

Circulating File

DIABETES: CHILDREN

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

**Edgar Cayce Readings
Edgar Cayce Foundation
1971, 1993-2011**

**Edgar Cayce Foundation
215 67th Street
Virginia Beach, VA 23451**

Printed in U.S.A.

DIABETES: CHILDREN CIRCULATING FILE

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

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

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

Library: Circulating File Desk
A.R.E.
215 67th St
Virginia Beach VA 23451 Or e-mail: CirculatingFiles@edgarcayce.org

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

Some circulating files contain commentaries or summaries written by physicians. These reports are to be used as a basis for further research in the form of controlled studies, and should not be misinterpreted to be either a refutation or an endorsement by the doctor. Referral doctors wanting to borrow a file for an extended period may do so by writing to the Library: Circulating File Desk.

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 a general overview and the Edgar Cayce psychic readings on diabetes in children. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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

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

DIABETES: CHILDREN CIRCULATING FILE

Diabetes: Children

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health and Healing	5
B. General Commentary on Diabetes by William McGarey, M.D.	9
C. Diet for Diabetes	14
D. Case Studies from the Readings:	
1. Reading # 136-21, 21-year-old girl	15
2. Reading # 415-7, 9-year-old boy, 3/21/39	18
3. Reading # 415-8, same as above, now 12-years old, 1/10/42	21
4. Reading # 674-1, 11-year-old boy, 9/29/34	24
5. Reading # 674-2, same as above, now 12-years old, 1/10/35	29
6. Reading # 1490-1, 5-year-old girl (insulin substitute)	32
7. Reading # 2294-1, 1-month old baby boy	38
8. Reading # 3901-1, 20-year-old girl	44
9. Reading # 4956-1, 5-year-old boy (missing reading)	49
E. Related Circulating Files and Research Bulletins*:	
1. Diabetes, Volumes 1, 2, 3	
2. Diabetes, Research Bulletin	
F. Related Articles:	
1. "Controlling diabetes the Cayce Way" by William Briggs	50

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

Jerusalem Artichokes



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

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

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

DIABETES: CHILDREN CIRCULATING FILE

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

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

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

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

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

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

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

DIABETES: CHILDREN CIRCULATING FILE

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

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

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

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

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

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

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

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

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

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

DIABETES: CHILDREN CIRCULATING FILE

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

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

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

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

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

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

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

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

Library: Circulating File Desk

A.R.E.

215 67th St

Virginia Beach VA 23451 Or e-mail: CirculatingFiles@edgarcayce.org

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

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

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

Blessings,

A.R.E. Member Services Team

Edgar Cayce Readings copyright 1971, 1993-2011 by the Edgar Cayce Foundation

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

Commentary on Diabetes

I. Physiological Considerations

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

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

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

DIABETES: CHILDREN CIRCULATING FILE

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

II. Rationale of Therapy

In approaching therapy, we should remember that the body has a capability of normal function:

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

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

III. Suggested Therapeutic Regime

A. Osteopathy

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

B. Diet

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

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

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

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

In the diet otherwise, it should be advised that one eat no red meats, not too much sweets nor ever too much meats. There should be less of the starches, no white sugar or white bread. Pastries, pies, etc., should be markedly decreased.

DIABETES: CHILDREN CIRCULATING FILE

Coffee or tea should be used once daily. Fish or fowl should be used in small amounts, but there should be much leafy vegetables in the diet. There should be very little of the pod variety of the vegetable. No vegetables grown below ground with the exception of oyster plant, carrots or beets occasionally and the beet should be taken with the beet top. No fried foods should be eaten.

C. Medication

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

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

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

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

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

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

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

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

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

DIABETES: CHILDREN CIRCULATING FILE

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

William A. McGarey, M.D. July 1967

Definitions

Definitions of some of the terms found in this report.

aberrant: wandering or deviating from the usual or normal course

Atomidine: atomic iodine, water-soluble; a commercially available product; formula came through Edgar Cayce readings.

cerebrospinal: pertaining to the brain and the spinal cord with their associated nerve structures.

chyle: the milky fluid taken up by the lacteals from the food in the intestines after digestion.

Diabetes Mellitus: a disease associated with deficient insulin secretion, leading to excess sugar in the blood and urine, accompanied by progressive emaciation, extreme hunger, thirst, and metabolic failure.

dorsal vertebrae: the middle 12 bones of the spinal column between the neck and lower back.

emunctory: any excretory organ or duct.

etiology: the study or theory of the cause for the disease.

force or forces: energy or energies of specific type indicated, or for specific purpose indicated.

ganglia: plural for ganglion, a group of nerve cell bodies.

gastro intestinal: pertaining to the stomach and intestine.

glycosuria: presence of an abnormal amount of sugar (glucose) in urine.

hepatic: pertaining to the liver.

incoordination: lack of the normal adjustment of muscular motions; also failure of organs to work in harmony.

lacteal: any one of the intestinal lymphatics that take up chyle.

levulose: fruit sugar (ordinary cane sugar usually turns to dextrose and levulose by digestion.) Also called fructose.

lymphocyte: a variety of white blood corpuscles, forming about 1 percent of the white corpuscles.

metabolic: relating to chemical processes constantly taking place, including those using energy to convert nutritive materials into protoplasm, the basis of living matter.

nerve forces: nerve “energies”, ability of nerves to conduct stimuli.

osteopathy: a system of healing based on the theory that most diseases are the result of structural abnormalities of the body that may be corrected by manipulation of affected parts by osteopathic physician (D.O.)

Peyer's patches: a principal area of lacteal functioning and assimilation in the upper intestine that provide the body the alkaline forces necessary in the acid/base balance within the body that must be maintained. (See Acidity-Alkalinity Circulating File)

renal: pertaining to the kidneys.

stasis: stoppage of flow of blood or any body fluid.

subluxation: dislocation, incomplete or partial.

DIET FOR DIABETES

Recommended:

Jerusalem Artichoke 3 to 6 times every week

Fruits:

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

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

Grains:

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

Vegetables:

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

Not too many pod or tuberous variety.

Protein:

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

Nuts in moderation.

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

Milk in moderation (Bulgarian type good)

Sweets:

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

Avoid these foods:

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

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

(Butter fats may be used in moderation.)

Important suggestions from the readings

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

Calcium:

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

Sodium:

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

Drinks:

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

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 136-21 F 21

Chiropractic: Pregnancy	Par. 6-A
Diabetes	Background, 6-A
Diet: Pregnancy	Par. 6-A
DREAMS	
Home & Marriage: Parenthood	Par. 3-A--6-A
Osteopathy: Pregnancy	Par. 6-A
Pregnancy: Miscarriages	Par. 3-A--6-A
Prescriptions: Gin: Pregnancy	Par. 6-A
: Ragweed:	Par. 6-A
: Sugar, Beet:	Par. 6-A
: Water, Distilled:	Par. 6-A
Prophecy: Confirmed	Par. 3-A, 6-A, Reports

BACKGROUND OF READING 136-21 F 21

B1. 11/30/25 Husband [900]'s letter: "[136]'s father also has diabetes and her seeing an indication of the event of his death in the near future makes it doubly urgent."

TEXT OF READING 136-21 F 21 (Housewife)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of December, 1925, in accordance with request made by her husband, Mr. [900].

1. GC: You will have before you the body and the enquiring mind of [136] of New York City, and the dreams this body had on the dates which I will give you. You will give the interpretation and lesson of each of these, as I read same to you, and you will answer the questions which I will ask you regarding same.
2. EC: Yes, we have the body, the enquiring mind. This we have had here before. The dreams, as we see, come in the various forms and manners as have been given, and may be used in the way and manner as set for this entity, through the action of self in the various planes of cosmic forces, as are manifested through the phenomenized form in the material world at this time. Ready for dream.

DIABETES: CHILDREN CIRCULATING FILE

3. (Q) Sunday morning, November 29. "I was going into swim from a rickety platform - very unsubstantial in its structure. As I jumped in or tried to dive in, I made a belly whopper - i.e. landed on my stomach - it hurt."

(A) In this we find there is brought to the conscious mind in an emblematical manner and form, through physical conditions existent in the body, that which may be used as the lesson for the entity, see? for as the pain in the inmost portion of the torso gives rise to the emblematical condition presented, the entering the water, the desire to swim, to dive, the entering into those conditions as regard to motherhood - and as the body finds self in the attitude ready for that, the physical conditions or structure in which the body has kept self is not prepared in the manner as would bring the better conditions for the condition of that office at this time, see? and as this will soon occur, the body should take cognizance and be more sure of that position by and in self for this greatest of offices given to the sex - woman. [2/26 She had miscarriage.] [GD's note: Her son was born 16 months later on 4/4/27.]

4. (Q) "Was back at Newcome College and was going to room at the dormitory. I wanted 2 rooms to live with 2 other girls and I wanted my own private bath. I wanted good meals - decided not to stay because the food was poor."

(A) In this again we see there pointed to the entity that the care of self, in physical and in mental, is to the best advantages of the body. And as is seen in the vision, it is best that the body take cognizance of those conditions necessary for the moral welfare, for the physical welfare, for the mental development of the body. The same should be taken to the body as befits same for that position held in the present time, see?

5. (Q) "I met E. C. in a department store and noticed how thin she had become. She asked me why I hadn't called her up to inform her of my intention of breaking the date I told her I had. She disputed me and quarrel ensued."

(A) This again is a presentation through mental forces of conditions arising at times in the entity's mental forces. And as same is pictured to the entity, with that same relationship as held with the entity seen, and over those same conditions as seen that the dispute arises, it had to do with this same condition as has been presented to the entity: in doing, in acting, towards those things, those conditions as seem in keeping, and as uncomplimentary to self in these ways, see? Then, as the lesson should be, that entity should watch, should care, should be in that way that will keep the best for self, for in the mental forces of same there is that necessary element for the bringing into the forces of man those that are best in the gift of the gods. Then make self that channel through which same may manifest, and be unto Israel that as of old - see? or in the law and in the compliance of same, there is that peace, that joy, that understanding that passeth all of the earthly conditions as relate to either desire of flesh, of eye, or pride of the life.

DIABETES: CHILDREN CIRCULATING FILE

6. (Q) Monday morning, November 30, at home. "Dreamed my father died. It must have been in the near future, because my mother [139] was still limping from a recent accident in which her foot was hurt."

(A) In this we see there is the presentation to the entity of an illness, or of an unsatisfactory condition becoming existent in the relation between the father, mother or SELF, father and mother. And as the physical condition of the father is in that way in which there is already uneasiness in the mental mind, through this same is brought that projection of the condition as may become existent. Then the warning would be: more care in the health, especially the diet for the father, see? More care in the manner and way in which the communications are addressed to mother as regarding the relations existent in the home at present, see? Not the foreboding of any condition of this character to appear at present. Rather that as carried through mental condition and the warning as seen for each one - to the mother as crippled, see? that is, hurting the feelings of one, see?

The other as to the health: Care through diet, for we would find, as to those conditions as existent in the father in the physical health, and condition as existent, these would add to the benefits to the physical body from that condition existent. The diet - no sugars, no starches. The adjustments of those conditions existent in the 8th, 9th and 10th dorsal, by chiropractic, or better by osteopathic adjustments chiropractically given, and by taking of a 20% solution of Ambrosia Weed, or 6 ounces of the Weed in 1 quart of distilled water, reduced to one-half quantity, and to same (after being strained) add 2 ounces beet sugar, with 4 drams of Gin, to preserve same. The dose of this would be teaspoonful 3 to 4 times each day. We are through with this reading.

REPORTS OF READING 136-21 F 21

R1. GD's note: [136]'s mother [139] died following an operation 2 1/2 months later, on 2/14/26. [136]'s father, a diabetic, committed suicide about 6 months later.

R2. 12/5/25 See 136-22, her physical reading which was her next reading following the above 136-21 dream reading.

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 415-7 M 9

Clairvoyance of E.C.: Conditions Confirmed	Par. R1, R2
Diabetes: Tendencies	Par. 16-A, 17-A
Diet: Artichoke: Jerusalem: Diabetes: Tendencies	Par. 16-A
: Cooking Utensils: Patapar Paper	Par. 16-A
: Menu: Diabetes: Tendencies	Par. 6--13, 16-A, 17-A, 20-A
Osteopathy: Spine: Subluxations	Par. 5, 15-A, 16-A, 20-A
Scarlet Fever: After Effects	Par. 18-A
SPINE: SUBLUXATIONS	

BACKGROUND OF READING 415-7 M 9

B1. See 415-6 on 5/16/36.

TEXT OF READING 415-7 M 9

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of March, 1939, in accordance with request made by his mother - Mrs. [263], Associate Member of the Ass'n for Research & Enlightenment, Inc.

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.
3. As we find, there are disturbing influences that arise with this body.
4. Some, or much of this condition arises from the manner of the diet of the body.
5. However, there are corrections needed to be made in the present osteopathically; especially through the lumbar, sacral and coccyx area; coordinating the rest of the body, - that is, especially the 9th dorsal and from the 2nd and 3rd and 4th dorsal to the base of the brain, - with corrections that are made through the lumbar, sacral and ileum plexus areas.
6. In the matter of the diet, this as we find would be very well as an outline, - though it is not indicated to be ALL that would be taken, - only this would form the basis for the diet of the body.

DIABETES: CHILDREN CIRCULATING FILE

7. DO NOT eat so much of sweets, - either pastries or candies! That's the DON'TS! Neither bananas nor raw apples!
8. Mornings - either cracked wheat as a cereal or steel cut oats, or wheat and malt (as in Maltex). Either of these as a cooked cereal, OR fruit juices or citrus fruit juices. Afterwards may be taken the yolk of an egg or cakes, - only honey taken with them, though, - not syrup; and toast or the like.
9. Noons - milk, - vegetable juices or broths or the like, - with fish, fowl or lamb.
10. Evenings - vegetables, - preferably those that grow above the ground, though carrots and salsify and such natures may be taken in moderation; but beans, lentils, peas, spinach, kale, cabbage, all of these should be a part of the diet.
11. No fried foods at any of the meals, save the cakes, - which should be not with syrup or the like, as indicated.
12. Milk may also be taken with the evening meal if so desired; also fowl, lamb or fish.
13. Any or all of these may be taken, and as we find would bring better conditions and a better balancing of the activities for this body.
14. Ready for questions.
15. (Q) What is the cause and relief for the knots and soreness in the right and left sides?
(A) A strain in the muscular forces and the need for the adjustments to be made in the spinal column and sacral and ileum areas, that these strains may be removed.
16. (Q) What is cause and cure for overactivity of kidneys and bladder?
(A) Too much sugar. The inclinations as indicated from the character of foods. This would indicate that it would be well, at least twice a week, that there be the artichoke, - either raw or cooked as would be a potato, but preferably cooked in Patapar Paper.
Also this arises from some of those disturbances in the cerebrospinal system that should be corrected by the adjustments.
17. (Q) What is the cause of the body having an aversion to all foods except starches?
(A) Because it has been unbalanced in such a way and manner as to cause the activities to become such that there is the desire or inclination in this direction. And these very things then tend to make for greater distresses. And unless there are corrections, it may bring on a greater disturbance in the diabetic tendency.

DIABETES: CHILDREN CIRCULATING FILE

18. (Q) Has the body entirely recovered from the effects of scarlet fever? [See 415-2 on 11/2/33.]

(A) There are some indications of same, but the MORE needed are the corrections from those strains in the structural portions of body as indicated. We would follow these suggestions as given.

19. (Q) Are the tonsils in good condition?

(A) Sympathetically, no. Organically, very well.

20. (Q) Does the body have adenoids? If so, how may they be dissolved?

(A) If the corrections will be made as indicated, all of these things are taken into consideration.

Both of these (the adenoids and tonsils) cause some disturbance, but if the corrections are made in the sacral, the lumbar, the 9th dorsal, from below the brachial plexus to the base of the brain, we will find much of this disturbance will be eliminated, - if sugars and sweets (save honey) are kept away from the body.

21. We are through with this Reading.

REPORTS OF READING 415-7 M 9

R1. 5/25/39 Dr. F. C. Hudgins' reply to questionnaire:

1. (A) Did the Reading presented to you describe the condition of the patient? (b) Explain any variation (c) Give technical diagnosis.

(A) Yes (b) (c) Spinal lesions

2. Were the suggestions for treatment in your opinion proper for this condition? Yes.

3. For what period of time has the patient followed directions given in the Reading under your care? 2 weeks.

4. What results have you observed? Cured in short while.

Date: 5/25/39

Signed: Hudgins, D.O.

R2. 9/16/40 Grandmother [303] reported on 415-2, Par. R5 also stating:

"We had Ck. Rdgs. for [415] covering a period of 6 yrs. All analyses of the Rdgs. were correct: Congestions in the weakened parts of the body, some temperature, upset conditions in throat and head, upset conditions in the stomach, extra drosses, poisons and upset stomach, overactivity of the kidney and bladder, diet wrong, etc."

R3. 1/10/42 See 415-8.

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 415-8 M 12

Diet: Citrus & Cereal	Par. 9
: Diabetes: Tendencies	Par. 9--12
: Food Preservatives: Sodium Benzoate: Not Recommended	Par. 12
Ears: Deafness: Spine: Subluxations	Par. 4
Injuries: Accidents: After Effects	Par. 4
Nails: Fingers: Chewing	Par. 18-A
Osteopathy: Spine: Subluxations	Par. 6--8, 15-A, 19-A
Physiotherapy: Baths: Feet: Hot Water: Circulation	Par. 20-A
: Massage: Glyco-Thymoline: Feet	Par. 20-A
: Lavis:	Par. 20-A
SPINE: SUBLUXATIONS	
Suggestive Therapeutics: Habits	Par. 18-A

BACKGROUND OF READING 415-8 M 12

B1. See 415-7 on 3/21/39.

B2. 1/10/42 Mother [263] phoned questions, saying that he was having trouble with his hearing: "Has the lick on his head when it hit the windshield in an auto accident last year left any injury?"

TEXT OF READING 415-8 M 12

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of January, 1942, in accordance with request made by the mother - Mrs. [263], Associate Member of the Ass'n for Research & Enlightenment, Inc.

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, [415], this we have had before.

3. As we find, there are changes gradually coming about of a normal nature. But under the stresses that exist in the cerebrospinal system in the present, these often cause aggravating conditions; producing - in combination with the regular or normal developments - irritation easily to a well balanced mental body.

Edgar Cayce Readings copyright 1971, 1993-2011 by the Edgar Cayce Foundation

DIABETES: CHILDREN CIRCULATING FILE

4. From some exterior forces there has been a jamming of the vertebra in the upper cervical, and they reflex in the upper dorsal - until there are stresses being created by the deflection of impulse and of a little of nerve flow and blood flow with same - until the auditory forces and the ears are being hindered.
5. This causes those tendencies for forgetfulness, the complaining of ears and eyes, of the throat filling.
6. And these should be corrected osteopathically. We would give, for this especially, such as Richardson.
7. These should extend, then, particularly from the 5th or 6th dorsal to the first cervicals. We would have these at least twice a week until about twelve have been taken.
8. These as we find, with the general precautions for a well balanced diet, should bring about near to normal reactions with this body.
9. In the diet include plenty of citrus fruits, also plenty of the whole grain cooked cereals, - as the combinations of wheat and barley (as in Maltex), or the oats or the wheat, but these alternated so as not to cause the body to become disturbed by too oft one character of cereal. DO NOT have the cereal AND the citrus fruit at the same meal, but alternate these.
10. Use plenty of fish and fowl also.
11. Not too much of fried foods.
12. Have plenty of those foods that carry some calcium; as cabbage, turnips, beets and the like. The cabbage should be taken cooked and raw, but not cooked with grease. The turnips may be cooked with a little pork or plain, and then seasoned. The beets, as soon as possible, should be preferably the fresh - but those that are preserved or canned are good, provided these are not preserved in benzoate of soda. This would be indicated on the labels.
13. Do these things and we should bring the bettered conditions for the body.
14. Ready for questions.
15. (Q) Are the glands under ears in good condition or what may be done to remove after effects of scarlet fever? [See 415-2 on 11/2/33.]
(A) These as indicated are a combination of the after effects by the jamming in the cerebrospinal system. All of this correction should come with the alleviating of the pressures and the stimulating of better activity through the cervical and upper dorsal areas particularly.

DIABETES: CHILDREN CIRCULATING FILE

16. (Q) Does he have bad tonsils and adenoids?

(A) These will be much improved with the correction of the flow of circulation through the area by these adjustments. They are disturbed, but not necessarily so that they would not clear if there are the proper precautions at this period.

17. (Q) Are teeth and eyes in good condition?

(A) As has been indicated.

18. (Q) What causes and what may be done to cure biting fingernails?

(A) This is nervousness and is a natural expression of the body. But it should be overcome merely by suggestion and not by aggravating.

19. (Q) In what condition is the spleen, the liver and the kidneys?

(A) These are fair, but will be materially aided by the corrections - if the corrections are given at least to the 6th, 7th and 8th dorsals, see?

20. (Q) What can be done for cold hurt feet?

(A) This will be aided by the stimulating of the circulation through the adjustments.

After bathing the feet in warm water, massage the feet and limbs with Glyco-Thymoline - OR Lavis. This will aid, but better the Glyco-Thymoline - for this particular body.

21. (Q) Is he having abnormal growth in height?

(A) Will not be abnormal if there are the corrections as indicated.

22. (Q) What will help him become more interested in his school work?

(A) This will be done by suggestion and by the determination of the body itself.

23. (Q) Is he reading too much outside of his school studies?

(A) This can be determined best by the body! If these are the better interests for the body, it is very well - so they are put to use and not to abuse.

24. (Q) What is the psychological effect of moving pictures upon this particular body?

(A) Some are very good, some are not so well. These will be better if there is better retention in the activities of the whole cerebrospinal system.

Do these things as suggested, if we would bring the better forces for the body. We are through for the present.

[Ques. answered without being asked: Has the lick on his head when it hit the windshield in an auto accident last year left any injury?]

REPORTS OF READING 415-8 M 12

R1. 10/7/42 His mother, [263], obtained Aura Chart Rdg. 415-9 for him.

R2. 1/4/43 See 415-10, his next Ck. Physical Rdg.

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 674-1 M 11

Asthma: Spine: Subluxations	Par. 22-A, R2
Blood: Corpuscles: White: Deficient	Par. 5
Breathing: Asthma	Par. 22-A, 25-A
Circulation: Cold	Par. 4
 DIABETES	
Diet: Diabetes	Par. 15, 16
: Menu: Diabetes	Par. 17—19
Exercise: Breathing: Asthma	Par. 25-A
Glands: Diabetes	Par. 2, 5
Injuries: Spine: Subluxations	Par. 4, 5, 26-A
Kidneys: Urine: Incontinence: Diabetes	Par. 5
Nose: Obstruction: Lymph	Par. 24-A
Obesity	Par. 5
Osteopathy: Spine: Subluxations	Par. 13
Physiology & Anatomy: Diabetes	Par. 4, 5, 7, 12
Polycythemia: Spine: Subluxations	Par. 5
Prescriptions: Alcohol, Grain: Diabetes	Par. 9, 11
: Ambergris:	Par. 9
: Burdock Root Essence:	Par. 11
: Cinnamon:	Par. 9
: Gin, Gordon's:	Par. 9
: Gin, Lachmer's:	Par. 9
: Honey:	Par. 9, 11
: Juniper:	Par. 9
: Ragweed:	Par. 11, 23-A
: Sage, Garden:	Par. 9
: Stillingia, Tincture of:	Par. 11
: Water, Distilled:	Par. 9, 11
Prophecy: Prognosis: Diabetes	Par. 14, 20
Psychosomatics: Diabetes	Par. 7
Sensations & Symptoms: Lethargy: Diabetes	Par. 13
Spine: Subluxations	Par. 4

BACKGROUND OF READING 674-1 M 11

B1. Comments subsequent to the reading indicated he had asthma and diabetes.

TEXT OF READING 674-1 M 11

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 29th day of September, 1934, in accordance with request by the aunt, Mrs. [540], through Study Group #2 of the Association for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body, [674], present in this room.
2. Now, as we find, there are disturbing conditions in the better physical functioning of this body. These, as we find, are of the specific nature, and the effects from these disturb the functioning of glands; and through same there is a disorder in the organic functioning of organs.
3. These, then, are the conditions as we find them with this body, [674].
4. As we find, in times back there was a subluxation produced in the 7th and 8th dorsal center, which has made for a pressure in the amount of the impulses that are carried through the nerve system to the functioning of the liver and the spleen, and has made for a COLD circulation.
5. These, impulses have produced an excess activity in the pancreas; hence there has been created through the glands the tendency for turning much into sugar that should not be, so that starches and sugars add to the avoirdupois of the body excessively and prevent the functioning in the liver, and an excess functioning in the kidneys and THEIR activity upon the body; producing in the blood supply a heaviness and an excess in the number of red blood cells, a deficiency in the white as to the formation of that plasm necessary for keeping the astringent activity in the coagulations through the system. And this will, unless altered or changed, gradually grow excessive, affecting all portions of the system. This we see has been a growth, NOW, for at least twenty-eight months, and the injury and the effect has been for almost a like period.
6. Then, in meeting the needs of the conditions for this body, we find these combinations will be as the necessary precautions AND corrections to be made in this body:
7. First, the very nature of the disorders is such that the effects and that condition already produced in the functioning of organs must be taken into consideration, as well as the correction of the conditions that cause the trouble primarily. For to prevent the activity of the pancreas or the kidneys or the bladder or a portion of the spleen in its activity (as has been done), through astringents, will only relieve temporarily.

DIABETES: CHILDREN CIRCULATING FILE

While the cause still remains the condition will continue to be produced in the system, and whenever there is a reversal to a normal desire created - as physical desire in appetite appeased - the conditions return and are more violent oft than before; hence there has been created or produced in the pancreas, in the liver, the lacteal ducts, the kidney and this hepatic circulation, such conditions that the system - attempting to adjust itself - has brought about specific disorders. This is manifested in the languidness of the body at times, the inability to discern the conditions that should be separated in their activity, the tendency to have things and ideas and plans to run together, and at other times the inability to separate things entirely as to their associations and their activities; a dullness, a lack of alert activity - that arises from depreciation of activities in a normal hepatic circulation.

8. First we would begin, then, with making two characters of preparations; the first as follows:

9. To 32 ounces of distilled water we would add 6 ounces of Dried Garden Sage. Reduce by slow boiling (preferably in an enamel container with an enamel top; not a tin) to 16 ounces. Strain, and while warm add:

Ambergris (cut in 1 ounce grain alcohol).....15 grains,
Strained Honey (in 2 ounces distilled water)....1 ounce.

Let the Strained Honey in the distilled water come to a boil; not BOIL, but just come to a boil, before adding to the solution. Also add:

Gin (active principle of same being Juniper; such as Gordon's Gin or Lachmer's [?]).....4 ounces,
Cinnamon, preferably in the stick.....3 drams.

Shake the solution together before the dose is taken, which should be half a teaspoonful before the meals and at bedtime.

10. The second solution would be prepared in this manner:

11. To 16 ounces distilled water we would add 6 ounces of green or dry Ambrosia Weed. Reduce by slow boiling to 8 ounces. Strain and add:

Strained Honey.....1/2 ounce,
Grain Alcohol.....1 1/2 ounces,
Tincture of Stillingia.....1/4 ounce,
Essence of Burdock Root.....1/4 ounce.

Shake this together before the dose is taken, which would be teaspoonful at bedtime for periods of two or three days; then leave off for the same period and begin again.

DIABETES: CHILDREN CIRCULATING FILE

12. This is to keep the eliminations, and is as an active force producing with the liver and the hepatic circulation an increasing of the lymph without disturbing the activities of the spleen and pancreas secretions.

13. OSTEOPATHICALLY have those adjustments made in the dorsal area as indicated, that show subluxations. We would also at such treatments COORDINATE the rest of the system. As we find, preferably, these would be applied - the applications for the adjustments - about twice each week for three or four weeks. Then rest a period of a week. Then have the treatments two or three weeks. Then rest a period of a week; then treat AGAIN for a couple of weeks.

14. And by then, with the other properties, the corrections should be made for the body.

15. Be mindful that the diet is kept without those things that carry quantities of sugar or starches, that make for an excess activity; or a diet of this kind during the period of these adjustments:

16. No candies of any kind. No pastries of any kind.

17. Mornings - cereals with fruit, raw or fresh fruit or with stewed fruit. Citrus fruits, but do not take these at the same meal. Coddled egg; the whole egg may be taken - this, while carrying an acid in same, if CODDLED - that is, put on with the water boiling and take it off and let it set for four and a half minutes - it will be alright. Only whole wheat browned bread.

18. One meal each day should be, at least, of leafy or raw fresh vegetables. Any of these may be included; such as spinach, celery, lettuce, turnips, mustard, peppers, tomatoes, with an oil dressing.

19. Evenings - well-cooked vegetables, with not too large a quantity of meats. Fish, lamb, fowl may be taken; not beef nor hog meat nor of that nature.

20. Do these and, as we find, we will bring the better and normal conditions for this body.

21. Ready for questions.

22. (Q) What causes the difficult breathing and smothering spells at night?

(A) The heavy circulation. Asthmatic condition, produced by the pressures in the dorsal areas as we have indicated.

23. (Q) Where may Ambrosia Weed be found?

(A) In most any place where weeds are allowed to grow! It's Ragweed!

DIABETES: CHILDREN CIRCULATING FILE

24. (Q) Is there an obstruction in the nose?

(A) With the change in the circulation, the absorption through the head should relieve this. This is a growth more in the nature of the lymphoid, and not bony.

25. (Q) Is riding bicycle harmful, as this causes shortness of breath?

(A) In moderation, no.

26. (Q) Was the fall on face some years ago the injury referred to?

(A) It aided. The first was in the spinal system; fall on the face only increased that in the upper dorsal area as indicated.

Do these, and we will bring normal conditions for this body. We are through for the present. [See 674-1, Par. R1, R2.]

REPORTS OF READING 674-1 M 11

R1. 9/29/34 GD's note: Letters were enclosed to Snyder Pharmacy and Dr. M. L. Richardson.

R2. 9/29/34 Mrs. [540]'s comments at end of reading indicated that they were all very impressed with the reading, and that the doctor had diagnosed the case as asthma.

R3. 10/26/34 Aunt's letter: "I would like to say that my nephew, [674], is showing a marked improvement. While it was some time before we could get the medicine mixed, as Mr. Snyder had to send to N.Y. for part of it, we finally did and the results have been very gratifying. They (the family) are very happy and are trying to the best of their ability to carry out the reading."

R4. 1/10/35 A second physical was obtained. See 674-2.

R5. 10/52 Dr. D. H. Fogel told GD he would index this under DIABETES also.

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 674-2 M 12

Apparel: Hats	Par. 7-A
ASTHMA: BRONCHIAL: CURED	
CLAIRVOYANCE Of E.C.: CONDITIONS CONFIRMED	
DIABETES: CURED	
Diet: Diabetes	Par. 8-A, 13-A
Doctors: Richardson, M.L.: D.O.	Par. R3
Exercise: Gymnastics	Par. 10-A, 12-A
Healing: Consistency & Persistency	Par. 2
Humor	Par. 7-A
Kidneys: Urine: Incontinence: Spine: Subluxations: Cured	Par. 3, 6-A, Reports
Obesity: Diabetes	Par. 8-A
Osteopathy: Diabetes	Par. 9-A, 11-A, 12-A
Spine: Subluxations: Diabetes	Par. 3, 9-A, 11-A

BACKGROUND OF READING 674-2 M 12

B1. See 674-1 on 9/29/34.

TEXT OF READING 674-2 M 12

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of January, 1935, in accordance with request made by the aunt - Mrs. [540], and sponsored by Study Group #2 of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here.

DIABETES: CHILDREN CIRCULATING FILE

2. Now, as we find, while in some respects the conditions have made some improvements, in others there is not a great deal of change. There has not been as much consistence in the diet or in the activities of the body, in relation to the general conditions, as has been indicated. If these would be adhered to, in a manner more in keeping with that which is to be met, we would find bettered conditions.

3. To be sure, we will find that the corrections in the 9th and 10th dorsal area would relieve a great deal of the pressure from the kidney - or the activity to the pancreatic reaction; as well as the general conditions in the relationships between the sympathetic and cerebrospinal responses in the body. These we would do.

4. And follow those that have been given.

5. Ready for questions.

6. (Q) What causes bed wetting?

(A) This pressure, that makes for the overactivity of the kidneys.

7. (Q) Is it harmful for him to go out in cold bareheaded?

(A) Of course, the body can be trained in this respect. And it is the way everyone should train self to be! It isn't natural for people to wear hats!

8. (Q) What can he have in his diet?

(A) Those things that will make for the correct body- building without making for an increase in the avoirdupois. Keep away from sweets and too much starch.

9. (Q) Should he continue osteopathic treatments?

(A) We would continue to have the osteopath, but we would have the osteopath to make those corrections - and not just give treatments!

10. (Q) Is it good for him to take gym at school?

(A) Very good.

11. (Q) How should the osteopathic treatments be given?

(A) Make those corrections that are necessary here in the area indicated, and not just a general treatment without respect to the balance of the body on both the axes of the body. Make the proper balance between the pelvis axis and the atlas axis.

12. (Q) How often should they be given?

(A) Once or twice a week would be sufficient, if properly given; especially if there are the activities in the gym.

13. (Q) Should the medicine he has been taking be continued?

(A) This should not be necessary if there is the correct diet adhered to, and the proper adjustments in the present. These elements are not necessary in the system in the present.

DIABETES: CHILDREN CIRCULATING FILE

14. (Q) Any further advice for this body?

(A) These we would follow for the better physical conditions of this body.

15. We are through with this reading.

REPORTS OF READING 674-2 M 12

R1. 9/9/39 [674] obtained his Life Rdg. See 674-3.

R2. 9/1/40 [674]'s answer to questionnaire: "Excess functioning of the kidneys and difficult breathing were some of the symptoms described correctly by the reading. I had no physician after the reading was given, except the osteopath. I carried out the treatments as near as possible for four months. There has been much improvement, but there are still some reoccurrences of the condition in the nose. I think these readings are very worthwhile and helpful."

R3. 9/1/40 Dr. M. L. Richardson's answer to questionnaire: "The reading did describe the condition of the patient. My technical diagnosis would be bronchial asthma and enuresis. The suggestions for treatment in my opinion were good. The patient followed directions in the reading under my care from 10/24/34 to 6/27/35. I observed some genuine relief. Environment and circumstances (domestic) counter best results.

R4. 10/52 Dr. D. H. Fogel told GD that he would index this case under diabetes as well as asthma.

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 1490-1 F 5

Appliances: Wet Cell: Vitiligo	Par. 23--25, 30, 36-A
Assimilations: Eliminations: Vitiligo	Par. 17
Baby Care: Cold: Common	Par. 26
Cause: Effect: Vitiligo	Par. 6, 7, 9, 34-A
Cold: Common	Par. 26
 Diabetes: Insulin Substitute	 Par. 29
 Diet: Artichoke: Jerusalem: Diabetes	 Par. 29
: Minerals: Salts	Par. 34-A
: Vitamins: Deficient: Vitiligo	Par. 34-A
: Vitiligo	Par. 34-A, 36-A
 Glands: Adrenals: Vitiligo	 Par. 6, 7, 18, 21, 34-A, 36-A
: Appliances: Wet Cell	Par. 24
: Pineal: Vitiligo	Par. 21
: Thymus:	Par. 7, 21, 34-A, 36-A
: Thyroid: Hypothyroidism: Vitiligo	Par. 6, 7, 21, 34-A, 36-A
 Hair: Glands: Thyroid	 Par. 21, 32-A
Heredity: Influences: Prenatal	Par. 3, 34-A
Kidneys: Urine: Incontinence	Par. 18, 21
 Liver: Artichoke: Jerusalem	 Par. 29
Lymph: Thyroid: Vitiligo	Par. 21
Nails: Glands: Thyroid	Par. 21
 Nervous Systems: Sensory: Five Senses	 Par. 8, 15, 33-A
Osteopathy: Speech: Stammering	Par. 33-A
: Vitiligo	Par. 19, 22, 25
 Pancreas: Artichoke: Jerusalem	 Par. 29
Physiology & Anatomy: Glands: Thyroid	Par. 21
Physiotherapy: Massage: Oils, Olive: Vitiligo	Par. 32-A
 Prescriptions: Atomidine: Glands: Vitiligo	 Par. 21, 22, 36-A
: Codliver Oil, White's:	Par. 26
 Skin: Glands: Thyroid	 Par. 21
Speech: Stammering	Par. 8--15, 33-A
Spine: Subluxations: Vitiligo	Par. 8, 10, 34-A, 35-A
Spleen: Artichoke: Jerusalem	Par. 29
VITILIGO	

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].

(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.

DIABETES: CHILDREN CIRCULATING FILE

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.

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.

DIABETES: CHILDREN CIRCULATING FILE

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:

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.

DIABETES: CHILDREN CIRCULATING FILE

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 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.

DIABETES: CHILDREN CIRCULATING FILE

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. We are through for the present.

REPORTS OF READING 1490-1 F 5

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

R2. 1/18/38 Dr. Schoelles' ltr.: "[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.

INDEX OF READING 2294-1 M 1 MONTH [edited]

Astrology: Gemini	Par. 12
: Mercury	Par. 15
: Uranus	Par. 15
Birth: Physical	Par. 51-A
: Soul	Par. 51-A
CHILD TRAINING	
Diabetes: Tendencies	Par. 6, 7, 19
Home & Marriage: Parenthood	Par. 3, 5, 41--44
: Preparation	Par. B1
Names: E.C. Named	Par. 2
REINCARNATION: PEOPLE FAMOUS: HENRY, PATRICK	
: Tacitus	Par. 28
Vocational Guidance: Law: World Affairs	Par. 24, 42, 43
: Speech: Oratory	Par. 14, 42, 43
Work: E.C.: Quotations & Similes:	
"Channel Of Blessings"	Par. 44

BACKGROUND OF READING 2294-1 M 1 MONTH

B1. GD's note: See mother's readings 1628-1 and 1628-2, on 7/4/38 and 5/26/39, in re preparation for [2294]'s birth.

TEXT OF READING 2294-1 M 1 MONTH (Protestant Background)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of June, 1940, in accordance with request made by the father - Mr. [...].

Born: May 27, 1940, 6: 07 A.M. Leigh Memorial Hospital, Norfolk, Va.

1. GC: You will give the relation of this entity and the universe, and the universal forces; giving the conditions which are as personalities, latent and exhibited in the present life; also the former appearances in the earth plane, giving time, place and the name, and that in each life which built or retarded the development for the entity; giving the abilities of the present entity, and that to which it may attain, and how. You will answer the questions, as I ask them:

DIABETES: CHILDREN CIRCULATING FILE

2. EC: Yes, we have the records of that entity now known as or called [2294]. Should have named him Patrick!
3. In giving the interpretations of the records as we find them here, these are chosen with the intent and purpose that this be a helpful experience to those who have the opportunities and the privilege of entertaining and preparing this entity for its activities in this material experience.
4. As to the manner of the ENTITY'S application of self, - when it is twelve, this should be given again; for, as is indicated, there are some warnings as to the care of the individual entity's health in the present, and as to the material experiences because of the entity's position in the affairs of the land of which he is a native in the present.
5. Consequently, in the present we would not give other than the warnings as to the responsibilities attendant upon such an entity in this experience. For, the needs are and will be for such leaders during the reconstruction and the attending activities in this land. Hence in the developing stages there will be needed that care and that opportunity for its development, so that it may again take its place among the peers of the land for its activity during these periods, - as it did through those activities in the formation of this land, in and under the present form or manner of its government.
6. As to the warnings, - these as related to the health will deal primarily with the diet and the activities. There should be as little sugar as practical in the entity's diet until it has passed at least its sixth or seventh year; for the inclinations and tendencies will be towards a disturbance with the liver and the pancreatic activity.
7. Hence we would guard greatly against such in the system, if there would be the normal development of this body towards the strong, strengthened body that will be needed for the entity's activities through the material sojourn at this particular period.
8. From the astrological aspects we find the influences indicating the energetic activity of the mind as well as of the body.
9. Also there are the tendencies for extravagance, which should be curbed or kept in a more normal manner through the early periods of its activity; for these will be a part of the inclinations, not only because of the Gemini influence but also the Saturn, Mercury, Jupiter, Mars and Venus influences.
10. As these planets were strong influences in the earth through the developing periods of this entity in gestation, they will in the early portion of the life manifest the greater influence.
11. Hence we find one that will indicate or show a general energetic activity.

DIABETES: CHILDREN CIRCULATING FILE

12. One that will be considered or termed by some about the entity as indifferent to many things that a developing entity SHOULD pay a great deal of attention to. Not that there will not be affection, not that there will not be the inclinations for those experiences of preferences; but the very nature of the Gemini influence makes for the sudden changes of preferences, and the demonstrations in which there will be seen the influences of these upon the activities of the entity.

13. And these will gradually develop into the abilities to always want to "argue out" everything. Consequently, there should ever be given a reason as to WHY such and such may be as a suggestion, command, or advice, in the training or the attempt to guide the entity.

14. As an orator the entity may be found to excel, as in its former experience; but this as we find will necessitate the tendencies for the developing years - especially through the age from five to six to seven to ten years - towards training in those directions. For, as the awareness arises in the experience, and the argumentation as to various influences gives the opportunity for expression, we will find the entity inclined to shut self away at times, and at others to be OVERACTIVE in giving expressions.

15. Hence it will require the developments in the OUTSTANDING influences that arise as a part of the entity's experience, not only because of that part the entity is to play in the affairs of the nation, (as it did in that expression which has illumined the minds of most Americans, - that which was first proclaimed by this entity of "Give me liberty or give me death!") but because of the need for discipline. For, in the developing years, there will be the tendency to seek liberty for its own self at any cost; and there should be given the whys, the causes, and the expression of the abilities that are reached through the Mercurian high mental experience, as well as the benevolent influences through the Uranian sojourn, - so as to bring more and more the abilities to express for the universality of the activities, and not with the nature or intent of using the influences for selfish motives.

16. It will be easy for the entity to make money! It will be just as easy for him to get rid of it! For, these extravagances will be a part of that curbing needed in the early development, even before its twelfth year, - as well as the hoarding. These tendencies will need to be guided into purposeful directions during the early stages of its development.

17. Most of the warnings, then, would be given to those to whom the entity has been and is entrusted.

18. Know who the entity is and the activities that are expected of him.

DIABETES: CHILDREN CIRCULATING FILE

19. Then, there should be first taken those precautions as respecting the physical welfare, - especially in those inclinations that will be a part of the early experience of the entity; that it may grow into a body equal to the needs of the position it may occupy, in carrying on the activities that are to be a part of the entity's experience in this sojourn.

20. Also in the mental, as well as in the material, there should be the counseling - with the activities of the entity - as to that concept of the inclination for developing towards those opportunities which are to be a part of the entity's experience, - provided, to be sure, that it is prepared for that activity to which it may attain here, in this experience.

21. As to the appearances of the entity in the earth, then:

22. Before this the entity was in the land of the present nativity, as we have indicated, and one whose general activities are well known, - in the name then Patrick Henry.

23. The influence wielded by the entity is too well known to attempt to even comment upon same here. Yet the frailties of the body through that experience find expressions in those tendencies which have been indicated, for the entity to be a recluse in the early portions of its life. Hence it will be necessary that there be the "drawing out" of the entity, as it were, and the preparation for those activities not only in law but as to national and international relationships.

24. Hence the entity should be trained in INTERNATIONAL LAW, rather than local; for the opportunities and the needs for such are to be a part of the entity's experience.

25. Before that the entity was in the Roman land, when there were the needs for those who were capable and able to give expressions to the desires of the peoples, as well as of those in authority, - that is, as to that chosen to be expressed by the common people.

26. Thus in the present we will find the entity inclined to seek out those of various positions or conditions in life. These tendencies also should be guided, - not curbed so much, but the whys and wherefores of these given or reasoned with the entity concerning, in the early developing period; else we may find those tendencies to associate with those who are questionable characters, - for the entity may easily be turned into those directions of using its abilities that would not be the constructive force.

27. Hence the needs for the spiritual welfare of the entity to be considered during its early periods of development.

DIABETES: CHILDREN CIRCULATING FILE

28. For, the entity then was not only the historian but the speaker, as well as the poet. All of these will find their expressions in the present activities of the entity, for the entity then was in the name Tacitus.

29. In the present we will find those tendencies at times to choose those to and through whom he may lord those activities over others, if there is not kept the better physical forces throughout the experience for the physical, mental and spiritual balance - which should be stressed in the training of the entity during its early life.

30. Before that the entity was in the Persian and Arabian land, during those activities in the 'city in the hills and the plains.'

31. The entity acted in the capacity first of aiding in heading the caravans of the day.

32. Hence in the present we will find the inclinations and tendencies for the entity to travel fast, either in cars or in airplanes. Be mindful of these in the early years, and let them be used in a way as to be of benefit of the whole, or of the masses, rather than for the individual.

33. There the entity excelled as the tradesman between the eastern and the western lands during those experiences, making many trips to what is now Indo-China, India, Egypt, and also to the Mongoloid or Gobi land.

34. Hence those tendencies will arise in the present for the entity to be associated with people in all walks of life. This tendency in the early years may be used as a means for giving the training in those activities necessary for the abilities of the entity in and through the experiences in which he will play an important part, - in the affairs of his own land, - when so much needed....

40. As to the abilities of the entity in the present, then:

41. Much in this experience, as indicated, will depend upon the manner of the training as to activities in the early portion of the entity's sojourn here. Hence the responsibilities lie mostly with and upon those to whom the entity has been entrusted.

42. Then, as has been given, during its twelfth to thirteenth year we would give further information as to the possibilities, the means and manners of training as to the fields of activity through which the entity may find the greater expression. But the entity's greater expression **MUST** be in the representing, or presenting, of the needs - as well as the benefits - of its own land.

DIABETES: CHILDREN CIRCULATING FILE

43. The counsel in the present, then, as indicated, is rather to those who are entrusted with this responsibility. For, blessed indeed are those to whom it is given the care of those who are to direct the destiny of a nation!

44. Accept same in that humbleness, yet in that glory as befits one who would be a channel through which many peoples, many individuals, may be indeed blessed....

51. (Q) What was the exact local time of his birth, and what does it indicate?

(A) As we find, this was in the early hours - that is, the physical birth, and the spiritual birth very soon thereafter; 6: 07 in the morning. We are through for the present.

REPORTS OF READING 2294-1 M 1 MONTH

10/26/43 Letter from Mrs. L. A. N.: "...I am very anxious to have children and have spent a lot of money going from one doctor to another... My husband was talking with a former client of yours...who took his wife [1428] to you after having tried everything else and they had very satisfactory results [[2294]!!], and has suggested that I get a reading from you..."

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 3901-1 F 20

Bursitis: Tendencies: Eliminations: Incoordination	Par. 18-A
CHOLECYSTITIS	
CIRCULATION: IMPAIRED	
Clairvoyance of E.C.: Action & Places : Conditions Confirmed	Par. 2 Reports
Cycles: Body	Par. 4
Diabetes: Tendencies	Par. 17-A
Diet: Artichoke: Jerusalem: Diabetes: Tendencies : Cholecystitis : Cooking Utensils: Patapar Paper	Par. 17-A Par. 14 Par. 17-A
Electrotherapy: Sinusoidal: Circulation	Par. 11, 12
ELIMINATIONS: INCOORDINATION	
Humor	Par. 2
Osteopathy: Cholecystitis : Spine: Subluxations	Par. 13 Par. 7
Perspiration: Eliminations: Incoordination	Par. 6, Background
Physiotherapy: Packs: Glyco-Thymoline: Cholecystitis	Par. 8, 9
Prescriptions: Glyco-Thymoline: Eliminations: Incoordination	Par. 10
SPINE: SUBLUXATIONS	

BACKGROUND OF READING 3901-1 F 20

B1. 11/27/43 Letter: "We are so pleased over my mother [3349]'s diagnosis that I wish to obtain one also."

B2. 1/17/44 Questions submitted:

1. Please explain to me the cause of excess clammy perspiration of my hands and feet and how to stop it. This condition has been with me since early childhood. 2. A urinalysis taken last year revealed a mild diabetic condition. Do I still have it? 3. How may I be rid of the pain in my right shoulder which did not seem improved after 6 mo. of chiropractic adjustments? 4. What will prevent my lips from chapping? They are daily growing worse with the loss of much skin. 5. Have I any vitamin and mineral deficiencies or food allergies? My vitality is often low.

TEXT OF READING 3901-1 F 20

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 26th day of March, 1944, in accordance with request made by the self - Mrs. [3901].

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 questions, as I ask them:

2. EC: Yes, it will be better if you will keep quiet.

3. We have the body here, [3901].

4. As we find, there are disturbances that have been aggravating to the body for some time past. Unless there are measures taken to correct same these will, with the next cycle, gradually grow much worse; possibly causing the necessity for operative measures.

5. We find that there has been for some time past a suppression that has deflected the circulation through the liver and gall duct area. There has gradually grown disturbances, which with the inactivity of these organs in their proper relationship to the others, has caused an altered circulation - that attempts to eliminate poisons through the respiratory and perspiratory system which should be eliminated through the alimentary canal. Thus the functioning of these portions of the circulation towards the eliminations has been altered.

6. Hence the poor circulation through the extremities, causing undue amount of perspiration under the arms, in groins, hands, feet and the like that becomes very disturbing to the body. Thus toxic forces are necessarily caused that are beginning to produce at times improper digestion, headaches, and general disturbances through the functioning of eliminating organs. Kidneys are gradually becoming involved.

DIABETES: CHILDREN CIRCULATING FILE

7. To correct these disturbances we find that corrections osteopathically should be made especially in the dorsal and cervical areas, to the 6th and 7th dorsal, then, on upward.
8. To aid the disturbances in the liver and gall duct area, there should be applied heavy Glyco-Thymoline Packs with an electric pad over same, at least two hours each day for five to six days in succession.
9. When these packs are removed each day massage gently, not severely, especially through the liver and gall duct area; not attempting to knead that portion of the body too much, but a brisk massage.
10. Also each day take internally two to three to five drops of Glyco-Thymoline in water.
11. At least twice a week use the sinusoidal machine that will in its application tend to stimulate flow of circulation through the liver and gall duct area.
12. This should be given about seven or eight times.
13. Then the body may through the osteopathic adjustments have the gall bladder and gall duct drained osteopathically.
14. Through these periods do not have heavy foods. Little of any character of pastry or pies of any kind. Not too much meats and no greases.
15. These we would do and we will bring better conditions for the body.
16. Ready for questions.
17. (Q) Is there a diabetic condition?
(A) With this correction in the manner indicated, we find that the diabetic condition would be clarified though we will find with these tendencies that it would be well to take the Jerusalem artichoke once each week. Prepare one about the size of a hen egg, cooked in Patapar paper. Mix the juices with it and season to taste, eating of it - once each week with the regular meal. Do this for six to eight weeks and we will clarify and clear these conditions.
But as indicated, this is more a strain on the activity of the kidneys and the ducts of digestive forces, reflexly, and if these conditions are cleared generally we would save the body from much disturbance later.
18. (Q) Pain in right shoulder?
(A) This is only reflex from the poisons.
Do these things indicated.
19. We are through with this reading.

DIABETES: CHILDREN CIRCULATING FILE

REPORTS OF READING 3901-1 F 20

4/18/44 [3901]'s letter to EC:

Dear Mr. Cayce,

Herewith follows a report of my activities and condition after following the treatment outlined in my psychic reading given March 26, 1944.

I feel that the analysis of my condition is excellent.

I found an osteopath, Dr. Bernice Harker, 1246 N. Hayworth, Los Angeles, who is interested in your work, and who has read "There is a River". She is giving me treatments twice a week. I have been to her five times.

Dr. Harker has no sinusoidal machine, but a doctor friend of her's has one, and I go to him for this. I have taken three treatments on the sinusoidal machine.

The reading states, as to diet, "No greases". How about butter, cream, avocados, in moderation?

Last week I applied the Glyco-Thymoline packs for six days in succession - two hours each day. After removing the packs I massaged gently for several minutes. I hope these packs were correctly applied. I used old bed linens - 3 thicknesses and over this I put a piece of rubber sheeting and then I placed the electric pad on top. I also took four drops of Glyco-Thymoline in a glass of water for each of these same six days.

I have not taken the Jerusalem artichoke, I thought I could get them here but have not located any. However, I shall write to the John A. Salzer Seed Co. as you suggested.

During and after the week of Glyco-Thymoline packs a rash broke out on my body. I imagine there were about a dozen small bumps similar to insect bites.

If in any way I have mis-interpreted my reading, I would appreciate your suggestions.

Thanking you sincerely, [3901]

P.S. Symptoms as described in last paragraph on first page of reading are still prevalent.

4/25/44 EC's letter to [3901]:

Mrs. [3901] ..., California

Dear Mrs. [3901]

Thanks very much for yours of the 18th. I appreciate very much your report on your activities and conditions.

Thanks very much for the address of Dr. Bernice Harker.

I feel, from the experiences we have had, if Dr. Harker follows the suggestions, while it may require a little while, a few weeks or months, the osteopathic treatments you know are only supposed to make proper adjustments in your body, and the body itself does the healing. It takes a little longer, but that is why osteopathy is so much better than medicines that often leave sediments that the system has to in some way take care of. Osteopathy closely administered, is close to nature's way of taking care of it.

I suppose, and am very sure, why the application of the Glyco without the other properties that were to go through the system and have an effect on the activities of digestion, caused a rash. All of these are supposed to go together; not one taken one time, and one another time. I would take the artichoke, for these will change the digestive system and the activity of sugar in the system.

Thanks very much and hoping that you will continue on the improve, I remain

Sincerely, Edgar Cayce

5/4/44 [3901]'s letter to EC:

Dear Mr. Cayce,

Here is the second report on my condition following my reading of 3/26/44.

DIABETES: CHILDREN CIRCULATING FILE

The rash which accompanied the Glyco-Thymoline packs disappeared a few days after I finished the Glyco treatment.

I have completed the required number of sinusoidal treatments - 8 - two each week. I had the last one yesterday.

Two weeks ago I was troubled by constipation for about three days. I believe this was due to my mis-interpretation of the reading by which I eliminated all fats and oils from my diet. This condition is much improved although I occasionally miss a day of bowel evacuation.

There was no mention of how long I was to continue the osteopathic corrections so I will continue these twice a week until told to do otherwise.

My general condition seems improved; I have more energy and vitality. The headaches are farther apart but my complexion hasn't cleared, my shoulder hurts after heavy work like floor scrubbing or polishing, and my hands and feet perspire profusely.

I am sorry that I was not able to partake of the Jerusalem artichoke when I started the other treatments. I have eaten two - one last week and one this week. That means I have four more weeks before I finish them.

I should like to have a check reading as soon as it is convenient for you. If it is not too much trouble, could I please have two duplicates of the check reading? One for the osteopath and for the doctor whose sinusoidal machine I used.

Thanking you kindly for your sincere efforts to help me, [3901]

5/24/44 [3901]'s letter to EC:

Dear Mr. Cayce,

Here is another report on my condition. My vitality has improved; I have more pep. My shoulder still pains me whenever I do polishing, scrubbing, sweeping. I still have excess perspiration in the extremities.

I have been troubled with constipation, but I believe I have fewer headaches. My complexion was much improved for about two weeks but is getting bad again - I suppose this ties in with the constipation.

I have three more Jerusalem artichokes to eat and will have finished the required number by my check reading. I will be at the above address during my reading.... Please ask these questions at the reading:

1. There does not seem to be a great change in my body. Have I followed the instructions correctly? 2. Has the osteopath, Dr. Harker, made the proper corrections? 3. I am troubled with a strained feeling in my lower back around the pelvis. This formerly occurred only during menstruation. What is the cause? 4. Are you sure there are no psychological factors hindering my progress?

Thank you so much for trying to help me. May God Bless you, [3901]

5/30/44 EC's letter to [3901]:

Dear Mrs. [3901]:

Thank you very, very much for yours of the 23rd. We appreciate your contribution to our work more than we know just how to tell you.

We hope we are adding a bit to a more perfect understanding of man's relationship with the Creator.

We appreciate, too, your prayers and blessings. Without these we would not get very far.

Thank you again and with every good wish.

Sincerely, Edgar Cayce

DIABETES: CHILDREN CIRCULATING FILE

INDEX OF READING 4956-1 M 5

DIABETES: CURED

Doctors: Woodall, Percy: D.O.

Par. R3

OSTEOPATHY: DIABETES

WORK: E.C.: READINGS: MISSING

BACKGROUND OF READING 4956-1 M 5

None.

TEXT OF READING 4956-1 M 5

This Psychic Reading given by Edgar Cayce in Birmingham, Alabama, this 19th day of October, 1920.

P R E S E N T

Edgar Cayce; (?), Conductor; Wm. K. Schanz, Steno.

R E A D I N G

Time of Reading Unknown.

Reading is not on file with Edgar Cayce Foundation or elsewhere according to available records.

REPORTS OF READING 4956-1 M 5

R1. 1/22/21 Reporter, Miss [4958]'s brother's letter: "In a reading given Dr. [...], a Birmingham optometrist, Mr. Cayce diagnosed and prescribed a remedy for his five year old child who had been given up by physicians. Under this treatment the child is now in flourishing health."

R2. 1/24/21 Father's letter: "Our little boy [4956], who the doctors (specialists for children) had declared had diabetes and would gradually grow worse until death claimed him, is improving wonderfully under the treatment outlined by Mr. Cayce." [GD's note: On 1/22/21 Mr. [4959] also spoke of witnessing the above results re. this case.]

R3. 6/11/24 EC's letter to Mrs. Fannie G. Cayce: "I would certainly be very glad to do what I can for your little friend [who has diabetes]. About two years ago or better, I met a gentleman there [in Birmingham], Dr. [...], [optometrist], who had a grandson who was suffering from diabetes, and had been for two years. The doctors had about given him up; in fact, they said he couldn't live more than six months. He is now perfectly sound and well, thanks to Him, the giver of all good and perfect gifts, through the assistance of Dr. Percy Woodall [osteopath], who was able to assist in carrying out the suggestions in the reading."

DIABETES: CHILDREN CIRCULATING FILE

HOLISTIC HEALTH

Controlling diabetes the Cayce Way

by William Briggs*

Venture Inward, July/August 1996

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

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

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

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

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

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

My next blood test a week later showed improvement: 195 – still very high, but such an improvement. I was elated and encouraged. I felt I was on the right path and could not wait to talk with this doctor in Phoenix who had worked with the Edgar Cayce material for more than 20 years. I also checked with the A.R.E. for any health-care providers in Colorado, and learned of a chiropractor. I knew from my extensive reading that I needed some manipulations as part of my return to health. Chiropractor Michael North was even close to home.

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

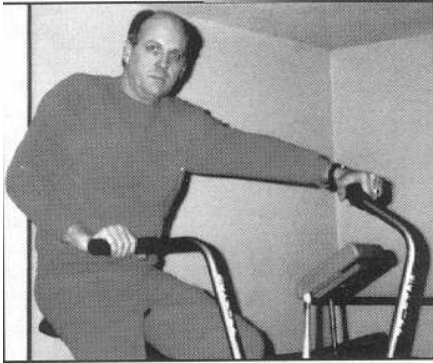
Another part of my health plan included castor oil packs. When I began using hot castor oil packs, it was quite an ordeal to get all wrapped up in the plastic with a towel under me. But I soon got it down to an art. During my “pack time,” I meditated and visualized myself as being totally healthy with a fully functioning pancreas, which is the organ in our bodies that produces insulin. Dr. McGarey told me not to acknowledge the term diabetes. He said that since our minds

* William and Valerie Briggs Jim in Golden, Colorado.

DIABETES: CHILDREN CIRCULATING FILE

so dutifully obey the instructions they are given, this would only give me another obstacle to overcome. He also advised spinal manipulations.

When I went to see the chiropractor, the x-rays showed the vertebrae in my neck to be completely straight instead of aligned in their normal gentle curve. This had put a strain on the 6th, 7th, and 8th dorsal vertebrae in my spine. Dr. McGarey and Edgar Cayce had said that such a problem in the spine could cause pancreatic difficulty. I felt even more confident that I was on the right track when this information matched my situation perfectly.



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

Dr. McGarey suggested taking vitamin B-12 and a B-complex vitamin, and chromium along with apple pectin to help control sugar levels in the blood. He later added a program with Atomidine, which helps the organs in our bodies function better. In my case, it was to help the pancreas begin working again.

The only thing of my own that I added to this new-life regimen was a series of affirmations, which I repeated many times a day, from the book *You Can Heal*

Your Life by Louise Hay. I still repeat these affirmations to myself daily.

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

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

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

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

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

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

DIABETES: CHILDREN CIRCULATING FILE

whole grains and some pasta. I exercise six days a week faithfully. My last two blood tests showed glucose levels of 108 and 94.

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

by Valerie Briggs

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

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

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

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

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

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

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

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

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

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

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