depressing to the whole general system.

8. Poor assimilations through many portions of the digestive area, making for indigestion in one portion of the system and an overacidity in another portion - or regurgitation - that makes for distresses.

9. As we would find, a compound put together in this way and manner, added to the body in this form, would be materially helpful to the body:

10. To 6 ounces of dried sage, add 32 ounces of distilled water. Reduce by slow boiling until 16 ounces would be left. Strain while warm and to this add:

Gin (preferably Gordon's Gin).....6 ounces, Compound Simple Syrup (but the syrup made of BEET sugar, not cane sugar)...2 ounces. Dissolve 15 grains Ambergris in 1 ounce pure grain alcohol. Add to same 3 drams Cinnamon in the stick. Shake the solution together before the dose is taken; a teaspoonful four times each day, fifteen to twenty minutes before the meals and upon retiring.

11. We would also have the general massage as may be neuropathically given, beginning in the central portion of the body, following same along the nerves from the 9th dorsal to the upper portion of the body - even to the tips of the fingers; then from the 9th dorsal DOWNWARD to the very tips of toes; rubbing AWAY FROM the body rather than to same.

12. In the matter of diet, be mindful that sugars are kept from the general activities in the food values; and not any white bread. Preferably the whole wheat, browned at most times, or Graham or rye, but preferably at all times toasted. Citrus fruits are well.

13. Keep the eliminations through the alimentary canal well in hand.

14. Use high enemas when necessary to evacuate the whole of the colon and to remove the pressure that is ordinarily maintained on the kidneys, and on the bladder particularly.

15. The activities should be as much in the open as possible for the body.

16. Ready for questions.

17. (Q) What causes apparent hay fever, and sneezing?

(A) With the corrections that we find will be gained by the manipulative measures over the body; that is, from the 9th dorsal upward, we will relieve those pressures that tend to make for an irritation in the muco-membrane of the nasal passages, by the removal of those pressures in the upper dorsal and cervical area that tend to make for this irritation to the bronchi and to the nose.

This is an attempt rather of the circulation to adjust itself under the general strain that has existed and does exist in the system.

With the use of antiseptics that may be taken in the form of the inhalant that would be prepared in this way and manner, we will find the irritation will be allayed:

To 4 ounces of pure grain alcohol in an 8 ounce container, preferably with a glass cork, add in this order:

Eucalyptol.....20 minims,  
Rectified Oil of Turp.....5 minims,  
Benzosol in solution.....15 minims,  
Rectified Creosote.....2 minims,  
Tincture of Benzoin.....10 minims,  
Tolu in solution.....30 minims.

Keep this well corked, but when there is the tendency for sneezing or for running of the nose, inhale DEEP through the nostrils, after shaking together, FROM this container, see? This may be done about two, three, four times each day, or whenever there is the tendency. This acts as an antiseptic to the mucous membranes of the nasal cavity. It may also be breathed once or twice into the mouth or throat, to relieve irritation there.

And with the manipulation, and with the change made by the properties that will act upon the liver, spleen and pancreas and the eliminations of the alimentary canal, the distress should be relieved.

18. (Q) What causes cramps in legs and feet at night, and what should be done to relieve or correct the condition?

(A) This, as indicated, is from the poor circulation; but the massage will relieve same.

19. (Q) Any other advice for the better welfare of the body?

(A) We would do these, as we find; and, as has been given, the disorders in the system will be relieved. We are through with this reading.

#### **REPORTS OF READING 550-5 M 63**

R1. 5/21/34 Wife [639]'s ltr.: "We appreciate the rdg. so very much. We are very interested in the causes as given for Mr. [550]'s condition, and his feelings are very well described, we should say... We do not have a neuropath in our town, but we do have a naturopath and he may be able to give the massage as directed."...

R4. 6/3/34 Wife [639]'s ltr.: "We have not been able to start the treatment as we have had trouble in getting the pure Gordon's Gin and the Ambergris. Both had to be ordered away from here and the druggist who is filling prescription thinks he will have them sure this week. Have been waiting to start all the tr. at the same time. We will keep you advised and will get started at earliest possible moment. Mr. [550] has been on a no sugar, no white flour diet for most six weeks and there is a great improvement."

R5. 6/15/34 Wife [639]'s ltr.: "One of the prescriptions given for Mr. [550] calls for 15 grains Ambergris. Druggist here unable to get it from any wholesale drug house in Fla. and has had it ordered from N.Y. but nothing has been heard from the order. Can you advise us where it can be purchased as we are quite anxious to get started on the treatment. The other prescription we have filled and Mr. [550] is now using it, also he has had one treatment by our naturopath [Franklin C. Rasmussen, M.D.] who is giving the neuropathic massage as directed in reading. He will take one treatment each week. We are very sorry the tr. has had to be delayed. Have the Gin now and the Ambergris is the only thing lacking. We are hoping you can give us some information regarding it."

R6. 6/18/34 ltr. from EC to Mr. [550] and Mrs. [639]: "Yours of the 15th I have just received. The druggist here does not have the Ambergris either, but I find that I have on hand exactly the amount needed. This is rather expensive, as you will

DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

see, but we are sending it to you at the wholesale cost price. It is what we had left from the drug room at the hospital, and this is an ingredient that is rarely used in drugs; it is more often used in perfumes. But as we had several calls for it in reading prescriptions, the drug department at the hospital stocked it. I am glad that I had enough left to fill Mr. [550]'s prescription....

R7. 6/22/34 EC's letter: "About the beet sugar, I don't know just where to tell you; though, of course, as you no doubt know, most of the sugar used in the West is beet sugar. It is especially found or used in Colorado, Wyoming, and those territories around there. You could no doubt obtain it very easily from any wholesale grocery company in St. Louis, or the like. Or you may have already gotten it."

R8. 6/28/34 Wife [639]'s ltr.: "Mr. [550] kept the Ambergris you sent and used it in his first prescription. He now has enough for two and a half prescriptions that came from N.Y. We have just rec'd the beet sugar from both Denver and Michigan. The druggist completed the prescription yesterday and Mr. [550] started with it last evening. He now has and is doing all stated in the rdg., and we are hopeful of results. He is taking the neuropathically given massage as indicated twice a wk. - Monday and Friday. I will let you hear from us in a couple of weeks or so as to progress."

R9. 7/17/34 "Mr. [550] has now been taking all the tr. as prescribed in rdg. just about 3 wks. No marked improvement as yet, but on the whole he is much better than when I wrote you for his rdg."

R10. 8/8/34 "We feel we can see improvement in Mr. [550]'s condition in many ways. His sneezing and head condition seems better, though he is having quite a lot of trouble with his eyes. We presume that also is just a result of the general condition. We are not at all discouraged for we know he was in a very bad condition and it will take time. Some way we have great faith in the reading given through you, which we are endeavoring to carry out exactly as given, and we will keep you advised." [She requested a Ck. Physical for herself See 639-2.]

R11. 8/29/34 Wife [639]'s ltr.: "I am sure I can report to you that Mr. [550] is greatly improved. He seems stronger and more like himself most of the time, though at times he still feels bad. It has only been two months so we feel he is coming along fine and feel very encouraged."

**INDEX OF READING 584-1 M 56**

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DIABETES: TENDENCIES	
Diet: Diabetes: Tendencies	Par. 18-A
Doctors Suggested: Richardson, Martyn L.: D.O.	Par. 21-A
Eyes: Burning: Spine: Subluxations	Par. 3, 8, 19-A--22-A, R1
GLANDS: INCOORDINATION	
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**BACKGROUND OF READING 584-1 M 56**

None.

**TEXT OF READING 584-1 M 56**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 16th day of June, 1934.

1. EC: Yes, we have the body here, [584], present in this room.
2. Now, as we find, while the body physically is very good in many respects, there are disturbing conditions the correction of which would bring about a more normal physical reaction, many more days, and a better physical body for the mental and physical to function through.

3. These, as we find, are of specific natures, though their reaction at times is hidden; while the RESULTS are mistaken at times for causes, such as the metabolism, the abnormalcy in the blood pressure, and the various effects in those portions of the system where acute pains are experienced, as well as the functioning of organs being disturbed.
4. Then, these are the conditions as we find them with this body, [584] we are speaking of, present in this room:
5. In the BLOOD SUPPLY we find, through the pressure that is shown in specific centers in the cerebrospinal system, there is a tendency for the reactions in the circulation in the hepatics to increase the pressure in such a manner as to cause at times THESE effects: A headache of a specific nature, a change in the pressure in the heart's activity as to cause dizziness in the body; the same in the reflexes to the organs cause a diabetic tendency to the hepatic circulation. This pressure makes for those alterations in the blood supply. Hence the tests in the urine for those pressures that are causing these conditions show the changes there. Those tests at times for the heart's activity, though not an organic disturbance, show that the metabolism is unbalanced through the impulses that are received in these portions of the system.
6. In the NERVE SYSTEM we find the basis or the seat of the disturbances. In times back there was an injury, not of a great extent at the time but the body at the time suffered from a wrench in the back - the SMALL of the back, though the subluxation that is produced is in the 8th and 9th dorsal area, with reflexes - to be sure - in the lumbar and in the cervical area, through the hypogastric and pneumogastric reflexes.
7. The activity brings about the conditions to the organs that have been indicated in the assimilating and eliminating system, and bring with same - unless corrections are made - the disturbances in the organs themselves; kidneys and liver being involved, with the heart's activity or pressure in the respiratory system.
8. As to the ORGANS of the body themselves: In the sensory system we find specific conditions where distresses were brought in times back to the vision, through injury, and repressions. These have become normal activities to the body in some respects, yet with the corrections that may be made in the cervical area - through reflex from pressures created in the subluxations in the dorsal area - there may be brought relief to the body, as to the circulation specifically in these portions of the body.
9. Throat, bronchi, lungs, larynx, considering the general condition these are very good, yet at times make for a harshness through the impaired circulation, and the heaviness in the blood supply that causes distress - though not other than a reflex nature.
10. Heart's action, as indicated, disturbed through the conditions and the repressions in the dorsal area.
11. As to the digestive system, as indicated, the pressures produce in the pancreatic and liver area the tendency towards too much sugar in the system; hence affecting the kidneys, causing those activities as indicated there, as well as to the glands from the genital organs of the system, that produce heaviness,

irritation, burning at times at the passage of urine; though this again is a reflex condition.

12. The liver and the spleen are in sympathy with the activities in the lacteal ducts, owing to the excess of secretion from the pancreatic pressure.

13. Then, in meeting the needs of these conditions in the body, as we would find:

14. First, we would make the CORRECTIONS in the areas as indicated where subluxations are shown in the body through the cerebrospinal system, and we will find the impulses will GRADUALLY be changed. These we would make through the mechanical manipulation, or through the osteopathic ADJUSTMENTS necessary in the dorsal area - and the cervical area, sympathetically affected, should be kept in accord with the rest of the system, that the drainages may be properly set up. And we will overcome these conditions in the body.

15. After six to eight adjustments in such a manner have been made, and almost as many of the general treatments, we would then begin with small quantities of the Atomidine taken internally to function with the glands and the eliminating system; thus producing an even balance in the elements in the body as related to the assimilation and the activities of the glands more specific.

16. And we will find we will bring the body to a near normal condition, [584].

17. (Q) How should the Atomidine be taken?

(A) Begin first with one minim twice each day, mornings before the meals and evenings before retiring. Each day increase the quantity one minim until five minims are being taken twice each day. Then reduce the quantity again to one minim and repeat the whole procedure for at least three to four periods or rounds, you see.

18. (Q) How much water should be taken with this?

(A) At least three-fourths of a glass.

As to the matter of diet, naturally - with the very nature of the pressures and the effect these are producing, not only in the blood supply but in the activity to the organs themselves and, specifically, to the kidneys and liver - be mindful that not too much sweets are taken, nor EVER too much meats. There should be no RED meat at all. Rather those foods of the vegetable nature; and less of those things that tend to produce the alcoholic reaction in the body, such as starches WITH carbohydrates that make an excess of same in the body. To be sure, it is necessary that a certain quantity of such influences be in the body through the activity of food values taken, but such things as white bread or too much sugar, or too much pastry, pies, cakes or the like, would not be taken in quantity. As to stimulants such as coffee or tea, these may be taken once a day, but not too large a quantity ever.

19. (Q) What causes the trouble in the eyes?

(A) As indicated, the pressure on the sensory system that makes for the lack of circulation to be removed from these portions of the system as they are being used, you see. With the removal of these pressures, with these activities taken into the system, we will find the eyes will be MATERIALLY aided, you see, and near normalcy may be expected for the general body.

The corrections and manipulations osteopathically we would have through one that would be in sympathy with that being attempted, and one that is a specialist in regard to the activities of the sensory system as related to the general activity of the body. An injury to the body first produced these pressures, and has made for the accumulations there that cause the disturbance. Both in the general system and the specific condition in the sensory system, or in the vision.

20. (Q) What causes the pain in the eyes?

(A) The pressure as indicated from the subluxations in the dorsal and cervical area, that prevents the circulation through these portions of the system. With the removal of the pressure we find that drainages may be set up so as to remove the pain, and the tendency for the accumulation of drosses in that portion of the body.

21. (Q) Who would you suggest that would give these treatments correctly?

(A) As indicated, one in sympathy; or, as we find, one such as Richardson that makes a specialty in such activities.

22. (Q) Why have not the osteopathic treatments that have been taken for three years not relieved the condition?

(A) The pressures have not been taken off the nerves that are producing the irritation there.

These have been given more in the upper portion than from where the subluxations really exist. Begin these from the 8th and 9th dorsal to the base of the brain, in making the corrections and in setting up the drainages through the general manipulations, see?

These, as we find, will remove the trouble; if the corrections are made first in the 8th and 9th dorsal, then the 1st and 2nd dorsal and throughout the cervical area; with the taking internally of the Atomidine in the manner indicated, after six to eight such treatments osteopathically; and, to be sure, using the measures that will assist in relieving the collection of drosses in the areas where they affect the body. Do this, and - as we find - it will bring for this body nearer normal conditions. We are through for the present.

#### **REPORTS OF READING 584-1 M 56**

R1. 6/16/34 MD's [Mildred Davis'] report (taken from her book of observations):

"Patient appears very dissatisfied with reading when questions were being asked; continued asking questions over and over. Very skeptical. To us questions were answered, but not to him. After reading it was explained to him and he seemed better satisfied. Through another member, Mr. [306], said he had been to various doctors, specialists without results, paid out hundreds of dollars. Discouraged and thought he would try this as a last resort.

"Disagreed with reading about wrench in back; said he had none. Said sand storm caused disturbance to vision. It so happened another patient who claims the readings saved her life came in, Mrs. [409], while this individual was here. Her testimony seemed to give him more faith. Said he was going to Richardson, though he had tried osteopathy for years."

R2. 7/28/34 See 584-2.



**INDEX OF READING 584-2 M 56**

**DIABETES: TENDENCIES**

Doctors Suggested: Richardson, Martyn L.: D.O.	Par. 3, 4, 10-A, 11-A
Eyes: Burning: Spine: Subluxations	Par. 3, 4, 10-A--12-A
Nose: Drops: Benzoin, Tincture Of: Sinusitis	Par. 3, 4, 11-A
: Eucalyptus, Oil Of:	Par. 3, 4, 11-A
: Turp, Oil Of:	Par. 3, 4, 11-A
Osteopathy: Spine: Subluxations	Par. 2, 5, 7, 10-A, 11-A
Physiotherapy: Applications: Eyewashes	Par. 11-A
: Packs: Potato: Eyes: Burning	Par. 11-A
Prescriptions: Atomidine: Glands: Incoordination	Par. 3, 7, 9-A, 11-A
Sinusitis	Par. 3, 4, 10-A, 11-A

**SPINE: SUBLUXATIONS**

**TEXT OF READING 584-2 M 56**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 28th day of July, 1934.

1. EC: Yes, we have the body here; this we have had before.
2. As we find, there have been those [osteopathic] corrections in the physical forces of this body that make for bettered conditions and the basis on which the system may supply to the affected portions of the body without being or producing DETRIMENTAL conditions to those tendencies that have been indicated were active in the system.
3. There has not as yet, as we find, been begun that which will - or should - aid with the glands of the system in creating that element necessary where inflammation in portions of the body may be removed, see? The glands secrete the active force with the iodine. There SHOULD be those small quantities of the Atomidine taken in the system, you see, and then we will find that - with the OCCASIONAL use of those palliatives now that will reduce those swellings in the head portions of the body [sinusitis?] where the pressure is made on the nerves leading to the eyes - we may REMOVE these disorders. This should be done through PREFERABLY the nostril, you see; LOCAL antiseptic applications that may be made in THIS manner:

4. A combination of Oil of Eucalyptus, Oil of Turp and Tincture of Benzoin, will remove those accumulations and aid those properties in the activity of the glands to overcome these pressures that are accumulating there.

5. Now that these activities in the lumbar, in the lower dorsal area, that were necessary to prevent those accumulations affecting the system in relation to the kidneys, are now such as to set up drainages, we may make the SPECIFIC applications; and only the corrections in the CERVICAL will be necessary.

6. Do that.

7. These treatments we would give about once or twice a week; but take the Atomidine for periods of three to five days, with a rest period in between.

8. Ready for questions.

9. (Q) Should the dosage of Atomidine be the same as in first reading?

(A) The dosage the same.

10. (Q) What proportion for the antiseptic ingredients?

(A) This solution should preferably be made by the one making the application, and as to how severe; because this will gradually be increased in its quantity for the applications of the nature as these are to be made.

11. (Q) Who should give these in the nose?

(A) The same one that's been giving the other treatment in the back! That's why you had him here first, to carry out the whole thing! The conditions that have been created are now such that there should be the beginning of the local applications. [GD's note: Dr. M. L. Richardson was an eye, ear, nose and throat specialist.]

We would also have used the antiseptic for the bathing of the eye, or those things that will prevent the severe pain.

When there is severe pain in the evenings, scrape an old Irish potato and lay over the eye socket; and then cleanse same off the next morning with the antiseptic solution that would be given by the one making the other applications, see? and we will find this will remove the pain.

The local applications, and taking the Atomidine to work with the glands, will clear up much of this condition - and remove ALL the pain!

Do that.

12. (Q) Were the treatments given as suggested in first reading?

(A) Near to same, though all was not followed - as we have indicated.

13. We are through with this reading.

(7/28/34 GD's notes: Enclosed was a copy of a letter and notations for Dr. Richardson. Mr. [584], I'm going to see if I can find you some OLD Irish potatoes; and will telephone you about it.

7/28/34 GD's outline for Mrs. [584]: "...Directions for home treatments prescribed in reading by Edgar Cayce, of the Ass'n for Research & Enlightenment, Inc., and recommended by Dr. M. L. Richardson:

Obtain a bottle of Atomidine from Burrow-Martin on Granby Street or Snyder Pharmacy of 244 Church Street, and take as follows:

First Day - take 1 drop of Atomidine in a quarter glass of water before breakfast and before retiring. Second Day - take 2 drops in the same manner,

morning and night. Third Day - take 3 drops in the same manner, morning and night. Fourth Day - take 4 drops in the same manner, morning and night. Fifth Day - take 5 drops in the same manner, morning and night.

Then leave off or rest from the Atomidine 3 days. Then begin all over again in the manner indicated.

After the third course of the Atomidine has been taken, in the manner indicated above, including the rest period in between each course, it would be well to have a Check reading - unless some condition arises which would require one sooner.

Mr. [584], if your daughter is a good nurse, this would be a good job for her, to see that these directions are followed to the letter in regard to the prescribed number of drops night and morning, with the rest period in between each course. If I have not made it entirely clear so she will understand exactly how to do it, please let me know..." [See 584-2, Par R1.]

#### **REPORTS OF READING 584-2 M 56**

R1. 7/28/34 Mildred Davis's observations, report, etc:

"...Patient still skeptical will not admit improvement; maintained doctor should have prescribed Atomidine; was why he did not take it. Patient said he was worse instead of better. Has no patience with Christian Science or anything of the kind. Patient felt evidently in better frame of mind and willing to go back to the doctor and adhere to suggestions. Will come back after three or four treatments, he said. [Psychic (Edgar Cayce) turned face slightly when answering questions as though to emphasize or make clear the thought.]"

R2. 10/1/34 Mr. [584]'s daughter said she noticed quite some improvement; even Mr. [584] himself admitted gradual improvement; no severe attacks with eyes recently; still continuing Atomidine rounds - will report at end of these.

R3. 10/24/34 See 584-3.

**INDEX OF READING 584-3 M 56**

DIABETES: TENDENCIES

Diet: Diabetes: Tendencies	Par. 10-A
Eyes: Burning: Spine: Subluxations	Par. 2, 4
Osteopathy: Spine: Subluxations	Par. 2, 3, 6-A, 9-A
Prescriptions: Atomidine: Glands: Incoordination	Par. 7-A
Sinusitis	Par. 2, 4

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 584-3 M 56**

B1. See 584-2 on 7/28/34.

**TEXT OF READING 584-3 M 56**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 24th day of October, 1934.

2. Now, as we find, there are improvements in the general physical forces of this body since last we had same here. While changes are taking place, there are some tendencies for disturbances in the assimilations - making for disorders that were to be warned concerning in the physical functioning of the body. These at times have shown, and do show, retractions - or the tendencies for a reversal to the old form. For each portion of the system builds in its regular cycle. Hence, as we find, those corrections would be continued to be made by stimulating the circulation to the affected parts; as in the organs of the sensory system there should be consideration given at times also to the centers from which these impulses arise. And we would find that there would be overcome that reversal to distressed condition, through the disturbing of the circulation to the head, to the eyes, to those portions of the body where there has been the tendency for the nerve forces to have become so irritated as to have lost their evaluation in the active forces - with irritations arising through improper eliminations in the circulation.

3. Hence we would continue with periods of manipulation and adjustments through the osteopathic activity.

4. Continue occasionally with the antiseptics for the soft tissue in the nasal cavities, the soft tissues of the face; and as these stimulations are made for the conditions, and the body adjusts itself more and more to the revived forces, we should continue to bring better conditions for this body.

5. Ready for questions.

6. (Q) Of what duration should the manipulation periods be?

(A) Of two to three weeks, and then a rest period of almost an equal length of time. However, the use of the antiseptics in the head may necessitate a shorter period of rest between the time.

7. (Q) Should the Atomidine be continued?

(A) Should be continued.

8. (Q) Should the drops in the eyes [advised by Dr. Richardson] be continued?

(A) These should be continued.

9. (Q) Are the treatments being given according to the suggestions given in the reading, osteopathically?

(A) All save as has been suggested here. There has not at times been the consideration given to the organs through which the assimilation takes place. He should make a correction occasionally in the 6th, 7th and 8th dorsal also.

10. (Q) Any special diet that would be helpful to the body?

(A) Just so there's not too much sugars nor too much of red meats. These will make for a heaviness that makes for this return of those conditions, as we first indicated. We are through with this reading.

#### **REPORTS OF READING 584-3 M 56**

R1. 10/24/34 Mildred Davis' report: "...While EC was away for three weeks (just returned 10/23/34) the patient came three times to see him, desiring a Check reading. He gave varying reports. First time, thought he was improved. Later complained of return of attacks to eyes. Seemed discouraged, but admitted duration of attacks not as long as heretofore..."

R2. 10/25/34 A.M. early he picked up a copy of the reading [584-3] on his way to Dr. Richardson for treatment; seemed cheerful; said he felt pretty good.

R3. 1/8/35 GD's report: "Visited office, reported improvement; said he felt fine; Dr. Richardson had told him place in spine was much better. Only a slight attack with eyes occasionally. Still taking Atomidine and osteopathic treatments, etc."

R4. 1/24/35 Mildred Davis' report: "Patient came to see about a Check reading this morning. EC had left a few hours before for Washington, D.C... He acknowledged he was improving; when asked about his condition at first he said 'fair', reluctantly admitting a few minutes later that he had seen improvement. He met Mr. L. B. Cayce, as he went out and indicated to him that Dr. Richardson had tried to change the type of treatments given him, but upon finding they were detrimental changed back to the way the reading had given. Lamented that he had to pay for these treatments anyway, though they were not given properly.

"Patient looked much better. Said he had relapses now and then with the condition in his eyes; that he has followed everything to the letter except the potato poultices and he may not have applied them as often as necessary, but was not sure how often."

R5. 4/24/35 See 584-4.

**INDEX OF READING 584-4 M 57**

**DIABETES: TENDENCIES**

Eyes: Burning: Spine: Subluxations	Par. 2, 12-A
Nose: Drops	Par. 10-A, 12-A
Osteopathy: Spine: Subluxations	Par. 5, 6, 12-A
Prescriptions: Atomidine: Glands: Incoordination	Par. 7
Sinusitis	Par. 2, 12-A

**SPINE: SUBLUXATIONS**

**BACKGROUND OF READING 584-4 M 57**

B1. See 584-3 on 10/24/34 and subsequent Reports.

B2. 4/19/35 Miss Esther Wynne's card to GD: "Immediately notify Mr. [584] of your return. He wants a reading right away - has been here twice. We are glad you are back."

**TEXT OF READING 584-4 M 57**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 24th day of April, 1935.

2. Now, as we find, conditions are very much improved in the physical forces of this body, especially when those conditions that were first pointed out have been almost entirely eliminated. There are those tendencies in the reactions from over-activity of the pancreatic reaction for the digestive system; those tendencies for these to make for the conditions that were gradually arising in the functioning of the kidneys. The reaction to the system from the eyes, or eye, has greatly improved. The vision does not show the greater amount of reaction for a helpfulness in the one, yet it is much better in the other.

3. Then, in making further corrective measures, as we find:

4. There needs be only those precautions respecting the diet, the general activity of the physical and mental body; keeping the proper attitude respecting constructive influences and forces in the experience of the body.

5. And occasionally, once a month, twice a month, as the conditions may arise, make the adjustments and the cleansings of the gland reactions for the body to keep in a near normal reaction for the present.

6. Once or twice a month, then, have the general treatments over the system; the specifics in the 2nd and 3rd dorsal plexus for the continued reaction for the gastric flow for the digestive system; those through the hypogastric plexus for those to the head, to the eye, to the flow of the lymph circulation to make for cleansing of the activities in the head circulation.

7. Once or twice a month, for periods of two or three days at a time, take one to three minims of the Atomidine once a day; this should be sufficient now.

8. Do that.

9. Ready for questions.

10. (Q) Have the nose injections been correct? If not, what injections would be better? [See 584-2, Par. 3, 4.]

(A) These are very good. We only need the proper stimulation to keep a development and a growth towards normalcy in the present. When these are necessary, keep them.

11. (Q) Should any other treatment be added, or any changes be made?

(A) As we find, adhere to these already outlined when necessary. Be mindful of the diet; do not over-acid the system at any time. But keep the normal activities, and we will find we will keep near to a proper reaction in the system. Do that.

12. (Q) How long before the body should be relieved of the periodic suffering?

(A) As we find, these have gotten farther and farther apart, AS the system adjusts itself. This has been a long growth and the system has adjusted itself to those flows or secretions from the system to combat same. They continue until the glands' secretions and glands' reactions have normalized themselves. But they are lighter, slighter in their intensity. And, as indicated, when necessary - or when there is the feeling or inclination that these would occur, then have not only the injections for the sympathetic conditions through the soft tissue but the deeper manipulations in the upper dorsal and cervical area.

13. (Q) Any further advice for the body's welfare?

(A) These things we would do, as has been indicated, for the better physical conditions of the body. We are through with this reading.

(4/24/35 GD's note: List of Alkaline-Reacting Foods was enclosed, of which your diet should principally consist. Eliminate excess quantity of meat, starches and sweets.)

#### **REPORTS OF READING 584-4 M 57**

R1. 10/4/35 See 584-5.

**INDEX OF READING 584-5 M 57**

**DIABETES: TENDENCIES**

Diet: Acidity & Alkalinity	Par. 7
: Vegetables: Tomatoes: Canned: General	Par. 10-A, 11-A
: General	Par. 10-A, 11-A
Names: Organizations Mentioned: Libby's	Par. 11-A
Osteopathy: Spine: Subluxations	Par. 6, 9-A
Prescriptions: Atomidine: Glands: Incoordination	Par. 5, 9-A, 12-A

**SPINE: SUBLUXATIONS**

**TEXT OF READING 584-5 M 57**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of October, 1935.

2. Now, as we find, there is considerable improvement in the general physical forces of the body from that as we have had here before.
3. While there are those tendencies for the occasional recurrent conditions, as to the head, neck and eyes, these are the natural results - as we find - of a depleted system gradually adjusting itself to the changes that have been wrought in the system. And it is as but a habit in the nervous forces of the body in their incoordination, to at times - under stress or strain of any character - revert to disturbing factors.
4. As we find, we would occasionally use those things that have been suggested; for not only the preventative and precautionary measures but to make for the continued reverting rather to normalcy for the body.
5. For a week each month, then, we would take the Atomidine - in the manner indicated, to make for a cleansing and for an activity through the glands of the system that make for purifying of the impulses and of the blood supply and of the plasm throughout the system.
6. Occasionally, when there is a heaviness in the system and those tautnesses are indicated in the neck and the shoulders and through portions of the cerebrospinal system, we would have those adjustments that are needed for the whole of the cerebrospinal system in the various locomotory centers and the coordinating places as in the upper dorsal area and through the cervicals; making for coordinating activity between the deeper circulation and the vegetative or sympathetic nervous forces. These we would take (such osteopathic adjustments) WHEN the body, through its OWN responses and reactions, FEELS that there would be a better coordination by the having of same. So, rather than saying they should be given once a week for a month, or



twice a week for two weeks, we would give that they be taken as NECESSITY demands. And we will find that these will make for not only the keeping of the body feeling and responding better, but make for a better activity physically and mentally.

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

8. Ready for questions.

9. (Q) What causes the condition in the back, and what should be done for it?

(A) As indicated, it is the reversal or the habit of the incoordination between the cerebrospinal responses and the superficial forces, making for disturbing conditions. And those tendencies and inclinations that have been first indicated, where there are the over-activities of the glands of the system - as in those glands that make for the digestive forces. These, then, as we have indicated, should be met. That is, when there IS the tautness - or when there IS the feeling of any "let down" in the system, have not only the manipulations or adjustments but watch the diet more closely and use the activative forces for the glands (in the Atomidine).

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

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

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

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

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

11. (Q) What brand of canned tomatoes is best?

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

12. (Q) Should the Atomidine be only taken once a month?

(A) As indicated, we find that one week during a month should be sufficient; though, if there are those periods when there is the reaction of the dullness, the aching of the head, of the shoulders, of the body, it would be well to take a few DOSES - AS the osteopathic manipulations are being given.

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

(A) As we find, we would follow these conditions; not as rote, but as keeping physically fit - and purposefulness in keeping physically fit.

Let the mental attitude towards constructive forces in its relationships with individuals and with the whole of its experience be more and more worthwhile. For so much more may be gained from life's experience in being helpful one to another!

14. We are through with this reading.

**REPORTS OF READING 584-5 M 57**

R1. 6/9/39 He came for 585-6, saying that his eye condition had cleared up wonderfully from following the readings four years ago, but the pancreas condition which the readings had warned him about had gotten worse and the doctors now think he has diabetes.

**INDEX OF READING 584-6 M 61**

**DIABETES**

Diet: Diabetes	Par. 16
: Vitamins: Codiron: Diabetes	Par. 13--15, 19-A

**GLANDS: INCOORDINATION**

Insomnia: Glands: Incoordination	Par. 15
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Prescriptions: Atomidine: Glands: Incoordination	Par. 6--13, 19-A, 20-A
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**BACKGROUND OF READING 584-6 M 61**

6/9/39 He came for 584-6 saying that his eye condition had cleared up wonderfully from following the readings four years ago, but now the pancreas condition the readings had warned him about had gotten worse and the doctors say he has diabetes.

**TEXT OF READING 584-6 M 61**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 9th day of June, 1939.

3. Now as we find, many of the conditions as were given in the first have changed materially from that which existed then.
4. However, there are reactions in the system as related to some of those disturbances as first indicated, that have not been wholly corrected.
5. These as we find, as was indicated, have to do with the glandular forces of the body, especially as related to the pancreatic reactions and the hepatic circulation.
6. We find that these would be materially aided if there would be first the taking of those properties which would CLEANSE the glandular forces of the body, - this including those conditions as related to the thyroids, the glandular forces of the stomach, the glandular system as related to the activities between the liver and kidneys, - and THEN the adding of those elements in the system to rebuild and replenish the vital energies necessary to combat the destructive influences.
7. First, then, we would take Atomidine internally, in this manner:
8. Begin with one minim (drop) in half a glass of water each morning before any meal is taken, for five days.
9. Then leave off for five days.
10. Then take again for five days, in the manner indicated.
11. Leave off again for five days.
12. Then take for five days again. Then leave off.
13. At the end of the third round (of five days each, with the rest period in between) of taking the Atomidine, we would begin then (not before) with taking the Codiron as a stimulant for the activities of the digestive system as related to all the assimilating forces of the body. Take two tablets at any one meal of the day, but it should be taken regularly and at the same meal every day, - not first one meal and then at the other.

Either take it at the morning or evening or noon meal, whichever is preferable, but take it at the same time each day, regularly - two tablets - for a period of three weeks. Then leave off for a period of one week. Then take again for another three weeks.

14. And by then we should find a great deal of change for the helpfulness for this body throughout.

15. The properties in the Codiron (after the glands have been purified by taking the Atomidine in the manner indicated) should add sufficient of iron for the correcting of the condition through the blood supply, that will have been altered by the purifying of the glands, and will relieve the tensions that make for those disturbances at times of an insomnia nature, and also making for improvements throughout the system.

16. Throughout the period we would keep away from sugars and white bread. Let the sweets be preferably honey, if any would be taken at all. The diet should consist principally of vegetables, rather than a meat diet, of course. However, fish, fowl or lamb may be taken in moderation.

17. Ready for questions.

18. (Q) What would this condition be commonly called by the doctors?

(A) It is not understood, for it is a glandular disturbance.

19. (Q) Is this a diabetic condition?

(A) As we have indicated from the very first, it is a glandular condition. The effects from portions of the glands would be called diabetic. This is not a TRUE diabetic condition, for the glands of the thyroid are affected as well as of the genital system, as well as of the stomach itself.

The true diabetic condition is the involvement mostly of the pancreatic reaction alone, - or sugar indicated in the urine, or even in the blood supply itself. But purifying the system with the taking of the Atomidine in the manner indicated, first, will change the blood pressure as well as the activity of the pulsation.

Then with the taking of the properties contained in that form known as Codiron, we will add the proper combination or proportions of cod liver oil, muriated iron and certain vitamins that act with the vital forces, - as Vitamin B-a, G, C and A. And all of these combined with the activities of the system, if taken in the manner indicated, will aid in cleansing and correcting this condition.

20. (Q) Is this condition curable?

(A) As we have indicated, these properties taken consistently - AND IN THE MANNER outlined - should relieve those disturbances.

First, PURIFY the glandular forces of the body. Do not take the Atomidine for three days or four days, or six days, but take it FIVE DAYS! Then rest five days, see? Then begin again and take it for five days, - one drop, not two drops, not half a drop, but ONE DROP! Do this for three successive cycles, as indicated. Then afterwards, take the Codiron for three weeks, - each day two tablets. Then rest a week. Then take it again for another three weeks. And we will find, if the diet is adhered to throughout - and no activities, of course, that produce excess toxic forces for the system, there will be a great deal of improvement, and the condition SHOULD be eliminated entirely from the system.

21. We are through for the present.

**INDEX OF READING 584-7 M 61**

**DIABETES**

Diet: Artichoke: Jerusalem: Diabetes	Par. 7, 12-A
: Diabetes	Par. 8, 12-A

**GLANDS: INCOORDINATION**

Osteopathy: Diabetes	Par. 10, 12-A
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Prescriptions: Atomidine: Glands: Incoordination	Par. 6
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Uremia	Par. 6, 7
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**TEXT OF READING 584-7 M 61**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of October, 1939.

3. Now as we find, in the general or main conditions, the body is much improved.
4. However, there are disturbing conditions, - even as we have first intimated or given as the basis or the cause of the greater anxiety; the inability of the glandular force, through that portion of the activity to produce that to reduce sugar in the system, or the activity of the glands as work with same.
5. If there is the adherence to the suggestions here given, we will find that the body will continue to keep on the improve as regards these conditions.
6. We would use the Atomidine occasionally for the clearing of the condition through the prostate AND the areas through the urethra, of the penis. As has been indicated, take one minim in half a glass of water before breakfast for five days, then leave off. And as to how soon this would be taken again would depend upon the reactions through the urethra itself.
7. About twice or three times a week take sufficient quantity of the JERUSALEM artichoke; the quantity taken at the time depending upon the activity or the RESPONSE of this through the kidneys as related to the bladder and the activity of the uremic poisoning caused from the accumulations from this activity. One time take the artichoke cooked, the next time raw. This will produce sufficient of the insulin [inulin?] (that is the greater active principle of same) to cause the pancreatic activity to assume its normal reaction.
8. Of course, refrain from great quantities of fats or sugars, or things that tend to make a hardship upon the pancreatic activity.
9. These do.
10. And, about once a month have a test of the condition by one that would make a CORRECTION, osteopathically, in the cerebrospinal system; as has been first indicated, this is in the 9th dorsal center, that aids the impulse for the activity through the pancreatic system.

DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

11. Ready for questions.

12. (Q) It is not necessary to take insulin, outside of that contained in the Jerusalem artichoke?

(A) As indicated, NOT necessary, IF there is the refraining from the eating of fats, you see, and sugars. The artichoke will supply sufficient of the insulin to cause the proper activity through the pancreas.

About once a month, have an OSTEOPATHIC adjustment; and have such an one make the test for sugar also.

13. We are through with this reading.

**REPORTS OF READING 584-7 M 61**

R1. 11/5/40 He referred Mrs. [2393] for a Physical reading for diabetes, saying: "...I was in the same condition and after the reading put me on the Jerusalem artichokes I have gotten so I can eat anything I want..."

R2. 12/31/40 He referred Mr. [2424] for a Physical reading.

R3. 4/17/41 He obtained 584-8.

**INDEX OF READING 584-8 M 63**

DEBILITATION: GENERAL

DIABETES

Diet: Artichoke: Jerusalem: Diabetes	Par. 6
: Diabetes	Par. 9—16
Feet: Spine: Subluxations	Par. 19-A
Osteopathy: Diabetes	Par. 7, 8, 19-A
Prescriptions: Coca-Cola: Kidneys	Par. 10

**BACKGROUND OF READING 584-8 M 63**

B1. See 584-7 on 10/11/39 for diabetes and subsequent Reports.

**TEXT OF READING 584-8 M 63**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 17th day of April, 1941.

3. As we find, in the general way conditions are very satisfactory.
4. Still, those tendencies and inclinations exist and at times cause some anxiety; regarding the activities of the pancreas, as related to the metabolism of the system, and the activity or effect produced upon the organs of the pelvis.
5. For, with the general debilitation that naturally arises from the condition as it saps the vitality from the body, there are periods of weakness and anxiety.
6. We would keep rather close to those outlines as we have indicated; making the artichoke a part of the diet at least once each week.
7. Now we would have some stimulation - no electrical forces, but rather the mechanical (that is, osteopathic) adjustments, now, as related to the sacral and ileum plexus; as well as the 9th - yes, to the 7th dorsal and downward; coordinating the upper dorsal and cervical areas with the adjustments made in the lower portions.
8. We would have these osteopathic corrections about once a week. Make about six or eight. Then rest from these a couple of weeks, and then take six to eight more.
9. Then, as for the general diet:
10. Keep away from any carbonated waters, save at times - or rather regularly - we would take a little Coca-Cola. This, with some of the activities in same, acts upon the kidneys to aid in relieving the tensions there.
11. Then keep the artichoke or its combinations as have been used, though the artichoke is the preferable way of taking same.

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12. Keep the better body-building foods, - as not too much of the meat but the juices of beef if it is well cooked. CHEW same but do not swallow the meat so much. These prepared in stews or broths or the like are well.
13. Eat plenty of fish and fowl of all kinds.
14. No fried foods.
15. The vegetables should be those that grow above the ground, rather than those that grow below the ground.
16. Of course, do not take too much of sugars. Do not take fats. These are hard upon the system.
17. Do these things, if we would keep the better conditions for this body.
18. Ready for questions.
19. (Q) What is the cause of my feet itching and burning?  
(A) A disturbed circulation through the ileum plexus, as we have just indicated as necessary for correction to take the strains off the lower circulation, see? and with these corrections, osteopathically made, we will find these will be improved.
20. (Q) Do I have diabetes?  
(A) As indicated, these tendencies are here. The metabolism and the activities of the pancreas, as we have just indicated, show that there are tendencies in these directions.
21. (Q) Any other advice for the body?  
(A) Do these things, and if these suggestions will be followed we will find much bettered conditions for this body.
22. We are through with this body.

### **REPORTS OF READING 584-8 M 63**

R1. 10/23/43 See 584-9.



**INDEX OF READING 584-9 M 65**

DEBILITATION: GENERAL

DIABETES: TENDENCIES

Feet: Spine: Subluxations	Par. 11-A, 12-A
Injections: Catheter: Atomidine: Prostatitis: Tendencies	Par. 5
Osteopathy: Debilitation: General	Par. 6
Physiology & Anatomy: Prescriptions: Kaldak	Par. 4
Prescriptions: Kaldak: Debilitation: General	Par. 4, 7, 10-A, 12-A
Prostatitis: Tendencies	Par. 5
Vertigo: Debilitation: General	Par. 10-A

**BACKGROUND OF READING 584-9 M 65**

10/23/43 He came for 584-9 saying that the was bothered with dizziness, almost fainted one day in a drugstore; is also having pains in feet.

**TEXT OF READING 584-9 M 65**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of October, 1943.

3. As we find, in the main conditions are not unsatisfactory. To be sure, there are those changes that have come about since last we had it. Some show exhaustion, some show the poor eliminations and the lack of body building forces.

4. As a tonic, we would add one teaspoonful daily of Kaldak. This supplies iron, phosphates, and produces better eliminations. Thus it will make for improvements in the forces.

5. For the conditions in the organs of the pelvis, we would keep occasionally the same character of douches that have been indicated; using - for the penis injections - a weak solution of Atomidine. Use only one part Atomidine to three parts distilled water, body temperature. This will keep down those tendencies for irritations in and through the areas. Otherwise, we will find later - as indicated in the present - some prostate disturbances developing. These douches will aid and cleanse the system.

## DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

6. Do have at least six to eight relaxing osteopathic adjustments. These should include relaxing through the sacral and lumbar areas, stimulating the 1st, 2nd and 3rd dorsal, relaxing through the cervical areas.
7. Do take the KalDak regularly.
8. Do these and we will have better conditions for this body.
9. Ready for questions.
10. (Q) What makes me dizzy headed?  
(A) Lack of the supply of the necessary elements, - iron, phosphate and B-1 complexes. That's why the Kaldak is suggested. It'll increase the circulation, make for better assimilation. Then do the rest of those things suggested.
11. (Q) Why do my feet burn?  
(A) Lack of circulation.
12. (Q) Why do pains come on the bottom of my feet, under the toes?  
(A) Poor circulation. As just indicated, the stimulating of the circulation through the relaxing treatment in the lumbar and sacral area would aid this.  
Do these, taking the Kaldak regularly, and we will soon see improvements in the whole condition of the body.
13. We are through for the present.

### REPORTS OF READING 584-9 M 65

R1. 12/31/45 Mr. [584] died, "after a long illness" the death notice said.

**INDEX OF READING 601-1 F 48**

**[edited]**

Childbirth: After Effects

Par. 5

**DIABETES: TENDENCIES**

Electrotherapy: Infra-Red: Pelvic Disorders  
: Ultra-Violet Light:

Par. 9

Par. 9

Environment: Climate: Circulation: Incoordination

Par. 17-A

**GLANDS: INCOORDINATION**

Pelvic Disorders: Adhesions: Lesions

Par. 7

Prescriptions: Alcohol: Glands: Incoordination

Par. 10, 11

: Black Snake Root:

Par. 10, 11

: Burdock Root:

Par. 10, 11

: Ginger, Wild:

Par. 10, 11

: Pepsin, Lactated, Essence:

Par. 10, 11

: Stillingia, Tincture of:

Par. 10, 11

: Turnip, Indian:

Par. 10, 11

: Water, Distilled:

Par. 10, 11

**TEXT OF READING 601-1 F 48**

This psychic reading given by Edgar Cayce, this 2nd day of July, 1934.

2. Now, as we find, while the conditions are very good in many respects, there are tendencies in the physical functioning of the body the correction of which in the present would prevent distresses that might later arise without such correction. These have to do with the functioning of glands as related to the activities in the body.

3. These, then, are the conditions as we find them with this body, [601] we are speaking of, present in this room....

5. The blood supply shows the repressions in the activity of glands; hence at times the tendencies for the glands as related to the lacteals and the activity of the ductless glands in the spleen, with the pancreatic secretions. Not that there is too great a tendency as yet for the nature of sugar, or increasing of sugar, yet these tendencies arise - and make for a heaviness to the body. And while not as dullnesses (for the body would never be mentally dull), but the dullness in the conditions across the small of the back, and that heaviness which comes or arises from these repressions that have existed in times back from those conditions soon after the birth - as we see - of a child here [480]. This repression has made for scar tissue that made a repression in the body, thus bringing about these tendencies in the thickening, the heaviness of the blood supply as related to the glands of the body here. [GD's note: She died 4 yrs. later, 4/20/38, with cancer of the womb.]

6. In the NERVOUS SYSTEMS, these are very good save at those times when these heavinesses occur in the digestive forces and in the activities of the organs in the body. These bring then the nerve forces as a heaviness to the extremities, so that while the feet may tend to throb - another experience will be that the head in a portion will experience a full feeling or a throbbing, in other words, in an OPPOSITE direction to the feeling in the feet. These are sympathetic nerve reactions and not the cause, but the EFFECT of the conditions that make for the tendency of fullness in the organs of the sensory system.

7. As to the activities of the ORGANS themselves in the body, these are very good throughout, save as related to the conditions that we have seen or indicated here in the pancreas, the liver, the gall ducts, the lacteal glands, these all are under repression from a thickening of tissue in the pelvic organs that has made for this pressure in the system. These make for tendencies in those activities that have been indicated, increasing or unbalancing the metabolism of the body, making for a katabolism at times, showing for a fullness in a way and manner that causes distress in rather a vague - yet at times very definite - condition shown in the body.

8. Then, in meeting the needs of these forces, as we find, first we would add to the body the elements necessary to produce an activity in the body that will make for gland secretion and gland activity, that will bring about those forces in the system that will PRODUCE the impulses for the glands to secrete and excrete in a manner commensurate with the activities for their resuscitating those portions of the body that these secretions act upon. And in the same periods of application make such applications of the electrical forces that would act with the body to produce the drainages being set up in the body.

9. So, we would apply both the ultra-violet and Infra Red. These would not be necessary more than once a week for each of these; that is, if the Infra Red is given on Tuesdays, then the ultra-violet would be on Thursdays. The Infra Red, of course, is for the deep therapy, (and be sure the quartz lights are used), while the ultra-violet would be for the superficial and for the activity with the system. And these would both be applied across the lower dorsal and LUMBAR area. The application of the ultra-violet would be at least thirty-eight to forty inches from the body, and not longer than one and a half to two minutes; while the Infra Red (for the deep therapy), after the heating and setting, would be for at least ten to twenty minutes, you see, dependent upon the reaction to the system.

10. During the applications we would take internally properties that would be compounded in this way and manner:

11. To 16 ounces of distilled water, add - in the order named:

Essence of Wild Ginger, or rather the ROOT of Wild Ginger (well crushed)...1/2 ounce, Black Snake Root (well crushed).....1/2 ounce, Indian Turnip (well crushed; this, necessarily would be dry).....1 dram.

Cook all this together, or reduce by slow boiling (with a glass cover on the container) to at least 8 ounces. Strain off. Then to this add:

Tincture of Stillingia.....1/4 ounce, Essence of Burdock.....40 minims, Essence of Pepsin.....20 minims, Sufficient alcohol to preserve same.....2 ounces.

## DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

The dose would be taken after each meal, half a teaspoonful in a glass of water.

12. And we will find, with these applications, we will bring not only to the body the relief of these pressures, the relief from these tendencies, but the removal of these heavinesses that arise from the disturbances in the body.

13. Ready for questions.

15. (Q) What causes occasional dizziness and pains across front of forehead?

(A) This repression in the lower portion of the dorsal and lumbar area.

17. (Q) Does change of climate cause a peculiar fullness in the throat?

(A) Change of altitude causes the particular change in the throat, but with a balancing of the circulation through purification of the urea in the blood supply, and the removal of the causes for those activities in the system, these should disappear.

18. (Q) Is my gall bladder functioning properly?

(A) No; as we have indicated from those activities that have been outlined....

22. We are through for the present.

### **REPORTS OF READING 601-1 F 48**

R1. 7/5/34 She requested a Physical Rdg. for her sister, Mrs. [607].

R2. 7/16/34 She requested a Physical Rdg. for her husband, Mr. [619].

R3. 7/26/34 She obtained 480-9 for her daughter.

R4. 8/1/34 She obtained a Life Reading - 601-2.

**INDEX OF READING 645-1 M 48**

Chiropractic: Glands: Incoordination	Par. 12
CIRCULATION: POOR	
DIABETES: TENDENCIES	
Diet: Menu	Par. 13--15
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LOCOMOTION: IMPAIRED	
Prescriptions: Alcohol, Grain: Glands: Incoordination	Par. 8, 9
: Atomidine:	Par. 11
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: Burdock Root:	Par. 8, 9
: Cincho Bark:	Par. 8, 9
: Mandrake Root:	Par. 8, 9
: Sarsaparilla Root:	Par. 8, 9
: Tolu, Balsam of:	Par. 8, 9
: Water, Distilled:	Par. 8, 9
: Wild Cherry Bark:	Par. 8, 9
: Yellow Dock Root:	Par. 8, 9

**BACKGROUND OF READING 645-1 M 48**

8/27/34 Mr. [645]'s ltr.: "The one question I have to ask is - what shall I do to get well?"

**TEXT OF READING 645-1 M 48**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 29th day of August, 1934.

2. Now, as we find, the conditions that disturb the better physical functioning of the body are from a cause of long standing; and more often the applications have been made for the effects rather than for the cause.

3. As we find, there has been the lack of the activity of glands that should have produced the elements in the system to keep an equal balance. This unbalancing has brought about the activity in other directions that have allowed the disorders in organs, and the effects that have been produced in the system, until there is a complication or combination of disorders. So, when one application has been made for an effect it has usually, eventually, brought disturbance to other portions that have been or are affected from other disturbances.

4. These, then, are conditions as we find them with this body, [645] we are speaking of:
5. In the BLOOD SUPPLY we find the indications of the effects of poor circulation, and a disturbed circulation, by the effect not only of too much of an activity in some of the glands - as in the ones that produce or that alter or change the effect of sugar and fats for the body, or in those ducts and glands - but also through the thinning of the walls of the jejunum there is produced in the lymph an excess of circulation attempting to eliminate through these channels. Hence those conditions in the exterior portions that give trouble to the body, as well as the effect upon the circulation, the kidneys, the heart's action. These are organic disturbances, but no heart affectation organically; and the kidneys are SYMPATHETICALLY rather than organically affected, though they have produced engorgements in the area - or in the glands or sacs above the kidney that function with the pancreatic circulation.
6. In the NERVE SYSTEM these conditions, naturally, have produced the effect upon the nervous system; that particularly, though, in the sympathetic nerve system, rather than in the cerebrospinal, but with the disturbance in the sympathetic system and the organs disordered by their activity through the lack of proper elements in supplying through the gland activity those forces for proper functionings, certain ganglia; as in the locomotion, the ability to keep proper activity in the system throughout the body, as in the lower locomotories and the sympathetic reaction in the upper or brachial portion of the body. Hence we have at times a tautness settling in these portions.
7. As to the ORGANS themselves, as we have indicated, these are more sympathetic or functional from sympathetic conditions than from organic disturbances, though the lack of proper secretion has made for organic disturbance in the pancreas and the spleen, as with the kidneys also. Though it will require patience, persistence, consistent diet and consistent activity for the body to be brought back to normal, it may be aided materially through the application of those elements and influences as to create a nearer normal balance.
8. First we would begin with not a tonic alone, but the toning of the system for an activity that may be aided to make for the creating of near normalcy in the elements that supply the resuscitating influences in the circulation and in the hormones of the blood itself. It would be prepared, then, in this manner:
9. To 1 1/2 gallons distilled water, add:  
Wild Cherry Bark.....2 ounces, Sarsaparilla Root.....2 ounces,  
Yellow Dock Root.....1 ounce, Burdock Root.....1 ounce,  
Cincho Bark.....1/2 ounce, Mandrake Root.....15 grains,  
Buchu Leaves.....1/2 dram.  
Reduce by slow boiling to 1 quart. Strain while warm and add 2 ounces pure grain alcohol with 3 drams Balsam of Tolu cut in same. Shake the solution together before the dose is taken, which would be a teaspoonful 4 times each day, before the meals and before retiring.
10. In the interims, or also with this, we would begin with Atomidine in this way and manner:

11. Each day, in the early morning - before the taking of the bitters or the compound given above, take 1 minim of Atomidine in half a glass of water, for 5 days; and just before retiring take 1 minim, for the five days. Then on the 6th day increase to 3 minims, morning and evening, for five days. Then leave it off for three days. Then begin with the 1 drop again. After the next period we would increase the amount to 5 drops being taken twice each day. Then the rest period; then begin over again. See?

12. We would also begin, at least three times a week, with a general massage that will stimulate the secretions to those activities in the 3rd and 4th dorsal area, to stimulate the activity to the secretions of the stomach and the activity of the lacteal ducts. This may be done chiropractically, but in making the adjustment there should be the GENERAL MASSAGE over the area from the 2nd cervical to the last lumbar; and we would also raise the lower end of the coccyx, as this has produced the pressure that has unbalanced the impulses in the gland circulation first in the system. This would be gently raised rather than being pressed downward or sideways. The last three segments of the coccyx should be raised.

13. The diet would be rather of those things pertaining to little starches, not too great amount of proteins or quantities of meat, and not great quantities of sugars or carbohydrates. Hence we would find that at least one meal each day should consist of the green, fresh and raw vegetables; this preferably the noon meal.

14. Mornings - nerve and blood building foods; as fresh fruits, not too much melon, citrus fruits, the stewed fruits may be taken but NOT combined together. Egg, but not the white; only the yolk.

15. Evenings - well-cooked vegetables that grow ABOVE the ground; three of the pod nature to one of the leafy nature. When meats are taken, such as fish, a little fowl or lamb would be the better for the body.

16. When this whole outline has been carried forward for at least thirty to thirty-six days, then we would give the changes.

17. Follow these suggestions, as we find, in a consistent and persistent manner; we will relieve the body, [645]. We are through for the present.

#### **REPORTS OF READING 645-1 M 48**

R1. 9/11/34 Mrs. [601]'s ltr.: "I called Mrs. [...] ([564]'s niece)...about Mrs. [564]'s address in N.Y.C. - She also mentioned about Mr. [645] having been taken to the hospital last night. She also told me he is very erratic, impatient, impulsive. So of course we are unable to find out whether he gave the reading a trial."

R2. 10/13/34 "I have heard from Mr. [645]'s sister, who visited him in ... that the reason Mr. [645] has not followed the rdg. was because he had visited a chiropractor while in Detroit (before he had rec'd the rdg.) with disastrous results. Being the impatient person he is, when the rdg. advised the use of a chiropractor he refused to follow it thru. I understand he is still suffering in spite of a visit to the hospital."



**INDEX OF READING 647-2 F ADULT**

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Diet: Uremia	Par. 3--7
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RHEUMATISM	
UREMIA	

**BACKGROUND OF READING 647-2 F ADULT**

B1. See 647-1 on 9/3/34.

**TEXT OF READING 647-2 F ADULT**

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

2. As we find, there are some changes; and these are NOT for the betterment.
3. There are those conditions that would require rather the abstinence from starches and sugars, especially sugars. These have made and do make, with those tendencies, this heaviness in the circulation, this condition that disturbs through the activities of the kidneys; the nausea and the dizziness that arise, with the headaches that make for disagreeable conditions, as well as those tendencies for the roughness in the circulatory system on the surface in portions of the body.
4. Then, as we find, there should be only the use of sugars of the NATURAL nature from the vegetables and the fruits that might be taken.
5. Those types of meat at all when taken should be of fish, or liver, or tripe, or the like; or those niceties of the fowl, as the heart, the liver, the gizzard - these portions of same, provided they are not fried, may be a part of the diet.
6. The only sweets would be the honey and the honeycomb, in not too great quantities.
7. These, with the general activities of keeping the system in such a manner that the eliminations may be increased for the purifying of the circulation through the kidneys - and the eliminations from the alimentary canal increased by the use of the colonic irrigations - would make for those tendencies necessary, and for the betterments of these conditions of this body, [647].
8. Ready for questions.

9. (Q) What is causing rheumatism and remedy?

(A) The poisons and accumulations in the system, and the abstinence from the sugars and starches will aid in this direction; but the more serious troubles are those tendencies in the pancreas and the activities in the excretory functioning to eliminate the toxic forces from the system without the increasing of sugar that is making for the sedimentary conditions arising from the toxic forces of the kidneys themselves; or the uremic poisoning makes for these, which is the worse character of this disturbance.

10. (Q) Is there any sign of cancer?

(A) No signs of cancer, other than the after effects of the character of disturbances that have been indicated. However, under such a character of condition, if irritations were caused - or violent or very strong astringents used - they would make for a reaction in these directions. But if there are the tendencies set up for the eliminations of these poisons from the system, with those conditions as indicated for the applications, it would be for the betterment of the body.

11. (Q) Should the teeth come out?

(A) The teeth will be a contributory cause to the conditions, but we would make for a great deal of cleansing in the system before such be undertaken; else we may have such imperfect coagulation as to cause distresses in this activity that would be very harmful for the better conditions of the body. For the nervous system and the activity of the blood supply in its coagulations are not in order for this to be done, other than a little at the time; and preferably after there has been a week or ten days or more of cleansing the body.

12. (Q) Is she working too hard for her age?

(A) Working too hard for the conditions that exist which disturb the body.

13. (Q) Where could she live to her health's advantage?

(A) Wherever there may be the better indications for the activities in those directions respecting the diet as a PRINCIPAL condition, see?

14. (Q) Are the osteopathic treatments still necessary?

(A) Osteopathic treatments would be an aid; but, as we find, the greater necessity in the present is for the changes in these directions indicated.

15. (Q) Any other suggestions at this time that will be of help?

(A) Much might be said, but these need to be done! Do that.

16. We are through with this reading.

#### **REPORTS OF READING 647-2 F ADULT**

R1. 7/18/35 See 647-3 for rheumatism, sciatica, etc.

**INDEX OF READING 951-3 F 23**

**DIABETES: TENDENCIES**

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: Kidneys: Infections	Par. 15, 16
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**KIDNEYS: INFECTIONS**

: OVERACTIVE	
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: Turpentine:	Par. 12
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**SPINE: SUBLUXATIONS**

**BACKGROUND OF READING 951-3 F 23**

B1. See 951-1 on 10/21/32, 951-2 on 1/20/33, for her arthritis condition of which she was subsequently cured by following the rdgs.

B2. 11/5/38 Mother requested 951-3: "She does not have proper control of her kidneys, day or night. She also has a throat condition, very annoying, perhaps catarrh. She is going to business college now, every day...."

B3. 11/11/38 She submitted questions: "Should [951] permit the M.D.'s to look into the bladder & kidneys as they suggest?"

**TEXT OF READING 951-3 F 23**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 16th day of November, 1938.

3. As we find, conditions are quite different in the body in the present from that as we have had at times here before.

4. Disturbing conditions in the present are rather of an acute nature, arising from some EFFECT of impingements in the nerve forces of the body, - as combined with an unbalanced condition in the chemical reactions in the system.

5. And the effect is in the tendency towards an overactivity of kidneys as to eliminations, and the activity through the bladder.

6. These of course, with the general strain, produce some inflammation; and a tendency towards a pus formation. However, as we find, there is only a very LITTLE of the pus formation - in the present.

7. And if there are the proper precautions and methods used in the present, this may be eliminated from the system.

8. DO NOT have any cauterizing or internal treatments to the parts themselves, unless greater disturbance than at present should arise, - through neglect or through other conditions.

9. AS WE FIND, THEN:

10. We would have the general application of corrective forces osteopathically, especially through the lower dorsal, lumbar and lumbar area, and a COORDINATING of the areas in the upper dorsal and cervical; but those areas especially in the 9th dorsal and downward.

11. We would have these twice a week for the first two weeks - the general osteopathic massage. Then once a week for about four or five weeks; a gentle, THOROUGH massage with the correcting of those subluxations in the lower dorsal AND the lumbar areas, you see; coordinating the rest of the body with same.

12. Also each evening at home we would have a thorough massage with an equal combination of Mutton Suet, Spirits of Turpentine and Spirits of Camphor; gently but thoroughly massaging this into the system across the kidney area, as well as across the abdominal area, just above the pubic bone. To have the solution warm is preferable, but precautions should be taken, of course, as to the manner in which this would be done. Put the container or jar into warm water and let it stand for a little time before the application is made.

13. After massaging this thoroughly into the system, apply a pad of heavy salt over the same areas, - hot. This would preferably be sewn into a pad about half an inch thick with the heavy, coarse salt; which would be heated then and put across the back, and another over the frontal portions for a time, until they are entirely cold. This is to drive the properties into the system that have been massaged or rubbed in beforehand, - as well as for the effect the salt will have upon the bodily forces themselves.

14. Also be careful of the diet. Include especially the Jerusalem artichoke twice each week in the diet; and for THIS body take same raw rather than cooked, - so that the activity of the insulin from same will be effective with the activity of the lower hepatic circulation.

15. In the rest of the diet, keep away from dried beans or peas or the like; though canned peas, of course, if they are well cooked, may be taken. Cooked cabbage, cooked spinach or the like would be very well. NO hog meats of ANY kind! No great quantities of fats of any kind. A great deal of fish or shell fish should be a portion of the diet.

16. EVERY nature of food that is blood and body building would be well, but NO FRIED FOODS!

17. Do these and we should bring the better conditions for this body, [951].

18. Ready for questions.

19. (Q) Is there colon bacilli and pus cells in the kidneys?

(A) This as we find is rather the effect of the OVERACTIVITY of the kidneys, through the lower hepatic circulation. However, the colonic irrigations will be most helpful; especially aiding the eliminating forces produced by the corrective forces in the osteopathic adjustments. When these colonic irrigations are taken, use a saline and soda solution, see?

20. (Q) Why the congestion in throat?

(A) This is a natural reaction from the nervous system, the stress and strain on the lower portions of the system. As the manipulations are given, these should - with the corrective forces - clear themselves.

21. (Q) So often her stomach refuses to retain foods.

(A) This is the effect of those subluxations in the lower dorsal area, as indicated.

22. (Q) What causes terrific headaches? [which osteopathy relieves]

(A) Nervous pressure and the general disturbance of the system.

Do those things as indicated, and we would eliminate these disturbances.

23. (Q) Kidneys act very often day and night. Why does she not wake up?

(A) This is the natural activity of overstrain upon the system, you see; and tends to make for a drugging as it were of the sensory forces. Hence the need for the applications as indicated. Do these and we find we will bring the better conditions for the body. We are through with this reading.

### REPORTS OF READING 951-3 F 23

R1. 12/1/38 Mother's ltr.: "We rec'd our rdgs. (623-4 & 951-3) & are well pleased with them. We are getting along nicely with all tr. except we cannot get Jerusalem artichokes, they say they are out of season & they do not carry them in the east - would be glad for some fruit dealer to mail some to us c.o.d. [951] is at home today with a cold but her temperature is not high. With 'fear & trembling', for I fear he may resent it, I will send the name & address of [951]'s osteopathic physician: Robert L. Taylor, D.O." ["He has known & doctored [951] since she was 11 yrs. old, when I first went to Dr. Alden L. McGowan's office & Dr. Taylor was there just getting started."]

R2. 12/15/38 "Dr. Taylor knows that you may write him & I think it would be all right to. He did not seem averse to the idea."

DIABETES AND DIABETIC TENDENCIES, VOL. 3 CIRCULATING FILE

R3. 1/14/39 Mother said her sister-in-law had sent some Jerusalem artichokes which she found in San Diego, Calif. "[951] is some better in the day time but not much better yet at night."

R4. 2/8/39 Mother's letter: "Am writing to say [951] is so much better, in fact she seems to be about well. She does not get up at night at all now, for the last three weeks. Her kidneys and muscles seem the strongest they have ever been in her life. This was a serious thing, for it caused her quite a sick spell a year or more ago. The M.D. at the time said he got her just in time to save her such an awful sick spell and that it should not come back, but you see it did.

"She got better as soon as she started on the artichokes. She eats one every 2-3 days, after she had eaten 2-3 she got better. She sometimes has pain and soreness low across the front of her but I think a little time will fix that. Am sure she can do quite a lot for herself mentally, she has quite a lot of brain power. Wish I could remember what I have or have not told you about her [psychic] development." [See 951-4 Background.]

R5. 8/31/39 Mother's letter: "[951] is needing some more artichokes and Calif. is out, they say they are out of season. She has been out for months, and she does not get entirely well." [9/5/39 EC referred her to John A. Salzer Seed Co., LaCrosse, Wisconsin.]

R6. 10/3/39 Miss [951] obtained her Life Reading - See 951-4.

R7. 12/31/39 She wrote expressing appreciation for all the help she had rec'd through the readings: "I moved furniture, scrubbed floors and beat rugs and have lived right through it. One elbow howled a little, but I don't blame him, I was tired too. That's more hard work than I've done in eight years, and I feel fine."

R8. 1/1/40 She referred Mrs. [2432] for Physical Reading; 4/24/40 Mr. [2177].

R9. 4/29/40 She referred Miss [2188] for Physical Reading.

R10. 6/40 Miss [951] and her mother attended again A.R.E. Congress.

R11. 3/10/41 Miss [951] obtained Physical Reading for her father, Mr. [2461].

R12. 8/16/41 Mother requested her own 623-5 and said: "We are not any too good here. Mr. [2461] is about the same and [951] still has some of her old troubles - does not get enough osteopathic tr. I guess."

R13. 8/23/41 See 951-5.

**INDEX OF READING 951-5 F 27**

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Prescriptions: Atomidine: Assimilations: Poor	Par. 8
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**BACKGROUND OF READING 951-5 F 27**

8/21/41 Mother's ltr.: "Her throat bothers her awfully, she coughs a lot & very hard. Also her back is hurting her & clear around her; she hurts in front, the bladder or something seems full & heavy. She has had several osteopathic tr. but they don't seem to relieve her... One doctor wants her to have a picture of her chest taken. We have thought of sending her to ..., Calif. in the mountains with [2461]'s mother for a few months. Her kidneys are very bad at night."

**TEXT OF READING 951-5 F 27**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Va. Beach, Va., this 23rd day of August, 1941.

3. As we find, there are a great many changes in the physical forces of the body since last we had same here. Not all are for the betterments.
4. Those tendencies and unbalanced conditions that have been existent in the body, and that need a general change in the keeping of better eliminations, have produced rather a complication of disturbances in the present.
5. There are those tendencies for the reduction of the vital forces as brought about through assimilation, - which is indicated by the conditions in the lungs as well as in relation to the elimination of uric acids in the system.
6. There is a complication of those tendencies towards a diabetic condition, with a weakening - though not tubercle - in the lungs.
7. We find that these need a change in environs or surroundings, more where there would be iodine in the air as combined with pine - or a higher altitude, and to keep in the open a great deal.
8. We would take small quantities of Atomidine for periods.
9. Take easily assimilated foods; a great deal of fish and fowl, a great deal of milk and cream. But LIVE IN THE OPEN!

10. This we would do.

11. Ready for questions.

12. (Q) What causes and what should be done for condition of throat, and cough?

(A) This, and the tendency of the weakening in the mucous membranes of the throat is a part of the bronchi infection as indicated, see? And, as we have outlined, keep in the open and in the sunshine, and in somewhat rarefied air.

13. (Q) The back?

(A) All of these conditions arise from the same disturbances.

We would do as has been outlined for the body, if we would bring the more easily the bettered conditions. We are through with this reading.

### **REPORTS OF READING 951-5 F 27**

R1. 9/6/41 Card from Calif: "My cousin will take me up to Grandma's cottage in the mountains tomorrow. Have been watching diet, feel much better - not sick now, no headache - kidneys almost normal. I am trying very hard to do as you say."

R2. 10/19/41 "I am feeling fine, better every day. My kidney were upset a little, but have had an osteopathic tr. & they are better now. Other than that I am feeling better every day."

R3. 1/8/42 Mother's ltr.: "[951] is working in the hospital office at the 11th Cavalry, they are located now in permanent quarters at Camp ..., Calif. This is about 16 mi. from Mother's cottage where she first went. She has been there since the 6th of Dec. She is trying now to have milk delivered to her, as her last letter says she is not getting enough, but she can not eat any sugar or they bother her and milk seems necessary.... She is much happier than she is in ... and seems to feel much better."

R4. 2/11/42 "[951] likes her work very much, is happy & feels fine...trouble with her kidneys only once in a great while she says. She has had a little cold & wants to wait a little longer for her rdg.; although she is not insisting, just whatever we think, so I guess we can wait a little longer. As to her leaving there, she might expect to stay...yet leave in a hurry. Says she is leaving it all to one wiser than we and she feels she must have been sent there for some reason. It has all just seemed to happen. She is getting milk now and says their meals have more green vegetables. She also has the artichokes I had sent to her, says they were wrapped in moss & were very nice."

R5. 3/11/42 Miss [951]'s ltr.: "My kidneys are much better, although occasionally they cause me a little trouble. The sugar condition has cleared up. The doctors here at the hospital, & the Lab. Tech. keep a close check on me, so I know about where I stand. Everyone here has been so very good to me. I have made so many good friends."

R6. 11/10/42 Miss [951] got married.



**INDEX OF READING 1022-1 F ADULT**

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**TEXT OF READING 1022-1 F ADULT**

This Psychic Reading given by Edgar Cayce at the Kahn home, 44 W. 77th St., Apt. 14-W, New York City, this 16th day of October, 1935.

2. Now, as we find, while conditions are very good physically in many respects, there are tendencies or inclinations the correction of which in the present will not only clarify much that at times causes some anxiety to the body, but would prevent the disturbing factors becoming either constitutional or segregating themselves in such ways and manners as to become detrimental to the physical functioning of organs - or to become organic disturbances specifically.

3. These, then, have to do with factors that are present within the elemental forces in the activative actions of the body itself, as related to assimilations and to gland activity, and to conditions that these have produced or do produce as tendencies in the physical functioning of the body.

4. Then, these are the conditions as we find them with this body, [1022] we are speaking of, present in this room:

5. First, in the BLOOD SUPPLY of the body, we find in its elements there are the activative forces that are shown in the circulation. Thus there is the indication that glands in the adrenals, glands having to do with the activities in the lacteal duct area (though not so much in the upper portion as in the lower part of same), show some repressions in the activity there.
6. Those in the adrenals show an overactivity. Hence we have a metabolism that is unbalanced. Also there is the creating of forces in directions as to make for a smothering effects that are produced in the circulatory forces at times.
7. So, in the SYMPATHETIC forces, we find these effects are produced:
8. Dizziness occurs at times, especially of mornings when the body is ready to rise. There are tendencies at times for a tired heaviness through the lower extremities; as of some bearing down pains across the lower portion of the spine and abdomen. These are not severe at all times, but these are the effects occasionally of this disturbing activity. The gradual effect upon the system in its production of sugar in too great a quantity arises from these disturbances in the lacteal area, rather than from the glands in the spleen and pancreatic activity; though the TENDENCIES of same are indicated from those positions or actions of the body itself.
9. In the NERVE FORCES of the body, here we find rather reactions than causes. Yet there are periods when the nerve forces and the expectancies and those activities in the sensory forces bring about anxieties, the inability to rest or gain just as much reaction of aid from physical rest as should be. Disturbing conditions of a mental nature arise from sleep; or there are the reactions from vision or dream that are deeper than those which arise from the imaginative forces of the system. Though the body mentally, as we find, is very normally balanced, it is supersensitive to those influences about same.
10. As to the ORGANS themselves, we find:
11. Brain forces and their reactions are very good.
12. The throat, bronchi, lungs, larynx: From the disturbance as indicated in the circulatory forces from the activities and influences of those conditions in the system, we have periods from a nervous condition when there is a filling in the throat, or a tendency for cold or congestion to be effective in the system. There becomes a disturbance at times through the soft tissue in the face. These are but sympathetic effects and are not organic in their nature. So with the correction of those conditions in the portions of the system as indicated, we would bring about much bettered conditions in these directions.
13. Lungs and heart action - as indicated, the lung forces are good. While in the heart's activity there is no organic disturbance, there are periods when there is that smothery feeling, or that tendency for heaviness through the activity of its functioning; and its pulsation makes for anxieties for the body.
14. Digestive forces - here we find a great deal of indication of disorders; yet these are rather tendencies in the present, arising from a condition that has existed for some time in the colon area itself. This has brought about, through the clogging of the system in a manner - and a pressure upon portions of the body itself, that which has made for the disturbances in the glands' reactions in the body.

15. The clogging or pressure, as we find, is in the ascending or the beginning of the transverse colon area. And these regurgitations or reflexes that form a portion of the disorder make for pressures upon the system in such a manner as to cause this reaction in the adrenals.

16. Hence we have some disturbance in the kidneys. Not a toxic condition that arises from same, but the activity of same as related to the eliminations. And the acidity that arises from same produces irritation through the eliminating channels and organs of the system that become disturbing factors to the body at times.

17. Then, in meeting the needs of these conditions, as we would find:

18. We would add to the system in very minute doses that which would make for a change or an alteration in the general activity of the system. That is, we would take Atomidine - one minim, one drop in the morning before the meal is taken, in half a glass of water. Take it in this manner for five days. Then leave it off five days; then take it for five days again.

19. This will only make for the activity of that to supply to the functioning of the glands themselves the creating of a nearer normal balance between the phosphates and the hydrochlorics and the acids and alkalines as they RELATE to the charging influence within the life force and cells of the body itself.

20. Also we would stimulate the normal circulatory force by the use of the Radio-Active Appliance. This will balance the circulatory forces in the nerve energies and blood supply, that will make for the soothing, as it were, of the whole of the nerve force; tending to make the rest more helpful.

21. This we would take EACH day for thirty minutes to an hour, for three weeks. Then rest from same a week, and then take again. And then WHENEVER there are the periods of overtiredness, overanxiety, the desire on the part of the body to make for real rest, use same - the Appliance.

22. We would make the attachments alternately to the right wrist and left ankle, left wrist and right ankle - each time that it may be used, when using in periods; or rotary use.

23. We would also have the sweats and massage, or the effect of the rubdowns following same - especially along the lower cerebrospinal system - with equal portions of Olive Oil and Tincture of Myrrh (heating the Oil to add the Myrrh). Also this combination massaged along the lower portion of the limbs and over the feet at times will aid in resting the feet and prevent the burnings that occur at times when the body is on the feet often.

24. In the matter of the diet, keep rather to those things with an alkalin-reaction.

25. Thus we will find we will bring the better conditions in the present, and prevent many disturbances later - if these are used in the present.

26. Ready for questions.

27. (Q) Will the treatments as suggested relieve the headaches?

(A) The cause of the headaches, you see, is those pressures, those unbalancing forces as indicated in the digestive forces of the body itself.

28. (Q) Any other suggestions for this body at this time?

(A) With the use of the Radio-Active Appliance, if these are used as periods of concentration and meditation and prayer, the body will find that the experiences will bring a very helpful influence into the mental and spiritual life of the body.

Be consistent, persistent with these things suggested.

Use these in their regular rotations. Two, three, four periods of the five days of taking the Atomidine (with the rest in between), for its activity upon the system. Three weeks of the Radio-Active Appliance to begin with. And each week have the massage and rubs following the sweats. The sweats should be rather the cabinet sweats, and not too hot for the body but sufficient to cause the activity of the superficial circulation to form a portion of the eliminating forces.

And these will make for bettered conditions for this body, [1022].

29. We are through with this reading.

#### **REPORTS OF READING 1022-1 F ADULT**

R1. 11/6/35 "Since reading the copy of the reading I have literally not had a moment to do anything about it. This morning I have sent for the Atomidine. I have also sent Dr. Henry Hall Forbes [M.D.?] my reading this morning. He has promised to be unbiased and to be of some help. It amazed me to discover he actually does not believe in a hereafter. He is 67 years old and has probably done more real good in his long life than many, many others. I am confused and surprised, because it doesn't seem possible for anyone to doubt, much less a brilliant, kind and generous person like Dr. Forbes.

"I will write you later after I've actually begun the treatments."

**INDEX OF READING 1110-1 M ADULT**

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INJURIES: STRAINS: AFTER EFFECTS

NERVOUS SYSTEMS: INCOORDINATION

Osteopathy: Nervous Systems: Incoordination      Par. 9

**TEXT OF READING 1110-1 M ADULT**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of February, 1936.

1. EC: Yes. Now, as we find, there is somewhat of a complication of disturbances. And while many of these are effects, in the correction of first causes many changes would come about. At first some might have the appearance of not improving in one direction, but with the general change - and with the consistency as might be brought to the general cooperativeness for disturbing conditions - there might be brought about much more satisfactory and nearer normal conditions.

2. This would require time, patience; and, as we find, unless there is a consistency - and the following out of the whole disturbance for corrections - we would rather suggest that the body continue with that which only alleviates for a time but does little, as we find, toward real correction.

3. These, then, are disturbances as we find them with this body, [1110] we are speaking of:

4. First, in times back we find there has been an injury - or a strain is apparent, more than an injury - in the area of the 9th dorsal, that has gradually produced the disturbances. For the lack of the incentive or flow, by the impingements of nerve plexus and nerve ganglia, has left the system lacking in some directions in the ability for the proper nerve impulse or flow. And in other directions there is allowed an increase, or an activity in some of the organs of the system to overcome or to produce an excess activity. This is indicated through the deflections created in the eliminations, as the superactivity in the pancreas as coordinate with the hepatic circulation. Thus the effect produced upon the incoordination between the sympathetic and the cerebrospinal or the vegetative and cerebrospinal nervous systems. So a compound or a compilation of disturbing factors is left in the system; in portions of the extremities, through the greater increase of impulse in the areas from which there is the radial activity to the locomotories, the digestion, the assimilation, and activities through the system.

Thus there is the necessity at times for the use of properties added to the system in a synthetic manner; influences to produce an activity in the organs themselves. At other periods there is required the use of sedatives that have made for a tying up of many of the activities through the eliminations; thus causing the irritations in the superficial circulation and a nervousness or a digitan (agitans?, paralysis agitans?) - in a FORM - through the activities of the coordinating centers between the sympathetic and cerebrospinal systems.

5. Then, as we find, in making the corrections for the betterment of this body in the immediate future, as indicated, there will be required consistency and patience on the part not only of the operator but the patient itself.

6. Thus at times it will be necessary to resort to measures that have been of extreme natures at times, but gradually these may be left off - in their various forms - as much as the body-physical and mental may coordinate to allow same.

7. And there may be brought those conditions in the system whereby the activity of the organs, the secretions in the activities of the various glands themselves, may supply to the organism itself those necessary influences for creating a normal balance; thus making for better conditions in the body itself.

8. First, then, we would begin with these:

9. At least three times each week we would have the GENERAL manipulations osteopathically given; making once a week specific corrections in the 9th dorsal centers, the lumbar - or 4th lumbar center, coordinating with the upper dorsal and throughout the cervical area; to gradually set up the drainages necessary.

10. Keep to the diets that make for less of the sugar activities in the system; or through the activities of the pancreas as associated with the lower hepatic circulation.

11. Create more of a normal vibration in the body through the use of the low electrical vibrations from the Radio-Active Appliance; that would be alternated about the body in the regular routine. These vibrations, we find, would overcome this restlessness, this insomnia, this nervous reaction, and gradually make for improvements in the conditions. Make the attachments each day for thirty minutes or an hour, or twice a day - as the body rests.

12. Keep all of these applications for six weeks, as indicated. Then we would give further instructions. We are through for the present.

#### **REPORTS OF READING 1110-1 M ADULT**

R1. 3/2/36 Mr. [257]'s letter to EC:

Mr. Edgar Cayce, 3046 Webb Avenue Detroit, Mich

Dear Judge:

I have just learned that you are in Detroit and I want to give you the history of a very recent case as I thought it would make you very happy to know what you have been able to do for a man here in New York.

I met Mr. [1113] of ... Stores of New York in Chicago a few months ago. Mr. [1113] is the president of a four and a half million dollar concern. He informed me that he had a very sick friend living in Long Island. The man's name and address was given to me without any discussion of the man's illness. You gave a psychic diagnosis by only having the name and address of the patient. We

received the diagnosis last Friday morning, Mr. [1113], his wife and myself and Mr. [1113]'s secretary, went out to see Mr. [1110], discussed the case with him and advised him to go and see a doctor. He saw the doctor Saturday morning. The doctor found an impingement on his spine just as the Reading stated. That he did not have a heart condition that other specialists stated he had but that he did have a liver condition which was also mentioned in the reading. The Reading said the man had had an accident. He remembers that when he was a young child he fell out of a third story window and was confined to his bed for a number of weeks. Dr. Dobbins, 551-5th Ave. examined him last Saturday morning.

What the results of the reading and the treatments are going to be depends upon how the body reacts. But, I think it was very wonderful that you were able to diagnose the condition and Mr. [1113] and Mr. [1110] were able to feel this impingement or growth on the spine which the doctor pointed out was the most important condition contributing to his present illness. Especially, that you have never seen any of the parties mentioned and know nothing about the conditions except what I am writing you now, which, of course is confirmed by the Reading. I have mentioned names and addresses to you so that if any of the investigators of the Association would like to get in touch with these people they are at liberty to do so. Of course, Mr. [1113] is now a member of the Association and so is Mr. [1110] and will be glad to exchange the usual information as we do among the members.

They wanted several other readings for friends. I informed them that Readings are only given to members of the Association. You will probably hear from some of them soon. Please let me know when you expect to be in New York.

With kindest personal regards, believe me,  
Cordially, [257]

R2. 3/11/36 "Dr. Dobbins is doing well this far with the patient of [1113]'s, Mr. [1110]. They are daily awaiting you."

R3. 3/13/36 Mr. [257]'s letter:

Mr. Edgar Cayce Virginia Beach, Va.

Dear Judge:

Mr. [1113] came in today and asked me to send these questions down to you as they were written up by Mr. [1110]. Mr. [1113] wants the reading to go to him so that if anything should be said that might upset him, he might be told of it through the doctors. Dr. Dobbins is taking care of the case and Mr. [1113] informs me that both Dr. Dobbins and the regular doctor say that the patient is better. The patient is in a low mental state and does not feel that anything is doing him any good, but Mr. [1113] wants to build up his mental state as well as his physical and then everyone here will know about it. These are the questions Mr. [1113] suggests today through Mr. [1110]:

1: - Please review the physical and mental condition and advise whether I have improved since my last reading. 2: - Advise physical reaction to osteopathic treatments which have been given by Dr. Dobbins. 3: - Are Osteopathic treatments being given correctly 4: - Has condition improved since treatment

started 5: - What further recommendations do you make for the further improvement of the body 6: - What changes of present treatment are recommended if any 7: - What should the diet of the body be? 8: - What exercises should the body take 9: - Any change in the medicinal remedies that he is now taking. 10: - What will aid the mental attitude of the body to help the physical get well. 11: - Why does the body perspire so freely 12: - Why is neck pulse so rapid 13: - What causes the coughing What will relieve it? 14: - Why does the tired feeling come to the body particularly in the legs 15: - What causes the difficulty in the breathing and what will relieve it. 16: - Is my liver shrinking and what is my kidney condition Is it improving? 17: - Shall I continue with a lot of bed rest or what hours should I spend in bed and what hours should I spend up? 18: - What will aid my restlessness 19: - What will assist my sleeping 20: - What is the attitude of the patient toward the sources of this information which is all new to me. 21: - Can there be any definite experience come to the body that will give me confidence that this source of information will be helpful to me. Please give this reading as soon as you can and let me know when. With kind regards, Cordially, [257]

R4. 3/13/36 Mr. [1110]'s wife wrote that the Radio-Active Appl. had not been rec'd.

R5. 3/14/36 Mr. [257]'s letter see under 1111-2 Reports in re Mr. [1111]'s death dampening Mr. [1113]'s enthusiasm about EC's work.

R6. 3/16/36 EC's letter to Mr. [257]: "Will make the appt. as soon as possible but am very sure there should be time enough for them to have all the tr., and that they have not had as yet, for the Appliance has just been sent and that, while it works slow, will make a lot of difference. However, will write Mr. [1113] at once."

R7. 3/21/36 Mr. [1113]'s wire: "Prefer rdg. now and another ck. rdg. after following whole outline suggested. Five dollar ck. forwarded today. Send rdg. to [1110] care of me."

R8. 3/24/36 See 1110-2.



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**TOXEMIA**

**TEXT OF READING 1111-1 M 40**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 11th day of June, 1932.

2. Now, as we find, while there are disturbing conditions in the physical forces of the body, these in the greater part are being taken care of in the manner that has been outlined for the body.

3. There needs be, however, as we find, those elements added to that being given that would make for better conditions in the general physical body, as we shall see from those conditions that disturb the body physically in the present.

4. We find the BLOOD supply shows effects of auto-intoxication, though this varies considerably dependent upon the activity in the assimilating system, produced by disturbance in the organs that affect the assimilating body.

5. The NERVE system shows also this changeable condition, produced by strain mentally and physically under which the body has gone.

6. In the disturbances that affect the hepatic circulation and glands that show disturbances in the activity, in the kidney, pancreas and gall in the liver, these are but indications, and with the following of those conditions that may be had by the taking of the exercise and the internal properties that have been given, these should clarify themselves and should NOT make for any necessity for operative measures; for these added will clarify those conditions in the assimilating system, as well as rectify those tendencies in the muco-membranes of various portions of the system, that are disturbed more from the nerve pressure in the digestive system than from specific conditions in the organs or portions of system so disturbed.

7. It would be well, too, that there be changes in environs for a time, as the activities of such a change - as well as variations in the pressures and the character of the atmospheric conditions - would be helpful for the body.

8. We would follow those outlines for the diet, but we would add as this:

9. Take 32 ounces distilled water. To this add 3 ounces clary flower, or garden sage (dried). Reduce this by slow boiling to 1/2 the quantity. Strain, and while still warm add 10 grains ambergris dissolved in 1 ounce alcohol, 1/2 dram Oil of Juniper.

10. Dissolve 2 ounces beet sugar in 2 ounces of distilled water. To this add Essence of Calamus root 10 minims, Essence of Wild Ginseng 5 minims.

11. Then add this to the other solution, with 1 dram of Cinnamon (preferably in the stick).

12. Shake the solution before the dosage is taken, which should be half a teaspoonful before each meal.

13. It would be well that there be added a sufficient amount of gin to the solution to act as a preservative, 2 to 4 ounces.

14. Ready for questions.

15. (Q) Where should I go, if it is advisable to go away?

(A) To go abroad would be very well, should this be the desire of the body. Preferably in Switzerland, or in those portions of southern France.

If we will do this as we have found, there will be much bettered conditions and the body gaining a normal equilibrium.

16. We are through for the present.

#### **REPORTS OF READING 1111-1 M 40**

R1. 2/4/36 Mr. [1111]'s friend Mr. [1120] requested a Physical Rdg. for him. See 1111-2. Mr. [1120] said Mr. [1111] seemed to think a lot of EC's work since his Physical Rdg. years ago.

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**TEXT OF READING 1142-1 F ADULT**

This Psychic Reading given by Edgar Cayce at the Kahn home, 44 W. 77th St., Apt. 14-W, New York City, this 11th day of April, 1936.

2. Now, as we find, there are many conditions in the physical forces of the body that are very good; there ARE those tendencies and inclinations from the lack of elements and the activity produced by the glandular forces, however, the correction of which in the present would be as a preventative for greater disturbances that would arise without such corrections in the present.

3. These, then, are conditions in the physical forces of the body, [1142] we are speaking of:

4. IN THE BLOOD SUPPLY, this is very good in most of its activity, but there are periods when the natural disturbance from the lack of activity in glands makes for the production of those influences that cause the activities in the producing of proper coagulations in the system.

5. Hence we have periods when there are the tendencies for accumulations in the lymph, such as to produce pressures in the activity about the kidneys and the organs of assimilation. Thus the right portion or about the caecum and the lacteal area, and the right portions of the activities to the organs in the pelvis, make for an activity that produces a distress.

6. In this continuation with the circulation, from the pressure produced by this separation at times, there is caused in the superficial circulation an aggravation; as to the head and the neck, and the activities in the organs of the sensory system.

7. So there is formed an element IN the lymph, then, that makes for irritations to those portions of the system. These have been allayed, by the use of those influences and by the very activity of the body. But as indicated, the influence or the tendency exists. And in the present this may be eradicated from the system and thus prevent disturbances that would arise later on.

8. IN THE NERVE SYSTEM OF THE BODY, this is very good at most times, but periods arise when anxieties bring to the system the inability for proper assimilations. And this combined with those pressures as induced through the lymph to those portions of the lacteals, gives rise to those disturbances with the digestive area. This, too, as indicated, is a sympathetic and a reactory condition.

9. IN THE ORGANS THEMSELVES OF THE BODY, brain forces and their reflexes are very good.

10. The throat, the bronchi, the lungs and the larynx show the effect at times of the disturbance in this division in gland secretions from the adrenal and the gastric flow that produce an excess in those portions of the body; making, as it were, periods when the body is more aware of their functioning and their presence.

11. The heart's activity is very good except in those periods when there are the reactions from anxieties of the body in physical and mental manners, when there is the awareness of its functioning or the quickening of the pulsation. And the heaviness that recurs or occurs following such experiences makes for the heaviness across the lower portion of the lumbar area.

12. The digestive forces of the body we find indicate a sympathetic disturbance, but the assimilating forces become more of a disturbing factor from those reactions in the area.

13. Liver, spleen, pancreas and their activity - there have been periods when there has been an excess of sugars created by the effect of glands' reaction. But this comes and goes according to the physical activity and to the dietetics of the bodily functioning.

14. In the organs of the pelvis we find pressures indicated from the lymph secretions, but these - too - with the correcting of the glandular reaction, and with the proper activity in an environment or activity where there is the addition to the body of those influences as to cause a greater oxygen reaction - should disappear.

15. Hence a portion of the conditions to bring better results will be the MORE actions of the body in the open, in those environs where there is less of any influence to produce irritation to the membranes of the throat or the nasal passages, and an increasing of the quantity or amount of oxygen.

16. FIRST WE WOULD, THEN, IN MAKING THE APPLICATIONS FOR HELPFUL INFLUENCE:

17. Have small quantities of those elements that increase the gland secretions throughout the body, and yet carry with same those influences and impulses that make for a division of the elements for activity UPON the system as a CLEANSING to the body. We will find this will aid, too, in eliminations in the general manner - and those periods when there have been distresses from those reactions will gradually be eliminated.

18. So, we would take internally small quantities of Atomidine; one minim (drop) before the morning meal, one minim (drop) before the retiring at night - each dosage being taken in half a glass of water. Do this for periods of five to ten days. Then have a rest period from same for five to ten days; and then repeat again. This should be repeated some three to five times.

19. And then there should be, with the diets, kept an alkalin reaction in the foods.

20. Also we would have the proper massage that makes for a stimulation to the superficial circulation, and the elimination of these tendencies that make for these disturbances with this body.

21. Do that.

22. Ready for questions.

23. (Q) What type of massage?

(A) That of the general masseuse, rather than the corrective forces - other than that specifically across the lumbar areas.

24. (Q) How may the body conduct her life to bring more happiness into same?

(A) In those activities that first, physically, make for the better PHYSICAL body for the mental and spiritual forces to manifest, see?

Keep this in a perfect accord (that is, the physical body), and, as we find, it would MAKE for such impulses and such changes as to produce same.

Then, INTEREST the MENTAL self in those influences and experiences and conditions that will make for a HELPFUL, HOPEFUL experience in the lives of those whom the body contacts. INTEREST self in DEFINITE conditions that bring about the body's action not only for self but for those whom the body contacts. This atmosphere, this EXPERIENCE in such activity, makes for a helpful and a hopeful experience for self; making the life more worth while. In whatever sphere these may find expressions these will bring HAPPINESS to self.

25. (Q) What activities in the open would be advised?

(A) Any in which there may be the exercising of the body in such a manner as to bring helpful forces. As in riding, walking, golfing, swimming; any of these that REQUIRES activities in the open.

26. (Q) Any advice regarding diet?

(A) As indicated, keep to an alkalin-reacting diet. Refrain from those things of the highly seasoned nature in the viands, or great quantities of any condiments. No meats that are fried, or the like, ever. Not too much of the fats or oils, but sufficient that make for the carbohydrate reaction without too much mixing of same with starches.

Do these things, and - as we find - we will keep a body PHYSICALLY fit with the mental reactions as indicated efficient and sufficient to make the EXPERIENCES-PHYSICAL worth while. We are through for the present.

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**TEXT OF READING 1154-1 F ADULT**

This psychic reading given by Edgar Cayce at the David E. Kahn home, 44 West 77th St., Apt. 14-W, New York City, this 23rd day of April, 1936.

1. EC: Yes, we have the body here, [1154] and those conditions in the physical forces of the body that produce disturbing influences in the activities of same.
2. As we find, while the body-physical is very good in most respects, there are disturbances of a specific nature that may be materially aided. And eventually there would be a correction that would make for much bettered conditions as conditions progress.
3. We find there are also those disturbances that are hidden in the present, wherein precautions taken would prevent future disturbances in the glandular activities in the body.
4. These, then, are conditions as we find them with this body, [1154] we are speaking of, present in this room:

5. First, IN THE BLOOD SUPPLY, here we find an almost normal balance, though there are the indications of an effluvium in the blood flow itself, produced by a tendency of an activity in the pancreas to make for the leaving of an influence in the blood stream proper that may become greater disturbing unless those condition are adjusted that arise or that are produced by same; or the conditions in the bodily functioning itself arise to meet those toxic forces, by the induction of production of those influences that would keep an equal balance in these conditions, and thus producing in the hepatic circulation those forces that would eliminate these disturbing conditions - that are produced by this tendency in the system.

6. IN THE NERVE FORCES OF THE BODY, here we find a conjunctionary force with the specific disturbance that has arisen, or that is a growth into the system, of the elongation of those nerve forces that react through the sensory forces or through the eyes themselves; producing an obstruction or the lack of the proper balance or coordinance with the vision.

7. To be sure, this is a reactory force through the nerve forces of the body itself. But there are PHYSICAL conditions, as we find, that may be aided or may be corrected in such a manner in the bodily forces from which these organs, as well as the sensory forces, receive their impulse from the cerebrospinal and the sympathetic systems.

8. This would require a long period. For it has been a growth by a contraction in the nerve and muscular forces that press upon the sensory forces, or from which the organ itself takes less energy for the proper balancing of same than should be for this body. Then naturally the correction of same would be a growth, making for a period when apparently there will be greater disturbance. For where a disturbance exists by the natural forces of itself, irritation must be created for producing a balance in the system itself.

9. As we find, these impediments in these directions were produced partially from a local infection from those activities of conditions that arose from a very high temperature that existed in the body, many, many periods or years ago. Yet the settlings from the very distress itself produced rather an astringent, or a hardening about some of the plexus or ganglia from which the impulses for activities through the nerve forces of the body react to the optic nerve and the optic center; hence elongating the vision from the back portion and thus producing the very opposite effect - or the requirement of CLOSER associations or closer than normal for the vision to focus properly in the force of the optics themselves.

10. In meeting the needs of these, as will be seen, there may be the additions to these very applications that would make for helpful conditions that affect those impulses to other portions of the system, producing an activity in the body that will aid in eliminating not only those other disturbances as indicated but will make also for a helpful condition for those disturbances for the visions and those conditions that produce same.

11. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, the reactions from the brain forces to the vegetative or sympathetic nerve system are near to normal, while the body may be said to be impulsive at times, these are ordinarily governed or controlled by the reaction of reasoning forces with the body itself.
12. In the throat, bronchi, lungs and larynx, as associated with disturbances from or to the sensory forces, these react at times in their proper relations; at others there are those tendencies for the conditions of the activity of the mucous membranes of the body to become more disturbed than ordinary. Or there arise from the general conditions, that become a part of the contributory cause to these, the tendencies for an acidity through the very lymph flow itself, as to make the body susceptible to an increased circulation through the lymph flow of the head, the face and the throat. These are reflex conditions, and with the correction and the equal balance set up for other conditions should be corrected or eliminated entirely.
13. The lungs and the larynx show for a very good activity.
14. Heart's activity near to normal.
15. The digestive forces of the body as combined with the gastric flow, the activities of the spleen, pancreas and the liver secretions for the assimilation of the forces, are disturbed sympathetically - as indicated.
16. The conditions throughout the eliminating forces of the body are near to a nominal reaction, dependent upon the cycles of reaction as indicated for this body.
17. IN BRINGING, THEN, THOSE CONDITIONS THAT WOULD BE THE MORE HELPFUL FOR THIS BODY IN THE PRESENT, WE FIND:
18. First we would have a deep therapy of the low electrical vibration for the body, for the general reaction upon the system itself, in the Diathermy - very LOW, or the very low vibration given for same; for two or three periods or treatments.
19. Then we would make those corrections Osteopathically in the upper dorsal and through the cervical area, relieving the pressures to the head, the neck and the facial muscles, and especially to those from which the impulses arise to the activity of the sensory forces in the auditory and the optic forces of the body itself. These we would take for periods of two to three weeks at a time, and a rest period of like time. And these we would continue for three to four to five months, and then rest almost that same period.
20. But during those rest periods from the treatments we would have the exercises of the head and neck. These should be of such a nature as to strengthen the activities throughout these portions of the body. Or the circular motion, back and forward, stretching of the arms and neck and head, as the body rises upon its toes in its activities morning and evening. Not a great deal at a time but sufficient that there is kept the consciousness - not that there is a disturbance, but rather the consciousness - that there is a vibratory force created by the very activity that would stimulate the forces of the body for the better reactions in the system.
21. Ready for questions.



22. (Q) Is the eye condition due to heredity?

(A) As indicated, rather is this arising from a period when there was temperature that arose from the infectious forces in the body itself.

23. (Q) Will any physical exercise injure the eyes?

(A) That straining the body from the activities below the upper dorsal and through the cervical area.

To be sure, where the eyes are used in too strong a light, or in too dim a light, or in the different color of light, it becomes a strain to same. But the exercises as indicated will be helpful. First a vibratory force of an electrical vibration, that will aid not only in eliminating those tendencies for the secretions from glands of the system, but especially the glands as indicated will be aided by these. Then the exercises of the corrections, in periods. Not having these continually, continually made, but remove pressures - and then by the nominal exercises of the head, the neck, the body, STRENGTHEN those influences for their activity to be helpful for the body.

24. (Q) Where should the Diathermy applications be made?

(A) The 3rd dorsal center and the lacteal duct area.

25. (Q) What causes floating black spots before the eyes?

(A) The improper coordination of the nerve impulse produced by pressures in cerebrospinal system, from which the optic forces receive their nerve impulse. Or the lack of the eliminating of used energies by the very activity of the body itself; that is, the body of the eye.

26. (Q) Will child bearing aggravate the condition of the eyes?

(A) It would be more preferable that a general condition of the system in other directions be considered rather than from the eyes, especially that tendency for the creating of sugars in the system. These eliminated, and the general conditions that come for the general health of the body, it would be better.

27. (Q) What is the cause of constant nausea, and how relieve same?

(A) This arises from those disturbances to the lacteals or the pancreatic juices in their impulses through the system. It is not constant, but rather periodic - and it would be found that it is more under the influence or at times when certain odors or certain conditions affect the body. This is rather of a super-sensitiveness to the whole reflexes of the body, and not so much a PHYSICAL condition - save reflex, as indicated.

28. (Q) What causes frequent and bad headaches?

(A) These are from a general condition; in part the assimilating forces and worries. Rather a combination of causes. DO NOT take sedatives for same, please! Those corrections in the dorsal and cervical will relieve same, as will the removal of the causes that affect the assimilating system.

29. (Q) Is it satisfactory to play golf and swim?

(A) SWIMMING is more satisfactory than golf, though golf is not too STRENUOUS a manner - in that it takes the body in the open more - is very satisfactory. But do not work at it too HARD! Don't work at golf, play at golf - it will be better for this body SPECIFICALLY!

30. (Q) For how long a period should the Diathermy be taken?

(A) As indicated, three or four times. Rest for three or four months, or six months, before the others would be taken. These would be rather as not just ROUTINE, but that the general health and the general conditions and specific corrections would be made.

Do these and we will bring bettered conditions for this body. This will require time and patience, but when others would be in the body's position of necessitating aid for the vision, the body would take same off!

31. We are through for the present.

#### **REPORTS OF READING 1154-1 F ADULT**

R1. Remarks [Immediately after 1154-1]: Very impressed; described condition when 2 yrs. old which caused temperature. Sat on hot stove lid, for days doctors couldn't get fever down; until some old German doctor was called in. EXERCISE - Doctors also say a counter-irritation must be created for the eyes first. Says she's going to follow these instructions.

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**BACKGROUND OF READING 1169-1 M 62**

B1. 5/9/36 Mr. [1169]'s son, Mr. [1113], sent application for the Physical Reading; no indication of the physical condition or symptoms for which he was seeking help.

**TEXT OF READING 1169-1 M 62 (Executive)**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of May, 1936.

2. As we find, while there are some disturbing conditions in the physical forces of the body, those applications as in a preventative manner would make for corrections in those influences and forces that disturb the body; thus enabling the body to produce a normal balance and cause better reactions throughout the physical forces of the body, [1169] we are speaking of.

3. THE BLOOD SUPPLY, we find there are indications or tendencies of a catarrhal condition that exists through the alimentary canal, extending at times into the digestive and assimilating forces.

4. These in their activity upon the NERVE FORCES OF THE BODY produce a tendency for an unbalancing in the equilibrium, or a nervous reaction; as well as a nervous reaction in the activity of the digestive forces. Not as paralysis agitans, not as palsy, but a nervousness and a laggardness to the lower extremities. And those conditions in the shoulders and arms, and those produced in the exterior forces upon the skin in portions, are the effect or the result of these disturbing influences in the nature of these disturbances through the alimentary canal and partly in the colon and in the lower portion of same more specific, even extending at times to the glands in the lower portion of the body.
5. Hence we find that applications that would aid in making for those corrections in these portions of the body will create a near normal balance throughout the whole forces.
6. In the nerve forces, as indicated, there are the effects at times from these pressures and irritations, or the tendency for the adherence because of the lack of proper lymph flow; creating a disturbance between the sympathetic and the superficial circulation.
7. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, as we find, brain forces are very good.
8. The activities in the sensory forces are hindered in their response, especially in those conditions that arise from a catarrhal condition through the circulatory forces of the body; as in eyes, ears, throat, and the lymph functioning through these.
9. Lungs, heart and larynx: The lung forces of the body make for periods when there is a fullness and a shortness of breath, but these are those conditions as to the general reflexes in the circulatory forces - as in the heart's reaction.
10. In the digestive forces and activities of the liver, the spleen and the pancreas, with the natural inflammation or disturbances that produce at times inflammation, there are those tendencies towards the creation of too great a quantity of sugar - that makes for a reaction through the kidneys or the lower hepatic circulation. But these, as we find, would correct themselves.
11. The prostate and those activities in same will also respond to the general treatments, as would those in the lower limbs and in the feet themselves. All of these are as a portion and make for reflexes from those disturbances as we find indicated.
12. IN MAKING FOR THE CORRECTIONS, THEN:
13. About once a week we find the body would do well to have the fume baths, preferably with iodine as a fume that would make for its activity over portions of the body. Not raising the temperature of the body to too great an extent. We would take these with the light baths, yet not the full strength or not raising the body temperature above that of about a hundred. And the fumes from Atomidine or Tincture of Iodine (the Atomidine preferably used as a fume), or as vapor settling upon the body, will make for a reaction to portions of the system itself.

14. Following same we would have a thorough rubdown with salt and rum, and then a cleansing of same or a closing of the pores after this thorough rubdown or massage with the alcohol would make for those changes that would revivify, making for more activities in the body and relieving those stresses and strains and making for particular adjustments in the lumbar area and about the coccyx end of the spine, as well as in the feet and lower limbs and specific adjustments should be made in the upper dorsal and through the cervical area. Not just merely cracking the segments, but rather a muscular reaction with the bursae or the plexus between each segment in these portions of the body.

15. The diet as it has been outlined for the body is very good; though we find that if the elements that go to make up the bodily functions are balanced somewhat better we would make for better reactions through the whole of the digestive system, enabling the body to rest much better.

16. We also find it would be well for periods of a week at a time to use the Radio-Active Appliance each day; it would make for strengthening of the body. Attach same as the body is ready to retire, for an hour each day for a week; then rest from same a period of a week and then apply again; or when the body is tired and worn from the mental and physical activities of the day, the Appliance used during the mid-afternoon will make for rest and recuperative forces. Keep the anodes clean or polished, and attach to opposite sides of the body.

17. But have at least a month or two months of taking the fume sweats once a week, and the thorough rubdown.

18. In the balancing of the diet, do not have too much of sweets with starches. Have the sweets rather with the meats, as of fowl, fish and lamb. Not too much of red meats at ANY time, nor any fried foods. Keep an equal balance in the leafy and the pod vegetables; preferably three of those that grow above the ground to one below the ground.

19. Do these and we will not only make for better conditions in this body of [1169], but prevent many a disturbance later on.

20. Ready for questions.

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

(A) They are not osteopathic; they are rather of the massage nature, taken when the fume baths or rubdowns are given. These at Reilly's would be very good. We are through for the present.

#### **REPORTS OF READING 1169-1 M 62**

R1. 6/6/36 Mr. [1169]'s son, Mr. [1113], requested a second Physical Reading, submitting these three questions:

1. What caused defect in hearing and how can it be remedied? 2. What causes itching at rectum and how can it be corrected? 3. Advise condition of hernia.

R2. 6/17/36 Mr. [1169] obtained his second Physical Reading. See 1169-2.

**INDEX OF READING 1268-1 F 50 (?)**

Acidity: Toxemia	Par. 12
APOPLEXY: AFTER EFFECTS	
Appliances: Radio-Active: Insomnia	Par. 20--26, 36-A
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SPINE: SUBLUXATIONS	

**BACKGROUND OF READING 1268-1 F 50 (?)**

B1. 9/24/36 and 9/28/36 Questions submitted: "1. Please advise a treatment for deafness and partial blindness caused from a stroke, due to high blood pressure? 2. Please name a treatment for the severe itching, due to the change I am going through. 3. Name a diet or special treatment for my overweight (230 lb.). 4. Please advise what to do for nervousness. 5. Why can't I write a letter that is understandable, even though to my mind it is alright?"

**TEXT OF READING 1268-1 F 50 (?)**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of October, 1936.

2. Now, as we find, there are disturbing forces with this body. And unless there are some changes brought about, there may be a recurrence of disturbances as to cause a great deal of anxiety for the body.

3. As we find, though, there may be corrections made in such manners as to be not only a staying off but as to bring about much nearer normal conditions and giving the body, the entity, greater opportunities in this experience.

4. The disturbances are rather of a compound and complex nature than of a specific. Some conditions aggravate one another. Others as we find are the effects of specific conditions that have existed. And in their corrections there has only been, as has been indicated, relief of a nature that may produce recurrent conditions.

5. These then are the disturbances as we find them with this body, [1268] we are speaking of:

6. IN THE BLOOD SUPPLY, not only is there the overabundance of same but the overburdening of the body with avoirdupois as well as causes for the abnormalcy in the blood pressure. Thus we have in many portions of the body poor eliminations.

7. Then with those changes as are coming about, or those periods of menopause, this slowed circulation produces in the superficial circulation a great deal of anxiety, by irritations to those portions of the body especially where the emunctories come closer to the surface - as in the groin, under the breasts, under the arms, and about those portions of the lower abdomen on the caecum and sacral areas. These more specific. As well as those under the elbow and under the knee and other portions of the body. These all then are to be taken into consideration in administrations for helpful forces for the body.

8. THE NERVOUS FORCES, to be sure, these are thus involved, and we have periods when the restlessness, the insomnia and irritations of the mental reactions as well as of the physical are contributory causes as well as produced by specific subluxations in the cerebrospinal system. These we find more specific in the upper dorsal and through the cervical area, though the lumbar axis is also reflexly and specifically disturbed through or by the circulation forces as well as disturbances to the general system produced by - and producing - tautness through those areas. And these must be coordinated when applications may be made for the beneficial conditions.

9. Through pressures in the dorsal, upper dorsal, and throughout the cervical area, the nerves of the sensory system, by the slow circulation and the drumming as come to the ear at times, have made for a filling up of the eustachian tubes, and thus produce a partial deafness, as also pressures in the same area affect the optic forces of the body. These are to a great extent sympathetic conditions. Thus as we find, with long periods, though it will require same, there may be brought a great deal of help and aid to the body through the correction of these disturbances and thus alleviating the pressures that cause these disturbances in the specific organs of the sensory forces as indicated.

10. IN THE ORGANS THEMSELVES OF THE BODY, as has been indicated, the sensory forces are under pressure, owing to a lesion in the dorsal and cervical area - the 3rd and 4th cervical, the 2nd and 3rd dorsals.

11. Throat, bronchi, lungs and larynx, from the very fullness of circulation, there is the tendency for the body to swallow often and for accumulations to arise at times.

12. Bronchi and lungs and larynx are very good considering the poor circulation. But the heaviness of breath, this does not arise alone from the heaviness of body but from pressures that produce a tendency towards an asthmatic reaction in overexercise - as climbing steps, or long walks or overexcitement. Thus the body becomes subject to cold, producing - from a general toxic force - overacidity. This is the unusual in some respects for the general conditions.

13. Heart's activity as indicated. The abnormal pressure as we find arose more from disturbances in the colon than from a heart's disturbance, though the circulation was produced and the pressure produced that caused a break in the activities in the system.

14. Digestive forces, the assimilations tend to make for an activity of the pancreas that makes for excesses of those fat-producing forces.

15. Thus the lesser quantities of proteins will be the more helpful when we come to diets for the body; though this body to reduce should eat rather than starve.

16. In the organs of elimination, these show for disturbances throughout the alimentary canal, and add to the pressures upon the body that cause stresses or disturbance through the change in the eliminations through the organs of the pelvis.

17. AS WE FIND, THEN, IN MAKING ADMINISTRATIONS FOR THE RELIEF TO THIS BODY:

18. First we would give that there should be periods of once or twice a week, for periods of three to four weeks at a time, of osteopathic adjustments and general treatments. These given once or twice a week, making specific corrections in the areas as has been indicated - or as will be found in the upper dorsal, the cervical, coordinating the lumbar area as indicated. Natural stimulation about the neck, head, ears, and a treatment to the centers to the optic forces FOR ELIMINATIONS - to set up drainages, as it were.

19. The body should make for the use of colonic irrigations, preferably the Tyrrell's Elevator we would find would be most excellent for this body; though there may be used the Fountain Syringe or Fountain irrigator that will cleanse gradually, not all at once, the colon. If these irrigations are taken every day or



every other day for a period of a week or two weeks, and then left off for a few days, then begun again, this will be found to be most helpful. Use a saline-soda solution when such is done. Do not have water greater temperature than that of the body. Proportions for these for this body would be to each half a gallon of water put a heaping teaspoonful of table salt and a level teaspoonful of baking soda. Thoroughly dissolve same before it is used.

20. We would also use both the Radio-Active and the Wet Cell Appliances.

21. Use the Radio-Active Appliance for an hour every other day, opposite poles or opposite sides of the body; that is, right wrist, left ankle, the next treatment the other way.

22. Every other day use the Wet Cell Appliance, carrying the one treatment the Atomidine solution and at the next treatment the Spirits of Camphor, and so on. The attachments would be made in this manner:

23. At the first treatment the copper plate would be attached first, to the vagus center, or at the 3rd cervical vertebra; while the large nickel plate - passing through the Camphor solution - would be attached last, to the BODY at the umbilicus and the lacteal duct center, or almost over the gall duct area.

24. At the next treatment the attachment of the copper plate would be first, to the brachial center, or the 1st and 2nd dorsal center; while the larger nickel anode would be attached last - to the umbilicus or lacteal duct or gall duct area, as before - but this time passing through the Atomidine solution.

25. These will aid in reducing the body, creating an equilibrium in the pressure, in reducing the avoirdupois; as also the attachments to the other extremities - or the Radio-Active Appliance - will make for REST.

26. And should the body find periods when the Wet Cell Appliance has been used that it becomes restless, it will not hurt to use the Radio-Active Appliance the same day.

27. In the diet:

28. As has been indicated, the body should eat to reduce. Have as this:

29. Mornings - citrus fruits. Brown toast, whole wheat. Or cereals (but not at the same meal with the citrus fruits). Do not use cow's milk in same, but dry milk, Pet Milk, Carnation Milk, diluted.

30. Noons - only raw vegetables; these may be combined.

31. Evenings - (but between the noon meal and the evening meal there may be taken, if desired, a lemonade - but with little or no sugar) - Have either all leafy vegetables, well-cooked, or else have same with a little chicken, fowl or fish, or potatoes and lamb.

32. These the diets for the body.

33. Do these until the second or third series of manipulations are given, and then we would give further instructions.

34. Do ALL of these if the body would gain anything near NORMAL or prevent a greater disturbance.

35. Ready for questions.

36. (Q) Why can't I write a letter that is understandable, even tho to my mind it is alright?

(A) Only this incoordination between the reflexes and responses to the body. These as we find will be made better, as also the irritations to the body, by the use of both forms of the low electrical vibration. That which is produced by the body itself, through the Radio-Active Appliance, will equalize the reactions for the body; gradually to be sure, for as has been indicated the body must be patient but persistent.

37. (Q) Will this relieve deafness and partial blindness?

(A) As indicated, it will; as also the irritation and the more regularity in reflexes and responses throughout.

38. We are through for the present.

### **REPORTS OF READING 1268-1 F 50 (?)**

R1. 10/16/36 Mr. [333]'s letter to EC:

"Thanks for the wonderful readings for Mrs. [1268] and Miss [1269]. Both cases are going strong with their treatments, Mrs. [1268] is feeling so much better already that she just can't keep from exclaiming about it all the time, but she is one to stick to it rigidly."

R2. 11/15/36 Mr. [333]'s letter to EC:

"Mrs. [1268] is feeling so wonderful since she started her treatments through the readings that she just can't get over talking about it."

R3. 12/21/36 See 1268-2.

**INDEX OF READING 1410-1 F 46**

ACIDITY

Appliances: Radio-Active: Vertigo Par. 19

DIABETES: TENDENCIES

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 24  
: Citrus & Cereal Par. 22  
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Intestines: Enemas: Salt & Soda: Eliminations Par. 25

MENOPAUSE

Nausea: Diabetes: Tendencies Par. 7

Osteopathy: Spine: Subluxations Par. 17, 18

Prescriptions: Eno Salts: Eliminations Par. 26

SPINE: SUBLUXATIONS

Vertigo: Diabetes: Tendencies Par. 7, 19

**BACKGROUND OF READING 1410-1 F 46**

B1. 7/17/37 "What causes weak spells and what should be done for same?"  
[Birth date 1/17/91]

**TEXT OF READING 1410-1 F 46**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 17th day of July, 1937.

1. EC: Yes, we have the body here, [1410].
2. Now as we find, while many conditions are very good, there are disturbances the correction of which in the present would make for much better physical reactions and prevent a distress later on that might be hard to reckon with.
3. These conditions as we find arise from changes that are arising in the normal physical life as related to the functioning of the glandular system and its effect upon the general organism.
4. These are the conditions then as we find them in the present with this body, [1410] we are speaking of:

5. IN THE BLOOD SUPPLY, we find an inclination for superacidity as well as an activity in the glandular forces that produces too much sugar. Thus the organs of the hepatic circulation become involved.
6. This inclination, if allowed to continue, may produce the greater distress through the activity of the pancreas as well as the kidneys and the whole of the eliminating system.
7. From these conditions we find there arises in the nervous system the periods when there are dizzy spells. If the body suddenly moves or if the body is overly fatigued physically or mentally these occur; and those tendencies for the sudden drying of the salivary glands and a little nausea in the pit of the stomach.
8. These arise from these conditions that are indicated in or from the blood stream.
9. Hence we find a low resistance in the blood forces, owing to the excesses of poisons that are left in the system by the non-activity and the overactivity of portions of the glandular system.
10. IN THE ACTIVITY OF THE NERVOUS FORCES, we find those conditions along the cerebrospinal system, especially in the area of the 9th and 8th dorsal center, such that a subluxation is produced - and a pressure upon same.
11. This HAS produced, as with those changes in the activities through the pelvic system and the pelvic organs, from a condition that exists in the nervous system, in the 4th lumbar the deflection of activity in the bodily functions.
12. These corrected, with changes as indicated that have begun in the activity of the organs - as in the glandular forces of the adrenals, the pancreas, the thyroid - will change from this weakness that occurs and from this inclination for the excesses of the activities that disturb the metabolism as well as the katabolism of the system itself.
13. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, those as indicated have become involved, as well as those in the sensory forces or the sensory organisms become involved at times.
14. These are more noticeable after those periods of dizziness; as with the eyes, the ears, the taste, and the general feelings that are manifested through the sensory forces themselves; and these hot and cold sensations that at times appear, especially in the night when the body is aroused from the nominal or normal sleep by the disturbing forces in the hepatic circulation.
15. These are the periods when these are the more noticeable.
16. IN THE MAKING, THEN, FOR CORRECTIVE FORCES AS WE WOULD FIND FOR THIS BODY, [1410]:
17. First, we would have those corrections made OSTEOPATHICALLY in the dorsal area - 8th and 9th specific - and the 4th lumbar; coordinating, to be sure, at such times the brachial as well as the upper cervical with the changes produced by the adjustments in the dorsal and lumbar areas.
18. Such manipulations would be given about twice a week for three weeks, with a rest period from same then of a week to two weeks; and then given for three to four weeks more.

19. For the equalization of the circulation we would use the Radio-Active Appliance, on opposite extremities of the body, each evening just before retiring - for one hour. Or it may be used for about thirty minutes of a morning, if there is the tendency for the dizziness or the weakness; and in the evening about forty to fifty minutes. The Appliance should be prepared and be in the ice at least twenty minutes before attached to the body. Do not attach too tightly but very firmly; and keep the plates or anodes very clean.
20. Then the DIET: The precautions as to the diet for this body become most necessary.
21. DO NOT take too much starches. Do not take too much of sweets of any nature. More of the honey than of other sweets. Not too much of condiments or highly seasoned foods. But rather an outline according to this:
22. Mornings - citrus fruit juices or dry cereals with fruit; but do not take cereals and citrus fruits at the same meal.
23. Noons - preferably only raw vegetables or broths - preferably of vegetables; not combined with meats, but meat broth may be taken at other periods or on other days instead of the raw vegetables or the vegetables broths.
24. Evenings - meats should only be fowl, fish or lamb. The leafy vegetables are preferable to the pod. Let one meal each day, preferably in the evening, include the artichoke - and preferably the Jerusalem variety; for this carries more of the properties that will act with the glandular forces in correcting the activity of the pancreas and reducing the pressure as related to the blood supply and assist in the eliminations through the kidneys.
25. Keep away from too much cathartics. Preferably use enemas with soda and salt, and the water the temperature of the body. The proportions would be half a teaspoonful of Baking Soda and a heaping teaspoonful of Table Salt to half a gallon of water, body temperature. Enemas taken in this manner will not make strains upon the system.
26. At times use Eno Salt for a few days; a level teaspoonful of morning before the meal is taken. This will tend to make for clearing the system and produce the better conditions and the activities for the periods of change that are coming about in the experience of this body.
27. Do that.
28. We are through for the present.

#### **REPORTS OF READING 1410-1 F 46**

None.

**INDEX OF READING 1449-1 M 34**

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Diabetes: Tendencies	Par. 7
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Osteopathy: Spine: Subluxations	Par. 13, 19-A
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Prescriptions: Alcohol, Grain: Kidneys: Infections	Par. 15--17
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: Cinnamon Stick:	Par. 15--17
: Clary Water:	Par. 15--17
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: Sage, Garden, Dried:	Par. 15--17
: Syrup, Simple:	Par. 15--17
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**SPINE: SUBLUXATIONS**

**BACKGROUND OF READING 1449-1 M 34**

B1. 9/23/37 Letter: "Aside from the information which I understand from Mr. [470] you will provide, I would like to know the source of the pus cells appearing in my urine and what, if anything, can be done about it."

**TEXT OF READING 1449-1 M 34 (Osteopath)**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of October, 1937.

1. EC: Yes, we have the body, [1449].
2. Now as we find, in many ways and manners conditions are very good as a whole or in general.
3. There are, as we find, rather those inclinations or tendencies that arise from specific conditions the adjustment of which would relieve the body of some anxieties, of disturbances that arise, and prevent a great deal of disturbance later on.
4. These then are the conditions as we find them with this body, [1449]:

5. In some times back there has been an inclination for a segment in the cerebrospinal system to produce an impingement upon the nerve centers, so that the reaction of the impulses has hindered and at other times oversupplied an activity to the upper hepatic circulation - or, more specific, to a part of the pancreatic reaction to the assimilating forces.
6. This has thrown, then, an activity upon the lower hepatic circulation - or through the kidney reaction a disturbance that finds itself expressing in the inclination for accumulations.
7. Hence we find in the blood stream the inclination at times for there to be seen more sugar than should be indicated in the body.
8. The hormones of the blood themselves, from this inclination produced in the area, tend to not gather the proper or sufficient amount at all times for perfect coagulation.
9. Hence the inclination in the deeper circulation for those interferences that find expression in the lower hepatic circulation.
10. These produce this in the nerve reactions of the body. There is a supersensitiveness between the cerebrospinal and the vegetative or sympathetic systems, especially in those areas just above the 8th and 9th dorsal center, and a reflex in the lower part of the dorsal or at the 12th dorsal the tendencies for an interference with drainages in the system.
11. For as is indicated or known by the body, the impulses from the reaction upon the coordination between the nerve systems either bring - through physical as well as emotional reaction - the proper or improper impulses for activity to the organs of the body.
12. In the functionings of organs themselves there are those natural inclinations that arise at times, but the specific disturbances as we find that need the consideration in the present are from the areas as indicated.
13. Then as we find, with the coordination - osteopathically - of the dorsal areas, specifically between the 8th and 9th, and those in the lower dorsal areas (the 12th), and coordination with the upper brachial reactions or in the 3rd cervical, and the 4th lumbar, we would find these inclinations removed and the body responding to the activities to the body of better impulses.
14. To make for assistance in the changing of the circulation, by the removing of the pressures and allowing for the system to adjust itself in the functioning of the organs themselves, we would find an additional reaction in the Radio-Active Appliance. To be sure this will not only remove this tendency for irritation at times to the whole nervous system and for the body to become a little bit too easily aggravated, but we would find a better rest or reaction in same. This we would use for periods of thirty to forty minutes each day, circulating same about the body; right wrist, left ankle; left wrist, right ankle. These applications would be kept for about three weeks, left off for three weeks, then another period of three to six weeks. Keep the anodes clean. Do not allow the ice to come above the top, or to short circuit same. Keep the anodes clean and not bound too tightly when in use.

15. Another aid would be found in the use of Clary Water, as an active force upon the activity of the digestive system as related to those inclinations as produced in the upper and the lower hepatic circulation. In this combination, then, would we make the Clary Water for this particular body:

16. To 3 ounces of Dried Sage add 16 ounces of Distilled Water. Let this steep, slowly boiling - and not in an aluminum container, but enamel or glass - until, when strained, there are about 8 or 10 ounces of the Solution. To this we would then add, in the order named:

Compound Simple Syrup.....2 ounces, Ambergris, dissolved in 1 ounce of Pure Grain Alcohol.....15 grains, Single Distilled Gordon Gin.....6 ounces, Cinnamon - stick Cinnamon preferably.....1 dram.

Shake the solution well before the dosage is taken, which would be a teaspoonful 4 times each day. Take this also for a week, leave off for 5 days, and then take for another week. Keep this until the whole quantity is taken. Take it about 30 minutes AFTER each meal and before retiring.

17. Do these, and as we find we will bring a normal reaction for this body.

18. Ready for questions.

19. (Q) What is the source of the pus cells appearing in my urine?

(A) The reaction as we have indicated, by the pressures affecting the upper hepatic circulation; and finds expressions in the activities in the eliminations through the lower - or through the kidneys.

Do these things. Make the corrections osteopathically about twice a week for three weeks, leave off a period of three weeks, and then another series.

During those periods take the Appliance for the balancing of the circulation, as well as the combination of the properties indicated for their reaction with the effects of the adjustments or releasings in the system. We are through.

#### **REPORTS OF READING 1449-1 M 34**

10/22/37 Mrs. [1100]'s letter: "...I believe that Dr. [1449] was well satisfied with the information given in his reading - being a bit disappointed in that it did not go into the history of his case - a very unusual case - so he says. We [[470] and I] tried to explain that the information gives conditions as found at present and that questions would bring out anything further than that."

5/28/38 [1449]'s Reply to Questionnaire:

(1) In your opinion did the analysis of the Reading cover the condition? "I don't know."

(2) Give symptoms of condition described correctly? "No."

(3) What was the physician's analysis of this condition? "Only tangible symptom was pus in urine."

(4) Have the suggestions given in the Reading been followed exactly as outlined? "Yes."

(5) For how long? "4-6 months."

(6) Describe the extent to which improvements have resulted? "Pus disappeared. General feeling improved."

2/22/44 He obtained a Life Reading - See 1449-2.



**INDEX OF READING 1454-1 M 67**

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**TEXT OF READING 1454-1 M 67**

This Psychic Reading given by Edgar Cayce, this 11th day of October, 1937.

3. As we find the disturbing conditions are rather a combination of disturbances arising from primarily deflections in portions of the cerebrospinal system, and then the deflections causing poor eliminations.

4. Thus there is caused an affectation in the organs themselves; until we have a condition not only of the liver and pancreas but that wherein the locomotion and the activities are hindered from a normal manner; as well as the reactions to that between the cerebrospinal and the vegetative or sympathetic nerve system for the reactions that become not wholly stabilized - or in coordination.

5. Hence we find these:

6. The blood supply indicates the poisons as well as the excess of refuse forces that should be eliminated, as well as an excess of sugar, as well as an excess of a disturbance that prevents the proper coagulation.

7. Thus there is produced a bloating condition in the superficial circulation at times; not at all times, though this is a part of the disturbance.

8. In the organs of the system, as has been indicated, all of these have become involved - or the digestion and the eliminating system.

9. These as we find may be materially aided, yet would require a consistent and persistent application in not only eliminating the effects that have been produced but also in reducing the conditions that have primarily caused and are partially a part of the whole condition.

10. Hence it would require that there be a consistent and persistent application.
11. In the first we would begin then with these:
12. Make for the eliminations by the use of the Hydrotherapy treatments; these of the sweats, though these would be preferably of the nature of the steam or vapor baths and not the high heat raised. These we would produce with the Berg treatment or Cabinet. We would take two such Cabinet Sweats each week, say on Tuesdays and Thursdays. On Tuesdays we would use the Atomidine; a teaspoonful in a half pint of water for the vapor to rise over the body while in the Cabinet. On Thursdays we would use the Oil of Wintergreen; a teaspoonful in half a pint of water - that is, in the fume bath heater, see? The body should stay in the Cabinet for a sufficient period to cover the whole body with the perspiration from the fumes. Alternate the fumes in the manner indicated.
13. Following the Cabinet Fume Baths there should be a thorough rubdown, with adjustments in the lumbar, the dorsal and throughout the cervical area. These done chiropractically would be preferable if they are not attempted to be moved too much at once; but gradually done. These manipulations and adjustments should be kept up. These given MOST every day would be preferable, and when necessary more often than even once a day - this may be necessary at times.
14. Use also the high enemas to eliminate the poisons from the system. Give sufficient of these to at least cleanse the system entirely of those poisons and accumulations in the colon area itself.
15. For thirty minutes each day we would use the Wet Cell Appliance carrying the vibrations of Chloride of Gold into the system. The attachments would be made in this manner: The small plate would be attached first, to the 4th lumbar; while the larger plate - through which the Gold Solution passes (in the proportion of two grains to one ounce of distilled water) - would be attached last, to the umbilicus and lacteal duct center. Do not keep the anodes or the connections in Solution when not in use. Wipe off gently before it is put in the Gold Solution and when it is taken out each day. The Gold Solution should be alternated or changed every fifteen days. The Solution charging the Appliance should be changed every thirty days.
16. After the Appliance treatment each day we would have an Olive Oil massage.
17. We would follow a consistent diet, that keeps down the sugars in the system, the tendencies for acidity and the accumulations of waste by the poor assimilations.
18. Hence we would have the stimulating foods; such as:
19. Mornings - Whole Wheat, Maltex and such cereals.
20. Noons - we would have the Jerusalem artichoke at least three times a week; then salsify soups or parsnips, lentils and the green beans or leafy vegetables - these all in their combinations.
21. Evenings - preferably broths that are a combination of vegetables and meats.
22. Never any fried foods. Never any of those foods that carry too much starches. And all the bread should be either black bread or whole wheat bread.
23. Do these CONSISTENTLY, and we will find we may bring the better conditions for this body. We are through for the present.

**INDEX OF READING 1459-1 M 54**

Appliances: Radio-Active: Toxemia	Par. 15
Diabetes: Tendencies	Par. 6, 7
Diet: Toxemia	Par. 14
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**BACKGROUND OF READING 1459-1 M 54**

B1. 10/14/37 "How can I build up my health so as to look after my business properly?"

**TEXT OF READING 1459-1 M 54**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of October, 1937.

2. Now as we find, while conditions are very good in many respects, there are those inclinations the correction of which in the present would not only relieve the body from some of those disturbances that upset it at times in the present, but would prevent a great deal more of distress later on.

3. These then are the conditions as we find them with this body, [1459].

4. In the blood supply we find the indications of lack of proper eliminations through the system; also of overtaxations; so that at times, owing to the disturbances through the colon area, there are those seasons where the body has a feeling of languidness, then the tendency for the contraction or pains through small of the back, tiredness in the feet, a droopy "down" feeling through the abdominal area; not wholly sick but a grumbling, mean headache, and the body at times feels rather antagonistic.

5. These are toxic forces, but arise from the tendency for a prolapsus and a dilation in the colon area.

6. Also we find the inclination from these accumulations of poisons for the tendencies towards a sluggishness in the activities of the system to eliminate the creation of too great quantities of sugar in the system.

7. These are indicated from the activity of the kidneys, as well as the activities of the pancreas and spleen. These we find the sources of the disturbances with the body. The effect upon the nervous system is part of the disturbance, or the seat or source of same.

8. Hence as we find, this must be taken into consideration in making applications for the helpful effects for the body itself.

9. As to the activity of same upon the organs, these - as we have indicated - show a strain rather than any organic condition; though these with the functional disturbance may eventually become organic unless measures are taken to correct the conditions in the present.

10. And the indigency of the system itself, or the activity of the glandular system as related to the reproductive forces of the body is slow; thus becoming as it were stalemate in activity with the rest of the system.

11. This produces a strain that unless removed may bring about conditions in the glands as RELATED to same, as to give a good deal of disturbance.

12. As we would find in the present:

13. First we would begin with taking systematically - at least once or twice a week - hydrotherapy treatments; including - at least once every two weeks - high colonic irrigations with the hydrotherapy treatments. Also with the treatment there would be a steam bath, a thorough rubdown, and a good Swedish massage and adjustments along the cerebrospinal system.

14. Also we would include precautions as to the diet. These we would keep away from: Beware of too highly stimulating foods, as too much of condiments. No fried foods of any kind. And too great quantities of starches should be eliminated.

15. We would also use each day for three-week periods the Radio-Active Appliance. Make the attachments on the extremities and circulate same about the body; that is, begin first with the right wrist and left ankle, then the left wrist and right ankle, then the left ankle and right wrist, then the right ankle and left wrist, etc. Continue circulating about the body in that way and manner. Keep the anodes clean. Make these attachments for at least thirty minutes to an hour each day for three weeks, then leave off for a week or ten days, then repeat same.

16. Also we would keep up the hydrotherapy treatments and the massage and the cleansing of the system for at least six to ten weeks; and we would find a great deal of help for this body, not only an improvement in the circulation, in the activity, but the outlook upon the affairs or the life and associations much improved. Do that. Ready for questions.

17. (Q) By following these suggestions, can I build up my health so as to look after my business properly?

(A) There's no reason why the body shouldn't, if these are carried out thoroughly, consistently and persistently. Because of feeling a little better, don't change off from those things indicated here as better for the body!

#### **REPORTS OF READING 1459-1 M 54**

R1. 11/37 Mrs. [601], wife of Mr. [619], said they couldn't get Mr. [1459] to do anything about the reading.

**INDEX OF READING 1582-1 F 52**

**DIABETES: TENDENCIES**

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**ELIMINATIONS: INCOORDINATION**

Injections: Hypodermic: Insulin: Not Recommended Par. 8

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**TEXT OF READING 1582-1 F 52**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of April, 1938.

2. Now as we find regarding the physical forces of this body, the suggestions would be rather for precautions and regulations regarding tendencies and inclinations; rather than there being such great specific disturbances at this time.

3. These are conditions as we find them with this body in the present, Mrs. [1582]:

4. IN THE BLOOD SUPPLY, this as we find indicates there are times or periods when there is the inclination for the unbalancing between the activities of the assimilating system; and thus a little irregularity exists at times (not always) in the pulsation.

5. And the character of these disturbances would indicate that there is the inclination for the activity of the pancreas and the spleen to allow too much production of sugar; or the inclination is in that direction.

6. Hence we find at times there are the inclinations for the activities of the lower hepatic circulation or kidneys to become irregular.

7. Thus precautions should be taken in those directions, as to the very nature and the activity of same.

8. But DO NOT take injections for such! as we find, but rather that as may be an activity through the assimilating forces of the system from elements that would make for a nearer normal balance.

9. These inclinations also as we find in a reflex nature produce the inclination for toxic forces through the lower portion of the abdominal area, or a slowing of conditions through the colon.
10. Thus there are periods when the body easily becomes fagged, or too easily. And we have the inclinations for the lower limbs, from these disturbances, to give the little reactions of the natures such that they become heavy and inclined to go to sleep as it were, or become as numb or asleep as the inclinations arise.
11. These are not always, but are periods of reaction.
12. THE NERVOUS SYSTEM, this AT those periods when there are effects of the pressure becomes a portion of the disturbing activities, from the general activities of the system as we find. The causes do not lie in those directions but rather the effect of same is upon the nervous system, or the activities of the system as related one portion to another are as warnings to the rest of the body as to the factors that are the disturbing elements within the physical forces of the body.
13. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, as indicated, as we find, these are very good, save for the inclinations that produce the disturbances in the circulation, the irregularity to the respiratory reactions and the heart's action, as well as the organs of the assimilation - in their reaction to disturbances in the body.
14. AS WE FIND, THEN, IN MAKING CORRECTIONS FOR THE BODY:
15. There should be precautions taken as to diet and as to activity.
16. Beware of too great a quantity of any foods where sugars are in excess, or of taking milk (or cream) in tea or coffee, or of too great a quantity of starches as combined with fats or proteins.
17. Not that these (sugars, proteins, fats) are not to be a part of the diet, but beware of combinations of these.
18. Once or twice a week have in the diet the Jerusalem artichoke; one the size of a hen egg or a little larger would be sufficient - once or twice a week. This would be preferably boiled as a potato; boiled in its OWN juices, or cooked in Patapar Paper so that none of the properties are lost that are effective in their activity through the system itself.
19. We would also have rather regularly the Hydrotherapy treatments that would enable the system to be relieved of poisons through the alimentary canal, by the use of the high enemas for cleansing the colon - and then the GENERAL massage as would go with same.
20. And with these precautions and activities as indicated, we should find better conditions for this body.
21. There will be material aid to the effects of the nervous pressures at times upon organs of the sensory system as related to taste, hearing, sight, and the nominal, normal reaction between sympathetic and cerebrospinal system as related to the organs of the sensory forces. We are through for the present.

#### **REPORTS OF READING 1582-1 F 52**

1/7/39 She obtained a second Physical Reading - See 1582-3.

**INDEX OF READING 1732-1 F 37**

Appliances: Radio-Active: Neurasthenia Par. 14, 18-A

Circulation: Lymph: Eliminations: Incoordination Par. 3

Diabetes: Tendencies Par. 10

Digestion: Indigestion: Nervous Par. 9

**ELIMINATIONS: INCOORDINATION**

Intestines: Colonics: Eliminations: Incoordination Par. 16

Liver: Kidneys: Incoordination Par. 10, 11

**NEURASTHENIA**

Osteopathy: Eliminations: Incoordination Par. 15, 18-A

Physiotherapy: Baths: Fumes: Witchhazel:  
Eliminations: Incoordination Par. 13, 18-A--20-A  
: Massage: Circulation: Incoordination Par. 18-A

Psychosomatics: Digestion Par. 9

**RHEUMATISM**

**BACKGROUND OF READING 1732-1 F 37**

None.

**TEXT OF READING 1732-1 F 37**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 18th day of March, 1930.

1. EC: We have the body here. Now, we find the body very good in many respects. There are rather those conditions physical that the body should take warning concerning, that they (the conditions) do not result into conditions as would cause distress through the physical functioning. These conditions, as we find, have most to do with the eliminations of the system, and the results as are produced THROUGH this condition.
2. These, then, are the conditions as we find them with this body, [1732] we are speaking of, present in this room:

3. IN THE BLOOD SUPPLY, here we find some evidences of the CHARACTER of the disturbance in elimination, by the character of disturbance created at times in the blood supply. Not that the quantity of blood is deficient, or that the elements or constituents of the blood are abnormal, other than that effect created in the plasm cells themselves, that show that at times an over abundance of certain characters of cells become NECESSARY to meet the needs of conditions, and that coagulation takes place often under such conditions in such a manner as to produce congestion in the lymph circulation. Hence the effects at times in the extremities, about the joints or sinews in system, when there is the feeling of tiredness, aching, or as if the limb is going to sleep, or of dullness through same. This an effect as seen; NOT a cause.

4. IN THE NERVE SYSTEM, here we find also the indications of distress at times, through the strain produced ON same by an overtaxation. Through either of these conditions, WITH the existent disturbance, then, IN circulation, there might be expected - under the cycle of strain of disorders existing in the nerve system, or of disorders existent in the circulation, and producing that inflammation in the nerve ends, or in nerve centers, especially about those centers from which the blood supply takes its origin in the ends of bones themselves, as to bring that inflammation known as rheumatic, as neurasthenic - these being directly opposite to one another, or those conditions as cause distress in such inflammation.

5. In the functioning of the organs themselves, in brain forces, very good.

6. In the activities of the organs of the sensory system, these merely show their accentuation, or their deflection, when body is under strain - and FUNCTION near normal.

7. Organs of the head - as throat, soft tissue, antrum, and such - show there are conditions at times that give rise to the excess of the creation of those fluids as act through same. The SYSTEM, or life force itself, attempting to adjust itself to conditions existent in an acting, working, physical organism. Not a deflection, not an organic - or even a functional - disorder.

8. In lungs, throat and bronchia - functionally, very good. Organically, good.

9. In the digestive system, here we find a reaction that shows the effect of those conditions as described, both in nerve system and blood supply. Being, then, rather that at times of a NERVOUS indigestion, produced by the inability of the system to coordinate the eliminations of the system under the nerve strain, or under the existent circulatory system, and to meet the needs; while, were the body to take the foods quietly, easily, then we find digestion will be nearer the normal.

10. In the lower digestive system, hepatic circulation, and the organs of the pelvis - here again we find the effects of disturbance, as is seen in the pancreatic reactions when too much sugars or too much salts will cause the disorders to become ACCENTUATED, ESPECIALLY in the extremities, and the circulation of the internal system becomes more rapid than that of the capillary or external circulation. Turned, then, to a low or subnormal temperature, low pressure, and the non-activity of liver, and the extra or above normal in the activity of the kidneys. This a normal result of disturbances.



11. This would appear that MANY conditions were abnormal with the body. Not so. Those of the distressed conditions as exist in the liver and the lower hepatic circulation are merely those reflections seen in the circulation and in the nerve system.

12. In MEETING the needs of the conditions, and to bring about a near NORMAL and the NOMINAL reaction in these, would be only to change the VIBRATIONS OF the body to that extent where the coordination of eliminations are kept near in balance, and the hepatic circulation brought to a normalcy, and we will find the body functioning near normal.

13. This will be accomplished by those activities of the system so that the capillary circulation is increased. Through that of the fume bath will bring the normal reaction soon.

14. Then, with the vibrations of that found in the Radio-Active Appliance, would keep - until there were some OTHER reactions - the body normal.

15. These we would take, with the proper manipulations to DISTRIBUTE THROUGHOUT the system those of the proper reactions.

16. Well, too, were there to be - with the first reactions created in system - those of the irrigations of the colon, that all refuses of the system may be eliminated, and where there are accumulations of those forces as produce the pus forming reactions for the blood to be removed. These, as seen, are indicated in the condition existent in the upper portion of transverse colon. Ready for questions.

18. (Q) What kind of manipulations are required, and how often should they be given?

(A) In the beginning, when the fume baths are given for the setting up of eliminations, the massage should be those of the deep OSTEOPATHIC manipulations. When these have been CLEANSED - that is, the system - and the regular reactions are apparent, those of the masseuse would be even better than those of the osteopathic, for they will keep the capillaries in a better reaction. These should be given, at first, at least every day. In the reactions that come, then they may be given once each week. The application of the Radio-Active Appliance, for coordination in system, should be taken at least THREE TIMES each week, for the rejuvenation of nerve energy and for the coordinating of the system. These should be taken for at least one hour at each application.

19. (Q) Explain what is meant by the fume baths.

(A) Those of the witchhazel fume baths.

20. (Q) How many, and how often should they be taken?

(A) In the beginning, these should be given every other day - until at least six are taken.

22. Much may be said as respecting that of PREVENTATIVE conditions for a body such as this, rather than neglecting seemingly minor conditions until CURATIVE forces are NECESSARY. An ounce of prevention is worth MANY POUNDS of cure. Then, so adjust the conditions in the physical forces that, that of the mental AND spiritual may have that channel to MANIFEST through. We are through for the present.