

Circulating File

HYPOTHYROIDISM

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

**Edgar Cayce Readings
Edgar Cayce Foundation
1971, 1993-2010**

**Edgar Cayce Foundation
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HYPOTHYROIDISM CIRCULATING FILE

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

Blessings,
A.R.E. Member Services Team

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

This Circulating File consists of an introduction on healing in general, a commentary, and the Edgar Cayce psychic readings on hypothyroidism. 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.

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Hypothyroidism

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Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

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

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

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. But keep in mind this thought: what those chemicals can do is temporarily -- and somewhat artificially -- give your body an experience of greater oneness. Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (i.e., engaging one's desires, purposes, and will) -- something that pills all too easily allow us to skip.

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

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

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

- * Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.

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- * Optimism and hope. We're encouraged to expect healing.
- * Patience. It's much easier and quicker to destroy health than it is to rebuild it.
We need to be willing to patiently invest whatever time is required.

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

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

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed? The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

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

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible.

Mark Thurston, Ph.D.
Education Department

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Overview on Hypothyroidism

by Dana Myatt, N.D.

Definition

Medically speaking, hypothyroidism refers to a deficiency of the thyroid hormone thyroxine. Thyroxine is the principal hormone produced by the thyroid gland. It is synthesized from iodine and an amino acid called tyrosine.

The major function of thyroxine is to control the rate of metabolism. Cells in the body take their “cue” from thyroxine. The amount of stimulation the cells receive from thyroxine will determine how “quickly” they perform their functions.

Thyroxine is a very important hormone. Lack of thyroxine in children results in mental retardation and dwarfism. In adults, hypothyroidism causes a condition called myxedema. The symptoms of myxedema range from weakness, lethargy, headache and cold intolerance to slow speech, angina (heart pain), shortness of breath and a characteristic “moon face” (puffiness caused by water retention).

The above-mentioned set of symptoms occurs when there is a significant lack of thyroid hormone. Milder states of deficiency can cause a broad range of symptoms, including cold intolerance, anemia, infertility, constipation, fatigue, easy weight gain, menstrual disorders, memory and concentration difficulties, to name just a few. Because thyroxine sets the “pace” for nearly all cells in the body, a deficiency can result in “sluggishness” of virtually any bodily function.

Diagnosis

There is a simple, easy, and accurate test to find out if the thyroid gland is making a normal amount of thyroid hormone. This test looks at the amount of TSH (thyroid stimulating hormone) present in the blood. It is highly sensitive. If one suspects that they may have low thyroid function, the TSH blood test is the first test that should be done.

If the TSH is high, then blood thyroxine levels are low. This is because TSH is a hormone produced by the pituitary. TSH “tells” the thyroid gland how much thyroxine to produce. When blood levels of thyroxine drop too low, the pituitary will send MORE thyroid stimulating hormone (TSH) to the thyroid gland, in an effort to cause the thyroid to increase its production of thyroxine.

Even if one has symptoms that suggest hypothyroidism, the TSH test may well be normal. This means that the thyroid gland is making sufficient thyroid hormone. In our current, conventional medical thinking, this means that there is no deficiency of thyroid hormone and therefore no condition of hypothyroidism. There is an incompleteness in this thinking, however, and it may be causing us to miss an important diagnosis in many cases.

The “Other Hypothyroidism”

Strong evidence exists to suggest that there may be a number of undiagnosed hypothyroid patients. A growing number of physicians and researchers share this opinion. As you will soon see, this information is also consistent with much information from the Edgar Cayce readings. To assist the reader, and perhaps the attending physician,

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understand this problem, an additional bit of biochemical explanation is in order.

It is a biochemical oversimplification to say that thyroxine sets the metabolic rate of the body. Thyroxine is produced by the thyroid gland. Currently available blood tests measure the amount of thyroxine made and released by the thyroid gland.

Once the thyroxine (T4) is released into general circulation, most of it is converted to a slightly different biochemical form called triiodothyronine (T3). The triiodothyronine (T3), is four times as potent as thyroxine in stimulating the cells of the body.

Blood tests can tell us if the thyroid gland is making a normal amount of thyroxine (T4). We do NOT have a blood test that accurately tells us if the body is converting the T4 into T3. Why is this important? Because it is the T3 that greatly affects cells. There may be a normal amount of thyroxine (T4) produced and released by the thyroid gland. A blood test will show this. But if the conversion between T4 and T3 is not taking place in a normal way, the cells may still behave as if they are not receiving enough thyroid hormone! The body will act as if it is hypothyroid, but the blood tests will remain "within normal limits." This phenomenon has been given several names over time. We might call it "hidden hypothyroidism."

How is "Hidden Hypothyroidism" Diagnosed?

There are many physical symptoms, as outlined previously, which suggest hidden hypothyroidism. In addition, a low basal body temperature is quite suggestive. This means that the body temperature is always below the normal 98.6 degrees Fahrenheit. Some people with hidden hypothyroidism never reach 98.0 degrees unless they have a fever.

The achilles tendon reflex, basal body temperature, and serum cholesterol may all give additional diagnostic information as to the presence of this type of hypothyroidism.

Please remember that this problem is not yet recognized or treated in our conventional medical model. You will either need to find a physician who is aware of this problem OR you can educate your physician if he/she is willing to examine the evidence. Please refer to the bibliography at the end of this commentary.

Cayce on Hypothyroidism

There is a total of 10 readings given specifically for the condition of hypothyroidism. There are, however, a number of additional readings that relate to a thyroid "imbalance" - variously called "incoordination" of the glands. This type of thyroid imbalance was not called hypothyroidism in the readings. In some 121 readings, thyroid function is discussed along with methods of correction. The importance of normal thyroid function to the total bodily function is apparent in the readings. What is not entirely clear, although it is suggested, is that Cayce may have been describing the above-mentioned phenomenon of "hidden hypothyroidism." To this day, the condition is not a clear medical diagnosis based on a laboratory test.

Many symptoms described in the readings that relate to "incoordination of the glands" are the same symptoms used today to diagnose hidden hypothyroidism. In cases of true hypothyroidism as well as "incoordination of the glands," a variety of causes were mentioned. As happens in the readings, treatments depended on the individual circumstance and the causes of each case.

Causes of Hypothyroidism

The causes of hypothyroidism were varied, and appear from the readings to relate both to true hypothyroidism as well as “incoordination” of the glandular system. Commonly, a spinal imbalance was suggested as the cause. A nutritional deficiency, usually caused by dietary lack, but sometimes caused by improper assimilation, was also suggested. Mental excitement, acting on the sympathetic nervous system, was causative in some cases and contributory in others. Lack of normal circulation through the gland itself was also mentioned as a cause for certain individuals. This lack of circulation was often related to the aforementioned spinal imbalance. Finally, improper eliminations, or incoordination between assimilation and elimination, was suggested as a cause of hypothyroidism for some people.

Medically speaking, we know only a few of the causes of hypothyroidism. Lack of dietary iodine or an excess of inorganic iodine can each cause a decrease in thyroid function. Certain antithyroid substances, such as the drug thiocyanate and the herb bugelweed, will decrease thyroid function. There are many other cases of hypothyroidism and hidden hypothyroidism for which a cause cannot be identified.

Treatment Recommendations

Treatments in the Cayce readings were always based upon the cause, and therefore they differed from person to person. The recommendations will be discussed in the order of frequency with which they appeared in the readings.

Diet was mentioned most often. A reduction of meats and fats was frequently suggested. All carbonated drinks, fried foods and alcohol were to be eliminated. Often, citrus fruits or their juices were suggested. On occasion, additional calcium was suggested, usually in dietary form but sometimes as a supplement called Calcios. On one occasion, a decrease in calcium was recommended, underscoring the individuality of the readings. In general, the basic diet was favored for glandular imbalances, including hypothyroidism. For example:

Keep the better diets; that is, keep a more universal diet, and this will aid. Fruits, vegetables, nuts; little meats but fish and fowl do take. (2072-9)

Spinal manipulation (osteopathic) and massages were mentioned with similar frequency. Often, they were to be given in combination with each other. The exact areas of the spine that needed correction were different in each patient. Here is one example:

As we find, then, there are certain centers in the spinal system that indicate lesions. These are preventing a coordination between the superficial circulation and the central circulation. Hence correction osteopathically should be made... (3385-1)

Atomidine and thyroid extract were both recommended 25% of the time for true hypothyroid conditions. In many other cases of “incoordination of the glands,” atomidine was recommended almost exclusively. It appears that thyroid extract was sometimes needed when the gland was underproducing thyroid.

Thyroid replacement by means of thyroid extract requires medical supervision. Thyroid extract (U.S.P. thyroid) is a prescription medication. Self-prescribed thyroid medication can be dangerous. An overdose of thyroid medication can cause heart irregularities and other problems such as osteoporosis.

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Even Atomidine must be used with care. It is probably best used under the advice of a sympathetic physician. Small doses of iodine can stimulate (and, according to Cayce, normalize) thyroid function. Large doses of iodine can suppress thyroid function. This is why bottles of Atomidine caution not to take internally except under the advice of a physician.

According to the Cayce readings, Atomidine and thyroid extract were not to be used together. The combination could result in excess stimulation and worsen a glandular imbalance.

Attitudes and emotions needed to be constructive according to the Cayce readings, or else an imbalance in the nervous system would result in a glandular imbalance. Correction of attitude was also recommended some 25% of the cases. Here's the way Cayce put it to one person suffering from this disorder:

In the metabolism disturbance we find there are the effects through the nervous system, through worry, through overanxiety here or there, that bring on the greater disturbance...that other disturbances become exaggerated in their activity. (669-1)

A number of other remedies were mentioned in the Cayce readings, including hydrotherapy (4 cases), Kaldak (2), Tonicine (2), Calcios (1), the Violet Ray (3), castor oil packs (2), herbal tincture (1), colonics (2), radioactive appliance (2), fume baths (2), Wet Cell Appliance (1), medicated ash (1), powdered elm (1), yeast (1), and Glyco-thymoline (1), homeopathic thyroid (1).

Conclusion

While the vast number of differing therapies recommended in the readings may seem formidable, certain conclusions can be made regarding the Cayce strategy for treatment of hypothyroidism.

First, it appears that the basics of treatment include a balanced, alkaline diet accompanied by spinal manipulation and massage if indicated. The addition of certain substances such as Atomidine and thyroid hormone were a necessary part of the treatment nearly one-quarter of the time. Correct thoughts were held to be important in restoring normalcy to the glandular system.

Second, a variety of other treatments can be used on an "as-indicated" basis. The necessity of any of these will depend on the individual.

Finally, it must be pointed out that the Cayce readings more often referred to a "glandular incoordination" rather than overt low thyroid production. Was Cayce referring to what is now beginning to be recognized as "hidden" hypothyroidism? Perhaps he was. Symptoms of low thyroid function can be addressed, and probably should be addressed, before there is a diagnosable disease.

Basic principles of good health, as outlined in the readings, may very well allow a person to correct a "glandular imbalance," including hypothyroidism, even before the condition is diagnosable by conventional, Western diagnostic means.

Bibliography

Solved: The Riddle of Illness by Stephen Langer, M.D., Keats Publishing, New Canaan, Conn., 1984
Wilson's Syndrome by E. Denis Wilson, M.D., Cornerstone Publishing Co., Orlando, Fl., 1991
Hypothyroidism: The Unsuspected Illness by Broda O. Barnes, M.D., Thomas E. Crowell Co., New York, 1976

Additional Hypothyroid Extracts

667-14, Female 27, 6/17/42

Also we would begin with the One A Day tablets and also the A and D tablets, - that is, the A and D tablets of the One A Day brand, - and also the B-Complex. Take one in the morning (either of these) and one in the afternoon.

Adhere rather closely to those suggestions we have made as to the diet; that is, plenty of body-building foods. While the adding of the vitamins is well for the body, there should be the proper values taken in the foods, in conjunction with the proper osteopathic adjustments; which should enable the body to assimilate all in a much better way and manner....

(Q) What causes fingernails to split and break?

(A) This is lack of the glandular forces, especially in the thyroid, which will be materially aided by the addition of the A and D vitamin forces as combined with the B-Complex, for the general tonics for the body.

1992-3, Female 39, 2/15/40

(Q) Is there a meditation that can be used for building the body and keeping it in good condition? Please explain how this might be accomplished?

(A) Just as the suggestions may be used that have been made to the body through some of the treatments outlined, - the MIND acts upon the resuscitating forces of the physical being, by and through suggestion. Just so there may be the realization that spiritual forces are a part of the whole physical being. For, the REAL being is the spiritual import, intent and purpose, see? Thus a meditation, a centralizing, a localizing of the mind upon those portions of the system affected, or upon the activities needed for the physical being, INFLUENCES, directs the principal forces of the system. And it does resuscitate, if kept in sincerity; not merely said as rote, but that said being put into practical application through the experiences and associations with others, - and especially this entity as it works with the developing minds, may see such reactions.

In the meditations, then, OPEN the mind, the being, to the influences about same; surrounding self with the consciousness of the healing that is in the Christ-Consciousness, the Christ-awareness.

Thus:

LORD, USE THOU ME - MY BODY, MY MIND - IN SUCH A WAY AND MANNER THAT I, AS THY SERVANT, MAY FILL THOSE LIVES AND HEARTS AND MINDS I MEET - DAY BY DAY - WITH SUCH HOPE AND FAITH AND POWER IN THY MIGHT, THAT IT MAY BRING THE AWARENESS OF THY PRESENCE INTO THE EXPERIENCE OF OTHERS AS WELL AS MYSELF.

Such as these will bring those forces and influences for helpful experiences for the body.

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1620-3, Female 45, 12/14/38

(Q) Have I a thyroid deficiency?

(A) A little. This as we find is indicated by not a skip exactly, and yet a little irregularity in the metabolism of the system. This arises partially from a calcium AND thyroid activity deficiency.

As we find, the use of the iodized salt or kelp - as a sea salt - would be beneficial in the general meal, as well as Calcios taken about two days out of each week - about a level teaspoonful or sufficient to cover a cracker taken and eaten at a meal....

(Q) Do I have low blood pressure?

(A) This may be materially aided if those properties are taken as indicated to supply more iodine in kelp or the like as a part of the salt or iodine content, AND the use of Calcios to raise the efficiency of the blood supply. Some little condition there needs those corrections.

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BACKGROUND OF READING 23-3 F 26

None.

TEXT OF READING 23-3 F 26

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of March, 1937, in accordance with request made by the self and husband, Mr. [1005], Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [23], [1005], [760], and Hugh Lynn Cayce.

R E A D I N G

Time of Reading 12: 15 to 12: 25 Noon - Eastern Standard Time. ..., Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here, [23]; this we have had before.
2. As we find, conditions are very good in most respects.
3. There needs be rather that as we find for the stimulating of the balance in the circulation, to purify the blood stream, increasing the appetite and the activities of the body.
4. We would take that compound called S.S.S. This would be taken, though, as we find, rather in this manner: Take about half a teaspoonful before the morning meal, and half a teaspoonful just before retiring. Shake the solution well and these properties will produce bettered conditions.
5. It will be found also helpful if the body will take one minim of Atomidine of a morning just before any meal is eaten; after, of course, the other compound has been taken... but let at least a few minutes elapse between. Take the one minim in half a glass of water, for five days, leave off for five days, take again for five days; and the second or third period of taking same should be sufficient. This is to purify the glandular forces of the system. Measure the minim with a dropper, rather than attempting to pour same.
6. We will find these will bring the bettered conditions for the body.
7. For the heaviness across the lower portion of the spine, we would rub same with Olive Oil; also the lower limbs, along the sciatic centers, rubbing especially across the heels and under the feet; so as to make for better reaction in the activities and the use of the body. This is merely for stimulating the circulation.
Use pure Olive Oil, just a little in the palm of the hand, massaged across these portions and along the limbs; it will be found to be most beneficial, making for better coordination with the whole of the circulation between the superficial and the capillary and the deeper circulation.
8. In the matter of the diet, keep same well balanced as to an alkaline and an acid reaction. Do not combine at the same meals potatoes, white bread, spaghetti or macaroni. Do not combine any two of these in the same meal. Eat rather potatoes in the jacket and the peel rather than the pulp; the salts of these are most beneficial to the very activities of the body. Do not take cereals and citrus fruit juices on the same day. Keep a balance well with the sweets or carbohydrates and meats. These combined together for the body are the better, as with fish or fowl or lamb - that is preferable to roast or other types of meat; though, to be sure, breakfast bacon may be taken if it is prepared very crisp without much of the fat or grease in same.

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9. These we find are the better conditions for this body.

10. Ready for questions.

11. (Q) What is causing swelling in right side?

(A) The glandular forces; and we have indicated that for the purifying of same, by increasing the circulation and the activity of the thyroid as well as the glandular forces through the eliminating forces of the whole system.

12. (Q) Any other advice for the body at this time?

(A) Keep in that of constructive thought; because, to be sure, the thoughts of the body act upon the emotions as well as the assimilating forces. Poisons are accumulated or produced by anger or by resentment or animosity. Keep sweet!

13. We are through for the present.

REPORTS OF READING 23-3 F 26

R1. GD's note: A few months after her marriage (9/18/36) Mrs. [23]'s husband [1005]'s job petered out; his mother had come to live with them in order to help out financially. Her husband was suffering from an insidious skin condition [See 1005-15 through 1005-18] for which she had been constantly nursing him. All this worry and uncertainty evidently had much to do with her physical condition.

R2. 7/23/37 - Because of results obtained in [23]'s case, Mrs. [23]'s mother referred Mr. [1415] for a physical reading.

R3. 9/3/37 See 23-4, re. after effects of miscarriage.

HYPOTHYROIDISM CIRCULATING FILE

INDEX OF READING 24-3 F 16

ANEMIA

Digestion: Indigestion: Glands: Thyroid Par. 1

GLANDS: THYROID: HYPOTHYROIDISM

Injections: Hypodermic: Hypothyroidism Par. 1, 3-A, 5-A

Osteopathy: Lesions Par. 2-A

Prescriptions: Beef-Iron-Wine: Not Recommended Par. 4-A
: Quinine-Iron-Wine: Anemia Par. 4-A

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BACKGROUND OF READING 24-3 F 16

B1. See 24-1, 24-2.

TEXT OF READING 24-3 F 16

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 4th day of August, 1930, in accordance with request made by those in charge.

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Drs. Lydic and Wigal, [24], and L. B. Cayce.

R E A D I N G

Time of Reading 4: 10 P. M. Eastern Standard Time., Va.

(Physical Suggestion)

1. EC: We have the body here, [24] - this we have had before. Many are the changes as have been accomplished, or have come about in the physical forces of the body. That, as we find, as will be most beneficial in creating a normal equilibrium in the system, would be the administration of those of the thyroids, as will increase for the quality of the digestive forces and the upbuilding of the nerve and blood supply. Also the addition of iron vegetable forces to the system. Ready for questions.
2. (Q) How often should osteopathic treatments be given now? and how much longer?
(A) Once a week, until about fifteen are taken. That's fifteen weeks!
3. (Q) What dosage of thyroid extract?
(A) Should be in small dosage. In that of about twelve cc's.
4. (Q) Should iron, beef and wine be given?
(A) Be better that this be assimilated through that of iron, QUININE and wine.
5. (Q) How often should the thyroid be given?
(A) About twice each week.
6. That is all the questions regarding this body.
7. We are through with this reading.

REPORTS OF READING 24-3 F 16

R1. 7/22/30 Mrs. [5488] secured Physical Reading via Miss [24]'s recommendation.

R2. 12/20/30 Miss [24] obtained a Life Reading.

R3. 11/20/75 GD sent copies of all her readings, via request of her sister, Mrs. [23]. She [Mrs. [24]] is having backaches thinks the treatments recommended for her, osteopathically, so many years ago, may now be indicated. "I sent a list of the KCOM graduates in her area."

HYPOTHYROIDISM CIRCULATING FILE

INDEX OF READING 263-11 F 29

| | |
|--|-----------------------|
| Clairvoyance of E.C.: Conditions Confirmed | Par. R1 |
| Diet: Glands: Incoordination | Par. 10-A |
| Electrotherapy: Vibrator: Glands: Incoordination | Par. 5, 9-A |
| GLANDS: INCOORDINATION : Thyroid: Hypothyroidism | Par. 10-A, 13-A |
| Habits: Smoking: Moderation | Par. 11-A |
| Headache: Glands: Incoordination | Par. 4, 7, Background |
| Meditation: Affirmations | Par. 14-A |
| Nails: Fingers: Splits | Par. 13-A |
| Osteopathy: Not Recommended | Par. 5 |
| Prescriptions: Thyroid Extract: Glands: Incoordination | Par. 6, 13-A |
| Stomach: Dropped: Tendencies | Par. 9-A |
| Suggestive Therapeutics: Habits: Smoking | Par. 11-A |
| Supports: Abdominal: Stomach: Dropped: Tendencies | Par. 9-A |
| Surgery: Abdominal: General | Par. 12-A |

HYPOTHYROIDISM CIRCULATING FILE

BACKGROUND OF READING 263-11 F 29

B1. 1/12/39 She obtained 263-10 advising post operative measures following pelvic surgery. For several years she had suffered with severe headaches which had caused her to become addicted to B.C. Powders.

B2. 6/13/40 She was present, submitting questions, saying that of late she had been suffering terribly with headaches. Dr. F. C. Hudgins, Jr., D.O., thought she had B.C. tablet poisoning.

TEXT OF READING 263-11 F 29

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of June, 1940, in accordance with request made by the self - Mrs. [263], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [263] and Mrs. [540].

R E A D I N G

Time of Reading 3: 50 to 4: 05 P. M. Eastern Standard Time., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [263]; this we have had before.
3. As we find, there are many changes in a general and in a specific manner that have taken place in the system since we had this body here; while many of these were gradually changing when last experienced with these outlines.
4. In the present, we find there are some congestions, and the lack of the vital activity in portions of the glandular system, as well as the activities of the heart and the liver and the kidneys - that cause, from these nervous disorders, the headaches.
5. As we find, we would not have the osteopathic adjustments. Rather than these, we would have the thorough massage OR the use of the electrically driven vibrator; this given for fifteen to twenty minutes every evening when the body is ready to retire. Use the sponge applicator about the head and neck Use the suction applicator directly upon the body, downward from the head, on either side of the spine; not crossing over so much, save at the 9th dorsal and at the lumbar area. The sponge applicator would also be given, or used, ACROSS the diaphragm area; giving particular attention to that area over the spleen on the left side of the diaphragm area, or upper portion of the abdomen, and the liver area on the right side - rather than too much in the central area.
6. Also we would take the extract of thyroid for an improvement in the glandular activity, both of the thyroid and of the digestive and assimilating system. As to the dosage of this, it had best be administered through the direction of a physician - as to the change of pulsation that it brings; but as we find it should be just sufficient to stimulate the activity of the glandular forces - this will be the manner or the quantity in which it should be taken.
7. These as we find, - with general precautions as to diet, as to general activity, - will not only relieve the disturbance of the headaches, but the nausea that occurs at times when there has been any overactivity physically or mentally.
8. Ready for questions.
9. (Q) Is my stomach in its correct position?

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(A) So far as the general conditions are concerned, yes. But there is the inclination for the drooping of same. This as we find will be greatly corrected with the proper glandular and assimilating activities which should be produced by the stimulation through the vibratory forces regularly given - Don't give them one day and leave them off several, but give regularly! These would be preferable to any specifics for such conditions. However, a support worn at times would be very well, especially if the body were to be upon the feet for a long period of time.

10. (Q) Of what foods or drinks should I beware? Are any of these adding to my physical troubles?

(A) These are not so much disturbing as the general conditions and the upsetting of the glandular system, especially as related to lack of thyroid in the system.
[Hypothyroidism?]

Beware of too MUCH of any carbonated waters.

11. (Q) My desire is to stop smoking cigarettes, yet I do not seem to have the will power to do so. How can I overcome this habit?

(A) If it is deemed wise or necessary to overcome it, then have the suggestions made to the body, as it is going to sleep - by one who is in sympathy with the body's desire to change - that it will produce nausea, or that there will be the lack of desire for it. It is not harmful, just so it is done in moderation and not to excess.

12. (Q) Has lifting and straining been injurious to me in any way?

(A) Lifting and straining, of course, is injurious to anyone who has had abdominal operations; and this, of course, has caused some general nervous strain. But do not allow this to be as excuses. Rather let it be as warnings not to OVERDO; but general exercise is preferable to too much of the laxity on the part of the activities of the general system.

13. (Q) How can I stop my finger nails from splitting?

(A) The use of the properties as indicated should make for better thyroid activity, and thus take from the system those properties that will aid in building better cuticle and nails.

14. (Q) Please give me any mental or spiritual advice that would help me at this time?

(A) In all of thy meditations and in thy prayers, let that attitude continue to be:
THY WILL, THY PURPOSE, NOT MINE! MAKE ME WILLING TO BE THE
CHANNEL THOU WOULD HAVE ME TO BE, O LORD; THAT MY LIFE AND MY
ASSOCIATIONS MAY BE BEAUTIFUL, AND HELPFUL, IN THE EXPERIENCES
OF THOSE I MEET AND AM ASSOCIATED WITH DAY BY DAY.

15. We are through for the present.

REPORTS OF READING 263-11 F 29

R1. 9/13/40 Reply to Questionnaire:

"The analysis of my Reading 263-1 on 2/6/33 DID cover the condition. These symptoms were described correctly: Resistance very low; taxation of the body physically, mentally and emotionally; anemia, blood supply below normal, poor assimilation, poor elimination, distresses in various portions, distresses in lower part of stomach, low vitality, headache, pains in top of head, nervous, pains in throat and pit of stomach; stomach tilted, fermentation, dryness in the system. As stated in the reading, little in the body not under stress.

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“The physician said I was just 'run down.' Later 'female trouble,' as a check reading stated had developed.

“At first I didn't seem to have the mind to follow the suggestions. I have carried out later readings. I am still following the suggestions.

“I did not improve at first because I disregarded the suggestions given, but since I have had my last reading [263-11] and have followed it, I am very much better.

“Check readings - analysis always correct, but not always followed.

(1) Worse physically, mentally; poor elimination, purple lips, showing poor circulation, liver torpid.

(2) Overtaxing the nervous system, bearing down pains in the pelvis area, limbs aching.

(3) Poor elimination, digestive system upset, pressures, poisons, nervousness.

(4) Congestions, lack of proper activity of the heart, liver, kidneys, etc.”

R2. 10/26/40 She obtained Check Physical Reading 263-12 answering questions, especially cause and relief for continuing headaches and nausea.

HYPOTHYROIDISM CIRCULATING FILE

INDEX OF READING 352-3 F 26

| | |
|---|-----------------|
| Catarrh: Nasal: Circulation: Incoordination | Par. 11-A |
| Diet: Eliminations: Incoordination | Par. 6 |
| Doctors: Shapiro, A.: D.C. | Par. R5 |
| Glands: Thyroid: Hypothyroidism | Par. 9-A |
| Intestines: Colonics: Toxemia | Par. 10-A, 12-A |

OBESITY

PELVIC DISORDERS: AMENORRHEA

| | |
|--|-----------------------|
| Physiotherapy: Hydrotherapy: Eliminations: Incoordination | Par. 4, 5, 10-A, 11-A |
| Pregnancy: Not Recommended | Par. 13-A |
| Prescriptions: Atomidine: Glands: Incoordination | Par. 5, 9-A |
| Sterility: Cured | Par. R5 |

TOXEMIA

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BACKGROUND OF READING 352-3 F 26

B1. See 352-2 on 11/13/39.

B2. 12/23/41 Sister [349] submitted questions in regard to Mrs. [352]'s thyroid sluggishness, amenorrhea, nasal drip, constipation, desire to have a baby, cause of sudden obesity, tiredness and nervousness, pain in left region of chest, etc.

TEXT OF READING 352-3 F 26

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 7th day of January, 1942, in accordance with request made by the self - Mrs. [352], Associate Member of the Ass'n for Research & Enlightenment, Inc., through her sister, Mrs. [349].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading ... St., 11: 05 to 11: 15 A. M. Eastern Standard Time. ..., Penna.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here.
3. As we find, there are changes in the physical forces of the body. Not all are for betterments. As we find, there is an excess of poisons being drained in the system, and retained.
4. In the present, we would have one or two series - of say, five or six - of thorough hydrotherapy treatments. These taken and then rest a period of two weeks from same, then take again, then rest another two weeks and then again. These should bring about the corrections in the activities of the eliminations, and for the stoppage of glandular reactions, and for reducing the excesses through the body.
5. During the time the hydrotherapy treatments are being taken (and we would take these weekly), we would take Atomidine internally - but only during the time the hydrotherapy treatments are taken - do not take this UNLESS the hydrotherapy is taken. Take one drop of Atomidine of mornings before any meal is taken.
6. Then be mindful also of the diet. Not too much of fats or greases of any nature. No fried foods at any time. Little or no butter or of those properties that are cooked or prepared with quantities of butter.
7. These as we find, if they are consistently done, and there is the adherence to those suggestions in the diet, should bring bettered conditions for the body.
8. Ready for questions.
9. (Q) Is thyroid sluggish and how can body become normalized?
(A) Thyroid is sluggish, and thus those activities as needed for drainages - by the excess of iodine, through the stimulation of Atomidine.
10. (Q) Why no menstrual period for about a year?
(A) This is a block owing to the lack of drainages and thus the excesses of poisons that should be eliminated through alimentary canal, as well as the general circulation.
The hydrotherapy, then, should include a thorough colonic irrigation at least twice a month.

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11. (Q) How can nasal drip be cured, causing sore throat due to accumulation of phlegm in throat?

(A) This will be cured by stimulating the proper relations in the circulation by the massage and the hydrotherapy rubs as come with such treatments.

12. (Q) Will these treatments overcome constipation?

(A) If there will be the adherence to the diet suggestions AND the colonic irrigations to set up proper relationships to the activity of the peristaltic movements through the alimentary canal.

13. (Q) Is body in fit condition to have a baby?

(A) Not in the present.

14. (Q) What has caused sudden overweight and what should my normal weight be?

(A) As indicated, this comes from stoppages and the excesses of fat producing forces, by the characters of the diet. Thus the changes as should be indicated.

15. (Q) What causes sudden tiredness and nervousness?

(A) This is a general condition from the excess of toxic forces, or the poisonings.

Do these things as indicated, if we would bring the better conditions for this body.

16. We are through for the present.

REPORTS OF READING 352-3 F 26

R1. 1/19/42 Sister [349]'s letter: "Your reading [352-3] certainly hit the nail on the head."

R2. 1/2/46 Letter from [349]: "...Do you know where Dr. Backman is? For three years [352] and her husband have tried to have children and have gone to so many specialists. It has cost them much time and money and I understand it has something to do with her glands. She has an underactive thyroid and it seems, too, that her glands don't function properly. They are so anxious to have a baby and have gone through so much. Dr. Backman helped me and I thought perhaps he could help her. I remember Mr. Cayce writing me once that he helped a couple who had tried for eight years. I wouldn't bother you with this now, Gladys, but they would give anything to be helped, and it would mean so much to them. Could you help them in any way? Perhaps you could send her somewhere, or suggest something to her. She would be most grateful and so would I, as [352] and her husband would like a baby above all things..."

R3. 1/5/46 GD referred her to three osteopaths and one chiropractor in case she was unable to locate Dr. Backman.

R4. 1/28/46 Letter from [352]'s sister [349]: "...I was able to get Dr. Backman finally. He lives at ... Wednesday night he is coming to my mother's to start treatments on [352]. He feels sure he can help her. I wanted to be sure to get in touch with him first as he helped me through Mr. Cayce's readings. Will let you know and we're hoping and praying for the best..."

R5. 3/15/51 Letter from [352]: "...A few years ago I wrote you at the suggestion of my sister [349], requesting the name of a good chiropractor to go to here in N.Y., and you

HYPOTHYROIDISM CIRCULATING FILE

recommended Dr. Shapiro. My difficulty at the time was poor circulation and sluggishness, which no doubt all contributed to the fact that I couldn't have a baby. "You wrote me at the time that Dr. Shapiro had an excellent reputation in achieving amazing results and you asked me to let you know how I make out. Well, I am most happy to advise you that after going to him for four years regularly (I was probably in a very bad way), I now find I'm going to have a baby. I know that without the treatments, this would have been impossible, as during the years I went to him, gradually my system worked better and better; a result that the medical doctors I went to were unable to accomplish.

"I cannot tell you how grateful I am that Dr. Shapiro was able to accomplish the almost impossible, and I feel that you should have this information for your records and for the help of anyone else who is in the same position..."

R6. 12/7/51 Sister [349] wrote that Mrs. [352] had a baby boy born 5/27/51.

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INDEX OF READING 434-1 M ADULT

| | |
|---|------------------------|
| Appliances: Radio-Active: Glands: Incoordination | Par. 18, 19, 28-A |
| Blood: Coagulation: Poor | Par. 6 |
| Diet: Menu: Glands: Incoordination | Par. 20--23 |
| Digestion: Indigestion: Nervous | Par. 14 |
| GLANDS: INCOORDINATION : Thyroid: Hypothyroidism | Par. 12 |
| Healing: Consistency & Persistency : Purpose | Par. 30-A Par. 30-A |
| Insomnia: Glands: Incoordination | Par. 28-A |
| Melancholia: Glands: Incoordination | Par. 29-A |
| Osteopathy: Glands: Incoordination | Par. 24, 26-A, 27-A |

BACKGROUND OF READING 434-1 M ADULT

None.

TEXT OF READING 434-1 M ADULT

This psychic reading given by Edgar Cayce at Lillian Edgerton, Inc., 267 Fifth Ave., New York City, this 9th day of November, 1933, in accordance with request made by self - Mr. [434], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [437].

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Mr. [434] and Mr. [437].

R E A D I N G

Time of Reading 10: 15 to 10: 50 A. M. Eastern Standard Time. New York City.
(Physical Suggestion)

1. EC: Yes, we have the body here, [434].
2. As we find, in the physical forces of the body there are conditions of which the body should take warning. While these disorders do not as yet assume proportions as to cause the greater amount of disturbance, corrections in the present would prevent distresses later on and will make for better reactions, bringing the body to a near normal ability of reaction.
3. These, as we find, have to do with the glands of the body and the effects specific and reflex that they produce in the system.
4. Then, these are the conditions as we find them with this body, [434], we are speaking of, present in this room:
5. The BLOOD SUPPLY shows a deficiency in the elements necessary for the better balancing in the body of all functionings of organs as related to secretions from glands of the body. While the metabolism isn't so much unbalanced in the present, this in itself shows that there are periods when the activities of the heart and the respiratory system are disturbed by the activity of the blood supply; hence making for an erratic pulsation and an erratic blood pressure.
6. As to the elements of the blood itself, these we find in their divisions - if they are separated - show the lack of that urea that makes for the creating of coagulation where used tissue has been eliminated for or from the system. Hence in portions of the body, where tendons, muscles and forces in the system are by their nature controlled by the muscular reactions, these at times show an incoordination in their activity, allowing portions to become lax as to produce the conditions that exist in the abdominal area in specific reaction, and as related to the lymph circulation in the soft tissue in the face, in the antrum, in the throat. These, to be sure, are reflexes from a more specific condition; though the basis is from an unbalancing of elements that produce the proper stimulation to glands of the system.
7. As to the NERVE FORCES of the body, we find these are very good considering the condition that exists in the general reaction of the system; yet specific centers show such reactions as to cause an improper flow of the blood supply, even that is disturbed in its elemental action. This is indicated in those areas in the lumbar plexus that makes for the easy tiring at times across the hips, and the feelings in the lower extremities as of not

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sufficient flow of impulse of reaction, or a tendency of feeling as if the body is asleep - as it is sometimes called.

8. Stimulation in these particular centers, with a balancing of the conditions in the system, would make for a proper distribution of that which is assimilated.

9. As to the ORGANS of the body themselves:

10. Brain forces are good in their reaction. The imaginative forces, that apply through the sympathetic nervous system in coordinating movements of the body with the imaginative reactions, are good. Hence in specific lines of endeavor that are creative in the imaginative forces of the body are the reactions through which the body-mental may find its better expression in the realities of experience.

11. In the head, neck and throat we find those indications at times (not always) of those forces that have been indicated in the lymph and muco-membrane circulation, as to cause an uneasiness and a dizziness at times; especially when there has been concentration of the mental activities. And this, with the impulses and the balancing of the body, should not exist.

12. The thyroids do not function properly; they are deficient in elements to make for a proper distribution of influences as assimilated for the functionings of the glands themselves, and are a contributory cause to the general conditions - as are the adrenal glands also, which make for a betterment of balancing in that which is assimilated through the digestive forces of the body.

13. As to the heart's action, the lungs and their effect upon the general condition of the body, these - as we find - are rather sympathetic than being of specific disturbances in the present; though, to be sure, as we have indicated, the organs or these as specific conditions may become involved unless the basic forces that PRODUCE a better balance are corrected.

14. Digestive area, as indicated, is necessarily disturbed through the inactivity of those glands to produce the necessary factors in the distribution through the circulation of that proper assimilated. Hence, as has been termed, there is NERVOUS indigestion rather than specific influences from other forces in the body, but reaches same through these activities.

15. With the glands in the hepatic circulation being disordered, as in response to the activities of the body, these make for a drying at times through the intestinal tract, and cause disorders reflexly and specifically from those conditions that have been indicated in the characterization of the blood flow and supply to different portions, or the walls of the intestines of the abdominal area itself. And hence the lack of peristaltic movements, for these are not efficient at all times.

16. As indicated, these are the conditions of which the body is aware at present, and the disorders are rather specifically the inability of the glands, through the lack of elements in the system to produce the proper reactions for a perfect normal condition in body.

17. Then, in meeting these conditions, as we find that exist with the physical organism of [434], we would first apply internally for the system that which will aid in creating for the body those impulses to the glands of the body that will stimulate their activity, assisting them through the assimilations to supply (both by external application and internal activity of the digestive forces, that will become better balanced) that which will make for an equilibrium in the system.

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18. So, through the Radio-Active Appliance carrying iodine in solution for vibrations to the body, as applied to the organisms in disorder or distress rather in the present, we will aid in stimulating their activity.

19. The first anode without the solution would be applied to the 3rd cervical, while the anode carrying the solution in the activity would be applied to the umbilici [umbilical] area but over the lacteal ducts that make for assimilations and their activity upon digestive influences. We would make these attachments each evening as the body rests, just before retiring, for twenty to thirty minutes.

20. We would also be mindful that the diet carries those properties to aid in replenishing blood influences and the forces that will create a balance for the system. This would be an outline, though it may be altered, to be sure, to meet the needs of the body's influences or forces:

21. Mornings - citrus fruit juices, especially grapefruit and lemon juices; coddled egg, and whole wheat or crushed oats that may be made into cakes. If any sugars are taken, preferably any sweets should be (at all times) only of honey - especially in the honeycomb.

22. Noons - vegetable juices or meat juices, but not the meat itself nor a great deal of the body of the vegetable forces - though the juices of same may be taken; with milk that is either already acted upon by the lactic forces in same or as in buttermilk, Bulgarian milk, or dried milk and the like; for these are much better than the raw or fresh milk.

23. Evenings - a well-balanced vegetable and meat diet, though no red meats would be well for the body.

24. We would also in the third or fourth week of battery appliance treatments, that carry the influences to the activities of the glands of the body, begin with the manipulative influences that distribute throughout the system; especially applying the deeper manipulations in those areas in the folds of the abdomen as the blood supply is sustained, as the activities of the kidneys are made more normal, as the coordination between the poles of the system in the circulatory areas are established in better coordination, that the distributions throughout the system are improved. These will be required in the lumbar and sacral area, the 5th and 6th dorsal plexus and, especially, in the hypogastric and pneumogastric crosses in head and neck, REDUCING these pressures for the inflammation that occurs in the muco-membranes of the soft tissues in body.

25. Ready for questions.

26. (Q) Should these treatments be given by an osteopath, or one who massages?

(A) An osteopath would be the better, or an osteopathic masseur that makes particular direction to central areas as indicated and general distribution throughout the body. This would be beneficial.

27. (Q) How often should these treatments be taken?

(A) Twice each week.

28. (Q) What causes the headaches, and is there anything specifically to be done for them?

(A) The lack of the proper flow of blood supply to the head. When those activities as indicated in the system are such that the mental forces call for the necessary reactions in body, there is the deficiency in elements to supply nutriment - which causes pressures. Hence the balancing of the body by the vibrations created by the low electrical forces from the Radio-Active Appliance with the elements that are needed in the system, by the

HYPOTHYROIDISM CIRCULATING FILE

third or fourth week there should be a decided change; even from the second day there may be a decided change - in that the body may rest much better when it sleeps.

29. (Q) What causes periods of extreme depression, and what may be done to prevent them?

(A) As indicated by the disturbances themselves in the glands of the body, there is a lack of vital forces to be kept active. Hence the attempt through repression periods of the body to adjust itself, and with the body seeking then different environs, different surroundings, changes the flow; and unless this is sought the depression period lasts the longer. But with the applications of those influences given, we will find these will disappear entirely.

30. (Q) Is there any other advice for my benefit at this time?

(A) As given, we would make these applications, consistently and persistently, for sufficient period to create a normal balance in the body, preventing disturbances that may become even acute unless a proper balance is created.

For, the vital influences of the abilities of the body would be as complimentary to those activities which may bring much to others. The duty, then, is not only to self but to that which the body may give to others.

31. We are through for the present.

(11/9/33 GD's note: The Radio-Active Appliance we have ordered sent to you at once, with full instructions, C.O.D. I think the price of this special appliance mentioned for you is \$15.00. If we can help you in regard to other details of any of the treatments, don't hesitate to call on us.)

REPORTS OF READING 434-1 M ADULT

R1. 11/40 Mr. [437]'s report: "...[434] died about a year ago with heart trouble..."

R2. GD's note: See 1800-24 Reports explaining theory of the Radio-Active Appliance.

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INDEX OF READING 665-3 F 12

| | |
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| Anemia | Par. 10-A--13-A |
| Child Training: Adolescence: Glands | Par. 3 |
| Circulation: Poor: Sciatica | Par. 11-A, 12-A |
| Diet: Glands: Thyroid: Hypothyroidism : Vitamins: Codiron: Neurasthenia | Par. 13-A Par. 5 |
| Education: Schools: Holy Trinity | Par. 9-A |
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| GLANDS: THYROID: HYPOTHYROIDISM | |
| Neurasthenia: Glands: Thyroid: Hypothyroidism | Par. 3, 10-A |
| Osteopathy: Glands: Thyroid: Hypothyroidism | Par. 6, 13-A |
| Prescriptions: Tonicine: Glands | Par. 4 |
| Sciatica: Circulation | Par. 11-A, 12-A |
| Underweight: Glands: Thyroid: Hypothyroidism | Par. 10-A |

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BACKGROUND OF READING 665-3 F 12

B1. See 665-2 on 6/8/35.

B2. 12/2/38 Mother phoned: "[665] can't get out of bed this a.m., has been on the decline for a couple of wks., seems to get worse all the time - Why loss of weight and lack of vitality? Pains through hands, left side? Congestion in chest? Nervous and upset?" Etc.

TEXT OF READING 665-3 F 12

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of December, 1938, in accordance with request made by the mother - Mrs. [540], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 3: 40 to 3: 50 P. M. Eastern Standard Time., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions which have been submitted, as I ask them:
2. EC: Yes, we have had the body here before.
3. As we find, these are rather those DEVELOPING periods for the body in the glandular activity. And with the mental activities being disturbed, and with lack especially of sufficient thyroid, these are producing great strains upon the nervous system; causing nervous exhaustion, as well as body-depletion.
4. We would use Tonicine as a tonic. Take about half a teaspoonful in a little water twice each day, morning and evening. It would be well that this be taken in periods; that is, for two or three weeks - two to two and a half weeks, and then left off for a week, and then taken again - and so on.
5. At the noon meal (and EAT the MEAL!) we would take two Codiron tablets; WITH the meal. These we would continue taking throughout the winter and early spring season.
6. Well that there be some osteopathic adjustments to relieve the tension through the lumbar, through the 9th dorsal and especially - of course - the upper dorsal and cervical areas. These would be most helpful for the body. Give these twice a week for three weeks, leave off for three weeks and then have another series.
7. These, with a change of environment to a more CONGENIAL activity in its studies, would be most helpful for the body.
8. Ready for questions.
9. (Q) Would Holy Trinity, a Catholic school at Ocean View, be advised for the change?
(A) Be very well!
10. (Q) Why the loss of weight and lack of vitality?
(A) As has been indicated.
11. (Q) Pains through the hands, and left side?
(A) Drawing upon the lymph and so little existent. All of these symptoms are a portion of that condition described. Do as has been outlined.
12. (Q) What causes congestion in chest?
(A) Lack of blood supply, as indicated.
13. (Q) Any advice regarding diet?

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(A) It will do what it should about the diet when the assimilating forces are stimulated to activity; which necessitates both the internal forces indicated AND the manipulative measures.

Do that.

14. We are through with this Reading.

REPORTS OF READING 665-3 F 12

R1. 12/2/38 mother's letter: "We certainly appreciate the kind and gracious way in which you meet our every request. Surely God is always with you in doing such a wonderful work."

R2. See subsequent notations under 665-1 life reading Reports.

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INDEX OF READING 880-1 F 49

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| Constipation: Tendencies | Par. 7 |
| Dermatitis: Tendencies | Par. 6 |
| Diet: Acidity & Alkalinity | Par. 18, 22-A |
| Doctors Suggested: Dobbins, Frank P.: D.O. | Par. 17 |
| Glands: Thyroid: Hypothyroidism | Par. 7 |
| Head Noises: Spine: Subluxations | Par. 10 |
| Insomnia: Tendencies | Par. 5, 6 |
| Nervous Systems: Incoordination | Par. 10 |
| NEURASTHENIA: TENDENCIES | |
| Osteopathy: Spine: Subluxations | Par. 17, 22-A |
| Pelvic Disorders: Adhesions: Tendencies | Par. 21-A, 22-A |
| Prescriptions: Atomidine: Glands | Par. 16, 17, 22-A |
| Sedation: Not Recommended | Par. 7 |
| SPINE: SUBLUXATIONS | |
| Surgery: Preventive: Pelvic Disorders | Par. 22-A |

BACKGROUND OF READING 880-1 F 49

None.

TEXT OF READING 880-1 F 49

This psychic reading given by Edgar Cayce at the David E. Kahn home, 44 West 77th St., Apt. 14-W, New York City, this 5th day of April, 1935, in accordance with request made by the self - Mrs. [880], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [877] and Mrs. [920].

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Mrs. [880].

R E A D I N G

Time of Reading 2: 35 to 2: 55 P. M. Eastern Standard Time. New York City.

(Physical Suggestion)

1. EC: Yes, we have the body here, [880], present in this room.
2. Now, while we find the general physical conditions of the body are very good in many respects, there ARE those tendencies and inclinations that cause disturbances in the physical forces and in the functioning of organs, the correction of which in the present would prevent a great deal of disturbance later on - and remove much of the anxiety that arises in the physical functioning of the body in the present.
3. These, then, are the conditions as we find them with this body, [880] we are speaking of, present in this room:
4. First, in the BLOOD SUPPLY we find indications of disturbances in the nervous forces of the body as related to the eliminations and especially as to the lack of secretions from certain glands in the system, as we shall see, that produce a great deal of disturbance in the manner in which the nerve forces are affected.
5. The blood stream itself is very good, though there is considerable change in the numbers of the white and red blood supplies in the corpuscles from time to time. This makes for periods when there is an overfullness in some portions of the body, and at others a weakness that the body finds after rest; or when the body should normally rest it is not as rested as when the attempts to rest were begun. These show, then, the effects of this irritation.
6. In the NERVE FORCES of the body do we find the greater cause for the distresses as related to both the cerebrospinal AND the sympathetic nerve forces. While the cerebrospinal system has DEFINITE pressures existent in the lumbar and the lower dorsal area, the effect that these pressures or tendencies produce - as indicated - is upon the glands about the assimilations in the system. And they affect the sympathetic nervous system to at times make for periods when the body cannot rest easily, or insomnia occurs, or the body awakes and then doesn't go to sleep very well, and then again there is an appearance as of irritation over many portions of the body. While little or no rash may occur, there is a tingling sensation in the extremities and on portions of the system itself. These are effects, or the effects of nerve end irritation. And the body becomes IRRITABLE at times when within self there's little that should cause such anxiety - as the body feels.
7. Those activities of sedatives respecting same would only make for a creation of that which would produce in the glands, about the lacteals and the adrenals, a reaction that would call for accumulations of lymph circulation or irritations in portions of the system

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itself. Hence these will not through medications from within, internally, be materially aided in removing the cause. The effects may be helped, or there may be a palliative in such, but the causes will not be relieved unless that which causes the condition is relieved. This also shows in that the glands of the thyroid do not supply sufficient in the system. This is another source of irritation to the nerve forces of the body, and especially to the lacteal ducts which make for a disturbance at times through the eliminations through the alimentary canal; as of constipation, that makes for a distortion through the lower portion of the abdomen at times. These are the effects of these nerve reactions; causing at other times very poor assimilation; those foods that the body desires apparently disagree and at others it finds that these are very well absorbed in the system.

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

9. Brain forces are very good.

10. The organs of the sensory system that are affected through the disturbances in the sympathetic system show periods when the hearing may be more acute and others when there's some buzzing - as it were - in the ear. At other times we find the taste or the speech or the throat, or even the eyes at times, and ears, make for changes. Not organically, but sympathetically; or the disturbance in the coordinations between the sympathetic and cerebrospinal system from a pressure existent in the lower dorsal and the lumbar centers, or in the 3rd and 4th lumbar and the in the 9th, 10th and 11th dorsal centers.

11. These in the dorsal centers make for the distresses to the upper portion of the pelvic organs; those in the lower make for a reverse, or those activities to the lack of the proper flow of impulses to the lacteal duct centers in the area about the gall duct and the assimilated forces through the upper portion of the jejunum and the lower portion of the stomach itself - or in the pylorus portion of same.

12. As to the activities in the throat, bronchi and larynx - here we find only those sympathetic influences that arise from either weariness of body or mind, through the disorders in the nerve forces of the body.

13. Heart's action, as indicated, shows a little change in the pulsation and even in the pressure at times, but no disturbance other than sympathetically through these conditions.

14. Digestive forces, as indicated, make for those alterations; or at times we have a sympathetic or nervous indigestion - as indicated by the conditions that have been ministered for the body at times.

15. In meeting the needs of the conditions as we find them for this body, we would begin first with these:

16. We would take very minute or small doses of those activities in that called Atomidine, which will create more of the iodine and less of the potash in the blood stream. The atomic forces of the iodine will stimulate an activative force with the glands of the system. Do not take more than one minim twice each day, morning before the meal and evening just before retiring; one minim of Atomidine in half a glass of water. Take in this manner for ten days. Then rest or leave off for five days. Then take again.

17. When the first period of rest comes from taking the Atomidine for ten days, then begin with the manipulations osteopathically given. And, as we find, Dobbins would be better, to make the adjustments in the lumbar and the dorsal area (lower dorsal); coordinating, to be sure, the hypogastric and pneumogastric plexus through those areas of the upper cervical that will make for the relieving of the pressure to the nerve junctures in

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the cervical area. Give these treatments twice each week for a period of three to four weeks; then for a period once a week for two or three weeks.

18. Be mindful through the whole period that the diets are more in the form of an alkaline-reacting; or a fruit and vegetable diet, with little of shell fish, especially, though oysters for a portion may be taken if they are roasted. We would abstain from red meats or fried foods of any kind; or too great a quantity of potatoes or white bread.

19. With these applications, we will find we will bring the normal conditions for this body, relieving many of those pressures, those portions where glands are affected - as in the mammary glands, as in the organs of the caecum and through the iliac plexus, such as to make for better - much better conditions; relieving the strain, the anxiety, and making for a normal force for this body.

20. Ready for questions.

21. (Q) Would an operation in the vagina be necessary for the stricture?

(A) Not with the correction, as we have given, in the lumbar plexus areas and in the coccyx area; for we will relieve those tendencies for this adhering that has occurred in the ileum area.

22. (Q) Any other suggestions for the body?

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

Do these, and we will find we will bring normalcy for this body. No operations are necessary. No accumulations of that which might form for operations.

23. We are through for the present.

REPORTS OF READING 880-1 F 49

R1. 10/18/37 Mrs. [987] wrote making an appointment for Mrs. [880].

R2. 11/1/37 When coming to be present for the reading, Mrs. [880] said: "Yes, I want a Life Reading. I am relieved of my physical disturbances now, thanks to you."

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INDEX OF READING 935-1 F ADULT

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| Air: Exercise: Glands: Incoordination | Par. 26-A |
| CIRCULATION: INCOORDINATION | |
| Diet: Beverages: Carbonated: Not Recommended | Par. 19 |
| : Citrus & Cereal | Par. 15 |
| : Glands: Incoordination | Par. 13--19 |
| : Menu: Glands: Incoordination | Par. 15--17 |
| Doctors Suggested: Dobbins, Frank P.: D.O. | Par. 12, R2 |
| GLANDS: INCOORDINATION | |
| : THYROID: HYPOTHYROIDISM | |
| HAIR: BALDNESS: CURED | |
| : Glands: Incoordination | Par. 4 |
| Healing: Consistency & Persistency | Par. 9 |
| Mind: Conscious: Nervous Systems: Sympathetic | Par. 6 |
| Nails: Toes: Circulation: Incoordination | Par. 4 |
| Osteopathy: Glands: Incoordination | Par. 10, 12 |
| Prescriptions: Ventriculin With Iron: | |
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| Physiotherapy: Massage: Vaseline: Hair: Baldness | Par. 21 |
| : Packs: Cold: Hair: Baldness | Par. 21 |
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| Psychosomatics: Dis-Ease | Par. 9 |
| Work: E.C.: Quotations & Similes: | |
| "Be Not Overanxious" | Par. 29-A |

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BACKGROUND OF READING 935-1 F ADULT

B1. 6/8/35 Mr. [257] wrote for Mrs. [935]'s husband, saying they were mainly concerned about a bald spot on her head larger than a dollar, doctors unable to diagnose the cause or remedy.

B2. 6/11/35 Mrs. [935] submitted her own questions. "What causes swelling of ankles at times - pain and stiffening in right shoulder and right thumb..."

TEXT OF READING 935-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 14th day of June, 1935, in accordance with request made by the self - Mrs. [935], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [257].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. L. B. Cayce.

R E A D I N G

Time of Reading 3: 45 to 4: 20 P. M. Eastern Standard Time. New York City.

(Physical Suggestion)

1. EC: Yes, we have the body, [935].
2. Now, we find there are conditions that disturb the better physical forces of this body. These have been and are rather hidden, and are yet salient in the activity of the physical body. These are affectations that arise from poor coordinations in the functioning of glands, as produced by an unbalanced haemin [hormone] in the blood stream; producing elements and lacking in production of elements that make for deficiencies in some directions, extravagant reactions in the physical functioning in others.
3. These, then, are the conditions as we find them with this body, [935] we are speaking of, [935].
4. First, in the BLOOD SUPPLY, while the metabolism (or the circulation as to its courses through the body) shows little disturbance, there is quite a variation in the manner in which it flows in different portions of the body itself. This is indicated in a variation that may be seen in the pulsation in either arm that varies from that in the lower extremities, or even to the head and to the wrist. Not a great deal, but the force sufficient to indicate that there are disturbances in this direction. Also the deficiency in the quantity or quality of factors carried in same is indicated by not only the effects created in the activity of the superficial or capillary circulation but in various portions of the body itself. This may be seen in the blood stream from the activity of the thyroids and the Tyson [thymus?] glands; in the one portion making for a condition in the scalp that, while not an extraordinary condition, is DISTURBING as a factor to the body in the loss of hair. Then in the lower extremities, as in the toes, there is a deficiency; and a condition that causes disturbance with the toenails, as well as a soreness in the bursae in the feet themselves. And from the same causes, where poisons are indicated, we have in the arms and shoulders a dull aching at times, with the inability to make for as full movement of the arms as desired from the brachial center - or from the pressure laden centers in the 3rd, 4th and 2nd dorsals.
5. These indications are apparent from a lacking of elements in the storehouse of elements in the "medicine chest" of the system, as it were. Or the secretions from the thyroid, the Tyson [thymus], the adrenal glands are hindered by this OVERFLOW of

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elements from a torpidity in the lacteal ducts. So, a heaviness occurs at times in the right side, and a feeling as of a tiny movement just beyond and below the gall duct center.

6. In the NERVOUS FORCES these reactions are rather more sympathetic, for the body has in most periods been under rather strain or stress - able to keep full control. But at times these produce to the sympathetic system an inability to think in as concerted a way and manner as is desired. At others there is caused, as it were, a lapse to that the body desires to think, making it hard to recall incidents or names at times. These are merely indications, you see.

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

8. These show strain, as indicated, and are not organically disturbed but functionally - from the lack, or oversupply at other times, of a blood flow through the organs themselves or their portions.

9. Then, in meeting the needs of these conditions, as we find, it will require patience, persistence, and - most of all - CONSISTENCY! However, worrying or overanxiousness ABOUT such will bring ON and MAKE for a disturbance of its OWN nature in the applications for aid.

10. The greater portion of the treatment, then, must be periods of correct coordination of centers and ganglia that will aid specific portions of the system to function in COORDINATION with the rest; and a diet that will make for the body-changes; with local application only occasionally (but occasionally means consistently, - say once a week, a massage over the whole body including a massage for the scalp and head).

11. These, then, would be the outlines that we find would be the better for this body, [935].

12. First, we would begin with a SERIES of treatments to correct the segments along the cerebrospinal system, making specific adjustments (or relieving of tension and pressure) in the 2nd, 3rd and 4th dorsal; coordinating these with the 3rd and 4th and 1st and 2nd cervical, with occasionally the lumbar axis. And once a week in the treatments coordinate the axis and the atlas of the body in the treatments. Take such manipulations and adjustments (as we find, under Dobbins' system) twice a week for the FIRST period of FOUR weeks. Then rest by leaving off the treatments for a period of two weeks. Then take them again for three weeks. Then rest from them four weeks. Then take them again for four weeks. Then, after that period, we would give other instructions in these directions. (For, later, we must have some diathermy in the treatments.)

13. As to the DIET: We would have quantities each day of ORANGE juice. There should be at least two full glasses of same taken each day; mornings the first thing, and in the evenings just before retiring. Do not GULP same but drink very slowly, so that this may be assimilated by the system without upsetting the body too much. Take five to ten minutes or more to drink same.

14. Then, the meals would be according to this outline:

15. Mornings - whole wheat toast, browned. Cereals with fresh fruits. The citrus fruit juices occasionally. But do not mix the citrus fruit juices AND cereals at the same meal.

16. Noons - principally (very seldom altering from these) raw vegetables or raw fruits made into a salad; not the fruits and vegetables combined, but these may be altered. Use such vegetables as cabbage (the white, of course, cut very fine), carrots, lettuce, spinach, celery, onions, tomatoes, radish; any or all of these. It is more preferable that they ALL be grated, but when grated do not allow the juices in the grating to be discarded; these

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should be used upon the salad itself, either from the fruits or the vegetables. Preferably use the OIL dressings; as olive oil with paprika, or such combinations. Even egg may be included in same, preferably the hard egg (that is the yolk) and it worked into the oil as a portion of the dressing. Use in the fruit salad such as bananas, papaya, guava, grapes; ALL characters of fruits EXCEPT apples. Apples should only be eaten when cooked; preferably roasted and with butter or hard sauce on same, with cinnamon and spice.

17. Evenings - a well-balanced cooked vegetable diet, including principally those things that will make for iron assimilated in the system.

18. And we would take internally twice a week the Ventriculin WITH iron; take it before the evening meal twice a week - Tuesday, Friday.

19. In following these diets, it is well that no FERMENTED drink be taken; nor ginger ale, Coca Cola, or any of the ferments. However, red WINE may be taken; NOT white wines nor rye, corn or cereal drinks of such natures for the body.

20. Keep these in the manner indicated.

21. Once a week the massage should be given, by the masseuse; which should be a general working all OVER the body, you see. Then we would massage into the scalp, preferably only, the White Vaseline or Petroleum Jelly - massaged gently; cleansing with GRAIN alcohol, one to twenty (that is, one part GRAIN alcohol to twenty parts water). THEN, after the scalp cleansing, we would use hot and cold packs - very hot, then very cold - upon the scalp and especially the face muscles, about the throat, neck and head. Also while such packs are being given, it is well that the feet be kept VERY warm.

22. Ready for questions.

23. (Q) Will this treatment stop the condition in scalp?

(A) Stop it!

24. (Q) Will the condition spread further?

(A) Unless something is done about it!

25. (Q) Will it be possible to restore the hair on this spot?

(A) Gradually and eventually.

Do these as we have given, in a CONSISTENT manner, and we will find those other disturbances - as in the arm, the shoulder - will disappear.

26. (Q) What exercises should I take?

(A) As much in the open as possible, but keep the body not too much exposed; rather have the AIR than too much sunshine.

27. (Q) Is our summer place at ..., Conn., conducive to my full physical recover?

(A) Very good.

28. (Q) How long will it take to see effects of the treatment?

(A) By the time there is the second round of the manipulations and adjustments osteopathically, we would see DEFINITE, decisive changes.

29. (Q) Any other advice for my welfare?

(A) Be constructive; sympathetic, but not OVERANXIOUS, if the body would improve.

When all the treatments have been followed AS GIVEN, through the third round of the manipulations and adjustments osteopathically, we would then give through these sources the necessary changes. For, as indicated, there must be - for complete reactions - some electrical forces. But PREPARE the body first so that these will work coordinatingly and not short circuit.

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30. We are through for the present.

REPORTS OF READING 935-1 F ADULT

R1. 6/18/35 Mr. [257]'s letter: "Mr. [...] was tickled with the way you hit his wife. They forgot about an operation she had six years ago and little thought that that had anything to do with the condition. He is writing you for a reading on their two boys, I believe."

R2. 8/22/35 Dr. Frank P. Dobbins' letter:

The only patient that I have treated lately is a Mrs. [935]. When I first saw her she had a bald spot on her head larger than a silver dollar. At the present time the spot is filling in around the edge and is smaller than a quarter.

Sincerely yours, [signed] Frank P. Dobbins, D.O. [FPD/EF]

R3. 12/14/35 Mrs. [935] obtained Physical Reading for her son, [1078].

R4. 7/24/36 Mr. [257]'s letter: "...Said his wife [935] was cured of the 'bald spot' and is now fine."

R5. 11/36 Mrs. [935] visited EC while he was in NY and said both she and son, [1078], were doing just fine.

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INDEX OF READING 985-1 F 46

ACIDITY

Appliances: Radio-Active: Circulation: Incoordination Par. 26

ARTHRITIS

CIRCULATION: INCOORDINATION

Diet: Hypothyroidism Par. 30

Doctors: Kunin, Albert S.: M.D. Par. B1

ELIMINATIONS: POOR

Glands: Thyroid: Hypothyroidism Par. 4

Head Noises: Spine: Subluxations Par. 12

Intestines: Colonics: Eliminations Par. 27, 33-A

Nervous Systems: Incoordination Par. 9

Osteopathy: Spine: Subluxations Par. 22--25, 33-A

Physiotherapy: Baths: Sweats: Circulation:
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: Massage: Myrrh: Par. 28, 29

: Oils, Olive: Par. 28, 29

Prescriptions: Alcaroid: Acidity Par. 18, 33-A

: Atomidine: Glands Par. 25

: Caroid Bile Salts: Eliminations Par. 27, 33-A

SPINE: SUBLUXATIONS

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BACKGROUND OF READING 985-1 F 46

B1. 8/19/35 Mrs. [601]'s letter: "One of my dearest friends has been ill in bed for many weeks and has been under the care of Dr. Albert S. Kunin [M.D.] and several others. The fundamental cause of her condition is not known and I feel that a physical reading at this time may help them to understand the reason for her continued illness. Of course, there is hesitation to use this form of inquiry but I feel that she has been experimented upon enough and know that Dr. Kunin will receive whatever information may come through, with an open mind. Any appointment you can arrange at your earliest convenience will be kept, as I will be with her whenever the time and day will be set. Mrs. [985] ... Ave., ..., Mich."

TEXT OF READING 985-1 F 46

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of August, 1935, in accordance with request made by the self - Mrs. [985], through Mrs. [601], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. L. B. Cayce.

R E A D I N G

Time of Reading 4: 10 to 4: 35 P. M. Eastern Standard Time. Detroit, Michigan.

(Physical Suggestion)

1. EC: Yes, we have the body, [985].
2. Now, as we find, conditions that disturb the better physical functioning of the body have to do with the eliminations; caused by conditions that arise from natural or normal changes, as well as the unbalancing of the system through the character of elements that have become lacking in the physical functioning of the body.
3. These, then, are the conditions as we find them with this body, [985] we are speaking of:
4. In the BLOOD SUPPLY there are indications of the lack of the functioning of the glands in the thyroid area, as well as in the ducts in a portion of the digestive system that coordinate with these.
5. Hence there has come an accumulation of calcium in the system that affects the blood stream, especially in the extremities - or where the slowing of the circulation through the fingers, through the lower limbs, makes for this accumulation that is left as drosses in the system. Thus pressures are produced upon the tendons and the membranes in the muscular forces of the extremities. These are a portion, then, of the disturbances in the circulatory system; thus naturally from such there is an unbalancing in the circulation or in the metabolism, producing periods when the activities of the system cause a quick pulsation, a palpitation of the heart - though no organic disturbance exists, as we find, rather the reflex condition.
6. This makes for that tendency for dizziness which appears, as a disturbance in the functioning of the liver; which liver functioning disturbance is rather a reflex condition than an abnormalcy in the organ's activity. But being in or under the pressure of those heavinesses indicated in the attempts of the circulation to carry through the system those conditions that act in the portions of the system as indicated, there is produced an

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unbalancing between the circulation of the heart and liver or through the arterial circulation.

7. Also the disturbance is indicated that, through those natural activities or changes that come about in the eliminations of the body itself, makes for the additions to this for the body; though this makes for more of the nausea that occurs at regular intervals or periods than the activities in the circulatory forces - as indicated.

8. Naturally, in the NERVOUS FORCES of the body, through such tensions, there has become a disturbance between the superficial circulation and the deeper, or the vegetative nerve systems and the cerebrospinal conjunction - or the arterial and the superficial.

9. Hence we find specific centers along the cerebrospinal system where there are those heavinesses, and periods of aching through the body itself. These are shown specifically across those areas at the 9th dorsal, or just below the diaphragm area - or where the vagus centers, or in the neck and the hypogastric and pneumogastric plexus, cross here in the 3rd cervical area. These are centers where the ganglia from the cerebrospinal and the vegetative or sympathetic nervous system cross, making for such heavinesses - or periods when there are aches through these particular areas. These are the results of conditions as we have described; and these conditions in the nervous system then are not the causes but the effects of disturbance in those areas outlined.

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

11. Brain forces are very good.

12. The activities of the sympathetic system, through the sensory organism - as the eyes, ears, nose, throat, are in sympathy with those distresses. Hence we find periods when there are roarings in the head; when there's a tendency for the popping, as it were, in the ears; there is the tendency for periods when the body does not swallow well - or when it goes to speak it becomes necessary for the body to swallow or to clear the throat before the activity may be made normal. There are those periods also (though this does not always occur) when there is heaviness through the nasal passages and through the eyes, as a burning sensation. These may be found to be following those periods when the head and neck have had their disturbance, or just before they have had those periods of stiffness and soreness and heaviness in the areas as outlined.

13. The bronchi and lungs and larynx are organically very good; but there are periods when sympathetic distresses occur. Lungs and the activities of same are very good.

14. Heart's action, as indicated, is affected sympathetically.

15. The digestive organism is very much disturbed through the lack and also the excess of certain fluids and activities there, as we have indicated; for there is a lack of activity through the glands supplying the lactic fluids. Hence an acidity exists in the system, or an excess of acid has been and is a contributory cause to the disorders in the body.

16. The liver, spleen and the activity of the pancreas show the same effects; though organically they may be said to be normal under existent conditions. Throughout the digestive area there are caused the reactions that produce the tendencies towards constipation, and those periods of irregularity in the eliminations of the body - from the natural suppressions and disturbances through these areas.

17. Then, as we find, in meeting the needs of the conditions with this body in the first begin by taking into the system those properties that will make for a cleansing of the whole of the alimentary canal; so that applications may be made to the system to bring about, as it were, a correct channel through which the impressions may be made upon the

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various portions of the organisms to meet the needs of the conditions of this body, [985] we are speaking of.

18. First, then, we would once each day for three days, preferably following the evening meal, take a quarter teaspoonful of Alcaroid; dissolved first in a small amount of water and then a whole glass of water added.

19. After the third day, then begin with taking for one day two Caroid and Bile Salts Tablets after each meal. Only one day of taking these should be sufficient (six tablets, you see).

20. These will CLEANSE the whole system.

21. Rest a period of one day.

22. Then begin with the manipulations osteopathically given to correct those tautnesses that exist in the cervical area and in the 9th dorsal area specifically; coordinating the locomotory centers in the 4th lumbar and in the 1st and 2nd dorsal area or those that connect with the brachial plexus.

23. Such corrections will make for drainages to the system, you see.

24. Take these three times each week for the first two weeks. Then, after a rest period of a week, they may be taken twice a week for the next two weeks; and then once or twice a month.

25. Also when the osteopathic manipulations have begun, we would start taking into the system those necessary influences (which the system will then be in the position to absorb properly) to act upon the glands of the body, so that there may be taken from same the excess of the calciums. These may be found in taking the Atomidine (atomic iodine), in small quantities; one minim in half a glass of water before the morning meal - twenty to thirty minutes before the meal; and one minim in half a glass of water just before retiring of evening. Take this in periods of five days; then rest five days (or leave same off five days), and then begin again. Continue in this manner throughout the period of the corrections.

26. For the correction in the circulation, we would use each day the Radio-Active Appliance.

27. We would use colonic irrigations at times to cleanse the colon. In fact, it would be well to have a good colonic irrigation on the rest day following the taking of the Caroid and Bile Salts Tablets, before the osteopathic treatments are begun.

28. At periods, about once or twice a month, we would have sweat baths; that may make for the better coordination in the superficial and the deeper circulation. These would preferably be cabinet baths, though they may be had from wrapping the body in hot wet blankets. But the cabinet sweats are preferable.

29. Following each such sweat bath, we would have a thorough RUBDOWN with a solution of equal parts Olive Oil and Tincture of Myrrh (heat the oil to add the myrrh). Massage this especially along the spine, across the ducts and the areas where the emunctory circulation may take same up; that is, under the arms, in the elbows, under the knees, in the groins, and especially across the diaphragm area - just what the body will absorb. This should be done each time after the sweats, you see.

30. As to the diet, we would necessarily use less of the foods carrying any great amount of calcium, and more of those carrying iodine.

31. Do these, and - as we find - we will bring the nearer normal conditions for the body, [985].

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32. (Q) What is cause of light-headedness?

(A) The disturbance in the circulation, and the tendency for the accumulations of poisons or drosses in the system - as indicated from the lack of activity in the glands.

33. (Q) What causes continuous belching and nausea in the morning?

(A) Regurgitation from the lack of activity of the assimilating forces of the body. Hence, as indicated, first there should be taken the small doses of Alcaroid; followed by the Bile Salts to CLEANSE the whole system or intestinal tract throughout. Then have the high enema or colonic irrigation before the osteopathic manipulations are begun.

34. (Q) What causes the weakness?

(A) The lack of vitality or strength, which has been taken up by this GLOW - as it were - in the system; or the body attempting to throw off the poisons from the activities of the system.

Do as we have outlined, and we will bring the near normal conditions for this body.

35. We are through for the present.

(GD's note: See Atomidine booklet [which was enclosed]; letter with directions to Dr. Thompson; also list below of Calcium foods principally to avoid, Iodine foods principally to eat. I think all the rest is clear to Mrs. [601] if not, let us know.

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

IODINE - Iodine sea lettuce, cod liver oil, smoked salmon, skin of baked potato, clams, lobster, oysters, shrimp, green turtle, mushrooms, onions, tomatoes, pineapple, crawfish, scallops, garlic, peas, pears.)

REPORTS OF READING 985-1 F 46

R1. 9/4/35 Mrs. [601]'s letter: "I received Mrs. [985]'s reading yesterday and it has aroused Dr. Kunin's ire. His diagnosis and scientific tests showed there is a LACK of calcium. Nevertheless I am going over it with Mrs. [985] today and will see her reaction to the reading. I feel that I have done my duty and will see what the future will bring."

R2. 9/9/35 EC's letter to Mrs. [601]: "Now, as to Mrs. [985]'s reading. We cannot blame Dr. Kunin for being upset if the diagnosis disagrees with his own. I don't understand how such a thing can be. Often we have cases where the readings differ as to the cause, yet when tests are made the conditions described in the readings are found. So, the answer in this case lies with Mrs. [985]. If something answers from within, and she feels the reading describes her feelings and the condition as she knows it, then would advise that she go ahead with the treatment suggested by the reading - and be assured of the results as promised. However, if she does not feel that response from within, I would not advise that she undertake it. There should be the full cooperation and faith when following the treatment. In many cases where the readings have differed with the doctors, when the treatments were followed the results as promised have been obtained. And, after all, results are what count. So, we'll be glad to hear what Mrs. [985] has decided. Since Dr. Thompson has found several other reading diagnoses correct, osteopathically, I WOULD like to see what he finds on the case - regardless of whether Mrs. [985] follows the treatment or not. There is so much we don't understand about these readings. We just study and watch and wonder and marvel day by day at the reports we get."

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R3. 9/13/35 Mrs. [601]'s letter: "While I believe that Mrs. [985]'s reading definitely outlines her condition, she will not act contrary to Dr. Kunin's advice, and I will not urge any other procedure until such time as she will seek help of her own accord."

R4. 11/35 GD's note: Mrs. [601] brought Mrs. [985] and her husband to meet EC while he was in Detroit. However, I do not think she ever followed the reading.

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BACKGROUND OF READING 1063-1 M ADULT

None.

TEXT OF READING 1063-1 M ADULT (Osteopath)

This Psychic Reading given by Edgar Cayce at the Warshawsky home, 3046 Webb Avenue, Detroit, Michigan, this 23rd day of November, 1935, in accordance with request made by self - Dr. [1063], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [1073].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Dr. [1063].

R E A D I N G

Time of Reading 4: 15 to 4: 45 P. M. Eastern Standard Time., Michigan.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1063].
2. Now, as we find, while there are very good reactions throughout the physical forces of the body, there are some tendencies that the consideration of same in the minor disturbances at present would produce a better reaction throughout the system.
3. These, then, are the physical forces as we find them with this body, [1063] we are speaking of, present in this room:
4. IN THE BLOOD SUPPLY, we find indications that there is at times a disturbance; as one gland working in coordination and at other times disturbing the functioning of others.
5. Hence there are produced those influences in the elements themselves that AT TIMES hinder in a balancing of the superficial and the deeper circulation. This is indicated in the body-functioning at times by a slowing up of the circulation to extremities, and the manner in which the reactions occur in the limbs - that is, in the lower limbs and in the arms at times. And at other times the effect is made upon the ductless functionings through a portion of the digestive forces.
6. These, as we find, are the lack, then, of a proper activity in the thyroids as related to the using of the energies as created by same in portions of the body itself. But the deficiency is rather in the balancing of the elements between the potash and those influences that relate to the activity of same.
7. So, these find receptive reaction at times in NERVE REFLEXES, or NERVE PRESSURES, as related to that activity in the coordination of the cerebro-spinal and the sympathetic forces, through the brachial center; again through the lumbar axis, and again through that expression which finds activity across the adrenals. These are as reflexes, then, through the NERVOUS activity produced by this little unbalancing that occurs.
8. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, in the main, so far as the organs themselves are concerned, only reactions that occur are causing at any time the greater disturbance in the present.
9. So, if there will be the proper consideration given as to keeping this nominal or normal balance through the activities of the system as related to the chemical changes that become necessary in the functioning of the system's coordinating in the glands' activity, as they relate to the organs themselves, we may keep a near normal balance in the body.
10. Then, we would find, we would add those properties or elements - not as an extravagant reaction, but those that will add to the system the influences sufficient to produce this activity in these portions of the body. Not that becomes body-building in its

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relation to the tympanus or to any of those forces in either the adrenals or the glands in the digestive forces, but that may work through same to those very activities of keeping this normal balance.

11. For these elements which we will suggest, as we find, in minute particles of iodine that may be ASSIMILATED or absorbed by the system, are in such proportions that they become an active force and then allow for the periods of reaction through the stamina produced in the system by the cleansing of those activities of the secretions in the system - and then renewing again so that they become more and more active in a normalcy.

12. Thus we would find there might be the proper dissemination of those influences that would be created by the taking of these elements.

13. Also we would set up drainages by adjustments made in those centers governing the central portion of the assimilating and digestive forces, or along the upper dorsal and through the cervical area; stimulating occasionally in the axis center, and then the general exercises that come with the activities of the body and those of the more specific nature that would keep a coordination from those activities below the lines across the abdomen - or for the lumbar plexus.

14. With these, then, we would bring the body to those conditions that will make for the better reaction.

15. The dosage of the Atomidine, then, would be one minim in half a glass of water taken of mornings before any meal is taken, for three, four, five days. Then have a rest period from same for an equal time. Then take again for the same period, and so on. This will make for a stimulation to the circulation, to the activities of the body itself, as to produce a greater quantity in the forces that make for vital resistances in the body.

16. Do that.

17. Ready for questions.

18. (Q) What can be done to increase endurance?

(A) As just indicated, when there is an unbalancing that makes for these forces as outlined, there tends to be used up the energies in the combativeness of one influence within the body to another. If these are cleansed, as is the system from poisons at times, it will make for the abilities for the resistances to be builded in the body as indicated. In the rest periods between the periods of taking the Atomidine, we would take two or three of the adjustments in the areas indicated. Not as adjustments alone, but rather as stimulating the ganglia for drainages that are stimulated by the activities of these properties within the bodily functionings themselves.

19. (Q) What will improve my ability to concentrate?

(A) This again is almost as indicated. For when there are those tendencies for the COMBATIVENESS in the influence of activities that produce a drain upon the vitality of the body, these prevent the coordination between the cerebro-spinal and sympathetic system - becoming active through what may be termed the imaginative or impulsive system, through the forces to the sensory activity.

Hence the cleansing of the system in the manner as indicated. Not just increasing the eliminations only through the alimentary canal, but so as to make for a greater coordination with the activity of the bodily functions as related to the abilities of each of the functioning organs to increase and to produce for the system that which is nearer to normal in activities.

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For, as is understood by the body itself, in its analyses and understanding of the atomic forces within a body, each cellular force - which becomes manifested from inception, or from conception - has about it those impelling influences that are brought about by the number of atomic forces about its common center; that finds its activity throughout the system in the coordinations that come between the impulse and that as produced by the first cause - or the first activity from the cellular force from which the separation has made an individual entity.

Then, to keep the normal atomic structural vibrations throughout the body - in the whole impelling influences that make for the abilities for the body not only to reproduce its own cellular force but to revivify the activities within same that make for this reproduction of self and its abilities - in the lagging portion, as indicated; which may be acted upon effectively through the use of these properties.

For, as indicated, the potashes and the iodides are the two influences or forces within the body - as related to the activity to those replenishing or rebuilding forces. If these are kept at a normal balance, they continue to reproduce themselves.

In this particular body, as indicated, the reduction is in such a nature in the present that the addition of these atomic forces in the activity of the system will produce that which will enable the body - for a period of another cycle to three cycles - to continue without any let-down.

Then, before there is any real let-down in the abilities of the body, there should be at least twenty-one more years of activity in a way and manner that becomes even as strength - and as in the present.

20. (Q) Any suggestions for renewing the vitality?

(A) We have just given same, in those influences and forces that become the impelling force in the body itself. For they make for the replenishing of plasma, that 'elan vitale' that makes for the continuation of the activities of those properties and those atomic influences that have been set forth in their activity.

Then, there are those influences that make for not only the human activity as called heredity - that is kept as a normal balance and produces then that which will reproduce itself - but that which becomes as coordinant with same in the constructive influences of those forces from without and within that may coordinate with the universal activities of a consciousness that makes for those influences which become a portion of the entity in its whole application to those forces about itself; that is, to not only be good, but to be good FOR something.

21. (Q) What will relieve mental fatigue?

(A) The same; as applied to that just given. When the mental forces are kept as for those things that are constructive or creative in their application in relationships or dealings of the entity to those about it, then these relieve. For they are OF the universal activity which is CONSTANTLY RENEWING itself by its energies expended in activity.

For, as is understood from the biological activity to produce life, there is given life. Hence in the mental emergencies or activities, in giving constructive forces there is CREATED in self the mental energies that RENEW self. Just as do those activities of love beget love; patience begetting patience; kindness begetting kindness; brotherly love showing forth in its activity that which becomes such as to make for hope eternally renewed within the human breast.

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And these coordinated with a nominal, normal activity of the physical body, RENEW the whole influences of same.

22. (Q) What will improve my memory?

(A) Making applications of those things indicated will make for that which will not only become constructive, but will create the ability for the drawing of comparisons with these influences which become conducive to a constructive growth of an influence within the activities of self. Thus these renew themselves even as do the fledglings that begin with their first attempt to use the muscular forces. So it is with the mental emergencies and activities, if these are kept within not merely the confines but being constructive and creative forces within self. Thus the body-mind will not only be enabled to partake of they physical energies necessary, but of the spiritual influence that must ever become a portion of every entity's activity.

23. (Q) Is the prostate gland involved in any way?

(A) Only as in reflex condition, as we find in the present, that will be met through the activities of the adrenals, and through some that have been overactive, as indicated - in producing resistances to others. For these activative forces through the properties indicated will bring about the changes by the variation in the flow of impulse through the nerve forces that replenish. And not only will same be aided by the elements changed in the bodily functionings, but by the dissemination to same through those applications as indicated to the various centers from which the portions of the system receive their impulses for activity.

24. (Q) Any special diet or warnings respecting same?

(A) Follow those foods that are well in keeping with what is understood by self. For here we may find the exercising of comparisons upon self. Not as experimentations, but when there are those elements known to be needed and they are added to the system, and they produce that natural inclination for those things that will supply the influences for the bodily functionings, then RESPOND to them by comparison with the mental self. And then these become such that indeed the body-mind may through constructive force within self enable self to renew itself.

25. (Q) What causes the sluggishness in the superficial lymph glands?

(A) That activity as we have indicated, in the non-functioning or over-coordination or over-balancing in those functionings of the glands as indicated; that make for their warring one with another in portions of the system. And these produce to the superficial circulation that lack of the sufficient energies to carry to the lymph circulation those influences necessary.

O that there were more, as this body, who would consider that necessary coordination of the lymph and emunctory activities with those of the general circulation!

Study it well in thyself, and thou wilt be able to give to others much that will add to the human hope in this experience!

26. We are through for the present.

REPORTS OF READING 1063-1 M ADULT

R1. 10/26/35 He obtained Physical Reading for his wife, Mrs. [1068].

R2. 3/28/68 Wife requested a copy of her own reading, saying "Dr. [1063] passed on five years ago."

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BACKGROUND OF READING 1102-2 F 28

B1. She previously obtained a Life Reading.

B2. 12/3/36 Husband submitted questions for a Physical Reading.

TEXT OF READING 1102-2 F 28

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of December, 1936, in accordance with request made by the self - Mrs. [1102] through Active Membership of her husband in the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 11: 40 to 12: 10 A. M. Eastern Standard Time. New York City.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1102].
2. As we find, while there are many conditions that are very good in the general development and physical forces of the body, there are some hindrances the correction of which would make for a much nearer normal reaction and prevent disturbances later on that might become very disturbing without the corrections in the present.
3. These as we find have to do with the functioning of a glandular system as well as specific reactions from conditions in the structural portion and the effect these as a combination have upon the general functioning organism.
4. Then these are conditions (and why) as we find them with this body, [1102] we are speaking of:
5. IN THE BLOOD SUPPLY, we find this a bit deficient in the effluvia or hormones as cause or produce the proper coagulations in the system, and a form of anemia with same.
6. These are indicated by those tendencies for abrasions to easily become very disturbing; as spots or blotches on the body as in the head or neck or behind the ear to become irritated and form a scaly or disturbing condition; the feet at times giving trouble in perspiration if overactive; and a nervous condition.
7. These are produced by this combination of disturbance in the lumbar and sacral area, and lack of proper activity through the thyroid functioning as is indicated by these conditions in the superficial circulation and the attempts of the body to throw off poisons or accumulations through the perspiratory system, as well as the thinness of the hair at times; an irritation in the scalp; brittleness and thinness of the nails; the irritation to the central portion or palms of hands with the least rubbing or activities that should form heavy or callous formations that produce resistances for the body.
8. These are then these combinations that affect the circulation; the lacking of elements for coagulation, the producing in circulation of the lack of cohesion or that gluten that aids in building resistances.
9. This tends to make for those weaknesses for the body at times and easily becoming fagged or tired out, physically or mentally, from the nervous strains naturally produced upon the system in such conditions.
10. IN THE NERVOUS FORCES, also there is the nausea that comes to the system at times from these reactions in the body, and the changes that are being wrought by the natural and normal developments through the activity of the eliminating forces of not

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only the alimentary canal but through the organs of the pelvis. These we find in the lumbar and sacral area and especially in the lumbar axis, a tendency for the weight as it were of the body and the lack at times of proper coagulation in the lymph circulation to form a stickiness. Not forming as a hardening of the segment cushions or the cartilaginous forces but rather that as makes for stiffness through same.

11. These as we find are from old disturbances, as a STRAIN there. And these with those natural inclinations for the lack of the proper secretions from the glandular system, especially as related to the thyroids, bring about or produce these disturbances that cause this upsetting of the digestive system and the general reactions for same.

12. THE ORGANS OF THE BODY, the brain forces, the nerve reactions, the sensory forces all at times show strain. But organically the body is very good. Functionally they become disturbed only at periods when there are the excesses or lack of the proper coordination between the circulatory forces of the body, the assimilations and those activities as have been indicated in glandular and body-structural forces.

13. IN MEETING THEN THE NEEDS AS WE FIND OF THE GENERAL CONDITIONS, AND MAKING FOR THE PROPER CORRECTIONS IN THIS DIRECTION:

14. First, as we would find, it would be well that these as are given be taken in these manners. Those that are as cleansings for the system, as of the activities to the glandular forces, be taken as a series; then be left off for periods and during those periods the building properties or products are added to the system. Then the activities of influences from the digestive and assimilating system would be kept in near a normal way and manner; that is: Do not become as one dependent upon either the medicinal properties, the massages or corrections, or a specific diet; but KNOW (and then act like it) that there ARE the properties within the physical organism - if a balance is kept - that will reproduce within itself the necessary forces and influences to keep the body building and the body replenishing and the body normal in its activity.

15. Begin first with atomic iodine (Atomidine); one minim in half a glass of water before the morning meal is taken. Take this for five days, once each day of a morning. Leave off then for three days, and then begin all over again - one minim in half a glass of water.

16. We would also use a Quinine Tonic for the scalp, for the head. This to be massaged about once a week in those places throughout the scalp, around the neck and the head, as an antiseptic as well as a stimulant for the capillary circulation as will be aided in the activities to the glandular system - and especially in cleansing the glands, not only the thyroids (that are deficient) but those throughout the rest of the body as well.

17. During those periods that the Atomidine is not taken (that is, the three days - after taking it for five), take the Cod Liver Oil with the Viosterol, or the oils that are prepared in that manner. Here take two tablets, or two pellets, a day - but only take them for the period the Atomidine is NOT taken, see?

18. Then after two to three periods, leave off all of these (that is, two or three periods of the Atomidine, two or three periods of the Halibut Oil or the Cod Liver Oil with the Viosterol) for a week to two weeks. But these will build resistances that will help.

19. Rather than so much of corrections osteopathically, have these:

20. Take each evening a rub along the area of the sacral and the lumbar area with equal portions Olive Oil and Tincture of Myrrh. Heat the Oil to add the Myrrh. Massage (or have massaged) into those portions of the body just what the body will absorb. Best that

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this be given AFTER there has been used the electrically driven vibrator over the body, you see; using the cup and then the sponge applicator. Use these for at least three to five minutes (not just to get through with same, but to ACCOMPLISH something); then massage what the body will absorb of these oils.

21. Occasionally, of course, there may be taken an adjustment osteopathically; but let them be a MONTH apart rather than a week or a few days! But these would be GENERAL rather than specific, for the very nature of the disturbance makes this a very trying ordeal as it were for the body; for the superficial circulation and the lack of the properties for the body-building forces make for hardships upon the body by severe corrections.

22. In the matter of the diet:

23. Do not take this as the first or the morning meal, but during the day - EACH day for a week at a time, then leave off a week at a time - drink a QUART (full quart) of orange juice! This may be taken two or three times during the day, but preferably NOT at a meal time, nor after or before cereals - rather after the vegetable meal, or preferably in the middle of the morning or afternoon, between the meals drink the orange juice - and preferably the Florida orange.

24. In the rest of the diet - fish, fowl and lamb are preferable as the meats; though brains, calves' liver, any of those activities of such natures are well - as pigs' feet or pigs' feet jelly is WELL to be taken occasionally, for this aids and adds with the very activity of the assimilating system that gluten necessary for this better coagulation.

25. Beware of too much of starches or white breads and potatoes at the same meal. Eat the potato PEELING more than the pulp itself (of the white potatoes). Not to abstain, of course, from potatoes, but when potatoes are eaten leave off the bread; and be sure the peeling is eaten. This will not only add those salts as necessary to work with the glandular forces but will strengthen the growth of hair, keep it of a better lustre - and even potato JUICE at times massaged INTO the hair (save that it is hard to remove the stickiness from same) is helpful!

26. Do these, and be consistent and patient with self and others; and we will find the corrections and normalcy for this body, [1102].

27. Ready for questions.

28. (Q) What treatment is recommended for the break in the mucous membrane of the nose?

(A) This as we find should be preferably a local treatment, or a gentle massage - or local treatment by an OSTEOPATHIC eye, ear, nose and throat, surgeon or osteopath.

29. (Q) What special tonic for the hair - quinine tonic - is meant?

(A) Just what is given! Quinine Tonic! That's what it's called! It is, it carries quinine or the properties from which it is made. It's the juices from the Peruvian Bark as combined with alcohol and the rum. This as we find for this body is the more preferable. As given when this is massaged let it come around close to the edge of the hair, around those parts. It'll burn a little bit the first three to four times it's used, but it is the most helpful for THIS body; and stimulating for the growth of the hair, for the preservation of the color, for the preservation of its lustre and the whole livelihood as it were. And as we stimulate the system not only with the glandular forces but the corrections in the digestive forces by stimulating in the lumbar axis and the sacral areas, we will find better conditions.

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30. (Q) What causes the frequent upsetting of the stomach, and how can this be treated?

(A) As has been indicated, those incoordinations between the assimilating and distributing forces - caused by the condition in the lumbar as with the general activity in the eliminations through the alimentary canal, as WELL as the organs of the pelvis in the nominal change and developments.

31. (Q) What will strengthen the fingernails against peeling and breaking?

(A) As has been indicated, the orange juice, the stimulation to the glandular circulation, and especially the diets of the potato peels.

32. (Q) What should be done to increase the weight?

(A) These have been given also.

33. (Q) How long should this treatment be kept up?

(A) As has been indicated, they are to be taken in series - and they are to be governed by the manner in which the body responds and reacts. They would become shorter and shorter rather than longer and longer, unless these become necessary. As we find the Halibut Oil or the other Cod Liver Oil would not be necessary longer than through the winter months, even off and on to build up. But the sunshine may give this very same thing, provided the stimulations are given to the glandular system and there is the relieving of the pressures in the lumbar area in the meantime.

34. We are through for the present.

REPORTS OF READING 1102-2 F 28

R1. 12/13/36 Husband's letter: "[1102]'s health reading was swell - Dobbins has been talking to her about it, and she if off to gather in the herbs and medicines."

R2. 9/21/37 She and husband, [849], submitted questions for 1102-3, asking [about] her pregnancy, etc.

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BACKGROUND OF READING 1247-1 F ADULT

None.

TEXT OF READING 1247-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of August, 1936, in accordance with request made by the self - Miss [1247], new Active Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [1044].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [1247] and friend.

R E A D I N G

Time of Reading 10: 45 to 11: 20 A. M. Eastern Standard Time. Washington, D.C.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1247]; and those conditions that disturb the better physical functioning of the body. These as we find have to do primarily with the glands of the system, and the effect that is produced in various portions of the body is a result of these disturbances.
2. These then are the conditions as we find them with this body, [1247] we are speaking of, present in this room:
3. **IN THE BLOOD SUPPLY**, this we find deficient in quantity, in quality, owing to the lack of elements that should be secreted in the system to become a part of the circulation. Thus we find an impoverishment to portions of the system, especially those that require either physical or mental reaction for their functioning. Hence we will find nerve exhaustion, physical exhaustion, and the coordinating of organic functioning with the system, as a part of the disturbances.
4. **IN THE NERVOUS SYSTEM, OR SYSTEMS**, with this impoverishment in the blood, ganglia along the nervous system, especially where there are those closer associations with the superficial and the deeper circulation, make for centers from which the radial activity for even locomotion or of thinking or of physical exertion makes a reaction as of a fullness, a tingling, a lack of circulation. For the impulses of circulation to the superficial, as well as much of that in the deeper circulatory forces and organs, are as impulses from a nerve center's reaction. Thus we have contributory causes in the nervous system, but not the basic cause. But as indicated from the lack of impulse through impoverishment to circulation, the reaction or the effect is to the ganglia along the cerebro-spinal and the sympathetic and vegetative nerve system.
5. Hence we have in the extremities at times, in the head at others, in portions of the body-functioning, the feeling or experience as if there were deadened or leadened conditions in the functioning portions of the system.
6. **IN THE FUNCTIONING OF THE ORGANS THEMSELVES**, as the body is a perpetuating body in itself, through the assimilations of the system that are generated by the glandular forces of the body, and these through impoverishment become unbalanced, this leaves then in portions of the system disturbances that become functional to portions of the body; though as we may find, all organs are SUPPOSED to - or do when normal - coordinate with the circulation impelled by the nervous system, generated from the centers through which assimilation by the activity in the digestive forces acts upon the body.

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7. Here we find that the brain forces are good, though the reflexes from the impulses at times make for poor re-coordination between impulse and activity. Hence the body has the feelings at times as knowing, acting, yet deadened to the reactions that occur in the system.
8. The sensory forces of the body through the very activities that have been given the body, by the creating in the stimulating, have kept the body in a much better condition than would have been ordinarily under such a disturbance in the body.
9. Throat, bronchi, lungs, larynx: As the activity of the thyroids is a portion of that which makes for an impelling influence, or the functionings are to create for the body special conditions, as the cuticle, the nail, the hair, the assistings in the activity in the stimulating of the system, these have been very good considering the activities of other portions of the system. Owing to those stimulations that have been given, yet these in their deeper secretions, or the internal portions of same, have not supplied, do not supply that which acts as the cleansing of the glandular forces themselves.
10. This then has made and does make for deficiencies of the nature, of the very elements that these glands secrete internally - or the effect of iodine or potassium in the system. This then is a lacking element, and is that which may aid; though there will be seen the necessity of the addition of other forces to counterbalance as well as create a balance in other functionings of the organs themselves.
11. The respiratory activity becomes very heavy. Hence we will find the body becomes rather susceptible to either rest, altitude or the environments that carry more or less of the very forces in the air as it were - or the body becomes a very good barometer. The seashore, sea air, especially as combined with pine makes for a stimulating environment for these disturbances, but these as we will find would not be a part - because they should become activative through other channels.
12. In the heart's activity - the natural conditions of an impoverished circulation, the natural conditions of an impoverished activity make for slow, low balance in the metabolism of the system; while the katabolism ALMOST at times - had it not been for those stimulations as given - would have become nil. For the digestion is upset oft in the activities of the body.
13. In the functioning of the digestive forces, the activities of the stomach, the liver, the spleen, the pancreas, the gall duct and the assimilating system: That there has been a strain upon the adrenals that makes for the activity of the gland secretion of the spleen, the pancreas, and as the circulation between the heart and the liver has been depleted, makes for the disturbances through these portions of the body. They are rather slow or laggard, and thus become as contributory causes; though the disturbances there are rather results or effects than causes, though they BECOME causes when the effect of other disturbances so upsets the system as to produce little or no assimilating forces for the body with the balance of the elements between the potash and potassiums for the body itself - or the calcium, potassium and the potashes for the general system.
14. Those activities through the jejunum, duodenum, as with assimilation, produce that heaviness, dullness that is felt after eating. Because of the lack of the circulation to be sufficient to carry properties for the activity there becomes an overflow to these portions. The body feels dull, sleepy, tendency for giving away to the general rundown condition or the depleted forces of the body itself.

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15. In the hepatic circulation - that is, the coordination between the assimilating forces and activity of digestion - the glandular forces in the lower hepatic circulation or the adrenals and the pineal, the activities of these with the general nervous system - here is the basis of these conditions.

16. In times back there has existed (and it has been in a manner removed though the effect upon the system has not been removed) a lesion in the lower dorsal and in the lumbar system, that prevented the proper reaction or that started, as it were, these disturbances.

17. This has made for the slowing up of the activity of the eliminations through the organs of the pelvis, and makes for the heavy, leadened condition and the feelings as of the lower limbs at times becoming as lead or as dragging, or a tendency for a general letdown condition.

18. AS WE WOULD FIND, THEN, IN MAKING FOR HELPFUL CONDITIONS:

19. If there is the adherence to the suggestive forces as we find that would create a balance, we may get back to almost a NORMAL condition.

20. There needs to be, then, the adding to the system of those influences that would make for a glandular secretion that would so aid in replenishing and building the nerve impulse itself, and in aiding the circulation, that there would be the greater quantity and quality of the red blood force itself, and in relieving the drosses from the system that will naturally arise through this increase in the katabolism, the aiding and abetting in the metabolism and the cleansing of the glandular forces of the body.

21. First we would begin with the use of the low electrical vibrations that come from the influence of the Wet Cell Appliance, or wet electrical vibrations, carrying Chloride of Gold into the system. For this will add to the body, through the vibrations, not only the strengthening but the revivifying. But don't overtax the strength that is given by same.

22. In making the applications, the small copper plate or anode (the positive), would be attached first to the 4th lumbar plexus; while the larger (negative) plate would be attached last - over the lacteal duct and gall duct and a portion of the umbilicus plexus, and this would carry the Chloride of Gold solution in the proportions of two grains to each ounce of distilled water. This treatment or application in the beginning would only be taken for twenty minutes each day, for the first ten to fifteen days. Then it may be taken for thirty minutes.

23. AFTER each application of the Wet Cell Appliance have a massage along the whole of the spinal system. Rub AWAY from the head; extend entirely to the tips of the toes even, along the sciatic centers, under the knees, in the feet, and especially in the vagus center or at the 3rd cervical, the 2nd and 3rd dorsal, the 9th dorsal, and the coccyx area or the end of the spine. For such a rub combine ingredients in this manner to be used:

24. To 4 ounces of Pure Olive Oil, add - in the order named:

Russian White Oil.....1 ounce,

Oil of Pine Needles.....1 ounce,

Compound Tincture of Benzoin....1 ounce,

Oil of Wintergreen.....1 ounce, and Oil of Sassafras Root.....1/2 ounce.

These will tend to separate, but shake together. Pour a small quantity in an open saucer. Massage in a circular motion from the base of the brain along the spine to the tips of the toes, especially in the bursa of the feet, under the knees and especially around the end of the spine. Only massage what the body will absorb.

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25. After these have been taken for twenty-eight days, leave same off for a period of five to ten days.
26. And during the five to ten days take each morning one minim of Atomidine in half a glass of water, before any meal is taken. Take this for ten days, rest for five days.
27. Then begin with the Appliance and with the rubs again.
28. After the second period of thirty days or twenty-eight days of using the Appliance, begin with the re-ionizing through the use of the violet ray - a stimulant to the circulation.
29. Throughout the whole period we would be mindful that the diet is ever that which is easily assimilated. Do not attempt to have too much at the beginning, but all seafoods should be a portion of the diet; not every meal nor every day but just as it will assimilate or agree with the body. Sometimes it may be able to take more than others, but all characters of seafoods, and ESPECIALLY use as the seasoning the kelp or sea salt as is from kelp - this will add to the vibrations of the body.
30. We would also be mindful that no white breads, no great quantities of potatoes are taken; though the potato jackets may be taken provided these are roasted. The combinations rather than the foods are to be minded. Do not take citrus fruit juices and cereals at the same meal. Dried milk or malted milk is preferable to animal milk.
31. These as we find will bring near to normal conditions of this body if they are adhered to.
32. Ready for questions.
33. (Q) When the violet ray is begun, how often and how long at a time should it be used?
- (A) Use each evening at retiring, and this AFTER the second period of the Wet Cell Appliance. Use for a period of five to seven minutes. This should be, as the other, away from the head, in circular motions, specifically more on the vegetative or sympathetic nerve system than the cerebro-spinal; while the rub or the massage is to be more on the vertebra or the spine than on the sympathetic nerve system. For the absorption of the oils in these centers is to aid in the activity of the ganglia along the system. Also those low electrical vibrations carrying Gold, with the straining or draining of the glandular force, stimulate nerve building and assist the blood supply. For these elements (the gold), VIBRATORIALLY given, build that influence that makes for nerve impulse.
34. (Q) What should be done for the constipation?
- (A) As we find, if these vibrations and these rubs are given as indicated, these will materially aid. But use an alkalin eliminant, or a vegetable AND an alkalin mineral; as Milk of Magnesia, as the vegetable forces from Simmons' Liver Regulator - though take these as an eliminant and not as a purgative. Use enemas. Do not use HOT water; have it the temperature of the body. These are NOT conducive to making a strain on the body if a soda-saline solution is used in the enema. Enemas are preferable to purgatives, if the temperature of the water as used is the temperature of the body - it does not produce strain! There should be an elimination, to be sure, each day, whether it is produced by the normal forces, by the necessity of the enema, or as a combination with all of these. Do that.
35. We are through for the present

REPORTS OF READING 1247-1 F ADULT

None.

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BACKGROUND OF READING 1490-1 F 5

B1. Called Vitiligo - doctors have indicated neither treatment nor cure. White spots on body, perfectly white spot of hair on top of head.

TEXT OF READING 1490-1 F 5

This Psychic Reading given by Edgar Cayce at the David E. Kahn home, 20 Woods Lane, Scarsdale, N.Y., this 2nd day of December, 1937, in accordance with request made by the mother - Mrs. [1498], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by her sister-in-law, Mrs. [1158].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [1498] and [1490].

R E A D I N G

Time of Reading 3: 05 to 3: 35 P. M. Eastern Standard Time. ..., N.Y.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1490], present in this room.
2. Now as we find, while the disturbing conditions are insidious, or somewhat hidden, and produce in the system disturbing conditions that may prove not only aggravating but even at times terrifying and disfiguring somewhat the physical reactions - if allowed to remain, these may be brought to a near or a PERFECT normal condition for the body; if the conditions are taken in hand so as to bring about a removal of the causes.
3. The glandular system is that disturbed, and is the effect as we find in conditions indicated in the pigmentation of the body in various portions of the body, and under different circumstances. Yet these arise from not those of prenatal conditions nor those that may not be corrected.
4. While this will take a little time, precautions and persistence, these conditions may be eradicated from the system.
5. These then are the conditions as we find them with this body, [1490] we are speaking of, present in this room; first:
6. IN THE BLOOD SUPPLY, here we find, owing to conditions that have first caused the disturbance, there is the appearance of a split or an incoordinant activity of the superficial and the deep circulation, or through the very activities organs are overactive and glands - especially the INNER activity of the thyroid - UNDERACTIVE.
7. Hence the effect, owing to the very nature of the pressure, is activative upon the glands above and about the kidneys as not coordinant with the glands in the throat or the thyroid and thymus glands.
8. FROM THE NERVE CONDITION, we find there exists a pressure in the 6th and 7th dorsal, also in the END of the spine - or the coccyx. These pressures first produced an unbalanced condition in the nerve system and especially in those periods at eighteen months to two and a half to three years, an irritation.
9. Now: the reactions from this, with the quieting of the body, through applications made of various natures, have brought - in the last six to eight to nine months - a GREATER activity in the superficial circulation.
10. AS TO THE ACTIVITY PRODUCED UPON THE ORGANS THEMSELVES OF THE BODY, the subluxation in the dorsal center, and a circular lesion in the lower end of the spine or the coccyx, make for nerve pressures that have deflected the activity of the organs.

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11. The mental reactions, or the brain forces, are very good.
12. There has been produced a slowing of reaction through the throat, bronchi, lungs, larynx - yes, and to the organs of the sensory system; especially in the sensory system.
13. While the vision is good, there is a slow reaction as to WHAT is the perception. Also in the hearing, while it is acute, sufficient - that is, efficient; there are periods when there are lapses - not to a great extent but just so as to be noticeable, by tests - if they were made in these directions - as to just what is meant.
14. There is the slow reaction in the sense of touch, in the sense of feeling, as to just what IS the reaction.
15. These are purely SYMPATHETIC conditions, and with the removal of the pressures and with the activities to the body as will produce the NORMAL activity of the organs disturbed, or the nerve system disturbed, we will restore normalcy for the body.
16. The heart's activity is near to normal.
17. Digestive system we find at times upset. Naturally, from glandular reaction there are periods when there are disagreements as to combinations in foods; there is the lack of that assimilation in the lacteal ducts as of a sympathetic nature.
18. The rest of the system we find very good, save as has been indicated from the pressures upon the glands above the kidneys that produce disturbances here at times. UNCONTROLLED at times they become, at others there is the proper reaction. But this produces then a strain upon the system.
19. NOW, IN MAKING APPLICATIONS AS WE FIND FOR THE REMOVAL OF THESE DISTURBANCES, first we would have a series of manipulations Osteopathically given, correcting - specifically - the centers indicated; in the dorsal and in the coccyx end. Not too severe in the beginning with these, but make them sufficiently often, and for sufficient length of periods that the adjustments ARE made removing the pressures in the system.
20. Hence the first series as we find would be twice a week, or the first two weeks we would say three times a week, and then for the next three weeks twice a week. Then leave off the Osteopathic adjustments until we specify them again.
21. At the same time the adjustments are begun, begin with taking each morning (not only the days when the adjustments are made but EACH morning), before the morning meal, ONE MINIM of Atomidine in half a glass of water. Just ONE DROP; this given preferably from a medicine dropper - a full drop, but just ONE drop! This activity is to be upon the glandular system, especially upon the thyroids - which, of course, supply the growth of the nails, the hair, the cuticle, all portions of the superficial activity of the lymph circulation being affected by the activity of this particular functioning of the gland. Just as the activity of same to the growth, to the kidneys, to the other forces is through the adrenals and the thymus and pineal. Now these properties will act upon ALL of these, and will - with the proper adjustments osteopathically as given - have the desired reaction.
22. When the series of the adjustments has been finished, as given, then leave these off - also leave off the Atomidine.
23. THEN begin with the application of the low vibratory forces of the Wet Cell Appliance carrying Chloride of Gold into the system. The attachments would be made as follows:

HYPOTHYROIDISM CIRCULATING FILE

24. The small or copper plate would be attached first, to the 8th and 9th dorsal plexus; while the larger or nickel plate - through which the Gold Solution passes (in the proportions of two grains Chloride of Gold to each ounce of Distilled Water) would be attached last, to the umbilicus and lacteal duct center. THIS acts also upon the glandular force, but PURIFIES the system as well as acting with the general assimilating system. Make the attachments in this manner each day for about twenty minutes, for a period of two weeks. Keep the plates very clean.

25. Then when this series is finished - that is, when the two weeks have passed - we would give the further instructions for the CHARACTER of adjustments, for medicinal things that would be necessary, or for the activities of the system.

26. In the matter of the diets, keep these well balanced in the body, blood and nerve building. Here especially would we find that the cod liver oil would be a beneficial condition in keeping away cold. This preferably as WE find for this body would be taken in the White's Cod Liver Oil tablets. This would be easy for the body to take and not hard to take. These tablets would be taken twice each day, one after the morning meal and one after the evening meal, during the WHOLE PERIOD of these applications as have been indicated.

27. Dry Milk is preferable to cow's milk for the body. Whole wheat cereals or whole wheat and rye combined in cereals are better for the body.

28. Fish, fowl and lamb are the better meats; NOT fried. Especially vegetables of the bulbous nature; as peas, carrots, beans, lentils and the like. NOT spinach, for this body!

29. The oyster plant, the Jerusalem artichoke occasionally - once a week sufficient for this; this adds adrenalin and is that which will keep down accumulations and prepare the activity of the glands - especially the spleen, the liver, the pancreas - and work well with the balancing of the sugar content for the system.

30. These do, and after the periods of the Wet Cell Appliance, we would give further instructions for this body.

31. Ready for questions.

32. (Q) Will her hair regain its natural color?

(A) It will, as will the spots disappear; not only from the body and the exposed places on body but on other portions as well. The general development, the general mien will come to near normal.

Occasionally a thorough massage with Olive Oil is good for the body. This only as skin food, gently massaged - not just along portions but all over the body. This once a week, once in ten days - but at least that often - through this whole period.

33. (Q) Is her stammering related to this condition?

(A) Secondary, for as has been given this is an indication of that slowing activity of the sensory forces. And when the corrections are made in the dorsal, as given, to be SURE give a coordination of same through the upper dorsals and throughout the cervical areas; adjustments in the specific centers, the general adjustments throughout, which relieve the pressures and make a coordination of the activities for the principles to act upon those forces that are deficient or overactive in the body.

34. (Q) Was she born with this condition?

(A) As just given; during that period of eighteen months, when there was the disturbance that caused the pressures in the areas. These began a deflection, and then this

HYPOTHYROIDISM CIRCULATING FILE

is the development of the unbalanced condition in the salts of the body and the deficiency of the activity of the glands.

35. (Q) What produced these pressures?

(A) As just indicated.

Do as we have given, and at the end of the period outlined we would give further instructions.

36. (Q) Will I have to have a doctor's prescription?

(A) No doctor is necessary for prescriptions. Buy a bottle of commercial size, commercial strength Atomidine.

The adjustments, to be sure, must be made by a doctor. WE would give Schoelles. When these have been carried this far, as indicated, we would give further instructions. For this is a SUBTLE condition, and we will meet the conditions as they arise by the changes that are necessary. For any deflection of the glandular system, especially where the thyroid is concerned, will need watching and the applications changed to meet the needs. But DO NOT give this body any GLANDULAR extracts while these treatments are being given! Glandular cleansings, glandular strengthening may be necessary later, but the cleansing is necessary first.

The strengthening forces now are to be in the diets, and the deficiency in the forces to cleanse the glands will be supplied in the Atomidine, and the purifying of the system will be by the corrections and by the applications of the Gold that will work with not only the rebuilding of nerve tissue destroyed but in building that necessary for the strengthening of the glandular system.

37. We are through for the present.

REPORTS OF READING 1490-1 F 5

R1. 12/24/37 Dr. Schoelles' letter: "[1490] is progressing nicely."

R2. 1/18/38 Dr. Schoelles' letter: "[1490] has finished with her first series of treatments and is now using the battery. The corrections seem to remain in better condition the last two or three treatments and I was well satisfied that the work was well done. Mrs. [1498] reports that [1490] seems to thoroughly enjoy the battery and relaxes so well under it that she will not speak above a whisper. The skin condition seemed to be some better. Whether or not this is due to the lack of exposure to the sun is difficult to say at this time. She ought to have another reading as soon as she finishes with the battery so as to determine how she has progressed."

R3. 2/7/38 See 1940-2, 3 and 4 for vitiligo treatments.

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BACKGROUND OF READING 1524-1 F ADULT

B1. 1/29/38 She submitted the questions.

TEXT OF READING 1524-1 F ADULT (Registered Nurse)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of January, 1938, in accordance with request made by the self - Miss [1524], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [1223]'s cousin.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [1524].

R E A D I N G

Time of Reading 3: 20 to 3: 45 P. M. Eastern Standard Time., Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, Miss [1524].
2. Now as we find, an analysis or description of the disturbing conditions and the effects would appear as if a great many disturbing conditions existed with this body.
3. Yet as we find these in their causes arise from rather a specific disturbance. Yet the effects that have been produced from the disturbance are varied in the body.
4. These then are the conditions as we find them with this body, [1524] we are speaking of, present in this room:
5. As we find, first - there is a disturbance with the glandular forces of the system, especially as related to the thyroid and its effect in the ACTIVITIES of same through the system UPON portions of the body.
6. In the blood supply it creates a lack in the influences that would tend to make for the proper coagulation or stamina in the system as related to the circulations through functioning systems.
7. This is indicated in activities from used energies, as in portions of the throat and head, and the tendency to make for the falling or giving away of the soft tissue of the throat and the like.
8. The inclinations are thus produced, or the indications and the easiness with which the body is affected by cold or congestion; and the effect produced upon the stability through the activities of the eustachian tube, as related to the hearing - especially in the left portion.
9. Again we find the effects as related to the glandular system of the digestive forces, and the inclination for the organs of digestion or the stomach to fall or tip.
10. Or, in the activities, there is the lack of the ability to keep portions of the system in their proper relationships as one to another; by overactivity of the energies used and the lack of the abilities of the assimilating system to produce those effects in the body for the resistances needed.
11. And the body then tires easily, whether from physical or mental exertion or from reactions purely through the nerve forces of the body.
12. Also we find the same indicated through the activities of the lower portion of the hepatic circulation. Thus there is an indication at times of the excess activities from the kidneys to the general eliminating system; PRODUCING the effect of lack of proper coordination between the eliminating systems.

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13. Hence at times this causes even the perspiratory system and the respiratory system to become at variance one to another.
14. Then at times there is the feeling over portions of the body as of irritation, yet no disturbance other than the FEELING of irritation and the necessity for massage or rubbing or the like in portions of the superficial circulation itself.
15. These as we find arise from the disturbances as indicated in the lack of the proper activity, and the coordinating with the rest of the functioning of the system, with that particular portion of the glandular system.
16. Yet in making applications for effective activities in the body, as would bring about normalcy for the system, the effects that have been produced upon the nervous system, the conditions produced upon the activity of the lymph or emunctory reactions, as well as upon disturbed organs themselves, must be taken into consideration.
17. That is, effects as well as causes must be stimulated for activity to bring the better or the near normal forces for this body of [1524].
18. In making applications for the body, as we find:
19. First we would begin - preferably under the supervision of physician - with small quantities of the Thyroid Extract; that would not only make for some quickening to the activity of the circulatory system, as related to the central nervous system, but so give strengthening to the assimilating system as to carry to all portions of the body greater resistance and greater vitality for activity through the body itself.
20. Also:
21. We would begin with the use of the electrical vibratory forces as would come from the low static from the Copper Sulphate solution. But these as we find might be used, or would be used for the BETTER effects, both for a stimulation to the circulation and for a supplying to the ganglia and the reactions through the assimilating center and the cerebrospinal or deeper circulation the vibratory forces of elements that will stimulate the NERVE ganglia for their stamina - and its resultant activity upon revitalizing the whole of the nervous system.
22. Hence, in the use of such a Wet Cell Appliance we would alternate the attachments. One day it would be used plain, with the small anodes that would be attached to opposite extremities of the body. The next day it would be used carrying a Chloride of Gold Solution, or its vibratory forces, into the active force of the nervous energies of the body; through a large nickel plate or anode which would be attached to the lacteal duct or umbilicus plexus, while the first plate attached - the small copper plate or anode - would be attached first (being the positive), to the 9th dorsal plexus.
23. Each of the two methods of attachment would be used every other day, and for a period of about twenty to thirty minutes only.
24. Every other day when the Appliance is used Plain, with the small anodes, the attachments about the extremities would circulate in this manner:
25. 1st: Make the first attachment to the right wrist, the last attachment to the left ankle (the first plate attached becoming the positive, the last the negative, see?)
26. The next day use the Appliance with the Gold Solution, as indicated.
27. 2nd: Make the first attachment to the left wrist, the last attachment to the right ankle.
28. The next day use the Gold Solution.
29. 3rd: Make the first attachment to the left ankle, the last attachment to the right wrist.
30. The next day use the Gold Solution.

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31. 4th: Make the first attachment to the right ankle, the last attachment to the left ankle. Thus a circle of the body has been made by the attachments.
32. Use the Gold Solution the next day.
33. Then commence all over again.
34. The Chloride of Gold Solution would be in the proportions of two grains to each ounce of Distilled Water.
35. Then the applications for the RETAINING of the proper position of the stomach and digestive organs should be such, with the use of a belt or tape in such a manner, that there is not the too easily emptying of the organ itself - or the tendency for the creating of gases or the lack of proper digestive fluids active upon that taken into the system. This would be preferably, then, as we find, a form that while easy is retentive or RETAINS the position of the stomach itself.
36. As for the conditions in the throat, and as for the hearing and as for the general conditions where there are the inclinations for the DROOPING:
37. These we find would be altered or changed in their reaction by the response of the whole body to the recuperative forces produced by those activities through the glandular forces and the assistance made to the assimilating system and the nerve forces themselves by the use of the Appliance and the applications indicated.
38. We would take precautions as to the diet, in keeping towards the alkalizing; or we would have at least an eighty percent alkaline-reacting diet to a twenty percent acid-reaction.
39. Do these as we find, if we would bring the better forces for this body.
40. Ready for questions.
41. (Q) Is the kidney dropped again?
- (A) There is the inclination, as has been indicated, for the organs themselves to appear so. But if the vibrations are set up in the manner as has been indicated, we would find ALL of these would assume more of a NORMAL position and condition.
42. (Q) This can be done without surgery?
- (A) As we find, this can be done WITHOUT surgery; taking exercises for this - the pedaling exercise, of course - with the body in those positions for same.
43. (Q) Is that what is causing my symptoms of pain and soreness through the abdominal region?
- (A) This as we find, combined with the NERVE condition; this flagging or nagging condition - which arises, as has been explained, from the lack of hormones in the blood flow for the supplying to the organic FUNCTIONINGS that stamina to keep the proper coagulations or positions for the functioning system.
44. (Q) Can the hearing on the right side be restored?
- (A) As indicated, with the use of these vibratory forces in the body, and the increase of the influences upon the circulatory forces, all portions will be RENEWED. This comes FROM the left side, you see - that is, the impulses that cross. These effects are to the NERVE forces, of course, from FAGED MUSCULAR force; and these would be stimulated - by the applications indicated - to proper and near to normal activity.
45. (Q) Why is the tube congested and no air through it?
- (A) As indicated, the tube becomes congested from those inclinations from cold, or from the tending of the palate or the soft tissue to drop DOWN! And this produces the fullness in that portion.

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Of course, unless there are changes, these are inclined to make for irritation that becomes in the nature of congestion; so as to produce PERMANENT injury - or such that constitutional conditions, as may be called, would arise.

46. (Q) What advice regarding my eyes? Should I take any special exercises for them?

(A) The head and neck exercises, as well as the other GENERAL activity, would be very well for the body.

47. (Q) Can the sinus condition be cured?

(A) All of this becomes a portion of the same disturbance as indicated, that while the appearance from EFFECTS produced is that there are many VARYING conditions, it will be found that with the cause reached in the manner indicated, ALL of these will respond to those suggestions indicated for bringing normalcy.

Do that.

Do those things as we have indicated and we should find, by the time there has been at least the second necessity for recharging of the Wet Cell Appliance, near to normalcy may be attained.

48. We are through for the present.

REPORTS OF READING 1524-1 F ADULT

R1. GD's memo: Miss [1524], I just remembered that a friend of mine in Norfolk has a Wet Cell Appliance - and I'm sure she will be glad to lend it to you for the period you will need it. Of course, there may be some slight alterations for your case - and perhaps you will need different anodes or something - I don't remember just how she was to attach hers, or the solution used. But I'm sure she will be glad to help you get it rigged up, as she knows how to get it done - also how to apply it. Her name is: Miss Christian Mae Bailey (we call her "Pat") 2332 Ballentine Blvd., Norfolk, Va. But she works in Portsmouth in the office of the Seaboard Air Line Railway, so perhaps you could phone her there. Tell her I asked you to ask HER to help you get started. Then if you have trouble getting it set up we'll come over and "demonstrate" it for you. Let me hear.

R2. 2/25/40 Reply to Questionnaire: "I am sorry, but I must be frank with you, and the following will tell you clearly how I feel about your association.

"I gained no knowledge or benefit from the so-called - physical reading. And which in my judgement was merely a repetition of the information that I gave the secretary previous to the reading, and which was probably relayed to the reader for his benefit prior to the reading.

"Therefore, I cannot but realize my mistake in making such contact, and especially paying \$20.00 for it.

"Please make no attempt at further correspondence, unless you wish to refund my money."

Sincerely, [1524]

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BACKGROUND OF READING 1792-1 M 42

B1. 12/24/38 He submitted questions.

TEXT OF READING 1792-1 M 42

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 14th day of January, 1939, in accordance with request made by the self - Mr. [1792], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by N.Y. meeting of the Ass'n.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 3: 35 to 3: 50 P. M. Eastern Standard Time. New York City.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions he has submitted, as I ask them:
2. EC: Yes.
3. Now as we find, the disturbing conditions as prevent the better normal physical functioning are of a latent nature; yet the affectations have been and are such that the disturbance becomes a constant reminder as it were to the functioning of the glandular and the replenishing system.
4. Thus the blood supply is kept lacking in the body-building and in that which produces normal coagulation; so that through same there becomes a constant drain upon the vitality of the body.
5. These then are the conditions as we find them with this body, [1792] we are speaking of:
6. The blood supply indicates the nature and the cause, and through the glandular forces and through the functioning of same we see the effects.
7. There is, as indicated, a minus in the plasm in the blood stream of the coagulating influences, or the hormones in the hemoglobin are lacking.
8. This as we find arises from a condition produced in youth, when the glands of the thyroid were involved and the condition was in such a nature for the body to "go down" as it were; or so as to affect the sources of supply to the glandular forces about the vegetative system, or throat and the outer portion of the thyroid; affecting the liver and the tests and the glands of the prostate.
9. All of these are involved, then, in the lack of body-building forces.
10. And through these congested areas in the liver in the present, there tends to be in the bloody supply the lack of the abilities for resistance building forces to the fullest extent in the system.
11. In the nerve system these conditions work rather upon the sympathetic system, so that the influence of suggestive forces becomes nil; and the body finds the responses to suggestion becoming rather as passing, or affecting the body in a latent manner or form.
12. We find a minor subluxation in the areas of the nerve system from which the liver obtains its greater impulse through nerve coordination of sympathetic and cerebrospinal system; and a lesion there, the removal of which as we find would bring a great deal of improvement in the general condition.

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13. Also we find the effect of the foods digesting and the assimilations would be greatly improved, as would be the activities of the hormones from same.

14. We would also find an improvement if there would be small quantities taken of both the Thyroid Extract AND calcium in the form of Calcios.

15. The Thyroid Extract would be taken in the dosage of about one-twentieth grain once every three days.

16. The Calcios would be taken about once each day in periods of three weeks; sufficient to cover a cracker eaten with the evening meal.

17. These acting upon the system with the corrections, as we find would bring the better conditions for the body; though these corrections should be applied under the directions of one who could apply also hydrotherapy, or the hot and cold water treatments. These would be given at the time when the corrections are made in the cerebrospinal system, especially through the upper dorsal and lower cervical areas. We would have at least three periods of the adjustments, with at least eight to ten treatments in each period or series.

18. And be mindful that there are sufficient exercises when the hydrotherapy or hot and cold applications are made, to work the activity of the blood stream THROUGH both the superficial and deep circulation.

19. Do these, and as we find we will bring the better conditions for the body.

20. Ready for questions.

21. (Q) What causes and what should be done to prevent hemorrhages of the rectum?

(A) The hot and cold applications will be most beneficial. This as we find is more from the prostates than from the folds in the intestinal area or in the anus itself.

Consequently, we will find that the exercises and the applications of lotions do not work so well together in this particular case. But if the hot and cold applications are taken, and the properties as indicated, these will aid in correcting the condition.

22. (Q) Why do I remain at about the same weight, 147-150 lbs., my weight [height?] being 6'3"?

(A) As has been indicated, owing to the lack of the ability of the system to supply the overenergizing of the body.

23. (Q) Why is the field of spermatozoa very inactive and low in count? [though not barren]

(A) As also indicated, the disturbance from the glandular forces to the glands or the testes and the prostates.

24. (Q) Any further advice for my welfare?

(A) These as we have indicated would be the better for this body.

25. We are through with this Reading.

REPORTS OF READING 1792-1 M 42

R1. 2/11/39 He obtained a Life Reading - See 1792-2.

R2. 5/19/68 Reply to Questionnaire:

"The health advice was followed for good period. Conditions later required a rectum operation to fully relieve the conditions. However, when I stopped smoking I put on plenty of weight - from 147 to 200 lbs. The reading about the throat was correct. It always has been my weak spot. As a young child I outlived black diphtheria even after the doctor gave up hope. It certainly took its toll, though, leaving me the weakness involved in the reading."

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INDEX OF READING 2072-5 F 31

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Teeth: Toxemia Par. 15-A

BACKGROUND OF READING 2072-5 F 31

B1. See 2072-4.

TEXT OF READING 2072-5 F 31

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of July, 1941, in accordance with request made by the self - Mrs. [2072], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2072] and Mr. [1861].

R E A D I N G

Time of Reading 10: 50 to 11: 15 A. M. Eastern Standard Time., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2072]; this we have had before.
3. As we find, in some respects conditions are much improved. In others there is apparently little improvement, and in others there might be the wonderment as to whether there is ANY improvement.
4. Yet, in considering the whole of the work, the activities, the purposes, the intents, we find that much improvement is indicated in this body from the physical angle, - as well as from the angle of the mental and spiritual attitudes.
5. Not that there are condemnations, though, for any changes or conditions existent. Those segments where there has been so much tautness are at times better and at others not so well. This causes the creating of a fuzziness in the blood flow that has not been and is not good. Yet this is controlled partly from the diet that prevents the great irritation which has at times been indicated.
6. In the present we would alter somewhat the suggestions for physical activities of the body:
7. Here, too, at least twice each month - for the next three to six months - we would have a thorough relaxing treatment osteopathically administered. This we find may be well done by Richardson, whom we would have to do same.
8. Also at least once a week we would have a general treatment preferably by a masseuse or masseur, but instead of using the regular applications this should be preceded by a gentle sweat; not producing too high a temperature, but sufficient that there is the opening of the pores of the superficial circulation. This may be accomplished by either wet blankets, the dry cabinet or the fume cabinet bath. It would be better to use the Fume Bath, and in the fume cup put Witchhazel (a teaspoonful to the pint of boiling water in the fume cup used in the cabinet bath, you see) as the means of relaxing the body. Then follow this immediately with the massage, - massaging into the spine, especially the locomotory centers, all the Peanut Oil that the body will absorb.
9. Do these, as we find; with precautions as to the diet in THESE directions:
10. To be sure, have plenty of juices of fruits and vegetables; but also fowl, fish and beef juice. The beef juice should be taken only as medicine, rather than as food value - though it will add materially to the supplying of the needs as to body deficiencies, through the elements that are produced best in the beef juice itself.

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11. Do these and, as we find, we will bring the better conditions physically.

12. Keep the mental attitude as is. Keep the expectancy for the use of the abilities in cooperative, coordinated activities with those the body meets and contacts day by day.

13. Ready for questions.

14. (Q) Please explain the aching condition in the back of the head which occurs so often when I laugh.

(A) As indicated, some portions of the segments along the cerebrospinal system, where there has been such tautness, are better. But those having been released in one portion and not thoroughly enough in the areas of the cervicals, when there is the activity from the diaphragm to the muscular forces of the throat, head and neck, this contraction occurs.

Hence the relaxing by the Fume Baths, - not raising the temperature too high, see, - but the massage following same with the peanut oil as a food value to nerves and circulation - combined with the other food values - should eliminate these disturbances.

15. (Q) The frequent sensitiveness and aching about teeth.

(A) This is a part of the same reaction.

16. (Q) Crying sensation at thyroid.

(A) The lack of sufficient activity of same. Thus the needs for those energies in the VITAL forces indicated, - as in the fowl and fish, to make for better activity there. There are the needs for more iodine in the system. Hence fish, if it is at all assimilated, should be taken by the body.

17. (Q) When, how often, and in what manner may a purifying fast be taken by my body?

(A) It is better that this be NOT attempted to be taken at the same time that the adjustments are being made and the building forces are being created for the ganglia and the glandular forces.

When there has been the full correction of the MECHANICAL forces, - that is, the structural centers where the lesions have been indicated and are apparent, that prevent the flow of the kundaline forces, as well as the sympathetic and cerebrospinal nerve energies. When these are released, and there is better reaction, this will be most beneficial. Then once in a moon, or the like, it would be well.

18. (Q) Of what should it consist?

(A) Let's correct the conditions first. Then it may be better given as to the necessary forces to act as a contributing agency to the betterment of the conditions, by its being easily assimilated; dependent upon the coordinated balance created in the chemical forces of the body.

19. (Q) Alternate breathing, cleansing breath, etc., have seemed beneficial to the body and health when pursued. Please explain the use of breathing and its purifying qualities.

(A) These are well when there are NOT physical hindrances to their more perfect activity. That help has been obtained when there are already obstructions indicates the greater benefit that might be had IF there were the normal flow of impulse from glands and nerve centers raised by activities of breathing.

Breath is the life-blood cleansing of the body, normally - see? For, there are the needs for the combination of the gases as inhaled to act upon the purifying of the system. And these are well, if done properly.

In the present, though, we would only take the breathing exercise that so fills the lungs that there is a full equalizing or energizing or the blood-purifying area there. This

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would be, then: At full height or stature, preferably with few or no clothing on, with plenty of fresh air, - inhale deeply through the right nostril. First it would require closing, or a pressure on the left - but attain to that ability to purify by breathing ONLY through the right nostril. Hold it as long as possible and gradually rise on the toes, as this is taken in, raising the arms to fill the chest more. Then exhale, not too suddenly - but suddenly - through the mouth. Do this for at least three times.

Then rest five minutes.

Then repeat same, this time through the left nostril. And when there is the raising of the body-structural force by the intake, turn slowly from the waist up, so as to allow those areas of the body - that have been hindered - to be purified by the oxygen, which is the most of the gases taken, as well as the others, to affect or be active to the body.

Do this regularly, say at least three times each week.

These would be the beneficial breathing exercises UNDER the existent conditions. As those pressures are removed from the cervical areas, and through the lower portion of the dorsal and lumbar, these may be altered by DIRECTION of breath - as well as position of body. But DO NOT do these until such mechanical corrections are made. The ones indicated, do.

20. (Q) What do you mean by turning slowly from the waist up?

(A) That is, turn to the left - not moving the feet, but swinging the body around - AS the inhalation is taken, for the LEFT nostril only.

21. (Q) Who should I go to for the massage?

(A) A good masseur would be the better. If this is not practical, then someone at home should be trained or given the understanding as to just what is to be done, see?

22. (Q) Is there someone in the vicinity of Richmond?

(A) Should be someone in the vicinity of the home.

23. We are through with this Reading.

REPORTS OF READING 2072-5 F 31

R1. 7/27/41 (Sunday) [2072]'s letter to EC:

Dearest Eddie,

Sweet of you to write so soon after we left. Thank you. We were so glad to see you again and have a little more talk....

Yes, our re-check readings were excellent, - most encouraging to both of us. I showed [1861] how to massage the peanut oil into my body like Dr. Reilly's attendants and so started him on the road to becoming a masseur - maybe?

He made me feel very good with the massage Friday - after one of those wonderful fume baths. Those fume baths have a most wonderful effect upon the body forces. I certainly was glad to know how they might be taken at home for I knew how good they were for me in N.Y. and wished often I might have one since then. Felt like they would "pick me right up."...

I was extremely glad for the explanation in my reading as to why the kundalini forces were prevented from flowing due to the lesions, for it has been a source of no small wondering - to have begun the developing of these and to have not been able for some little time to have felt and used this energy force. I was also thankful for replies on questions regarding fasting and breath.

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Yes, we'd like to join with you and that group meditating at the time of the readings. Although I haven't done this regularly and everyday, I have upon several occasions linked myself, in meditation, with you, your work, and the group, during your reading periods....

R3. 1/15/42 (Thursday night) [2072]'s letter to EC:

Dear Eddie,

It was very nice to see you last Wednesday, but time went all too quickly. I'm sorry we had to be late and that we weren't able to go and sit down and talk somewhere....

Looking over our reading I guess it is about time to have re-check readings so as soon as we can get our questions together we'll be wanting them.

In the meantime, we shall be down next Wednesday for treatments. We hope you may be able to come in once more. I have an idea "the Forces" are going to cut those treatments down to fewer and farther apart. It's pretty expensive coming down so often so I hope we have progressed enough so this will be possible; altho, more personally, we wish we could see you every week, every day.

Must close for this time.

Love to you, [2072]

Thank you for your letter which came this morning just before I mailed this so I am adding more to this....

We are very much in accord with both letters and would like to add our bit to the prayers. I know the power of prayer, Eddie, and where a group such as this is united in effort the power becomes greater even. Not only that, but we add the weight of our prayers to those of the Prayers of the Arcane School, Brown Landone's group (in Florida) and all other organizations of such a manner. I wish you MIGHT lead such prayer on the radio. And I wish it might be preceded by description of experiences with prayers and prayer groups.

Must close, [...]'s little 3 1/2 year old girl is here with us again. She's sweeter than ever, love to watch her and LEARN from her, even. Love, [2072]

R4. 1/30/42 See 2072-6.

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BACKGROUND OF READING 2072-6 F 31

B1. See 2072-5.

TEXT OF READING 2072-6 F 31

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 30th day of January, 1942, in accordance with request made by the self - Mrs. [2072], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 4: 05 to 4: 20 P. M. Eastern Standard Time., Va.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2072]; this we have had before.
3. In many respects there are real improvements. In others there are halts and jerks. These arise from the inability of the full coordination of the system's eliminating channels, by the excesses of tensions - or the inability of proper relaxations at times through the body.
4. Here, too, we will find that the more normal the eliminations are, with sufficient mental and physical activity for there to be the normal appetites, - physical, mental and spiritual, - the better will be the reactions to conditions of all natures in relationships to the body in this experience.
5. These may appear confusing. But normalcy is that needed. Quiet, work, temperaments, - all of these need expression. Too much has too long been suppressed in the body. This is much that has caused the poor coordination in the eliminations of the body. Thus those general tensions that have existed which have brought about the needs of those reactions which have at times taken place.
6. Occasionally we would have thorough relaxations osteopathically. These may be done by any good, sincere osteopathic manipulator, but preferably such as Richardson - at least once a month - a thorough relaxation and alignment.
7. The violet ray for this body, if not too severely given, would be good, but should be kept to the upper portions, or above the diaphragm principally; the face, the neck, the arms and shoulders, - with the bulb applicator. Not too severe, but sufficient to stimulate circulation, - about ten to fifteen minutes, see? once or twice or three times a week.
8. Then keep the circulation through the eliminations. Keep these well through the alimentary canal.
9. These will bring the better conditions for this body.
10. In the diets, - continue to grow more to that of normal, and not too much of abnormal.
11. Ready for questions.
12. (Q) Should the body continue Atomidine?
(A) Only about three days a month, now - unless other conditions develop. But have those three days in succession, one after the other.
13. (Q) Calcios?
(A) This is well to keep up for the time being, for at least until there is a better coordination in the general circulation as to the chemical processes through the body.

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14. (Q) Have lesions been corrected?

(A) These have been relaxed. By long periods without relaxation, or by cold or congestion or overphysical strain, they tend to tie up again. Thus the violet ray occasionally, and the thorough osteopathic relaxation at least once a month.

15. (Q) Explain extreme heat along spine which sometimes occurs during sleep.

(A) In the thorough relaxing of the body, there is the attempt to coordinate the nerve forces of cerebrospinal and sympathetic system, or the eliminating forces of the body as related to the internal or deeper activity. And as a nerve is as an electric force, it is that which heats the body. At times when this occurs it is almost as a short-circuiting. Hence the need of the better stimulations towards eliminations.

16. (Q) What soap, manner of cleansing, creams and makeup would be least harmful and most helpful in correcting the beautifying the skin?

(A) Pure Castile soap [See 2072-6, Par. R19] is the better as a cleanser. As a cleansing cream or the like, the Genuine Black and White products are nearer to normal. The Milkweed Cream used occasionally for this body would be very beneficial.

17. (Q) What deodorant and anti-perspirant would be effective and unharmed for this body?

(A) The use of pure soaps is preferable to any attempt to deodorize. ANY that allays perspiration certainly clogs the activity of the respiratory and perspiratory system. And the activity of the glands closest, of course, under the arms and between the thighs or limbs, is that which causes such conditions. Then, the more often there is the use of the bath or the soap and water, the better it is.

18. (Q) What ingredients in such preparations are harmful?

(A) Anything that closes the pores of the skin to prevent perspiration.

19. (Q) Explain reaction, and state whether beneficial or harmful results are obtained from the use of Thyroid Tablets as prescribed by present day doctors.

(A) These are where there are the various conditions in the thyroids, and it is retroactive by a glandular secretion upon the system. As to these properties related to this body, - remember, each body is a law until itself respecting such preparations or herbs or minerals from which drugs are made. And these may only be given, - that is, as to their beneficial or harmful reactions, - in reference to this body.

Here, from suppression, there has been a lack of proper activity of the thyroid. This is better produced by that influence of iodine in the body. This is one of the four principles necessary to be present in the activity of a normal body. Hence the indications that the Atomidine be used (or the atomic iodine) as a means of purifying or cleansing, or causing better activity of all the glands.

Now these have been helped, yet need the occasional use of same. Thyroid to this body, with the use of that as a purifying agent, might cause irregularity in heart activity or pulsation, excess activity of glands either in the pelvic organs or the liver or the thyroid or breasts themselves. So don't use it!

20. (Q) Explain likewise the Sulfa drugs.

(A) This is a reacting agent upon the pre-conceived idea of conditions in a blood supply from activities arising in the organs of generation; and where there is an excess or a disease, or an impulse, it reacts upon same. DON'T use it in THIS body at present! There might arise conditions that this would be necessary.

21. (Q) What is the cause of Caesarian births?

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- (A) This is produced by other disturbances. This wouldn't occur here with this body.
22. (Q) What should be the care, the precaution, against?
- (A) The perfect relaxation and the position of the womb or the uterus during the stage of pregnancy.
23. (Q) Give a color this body might meditate upon beneficially for self-healing. For healing of others.
- (A) Deep purple.
24. We are through for the present.

REPORTS OF READING 2072-6 F 31

R1. 2/5/42 (Thursday) [2072]'s letter to EC:

My Eddie,

Thank you for last night....

You know, I've just finished reading through and pondering all of your letters since first you addressed me as "Miss [...]". Altho at that time I had no idea that "little Anna" or "little Eddie" ever existed - something flickered even then [See 2072-1 Incarnation]. And what a wonderful revelation and what beautiful things have come out of finding a certain Mr. Edgar Cayce. Eddie, Kahlil Gibran in the book "The Prophet" has written some lovely words on Love. Listen and see if you like them!

When love beckons to you, follow him, Though his ways are hard and steep. And when he speaks to you believe in him, Love gives naught but itself and takes naught but from itself When you love you should not say "God is in my heart," but rather, "I am in the heart of God." And think not you can direct the course of love, for love, if it finds you worthy, directs your course.

I've been thinking over the reading on the prayer as you told me about it. I think it was a very remarkable reading. I am sure we shall feel its potency as soon as we shall apply it. I didn't get a chance to say much about what I thought of the last re-check readings last night. I think I come to realize more and more how very, very little I truly know about myself. What a deep understanding God does have of us. We are so IGNORANT and yet we THINK we know ourselves. The understanding and kindness of Our Father, as seems to come through readings seems to be almost overwhelming at times - it strikes pretty deep to be so understood and cautioned and taught so we may better adjust ourselves to life. Oh its GOOD to have such a Father! I wish [2072]'s childhood had been as free and beautiful of expression as "Little Anna's," but don't you see she must have lost something (Little Eddie) that brought out Little Anna. How I did miss you through these childhood years as [2072]. And yet as I look back those very things the nearest to those we did as little Eddie and Anna are the things I loved and still love of this childhood, but it was lonesome....

I feel very fine today after Dr. Richardson's treatment yesterday and seeing you last evening; [1861] was a bit tired today, but it is rather hard getting up real early and teaching all morning....

I'm very, very glad the forces sent us on to Dr. Richardson and Norfolk, because still we can see you when it's possible. Love those times when we go into his office and find you there....

With love from Little Anna as [2072] and a good night kiss. I love you always. [2072]

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R2. 2/9/42 EC's letter to [2072]:

My Dear [2072] and [1861]

Have yours [...] of the 5th - I often wonder if you good folks can ever know just how much you mean to me - you more than any circumstances hardly possible signify to me something given in the last reading for the members, you really -: "Stand between the living and the dead" - and the plague of doubt in my own mind is stayed, constituted as I am, can't help but feel there must come to every one at times doubts, of the past and the future. Yet, when am with you two all doubt slips away, and when I allow my self to slip back to days long since a part of the whole business of living, am just transported into another world. A world that one cannot help but see, feel, hear the goodness and the Love of God....

Like the quotation from "The Prophet" it is lovely and expressive of that I feel when am with you two.

The understanding that is more oft than otherwise expressed in the readings is what appalls me at times - we may at times not be able to see just how such could be true, yet a little while and it is all there - had very good demonstration of this about a year ago. Mr. [257]'s Mother in law [1997] was at his home and they asked for a reading - was given, but when she received it she said "Oh that is meant for my sister I haven't any of these symptoms even," but she left the next day for Tex and on the day of her arrival there, just the description as given in reading was pronounced by the Dr. making an examination in one of the leading Hospitals there.

Don't know about [2072]'s childhood, but do know about Anna's, the happiest the sweetest, the loveliest little person it has ever been my pleasure to know. There were crosses, to be sure, a few tears now and then, but many more smiles and chuckles than tears.

As think you have heard me say, have always been able to see lights about people, didn't know then as Aura's then to be sure but we were so close during the few years we knew one another then would not know whether it was your real aura that I saw or the esteem and love had for you. Yes, to me there is still much of that I knew in little Anna's Aura about you, tho think you chuckled much oftener than even through tears at times.

Try putting a small lighted candle behind the deep purple at times when you meditate, possibly figures may appear for you, just don't be alarmed if they do speak gently, you may be able to pick up some of the "little folk" we knew that way.

Glad you were feeling so well - am sure it is a bit hard on [1861]. Such a hard trip after his treatment, if you could only dispense with the early morning classes and come out and spend the night with us and go back to ... the next day. Would be better for each of you. Can't you arrange to do that?? Be glad to have you.

Thanks again and again, let me know what you think of the report by Mr. McDermott [1/27/42 Astrological chart of EC made by Raymond McDermott - See under 2441-3 Reports], and with love to each of you, and with a kiss
eddie

R3. 2/10/42 (Tuesday Evening) [2072]'s letter to EC:

Dearest Eddie,

Yours are the nicest letters in all the world; do you know that? Little Del (she and her mother are here for a few days) brought your letter up this morning. I was kind of

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looking for - should I say - hoping for? a letter from you this morning and then her happy bright little face delivering it....

Why, you give of yourself each time we're with you, Eddie, things that are so deep, and sacred and lovely. We could just as well be the selfish ones in wanting you all to ourselves; and if it were not that we all gained spiritually, which makes us better able to give to others, - so, I don't think any of us need condemn ourselves. Let's don't, it's an ugly feeling, but let's just give and take everything lovely we can from any and all of our companionships.

You know, I think I'm becoming more "normal", as the physical reading told me that was what was needed. And I think readings and you are about the best normalizers I know of. I feel like I've gained a whole new and correct concept of life! How many assurances we do have to put our trust and love into, knowing these things we have been so sweetly and beautifully given! And it means so much more when you have someone knowing and believing with you.

The prayer and the reading was so very, very lovely, Eddie. I would say that as one uses it they begin to understand and appreciate its lovely simplicity. Many can, with quantities and long words, say little, but few can, with few and simple words, say so much. That is how the simpleness and directness of the prayer impresses me. We like it and we join with you daily in using it. God asks mighty little of us - simply receptiveness to his guidance and thanks to Him for our day - yet were we but to do these two things with the sincerity such as yours - we will have done much....

Well, now, by promise, I must go to work on this chart. It's such a limited thing, Eddie, I don't like it. My faith and trust just won't go out to it like it will to your readings. The readings prove themselves, but astrology is a mere guess based on nothing too certain. God doesn't guess.

I think I will still accept "the forces" date for the Great Pyramid.

True, of course, you are a founder and leader in your work, and more, I think you'll continue it in your next life. I hope so!

Next, I think Uranus can and does and has affected. True, you may have simply taken up your old coat of psychism from past lives but I still feel it is somewhat "voluntarily directed evolution" (you are BEYOND much of what these laws (?) of astrology say and hence they can not even be correctly called upon or applied in your case, I feel).

"The true occultism hovers around...but does not enter his life in its full force": Your subconscious has fully and truly entered into the spiritual. Occultism seems to him (Mr. McDermott) the one Supreme; it blocks his vision. What need you bring occultism in "in full force," if you can accomplish the spiritual results. I don't believe he analyzes the position correctly because he can only base his analysis on what he has read or studied - it is too narrow and limited.

Yes, you are gathering past fruits, BUT as long as one is a child of God with FREE WILL, and LIVING, how in God's name is it possible to avoid using them?

So that we are daily growing, and by every act we are either growing SPIRITUALLY or DETERIORATING. Ah, the spiritual will, yes! it has taken supersedance over your own regardless of your Sun, I think. And, oh, Eddie, your Sunday School work, your Bible study class, your Glad Helpers Group, your prayers, and all these things that have been started and helped by you - stimulated and assisted by your own free will and effort. How COULD it be, then, there is no "self-generated effort"? I think Mr. McDermott

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knows very little of the laws of Karma and free will. The very fact that you stimulate spiritual growth in all of us who come in contact with you is helping your own growth. I wish he would come meet you, and I think he might go back wondering about the astrological analysis.

I wonder if maybe the House of Psychic Forces from the past being fully tenanted 30 minutes earlier did not really affect you, because it seems to me the Subconscious mind is EXACTLY the source of your powers.

Humility, reverence, deference - yes! and by all means the readings point out those "priestly positions in the past."

Certainly you are helping us all along the great Path of Universal Love; and there are, too, the "personal considerations in love." Certainly where love and understanding is returned you can give much more. Where there is misunderstanding by others it blocks what you might give them through their own fault alone. But I don't believe I have ever seen you hate a fellow man regardless of his attitude toward you.

As for the rest - "a disciple of the path of lunar initiation" - I don't know. Perhaps so. It is not improbable. When one goes into this, too little is known by we poor creeping critters. I'd say God only would have all the records and know.

As a whole, I'm not satisfied with it. But, love to you, and, for just now, I must close.
[2072]

R4. 2/13/42 EC's letter to [2072]:

Dear [2072] - Little Anna;-

Thanks for yours of the 10th - glad that I can at least write to some one who things my efforts are not too bad, but of course feel differently toward you and [1861] to any other people in the world, might sound funny, yet is true and am sure you both know why. Would like very much to meet the young lady if she reminds you of what little Anna must have been like - and little Anna I believe grows more real each day - only when am with you do you take form in any other way in my mind - but it is always little Anna grown up.

Glad you understand what I mean, but you both mean so much to me - and little Anna is so real - well just hope don't ever make [1861] jealous, and some how feel had it been any other way round, that might have happened, but he understood then, and hope he always does now.

Good - glad to know you feel better for as the normal activities of you physical are manifested, but the corrections then the better you will feel every way am sure and as we get a broader view of LIFE and its principles in the Earth greater is the real joy of living that I may have added to this phase of your experience is of course pleasing to me, and a hopeful feeling that Mr. McDermott is wrong when he says I am doing nothing of a spiritual nature this time.

Thanks for your opinion on the prayer - as said to you and [1861] personally was at first a bit disappointed, but when had studied the information and heard from several others who I feel should know about such things, have come to the conclusion that you are about right, there is much food for thought, and the knowledge of the Lord is so simple most of us overlook the privileges and the opportunities we have in rally knowing him, am in hopes there will be a real response in this undertaking and feel that much will be

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accomplished in same not for the material gain but the spiritual growth as may be the experience of all who give it a real honest to goodness try in their experience.

Have often thought of what Mrs. [1770] said, and all ways have a feeling of elation, yet that doesn't express it either more the feeling of assurance that there was a something as made you realize you had contacted something that had meant much to you and it is that sort of expectant elation if you what what I mean, and will hold to that thought with all the other assurances you have given me since. So a fact is realized, there is a continuity of Life, a proof that to self at least can not be denied - know it is not a proof to any one else, yet should it seems to me to be such positive proof to we three, wonder what can and will come of it, tho realize it is what we do with it as to how it will grow, a seed is a fact, it can grow and bear fruit, so may a weed by same and decrease the fruitfulness of the good seed, and eventually destroy it altogether. So have we a seed of truth or a weed of doubt??

Would be lovely to have you here at the Beach over the week end....

If you will put the purple over a cardboard with hole in same and really put the small lighted candle behind same will help am sure, wish we might try some meditations together. Oh possibly we will some time - had a funny dream of you last evening - caused possibly by what you said about Little Del - but dreamed she was one of the little folks we used to talk and play with years ago. Found it out in a reading [See 294-128, Par. 9-A], will tell you about it when see you.

Thanks very much for your analysis of the chart - very nice to have someones opinion you think a great deal of to agree with you, but knowing people and the like makes me feel like I do regard the chart readings - just hope I am not egotistical and self sufficient in my opinions, but feel you have given about the correct way of thinking about this chart. Seems to me the Astrologer has the wrong concept of Creation. From the Bible I gather the universe was made for man's inhabitant [habitation?] in all his phases of evolution and stages of consciousnesses the Stars, Planets and systems were made for this Spirit of man to manifest in and for he to rule, not these stars planets or like rule him. They are for "Signs seasons years" true but being born under such and such a sign then indicates what man did about his opportunities, not what the signs will do to him. To me there is a vast difference.

I do believe the work have done am doing should show some attempt at least to be Spiritual minded. If it doesn't do not know what would, and am persuaded the TRY is counted by God for righteousness. It was of old - and HE has not changed.

Thanks again and again for your taking the time to write me as you have. Hope to see you soon - trust you are both very well feeling fine and will come stay with us when you come down.

With love and a kiss, Eddie [signed] Edgar Cayce

R6. 2/25/42 EC's letter to [2072]:

Dear [2072]

Tho am sure the first part of this should be addressed to "little Anna" for had a very unusual dream of you last night or this morning. Dreamed you, [1861], and I had gone to Ky. - to the old home place, while it was all changed, but was describing it all to you and [1861] - when as if time turned back and [1861] exclaimed - "OH every thing is as it was, how can that be, is this real, what has happened to us all - do we imagine this is so - what

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has happened to others, do they see as we do or not?" And everything was as it was when [1861] was building the home, and you and I were playing with the little folks at the hay rick. Wasn't that a funny one.

Almost as an answer to the other dream, am sure little Del must have been among our playmates, certainly would like to meet and talk with her.

Will try and arrange it so as to give your Aura-Chart reading [288-50] the Sunday you are here - do you wish any of the group to be present or just we here at home. Oh yes think your drawing was beautiful, a little different from that made by Miss Wynne to be sure but equally as pretty or better, some of these are very lovely. Especially Gertrude's is the prettiest yet....

R8. 3/7/42 See 2072-7, an Aura Chart Reading....

R16. 5/31/42 Mrs. [2072]'s letter ends with this paragraph: "Know anything that is a remedy for hives? I've been sitting here with them tormenting me all evening - four or five big bumps and they've been with me now three days and seem to be no less itchy."

R17. 6/2/42 EC's letter to [2072]:

Dear [2072]

. . . Yes - Congress Fri. - Sat. and Sunday. This business of getting about is the trouble. Hope we have enough for a congress - but the folks in Norfolk can't get out very well, so when they come will have to spend the day - that is why will have lunch this time on Friday.

Hives - must have been eating too many berries - mild solution of antiseptic is best - try bathing parts affected with Glyco - use regular strength if not too severe - have good eliminant of the Senna base. Syrup of Figs or the like that should help.

Love to each of you, with a kiss for little Anna

Eddie

R18. 6/23/42 See 2072-8, a Check Life Reading regarding various past incarnations.

R19. 3/27/50 Mrs. [264] wrote that she had used Johnson's Baby Castile Soap for her hands (in toilet as well as dishes) for several years, as recommended in 2072-6, Par. 18-A: "It keeps them soft. All other soaps that I have tried cause hang-nails and splitting nails."

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BACKGROUND OF READING 2072-9 F 32

B1. See 2072-8.

TEXT OF READING 2072-9 F 32

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of July, 1942, in accordance with request made by the self - Mrs. [2072], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [2072] and husband, [1861].

R E A D I N G

Time of Reading ... Street, 11: 20 to 11: 35 A. M. Eastern War Time.
..., Virginia.

1. GC: You will give the physical condition of this body at the present time, with further suggestions for corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here.
3. As we find, there is a great improvement in this body. There are still those disturbances arising in the soft tissue, or in the lymph circulation. The fullness at the throat at times, the disturbance through the soft tissue in the antrum, - these all give rise to a lack of proper elimination of poisons, that accumulate in the body.
4. In the present, though, as we find, we would leave off those applications for at least eight to ten weeks.
5. But apply, for this body, the Violet Ray; especially to the base of brain, around the face and neck, and down at least to the 9th dorsal; not too strong, but using the bulb applicator. Do this about twice each week, just before retiring, for three to five minutes. But don't just hurry through with it - take the time! Use the bulb applicator, and RELAX. Use it to relax, not to stimulate the body.
6. Keep the better physical, mental and spiritual coordinations in making the application of truth, creative energy forces, in self. And make the application of that it would approach in self, before making application in other directions, see? And these that do not work within self are not so good to pass to others.
7. Do that.
8. Keep the better diets; that is, keep a more universal diet, and this will aid. Fruits, vegetables, nuts; little meats, but fowl and fish do take. [GD's note: Mrs. [2072] had for some time been a diet faddist.]
9. Ready for questions.
10. (Q) Could any immediate measure be used to counteract the occasional intense headache?
(A) As indicated, this arises from the drying, or the overflowing of lymph; for these are pressures in the soft tissue of the antrum, and in the head and neck forces that produce same. Hence as we find, through these particular periods, use the Violet Ray, see?
11. (Q) Any specific directions for Dr. Richardson?
(A) Not to do anything for ten weeks!
12. (Q) Should the fume baths and peanut oil massage be continued?

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(A) These are well to be used, for they will aid and stimulate - as the Violet Ray is given. Once a month for these would be sufficient, while the Violet Ray would be twice a week.

13. (Q) Atomidine?

(A) Leave off for the time being, especially when the Violet Ray is used.

14. (Q) Calcios?

(A) We would keep up the Calcios.

15. (Q) Are the sunshine and gardening beneficial?

(A) Sunshine is always beneficial to a body, if it is not overdone.

16. (Q) Are there any conditions in the teeth that need attention?

(A) We would give some attention to the teeth AFTER at least six to eight weeks of these treatments as indicated.

17. (Q) Is there any danger in using raw milk from our Dewey Dairy under the present crowded conditions in Blackstone?

(A) This should be pasteurized milk; though for the body, raw milk is advisable.

18. (Q) Is there not a treatment or method that might be used by the entity for the removal of blackheads from the face?

(A) The general building up of the body forces and the establishing first of correct coordination of eliminations. These will gradually be removed.

There might be used bleaches, or cleansing creams, but these would eventually give more trouble than the blackheads are causing in the present. Get to the basic conditions of these, as being accomplished through the use of the fumes, the rubs, and now the Violet Ray.

19. (Q) Is there any further information to be given at this time regarding the periodical purifying fast?

(A) These as we find are to be considered as a general condition, rather than a specific. If there will be kept these in a purely coordination or cooperation with the diets, these will be much better. For, much of this must be from the mental, rather than from the real effects of the properties, or the effect created in the body.

When these become, then, lacking in a supply to the body forces of the amount of fats, it becomes more harmful than beneficial to the physical effects in the body, see?

20. (Q) For the general knowledge of the entity, will you give "the four principles necessary to be present in the activity of a normal body" and give their function?

(A) Heart, liver, lungs, and kidneys. These are the four major principles of a physical organism - if we are considering from the pathological condition. If we are considering from the mental - these are the abilities for the mental forces to attune along the centers of the body that necessary coordination between lymph, elimination and digestive forces of the body. These keep a normal balance.

21. (Q) What relation do the vitamins bear to the glands? Give specific vitamins affecting specific glands?

(A) You want a book written on these!

They are food for same. Vitamins are that from which the glands take those necessary influences to supply the energies to enable the varied organs of the body to reproduce themselves. Would it ever be considered that your toenails would be reproduced by the same as would supply the breast, the head or the face? or that the cuticle would be supplied from the same as would supply the organ of the heart itself?

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These are taken from GLANDS that control the assimilated foods, and hence the necessary elements or vitamins in same to supply the various forces for enabling each organ, each functioning of the body to carry on in its creative or generative forces, see? These will begin with A, - that supplies portions to the nerves, to bone, to the brain force itself; not all of this, but this is a part of A.

B and B-1 supply the ability of the energies, or the moving forces of the nerve and of the white blood supply, as well as the white nerve energy in the nerve force itself, the brain for [force?] itself and the ability of the sympathetic or involuntary reflexes through the body. Now this includes all, whether you are wiggling your toes or your ears or batting your eye, or what! In these we have that supplying to the chyle that ability for it to control the influence of fats, which is necessary (and this body has never had enough of it!), to carry on the reproducing of the oils that prevent the tenseness in the joints, or that prevent the joints from becoming atrophied or dry, or to creak. At times the body has had some creaks!

In C we find that which supplies the necessary influences to the flexes of every nature throughout the body, whether of a muscular or tendon nature, or a heart reaction, or a kidney contraction, or the liver contraction, or the opening or shutting of your mouth, the batting of the eye, or the supplying of the saliva and the muscular forces in face. These are all supplied by C, - not that it is the only supply, but a part of same. It is that from which the structural portions of the body are stored, and drawn upon when it becomes necessary. And when it becomes detrimental, or there is a deficiency of same - which has been for this body, it is necessary to supply same in such proportions as to aid; else the conditions become such that there are the bad eliminations from the incoordination of the excretory functioning of the alimentary canal, as well as the heart, liver and lungs, through the expelling of those forces that are a part of the structural portion of the body. G supplies the general energies, or the sympathetic forces of the body itself. These are the principles.

22. (Q) Is there any method of keeping moths from woolens other than by using moth balls or decadent smelling preparations? Silver-fish from destroying papers?

(A) We have no moths; and we don't have woolens!

23. We are through for the present.

REPORTS OF READING 2072-9 F 32

R1. 7/22/42 P.M. See 2072-10, a Check Life Reading on past incarnations.

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BACKGROUND OF READING 2515-1 F 32

B1. See her remarks in the Reports [2515-1, Par. R1] indicating she had a thyroid deficiency, insomnia, etc.

TEXT OF READING 2515-1 F 32

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Va. Beach, Va., this 16th day of June, 1941, in accordance with request made by the self - Miss [2515], Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [2503].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [2515].

R E A D I N G

Time of Reading 3: 50 to 4: 10 P. M. Eastern Standard Time., Va.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestion for help and relief of this body; answering the questions that may be asked.
2. EC: Yes, we have the body here, [2515].
3. Now, as we find, there is rather the complication of disturbances.
4. These suggestions in the present, then, would be rather in the form of warnings; though, from the effects that are created at times, the conditions become very disturbing in the present. And without some corrections they may become more of a constitutional nature, thus leaving the body permanently uneasy.
5. But we find that these may be entirely corrected. In the present they have to do primarily with the glandular system AND the effects upon the nerves; though organs in their functioning are involved. Thus the complication.
6. These, then, are the conditions as we find them with this body, [2515] we are speaking of, present in this room: First,
7. IN THE BLOOD SUPPLY, we find those conditions that indicate the glandular as well as nerve disturbance, - the irregularity in pulsation and yet a condition in which there are impulses of the flow being irregular in varied portions of the system at different periods of body functioning.
8. This also indicates at times a humor, or an irritation to portions of the body.
9. IN THE NERVOUS SYSTEM, here we find the greater physical awareness of disturbances through the body, - through the conditions in glandular force, by an unbalanced chemical reaction in the system, with pressures that exist in portions of the cerebrospinal system.
10. These we find are the incoordinations between the impulses of the circulation to the superficial and to the cerebrospinal or central nervous system. Thus those periods that disturb the body, through the inability of this coordination with the general activities or desires of the physical forces.
11. In the glandular force do we find the sources, as indicated; in that there are involvements through the thyroid as well as in and about the assimilating system. Thus those disturbances through the alimentary canal at times, as well as in the liver, the kidneys and the lungs. All of these become involved at different times in the nervous and glandular forces.

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12. For, the glandular forces throughout the thyroid make for an unbalanced metabolism, and a quickening at times of the pulse sensation; the conditions existing in portions of the extremities of the body at times, and at others the effects created to the circulation through the purifying organs of the body, - the liver, the kidneys, the lungs - all become a part of a general disturbance.

13. But, as we have indicated, it is a functional disorder rather than an organic condition - in the present.

14. AS TO THE FUNCTIONING OF THE ORGANS THEMSELVES, brain forces, as indicated from the nervous reflexes, are very good. As to the coordination of same between sympathetic and cerebrospinal system, - this becomes disturbing; and there are periods when, as might be slangy expressed, the body has the "all overs," or there is the inability to coordinate itself with its desires and its activities.

15. Throat, bronchi, lungs and larynx, - these as we find sympathetically have reflexes; fullness at times felt, easily does the body contract cold at times; at others there is a quick reaction as to the congestions. Thus the feelings that there is the LACK of something in the activity of the body itself.

16. All of these become parts of reflex conditions through glandular AND nerve disturbance.

17. In the liver, the heart and the kidneys as to circulation and as to organic conditions, - we find disturbances indicated in their circulation, also through the organic reactions in the nerve forces of the body - NOT organically.

18. We find in the digestive forces at times the conditions resulting from an old disturbance of a cold and a congestion, as combined with the nervous condition and inflammation through portions of the colon. These at times give a great deal of distress. These are not ulcerations nor lacerations, but rather as impulses through the stomach, duodenum AND the activity of the jejunum, by the laxness or slackness of the LYMPH flow through these parts of the system.

19. Yet, all of these conditions should be taken into consideration if there would be the elimination entirely of the disturbances from this body.

20. IN MAKING APPLICATION OF THAT WHICH WOULD BRING NEAR TO NORMAL FORCES FOR THIS BODY, THEN:

21. Begin first with taking internally one drop of Atomidine in half a glass of water before the morning meal, each morning for five days. Then leave off three days. Then take five days more.

22. THEN begin with the osteopathic adjustments and stimulating treatments. It is indicated that these are necessary especially in the vagus center, to assist in setting up drainage to the thyroids - or from the thyroids, and the adrenals from the 9th dorsal and the lumbar axis.

23. These we would take twice every week for three weeks.

24. Then leave these off for a period of a week.

25. Then take them twice each week for three more weeks.

26. When there is the beginning of the second series of the osteopathic adjustments and manipulations (not before), begin taking internally a compound prepared as we will indicate. DO NOT take this compound until the osteopathic treatments have been taken for the first three week series. For these should work WITH the changes that will be wrought in the body through the purifying of the glandular force, and then the building up

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of the general nervous system, the coordinating of the centers especially indicated; that there may be the better nervous reactions through the body, purifying the circulation; aiding the lungs, the heart, the liver, the kidneys to so purify the blood supply and the vital forces of the system as to allow the body forces themselves to build up. These properties would be prepared into a compound in this manner:

27. To 2 ounces Distilled Water add 1 tablespoonful Strained Honey. Allow to come to a boil. Skim. Then add 1/2 ounce 90% Pure Grain Alcohol.

28. Then to this, as the carrier, add - in the ORDER NAMED:

Tincture of Valerian.....1/2 ounce,
Fusion of Wild Ginseng.....1/4 ounce,
Fusion of Wild Ginger.....1/2 ounce,
Essence of Snake Root.....1/4 ounce.

Shake the solution well. Take a teaspoonful each day, just before bedtime.

29. As to the diet; keep away from these: DO NOT take fried foods. DO NOT take any of the carbonated drinks. These make for the disturbances to the digestive forces of the body, irritating rather than aiding in any manner.

30. Take plenty of juices of fruits and vegetables, both cooked and raw.

31. Meats should consist only of fish, fowl or lamb.

32. If coffee or tea is taken, DO NOT take milk or cream in same.

33. These will add better vital forces and tendencies to the body, and we will bring near to normal conditions for this body.

34. Ready for questions.

35. (Q) Should I stop taking the thyroid tablets?

(A) These will not be necessary. For, first we must purify the thyroids with the Atomidine, and then with the osteopathic stimulations as will be given we will find that these will work more in accord with the metabolism of the system.

Do these and we will find bettered conditions.

Of course, keep the mental attitude in that way of being helpful - and not only good, but good FOR something.

36. We are through for the present.

REPORTS OF READING 2515-1 F 32

R1. 6/16/41 GD's note: Remarks after Reading: Had nervous breakdown when in school, - since then has had nervous spells every now & then, insomnia - could not keep a job on account of going all to pieces at times, not being able to remain active in the direction undertaken. Doctors don't know what is wrong, except giving her thyroid tablets for thyroid deficiency. She goes for long periods without being able to sleep. Suffers with constipation, indigestion - just as Reading said, but didn't know of any cold or congestion. Thinks it's uncanny how the Reading picked out all those things, surely is going to follow everything to the letter.

R2. 10/2/43 Mother phoned: "Until recently she's been getting along all right then her old trouble came back"

R3. 11/14/43 See 2515-2.

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BACKGROUND OF READING 2515-2 F 34

B1. 6/16/41 See 2515-1 for hypothyroidism, insomnia, etc.

TEXT OF READING 2515-2 F 34

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 14th day of November, 1943, in accordance with request made the by the self - Miss [2515], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [2515].

R E A D I N G

Time of Reading 3: 55 to 4: 05 P. M. Eastern War Time., Va.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2515]. This, as we find, we have had here before.
3. While there are many changes, and there have been much better reactions than exist in the present, we find that there has been the taking of cold - or congestions through a Period, which has brought back on the body those disturbances in the pubic center, with a very severe ache through the lower portion of the cerebrospinal system, extending almost to the 9th dorsal.
4. These have continued to contribute to the tiredness, the lack of vitality and energies that are possible and natural for the body.
5. In making administrations, - much of that which we have previously indicted should be kept up through these periods; especially the supply of iodine in the form of Atomidine, taken in the manner suggested before.
6. Also once each week we would have a thorough relaxing in the Dry Heat Cabinet Sweat, followed by a massage with an equal combination of Olive Oil and Tincture of Myrrh. Heat the Oil to add the Myrrh.
7. We would continue the osteopathic treatments, taking them about twice close together before the regular Periods, and then once every other week.
8. Daily, for quite a length of time, we would take KalDak, - made with milk. Take it of morning or evening, whichever is most convenient, but do have it regularly and not just at any time. Let it be just before retiring, a level teaspoonful stirred first in a little very hot water, and then add milk to make a tumbler full. This is to be the nerve tonic now, you see, rather than that previously indicted.
9. Use much of the same diet, though we would add a great deal of the vegetables such as water cress, and grated carrots, peppers and the like. These grated very fine and added to the regular diet would be well. A very good way to take them is to prepare them in a gelatine salad.
10. Do these, and we will keep much better conditions for this body.
11. Ready for questions.
12. (Q) Has this congestion caused the irregular menstrual periods?
(A) It has caused the irregular periods as well as the anxiety and pains at times through the lower abdominal areas, and the bit of heaviness and nausea through portions of the body at times.
13. (Q) What causes the nervous spells and how can they be prevented?

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(A) These will be prevented by the removal of the pressures in the physical forces of the body. And change the mental attitude towards those things mentally and spiritually, as may be attained through the application of the things just given.

14. (Q) When these spells do occur, how can they be kept from getting worse?

(A) As indicted, these can be entirely eliminated from the body - if those corrections are begun in those ways suggested here, together with the rest of the applications indicated.

15. (Q) Should I continue the thyroid tablets?

(A) These should be put about five days apart, from the regular combinations. But these conditions will be materially aided by the addition of the KalDak.

16. (Q) Should there be a change in glasses?

(A) We wouldn't make a change in glasses until at least a couple of months of following the suggestions outlined here. Then if changes are necessary make them, but there should be very little save in the left eye.

Do these things, and we will bring better conditions for this body.

17. We are through for the present.

REPORTS OF READING 2515-2 F 34

R1. 5/20/46 Reply to Questionnaire:

REPORT FORM FOR ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT,
INCORPORATED Virginia Beach, Virginia

Name of Patient (Miss) [2515] Case no. 2515

Address Route ..., ..., Va.

Age at date of reading [blank] Sex F Date of Reading June 16 1941

Chief Complaint Nervousness - insomnia

Date of Onset Summer 1941

Duration Fall

Reoccurrence Fall 1943

Intensity Not as severe as previous attack

Physicians' Diagnosis and Treatment: Low in thyroid - prescribed thyroid tablets.

Reading's Recommendations:

1. One drop of Atomidine in 1/2 glass of water before morning meal, each morning for five days. Then leave off 3 days. Then take 5 drops more.

3. Osteopathic treatments for six weeks, twice a week.

4. Diet - nerve medicine made from herbs.

Duration of Treatment: No. of years ... Months 3 or 4

Results of Treatment: Cured Relief [circled] Failure

At the end of 1 year 2 years 3 years

Date May 20, 1946 Signed [2515] (Patient, parent or guardian)

Note: Please give name and address of any physicians who helped you to carry out your reading. Dr. M. L. Richardson

R2. 5/10/49 [2515]'s letter to E.C.F.:

Edgar Cayce Foundation 320 Arctic Circle Virginia Beach, Va.

Dear Sir:

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Thank you for your letter of May 5th and I think it is a very worthy cause for which you are asking subscribers. However, at this time I am unable to make a contribution as I met with an automobile accident last Friday and had considerable damage done to my car. Therefore, until I get out of that debt, I would prefer to wait before making any contribution.

Wishing you continued success. I am

Very truly yours, (Miss) [2515]

R3. 6/3/53 Sister's report to Mrs. [1523]: "[2515] married about a year ago and is living next door to Mother. They have built a little house. [2515] goes for some time, maybe as much as a year, without having a nervous spell; she is suffering the after effects of one now. She will get very nervous, to the point that she can't stop shaking. When this subsides she remains depressed for quite a long time. Doctors have not been able to find out what is causing this, but whenever she has a spell they give her shots - I don't know what kind of shots, but I suppose they are for the thyroid trouble."

R4. 7/20/69 Mother's death notice listed Mrs. [2515] as a survivor.

R5. 6/6/73 GD's note: Bob Clapp's dept. memo: "Mrs. [2515] has need of getting a copy of her reading. Please send her a copy."

R6. 7/73 GD's note: I sent her a copy of both readings.

R7. 9/8/73 Mrs. [2515] wrote: "I belong to the European Health Spa and use all the facilities at least 3 times a wk. The whirlpool is especially beneficial. Next wk. I intend to get a massage. Since I used to play professional basket ball and have always been athletically inclined, I have trouble with my muscles knotting up. This winter I made a mistake and slept for 3 solid hrs. in a chair with my foot in an elevated position. When I awoke, every muscle in my body was paralyzed. My husband had to help by dragging me around like an adagio dancer. It took about 2 hrs. of torture but I made it. As you know, experience is the best teacher. I was a child bride at 42. I should never have gotten married, as I have always despised housework. My husband will be 72 in Dec. and, like most men, will not take care of his health, refusing to get a check-up, so that keeps me upset. But I finally told him he was on his own but not to expect me to nurse him. My mother died in a nursing home after 2 1/2 yrs. of suffering (She was 100 yrs. old) at the cost of about \$10, 000 of the family money. I told my husband that when he died I would bury him, that he wasn't worth worrying about. He has always been a coward when it comes to doctors."

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BACKGROUND OF READING 3385-1 M 29

B1. 11/15/43 Questions submitted:

1. Is the medicine prescribed for the thyroid gland helpful and should it be continued? 2. What causes the persistent loss of weight and loss of reserve, and how can these be built up? 3. Did the thyroid medicine cause the dizziness and weakness? 4. How can the eyes be brought back to normalcy? 5. Any suggestions as to diet? 6. Would exercise be helpful?

TEXT OF READING 3385-1 M 29

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 2nd day of December, 1943, in accordance with request made by the self - Mr. [3385], new Associate Member of the Ass'n for Research and Enlightenment, Inc., via THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Harmon Bro.

R E A D I N G

Time of Reading ... Hazel Avenue, 10: 45 to 10: 55 A. M. Eastern War Time. Dayton, Ohio.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3385].
3. As we find, much might be said regarding this body, mentally, physically, spiritually. As the body is finding in its experience, that held in the spiritual life as the ideal - applied in the mental life and exercised in the material - brings those changes in the whole being of the body.
4. There are those disturbances pathologically. These have to do primarily with the glandular system, and principally in the present with the thyroid. The effects upon the body of these things administered have not been for the best. For these have brought an irregularity to the heart's activity, producing quite a variation in the pulsation in the upper and lower portion of the body. This is indicated by the dizziness that has come in the experience and the sensation of cold hands and feet. Hence these are not the type of activities that should be administered.
5. The physical conditions that exist in the organs of the sensory system, as the eyes, may be materially aided. As to full correction, it will depend upon the response of the body spiritually and mentally as well as materially - as to the expectancy of the body as related to the promises and how well these may be kept with the better self in its dealing with its own material as well as mental and spiritual problems.
6. As we find, there are certain centers in the spinal system that indicate lesions. These are preventing a normal coordination between the superficial circulation and the central circulation. Hence corrections osteopathically should be made in the 1st and 2nd cervical, in the 3rd cervical (the lower portion of the 3rd cervical) in the 6th dorsal, and then through the lumbar and sacral axis.

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7. It would be better if there were a relaxing of the body with hydrotherapy cabinet baths before there is the attempt to make the corrections osteopathically. These will also aid in removing poisons from the system.

8. Make the osteopathic corrections following the cabinet sweats, then; making special adjustments for the upper dorsal and through the cervical area as related to the eyes. Let the treatment to the 1st and 2nd cervical be made especially as related to the breathing and those pressures that may be made during the breathing.

9. We would leave off the properties or injections that have been taken for the thyroids, and take each morning before breakfast one drop of Atomidine in half a glass of water. Do this each morning for five days. Then leave off five days, and take again. This is to cleanse or to purify the circulation through the whole glandular system, especially the thyroids. This will cause some burning through throat, through the areas of the ears and the activities of the eyes, but it will be because of the corrections in the cerebrospinal system while the properties are being taken. Only the two five day periods of Atomidine would be taken, with a week or five day rest period between the two series.

10. We would have six osteopathic treatments in the first series, then a rest period from these, taking another series - having at least twelve in all.

11. Then (not before) we would begin taking KalDak as a tonic for the body.

12. Do these and we will bring better conditions for this body. Do keep the attitudes in the mental and spiritual forces. Do apply these in relationships to others day by day.

13. Ready for questions.

14. (Q) How can the eyes be brought back to normalcy?

(A) As indicated, these will be materially aided. As to whether they will be brought back to normal will depend upon the responses made to the applications and as to how well these treatments are followed in accord with the suggestions given, and then the mental attitude of the body.

15. (Q) Would exercise be helpful?

(A) Exercise is not very good here until after the corrections have been made of those pressures indicated in the upper cervicals and the upper dorsals.

16. (Q) Any suggestions as to diet?

(A) A well balanced diet, taking plenty of raw vegetables each day; including carrots, celery, lettuce and all of those green vegetables that may be eaten, preparing these often with gelatin will be well. These will aid in the activity of cleansing the system as well as building up the body after the organs of the sensory system have been cleansed.

17. (Q) What causes the persistent loss of weight and loss of reserve, and how can these be built up?

(A) As indicated, this is because of the blocking of the circulation and the incoordination between the superficial and deeper circulation. That is why, when the system is thoroughly cleansed, we have suggested that the KalDak be added to supply the vital forces or vitamins - in the iron and phosphorous combinations.

18. We are through with this reading.

REPORTS OF READING 3385-1 M 29

R1. 12/30/43 Letter from [3385]: "...In my psychic reading of Dec. 2, 1943, you requested the name of the Osteopathic Physician I have selected to treat me. He is Dr.

HYPOTHYROIDISM CIRCULATING FILE

Stephen D. Walker, 805 Reibold Bldg., Dayton 2, Ohio. [GD's note: Listed in 1940 Directory of D.O.'s but not in 1956 or 1958. Deceased?]

"I have already had one treatment and am to have another one today. There is no noticeable change as yet..."

R2. 8/15/44 Question submitted beside those included in reading: "Why hasn't the body gained weight and responded better to the treatments?"

R3. 9/6/46 Mr. [3385] requested address where Atomidine could be obtained.

R4. 3/23/48 Mr. [3385] requested address where KalDak could be obtained.

R5. 7/13/48 Letter from [3385]: "...The Association will always hold top spot with us as a metaphysical and spiritual center..."

R6. 7/20/51 Mr. [3385] requested address where Atomidine could be obtained.

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INDEX OF READING 4128-1 F CHILD

ASSIMILATIONS: POOR

CHILDREN: ABNORMAL

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NERVOUS SYSTEMS: INCOORDINATION

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| Prescriptions: Thyroid Extract: Children: Abnormal | Par. 14, 23-A, 24-A |
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BACKGROUND OF READING 4128-1 F CHILD

B1. 4/4/31 Dr. [2127]'s letter to EC:

Edgar Cayce 115 West 35th St., Virginia Beach, Va.

Dear Mr. Cayce;

I have been very much interested in the reading which you made for [2253] one of Mrs. Anne M. Pope's children at the Rosehill School, Chester Heights Pa. Mrs. Pope also gave me the pamphlet in which you relate the story of your life in its relation to your present work.

Reading these things about you and your work gives me the feeling that you have found the things that many of us have been looking for. I am member of the Society of Friends which as you may know is a religious organization which has stood for more than 250 years for the doctrine of the inner light which simply means that we believe that God speaks to each of us and will reveal his will to us in our own souls if we let him.

I would like very much to have readings for some of my patients and also for my infant daughter who does not seem to be coming along as rapidly as is considered normal. I suppose that if you are limited to two readings a day it is impossible for you to care for all who apply. I should like to know more about you and your work. Very sincerely, Dr. [2127]

B2. 4/7/31 EC's letter to [4128]'s father:

Dr. [2127] ..., Pa.

Dear Dr. [2127]

I am just in receipt of yours of the 4th, and I appreciate your interest in our efforts to be of service to others. Would it be possible for you to make us a little visit, that we may talk over these matters? Possibly I could give you something of the experience we have had, and that others of your school have had with the phenomena through the years, and in this manner enable you to be of more definite service to those who come to you.

Miss Pope no doubt gave you the address of some of your school who have had experience with the phenomena. I would like very much to be of service for one of your own family, and if it is possible for you to arrange to make a visit we will try to give that information while you are here. I believe there is going to be quite a number that will come to you for treatment. I wonder if you have seen the little boy [146]?

Thanking you for your letter, hoping that you will be able to make us a little visit, and trusting that I may be of service in some way or manner, I am

Sincerely, Edgar Cayce EC: GD

TEXT OF READING 4128-1 F CHILD

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 27th day of April, 1931, in accordance with request made by her father, Dr. [2127], an osteopath.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. L. B. Cayce and Dr. [2127].

R E A D I N G

Time of Reading 11: 30 A. M. Eastern Standard Time. ..., Penna.

(Physical Suggestion)

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1. EC: Yes, we have the body and those conditions as surround same, [4128]. Now, we find there are abnormal conditions for this body. These, as we find, have to do with the effect of disorders produced from gland disorders, and that prevent a normalcy - especially in the assimilations of the body.
2. These, then, are conditions as we find them with this body, [4128] we are speaking of:
3. IN THE BLOOD SUPPLY, this we find subnormal in the respect of the assimilated forces being improperly acted upon to form, as it were, those divisions that make for resuscitation and development in portions of the system, produced by a disorder that deals with the lacteals of the system. This in part from pressures as exist in the upper dorsal, as well as from glands that do not function with the forces as produce the elements in digestive forces that make for assimilation, creating a vibration in the system that makes for an unbalancing or an incoordination in that as assimilated.
4. IN THE NERVOUS SYSTEM, here we find rather those of an accentuation in centers where there are connections between the sympathetic and the cerebro-spinal nervous system, so that the accentuations are upon the sympathetic system rather than the cerebro-spinal. This makes for a form of nervousness that does not always act in the same manner; that is, the reactions from impressions as may be received by the body from outside influences. Hence a nervous incoordination exists in responsive forces in the system.
5. IN THE FUNCTIONING ORGANS THEMSELVES, in brain forces their reactions and their reflections are normal most the time, though reflexes indicate at times that there is a SYMPATHETIC reaction, NOT normal.
6. In the sensory organism we find responses are well.
7. Throat, bronchials, lungs, larynx, show a normal condition for the GENERAL effect in body.
8. Heart's action, as from the form of blood supply, for the age and for the developments, is somewhat subnormal.
9. Digestive system shows for those disorders as have been indicated.
10. The thyroids show for a subnormalcy, as do those in the lacteals as make for those reactions with same in digestive system.
11. Also we find that the spleen's reaction as an organ in the system's functioning, in the blood supply, is subnormal in size and in functioning; though at times there may be seen indications of a pleura or a fullness in the left end or portion of same.
12. In the liver and hepatic circulation, this shows for the form of disturbances as indicated in non-DEVELOPMENTS in a physical and a mental normalcy; that is, there are periods of conditions when there are little or no excretory action; at others these show for a near normal, but SECRETIONS seem to be at times not as near in accord as when the excretory functioning are subnormal.
13. The kidneys show for normalcy, though scant in their functioning, due to the low hepatic circulation.
14. In meeting, then, the needs as we would find for the developments for this body, we would add to the system those of an electrical vibration that will aid in creating a nearer normal balance in the circulatory system, and giving TO the body that impetus necessary for the creating of a more equal balance in the assimilations of the body. These may be materially aided by the addition in small quantities of those of the thyroid extracts, so that

HYPOTHYROIDISM CIRCULATING FILE

same does NOT create too great a stress or strain upon an impoverished circulation - but is GRADUALLY built.

15. Those vibrations in the electrical forces we would receive through the use of the ULTRA-violet AND the INFRA Red ray. The ultra-violet for the SUPERFICIAL effect, especially upon the lymph and capillary circulation, while those of the Infra would be upon the STRUCTURAL portions of the body. These would be given alternately at least twice each week, and the ultra-violet would be at a greater distance and at shorter period than that of the Infra Red. Beginning with the ultra-violet with a period of one and a half to two minutes, this should be directed upon the spinal column - rather than upon the frontal portion; while those of the Infra would be directed upon the structural portions from the FRONT - or the chest and the extremities, including pelvis.

16. In the manipulative measures, release those of those centers in which the cerebro-spinal and sympathetic MAKE their junctures, so that there is closer coordination with the sympathetic and cerebro-spinal.

17. In the matter of the diet, this should be particularly careful, that there are the proper relationships between those that are nerve and blood BUILDING for the body, but keeping an equal balance in those of the acid and non-acids for the system.

18. In this manner, as we find, we will bring about a better and a nearer NORMAL reaction in this body, [4128]. Ready for questions.

19. (Q) Is her brain and nervous system normal?

(A) The abnormalcy, as we find, exists in the sympathetics. BRAIN forces are normal. Now, when we have the proper coordinations between sympathetic and cerebro-spinal system, through those centers as have been outlined along the cerebro-spinal system, that are relaxed, and we have the proper vibrations in body as may be aided or added to those centers through the use of the manipulative forces for the distribution of energies created by the electrical vibration, and with the proper assimilations, we will create a normalcy in coordination.

20. (Q) Just what is the best way to do that adjustive work, and just how?

(A) There is seen that the sympathetic system lies parallel with the cerebro-spinal, making direct connections in centers along the cerebro-spinal system - see? as in the 3rd and 4th cervical, the 5th and 6th cervical, 3rd and 4th dorsal, 9th and 10th dorsal, through the solar plexus region, the 4th lumbar, and the whole brush end - as it were - of the cerebro-spinal system. Now, in the manipulative measures for the creating of coordination, is similar to that of creating a coordination between the circulations in the system, and by the rotary manipulative forces in these particular centers we create for the general nervous system a relaxation that allows coordination TO the cerebro-spinal center through those of the medulla oblongata and through the pineal glands, that extend through the whole system to this center in the 1st and 2nd cervical - or in the axis - see?

21. (Q) There's no work to be done in the occipital atlantal region?

(A) No work PARTICULARLY, save that in keeping of the axes in the region in a normalcy, see? The circulation, or circulatory movements in centers as indicated, give that of a better distribution, so that IMPULSES as come through sympathetics are not so sudden in their passage into the brain centers for its reaction to the whole of the nerve impulse; for centers of the nervous system - or in the ganglia and ganglions of the body - act with the double impulse through the gray and through the white tissue, to be sure - one as an impulse, the other as a reaction. In the circulatory forces in the centers, these

HYPOTHYROIDISM CIRCULATING FILE

will act as a QUIETING to that as of disturbed waters through the system. The aiding, or the addition of those vibrations of electrical forces are keeping in accord those VIBRATIONS of the body; for Life itself in every atomic force is that as of an electronic energy. In keeping, then, for the superficial in the blood supply, in the keeping of the proper vibrations in the structural supply, and with the manipulative forces, with the digestive forces kept intact, we create an even balance. This of necessity should be as a GROWTH, as a DEVELOPMENT, but we should see in six to eight weeks DECIDED changes for the better.

22. (Q) Should she be treated oftener than two or three times a week?

(A) We can OVER do as well as under do it! Let the SYSTEM - give not so often that the system does not have an opportunity to RESPOND to that being done! This should be sufficient - may be necessary at periods for an altering of, but two or three times each week should be sufficient. Then, of course, there should be periods of rest or proper time for reactions to take place.

23. (Q) What dosage of thyroid extract?

(A) These would be very minute in the beginning, in the form from one to three drops - or in the increase, be well to raise dosage then return again. We want the IMPULSE - rather than the drug or the extract reaction. We want the IMPULSE and the SYSTEM to react, see?

24. (Q) How often?

(A) May be given each day. Then periods of rest with this, to be sure. The IMPULSE is to be created and the system builded. Do that. We are through for the present.

REPORTS OF READING 4128-1 F CHILD

R1. 5/25/31 Father [2127]'s letter: "...We see some signs of improvement in my little girl. I would like to ask the information at your earliest opportunity whether we can count on her developing as a normal girl mentally. Her mother is still much worried about her and it will give her much peace of mind to know..."

R2. 6/15/31 Father's letter verifying appointment: "...As to my own little girl, we shall have her at home here... I would like to ask regarding Dr. Israel Bram as an advisor in the case of my little girl [4128]. He is a well known Endocrinologist in Philadelphia and I would like to know whether to have him see her..."

R3. 7/9/31 See 4128-2.

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HYPOTHYROIDISM CIRCULATING FILE

BACKGROUND OF READING 4176-1 F 9

None.

TEXT OF READING 4176-1 F 9

This psychic reading given by Edgar Cayce in Selma, Alabama, this 25th day of June, 1922.

P R E S E N T

Edgar Cayce; L. B. Cayce (?), Conductor; Ether McGee (?), Steno. Parents, Mr. [779] and Mrs. [780].

R E A D I N G

Time of Reading 5: 30 P. M.

1. EC: Yes, we have the body here. She is in this room, but not with us. Now, there are some few abnormal conditions that exist in this body. These have to do with that which is carried into the circulation, rather than the functioning of the organs or organic conditions. Now, these are the conditions as we find in this body here. [4176] of whom we are speaking. First within the circulation we find malarial bacilli being carried in the blood. This is from conditions existing through the hepatic circulation, or as it were toxins being carried in the system, producing this condition in the body, and which shows itself by being carried in the circulation - that is, the condition existing in the circulation produces at times temperature in the body, deep-seated. It shows also the effect of this condition as being carried in the system in the functioning of the glands of the throat here. This is a reflex condition, not organic. The nervous systems of the entire body are very good. The body is rather predisposed to be of a rather nervous temperament, yet well balanced through the cerebro-spinal and sympathetic nervous systems. The sensory organisms of the nerve forces are well balanced, but at times the vocal cords are contracted by the condition in the throat, head and nasal passages. This as we have given, is only a reflex condition, not a condition existing or produced by the organs themselves, but reflexly to these organs. In the organs themselves, we find this condition first here in the head and through the nasal passages. We find a show of the affectation through that of the circulation to these portions of the body also that of the functioning of the glands of the throat and the thyroid glands producing to the tonsils the condition as existing here. To correct this condition, as we will reach here, we correct this condition with the exercises to the body that are necessary. Through the lung forces of the trunk part of the body, we find these good. There is some tract [trace?] of inflammation by induction in the circulation showing through some portions of the larynx, but only at times spasmodically. Through the digestive tract we find the seat of the trouble. The congestion is shown in the right lobe of the liver produces the toxins carried back into the system. The correction of the conditions existing here in the duodenum and stomach would act on the liver and cause it to give those properties in the system that would assist these organs to function in the proper way. We will supply that which we have through the head and neck by specific exercises of the body, with the rest of the body functioning normally and in the proper channels and give distribution and incentive to the system to retain those cellular forces sufficient to rebuild in each organ itself. That is, each organ is supposed to function within itself, or to take through the circulation those units or forces or cellular building forces to build and supply the body as is shown in a growing body, or a body developing as is this body here. We would take into the system this:

HYPOTHYROIDISM CIRCULATING FILE

Podophyllin.....5 grains,
Leptandrin.....10 grains,
Sanguinaria.....2 grains,
Capsicum.....1 grain.

2. Mix well together - fill capsules, small size. Dose one capsule before retiring. This keep up for three days - then skip three days before taking again. The action of these principles in the system is to relieve the congestion of the liver, to make the proper secretive forces function through the liver in the proper or intestinal digestion, and rid the lower end of the stomach of that which forms in the stomach with this kind of condition in the body. This will carry in the circulation the destruction forces, or create in the blood more of the white blood cells or forces to destroy the bacilli in the body. Then for the condition as we have in the throat we would take head and neck exercises. This will have to be done with the body proper. Three times to the front, three times to the back, three times to either side, then the rotary motion three times - reverse the rotary motion three times, night and morning. Do not operate on the throat or nasal passages. This is not necessary.

REPORTS OF READING 4176-1 F 9

R1. 9/30/40 Report by parents, Mr. [779] and Mrs. [780]:

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia

INDIVIDUAL CASE REPORT

Date of Reading June 25, 1922 Case No. [4176]

PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY

- (1) In your opinion did the analysis of the Reading cover the condition? Yes, very exact as far as we could tell.
- (2) Give symptoms of condition described correctly? The condition of head, nasal passages, throat and of the body in general.
- (3) What was the physician's analysis of this condition? No physician has been consulted.
- (4) Have the suggestions given in the Reading been followed exactly as outlines? Yes.
- (5) For how long? Capsules given us as suggested. Exercise was kept up over a long period of time.
- (6) Describe the extent to which improvements have resulted? The body became quite well and strong and up to present time no operation has been necessary.
- (7) Comment. This was our 1st or 2nd experience with Mr. Cayce's work. The results being so satisfactory we now have readings regular for the whole family. Date Sept 30 1940 Signed Mr. & Mrs. [...]

R2. 9/1/41 Father [779]'s letter: "...Daughter [4176] is having some trouble with her Thyroid Gland. She is so fat and stout. The Dr. has put her on treatment and a very rigid diet. You know her Father-in-law is a Dr. in ... I would feel better about it if she would have a reading on the condition..." [No further readings were applied for.]

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INDEX OF READING 4222-1 F TEENS (?)

GLANDS: THYROID: HYPOTHYROIDISM

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HYPOTHYROIDISM CIRCULATING FILE

BACKGROUND OF READING 4222-1 F TEENS (?)

B1. 11/11/27 Letter from [4222]'s father [5540]: "...I have upon two occasions since joining the Association of National Investigators asked for readings on friends of mine and it now becomes necessary to ask for one in which I am most vitally interested and I am enclosing a check for this reading.

"It refers to my daughter, [4222], who for some time has been having periodic attacks that keep her in bed for a day or two and which have not been satisfactorily explained to me. For your information I would like to say that one Doctor has said that she has some thyroid trouble and others say not and as this condition is becoming apparently more acute, I would appreciate as complete a reading on her as you can give me..."

TEXT OF READING 4222-1 F TEENS (?)

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 25th day of November, 1927, in accordance with request made by her father, Mr. [5540].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce.

R E A D I N G

Time of Reading ... 21st Street, 4: 30 P. M. Eastern Standard Time.
Richmond, Indiana.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also the treatment for the cure and relief of this body.
2. EC: We have the body here.
3. Now, we find there are those conditions with the physical forces of this body that cause disturbance, and at times apparently become acute, producing other reflexes in the system. These have to do with improper functioning of glands in the body, and this condition produced by subluxations in portions of the cerebrospinal nerve system, and through this subluxation improper radiation is given off in incentive of nerve reaction. Hence physical deterioration in the system, and a form of toxin caused or produced that brings about these improper coordinating forces, or reactions from central brain forces.
4. Now, these are the conditions as we find in this body, though many reactions may be noted from those conditions produced by ABNORMAL reaction in nerve and in gland radiation from properties as have been used and are used in the system. First:
5. IN THE BLOOD SUPPLY, this somewhat below normal in its elementary constituents, yet this would show some over acid reaction but a good capillary reaction, except when distresses radiate from central nerve system. Low in the proper elements of a perfect assimilation then.
6. IN THE NERVE SYSTEM, as given, from this we find that causing disturbance in the body. Especially may this be seen in the lowest dorsals and the central lumbar plexuses. Hence those of the lower end of the nerve radiating through the pineal glands cause distress. Hence that condition produced reflexly in the base of brain and in the glands about throat, and the second and third facial reactions - salivary glands, the mammary gland which is secondary, to be sure, for this is to the frontal portion, yet connections are seen from the same resources from the soreness as experienced through this portion of body when this reaction takes place). Those of the lyden [leydig] gland show the MOST

HYPOTHYROIDISM CIRCULATING FILE

reaction, as does [do] the endoric [adrenals], or that about the kidney in their function. Hence the suppression or over activity (for both occur) in the body through these portions of body, or the scarcity of the urine at periods. These are effects and radiations from subluxations as exist, especially in the 12th and 11th dorsal, and the 2nd and 4th lumbar. These produced by conditions existent in periods back, and caused by congestion following the taking of some serum in the body and a reflex from same.

7. IN THE ORGANS OF THE BODY, these are very good save in those reflexes to the portions that are affected by inactivity of the glands that are of the nature as ductless glands. Those of the central system, especially of the pelvic and the reflexes to the glands in throat and thyroids, and since these are of the nature that are susceptible to impulse, we find the sympathetic system reacts with those of such subluxations, for the subluxation and the condition following same causes pressure on that radiating center between the sympathetic and cerebrospinal from the center or from the radiation from umbilicus or solar plexus centers.

8. To meet the needs, then, of this condition, we will find that medicinal properties alone would not reach same. Neither would - with the conditions already produced in the system from the subluxation setting up, as it were, in the glands improper incentives to the extent that infection from its own product brings destructive forces - correction of subluxation alone bring the full result. Hence the combination of each, or both, would be necessary to meet the needs of this body, [4222].

9. Then, take at least twenty-six (26) osteopathic adjustments, and when there has been at least six (6) adjustments - though adjustments should be made only every second treatment, though treated every other day - but when six (6) adjustments have been made, begin taking those properties in Occy-Cristine taken as a mineral water, or four (4) ounces to two (2) gallons of water, and the properties taken as the drinking water for the body.

10. Keep the body well sponged each day in the warm water, with the brisk rubs of cold water - the whole length of spine - following same. This preferably taken early in the morning.

11. Do that. When these numbers have been taken, we would give further suggestions for the body. Do that. We are through.

REPORTS OF READING 4222-1 F TEENS (?)

None.