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Circulating File

APPLES AND THE APPLE DIET

**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**

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APPLES AND THE APPLE DIET CIRCULATING FILE

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the Edgar Cayce psychic readings on apples in general and the apple diet. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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

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

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... DON'T TRY TO WORK LIKE A HORSE WHEN YOU ARE ON THE APPLE DIET! or else we will find it will be more detrimental than helpful!
307-14, 59-year-old woman, 10/19/37

DO NOT attempt to use the Apple Diet as a cleanser, if using the Oil Packs.
543-27, 29-year-old woman, 3/16/38

(Q) Why did the Apple Diet fail and was it harmful?
(A) As we find, this would not have failed if there had not been the needs for undue changes during those periods. It is often necessary for this to be repeated more than once, to become really effective.
1158-31, 51-year-old woman, 8/31/41

First, - we would have a period of at least three days when nothing would be eaten but APPLES! preferably the Jonathan variety, or such natures. Not the wine sap, but any of the Jonathan variety. 1597-2, 32-year-old man, 12/8/39

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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

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

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

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

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

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

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

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

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

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

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

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

Blessings,

A.R.E. Member Services Team

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Monodiets

By David McMillin
True Health, September 2002

Monodiets are powerful tools for detoxification. As the name implies, the diet consists of eating only one food for a limited period of time, usually three to five days. When used as a therapeutic modality, monodieting typically focuses on a single fruit or vegetable.

In researching the history of therapeutic monodieting I have found texts describing this technique dating back for over a hundred years. So this is not new to modern alternative medicine.

Clinicians sometimes utilize monodiets for specific conditions where systemic toxicity is believed to be a factor. One of the best documented examples of the clinical application of monodiets that I have seen is the use of a watermelon monodiet for severe rheumatoid arthritis. James Gordon, M.D., described an almost miraculous recovery in an extreme case of this disorder in his book *Manifesto for a New Medicine*. Clearly, therapeutic mono-dieting should be done under the supervision of a physician.

Cayce Monodiets

Monodiets are also used for health maintenance and prevention. Edgar Cayce often used monodiets for this purpose. Although the apple diet was the most frequent type prescribed, he also utilized other fruits such as grapes, citrus, and bananas.

The apple monodiet was said to be particularly effective at drawing out toxins. Cayce told one man that "three days of raw apples only and then olive oil and we will cleanse all toxic forces from any system." Cayce insisted that the apples be of the "jenneting" variety that includes Delicious, Oregon Reds, and Arkansas Blacks. The olive oil that is to be taken at the conclusion of the monodiet is to stimulate the gall bladder to release bile into the intestinal tract to enhance eliminations through the bowel.

Toxic Reactions

Sometimes the short term effect of detoxification is that you will feel more toxic. This is because toxins that have settled into the tissues are being drawn out into the circulation for elimination.

I can speak from experience on this point. The first couple of times that I tried to do the three-day apple diet, I felt like I was coming down with the flu after only a few hours. At first I thought this was an unfortunate coincidence and discontinued the monodiet, not wanting to stress the system by doing the diet while having an infectious disease. Of course, the flu never developed and the symptoms went away when I stopped the diet. I soon realized that the diet was causing the symptoms. I made up my mind that I was going to go through with the diet regardless. My strategy was to do it on a three-day weekend so that if I got to feeling ill, I could just allow myself to rest and recover just as if I really had the flu. The strategy worked and I was on my way.

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That was about ten years ago and the diets have become progressively easier as I detoxified my body. Now I do the apple diet without so much concern about scheduling, other than the availability of fresh organic produce, which is a seasonal consideration.

Although I made this discovery on my own, a friend later pointed out to me that Harold Reilly had discovered the same principle in working with his patients. His remedial strategy was to open the channels of elimination to assist the body with removing the toxins. He describes his method on pages 230 and 244 in his book *The Edgar Cayce Handbook for Health Through Drugless Therapy*. He recommends getting a colonic irrigation or enema each day of the diet. He also suggests getting a fume or steam bath to help eliminate the toxins through the skin. Abdominal castor oil packs can also assist with detoxification. If you are serious about doing the Cayce apple diet, get Reilly's book and follow his instructions to reduce toxic reactions.



Key Points to Remember

Therapeutic monodieting should be done under the supervision of a physician. If you have a diagnosed or suspected medical condition, be sure to consult with your doctor before attempting any dieting regimen. Here are some practical points to keep in mind when doing monodiets.

Be aware of possible toxic reactions. Take appropriate adjunct measures such as colonic irrigations, fume baths, and castor oil packs to prevent or minimize toxic reactions.

Schedule time for the monodiet to decrease stress and allow your body to detoxify at its own pace.

Be gentle with your body and don't overdo it. Start small and make changes gradually. Your body didn't get toxic overnight, so don't expect it to detoxify that quickly.

| <u>Apple Jonathan</u> | <u>Apple Winesap</u> |
|---|--|
|  |  |
| A classic American variety, and widely regarded as one of the best flavoured with a good sweet/sharp balance. A precocious and productive tree in US apple-growing regions. | Often known as Virginia Winesap, a tart small apple, and like many US heirloom varieties, keeps well in store. It can be eaten fresh but is primarily a culinary apple, also popular for juice/cider production. |

<http://www.orangepippin.com/>

Trying the Apple Diet

By Bob Revay

Edgar Cayce recommended a regimen called the apple diet to stimulate a "cleansing" and remove all toxic forces from the digestive system. In several readings, he recommended eating nothing but raw apples for three days, then drinking a half teacup of olive oil. The readings often recommended drinking at least eight glasses of water a day to maintain health. As part of this cleansing diet, one

could drink all the water one wanted.

I grew up in New Jersey eating apples from trees in our yard. There were many apple trees in other yards in the surrounding woods. Shinning up large trees to reach the fruit added adventure and excitement to the end of the summer. So as children we ate many raw apples, ignoring warnings about getting a belly ache from eating them before they were ripe. Although we often ate them so green they puckered the mouth and set our teeth on edge, I never suffered discomfort.

The readings recommended jenneting apples for the apple diet. A jenneting apple ripens early, by about St. John's Day, which is June 24. Jonathan, Arkansas Black, Sheep Nose, Delicious, Arkansas Russet, and Oregon Red are some jenneting-type apples. These apples are very low in wine sap. Not recommended for the diet are Winesap and Yellow Newton, which are late ripening and woody stock-type apples.

I did not know what a jenneting apple looked like when I read Cayce's recommendation. I did know that some big green and yellow apples ripened in the late summer or early fall. So upon deciding to try the diet, I went to the store and bought a large bag of red apples. I don't care much for the texture of Red Delicious apples, so I bought a variety of tasty red, crisp apples without bumps. I chose a long weekend to try the diet so my work would not distract me from concentrating on the experience. I was also anxious that I might not perform effectively at work if I were dieting. My three days were planned to encourage relaxing.

I did not think I would feel hungry because the readings said one could eat as many apples as one wanted. Every time I felt hungry I ate an apple. It doesn't take long, however, to feel antipathy toward eating another apple. At dinner time the first day I felt so hungry that I went out to a diner and ate a full meal. I was still so hungry that I immediately ordered and ate a second meal. I felt contented and satiated but sorely disappointed at my failure.

The second time I tried the apple diet I prepared myself mentally for the first day hunger. That steeled me to get past it. Drinking many glasses of water also relieved some hunger. Toward the end of the second day I felt hardly any hunger and I ate fewer apples than the first day. My eyes, always a little bloodshot, were much clearer and I felt lighter and more energetic. Friends I told about this experience asked if I had the runs and had to go to the bathroom all the time.

Bob Revay is a long-time member from Caldwell, New Jersey.

I answered emphatically, No! Bowel movements were without any discomfort and felt like they came from higher up the intestinal tract, which provided a pleasant feeling of relief.

The third day was even easier than the second. Hunger was so much not a concern that I ate fewer apples than either of the two preceding days. On the third day I did not get hungry at all. I did, however, feel disturbed about drinking that half teacup of olive oil. I was afraid I would gag and suffer discomfort. I first drank a full glass of water, then kept a glass of water close at hand while I gulped the olive oil. As fast as I could, I drank another full glass of water and then stood apprehensively, waiting for a reaction. Thankfully, I did not gag, and just a mild taste of olive oil lingered.

A half hour later I had a surprise. My skin looked shiny and slippery. Olive oil coated my entire body. It had

migrated from my alimentary canal to all parts of my skin. I tasted it to make sure it was olive oil.

Completing the three-day diet delighted me. I felt better than I had in years. My eyes were clear and I felt

.....
Completing the three-day apple diet delighted me. I felt better than I had in years... lighter and more at ease.

lighter and more at ease physically. The first day was the most difficult but it seems that the physical system adjusts so that hunger is not an all-pervasive concern. Drinking lots of water helped, and it felt wonderful thinking that my system no longer contained toxic forces.

With the word "diet," most people think of weight loss. The readings, however, emphasized the *cleansing* benefits of the apple diet. They did not mention weight loss at all. As I was not overweight, weight loss did not concern me. I did, however, lose several pounds.

After finishing the diet, I had no desire to eat again until I tasted the first mouthful of food. I began eating normally again with a light meal. I chose foods which produce an 80 percent alkaline to 20 percent acid residue. That first meal became a taste delight. While I appreciated food tastes not experienced for the previous three days, I resisted the temptation to continue eating just to enjoy the tastes. And I was glad that I had done the apple diet.

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Letters to the Editor

By Elaine Hruska
True Health, January 2005

Question: I was advised to go on the three-day apple diet. The next day I chose to take a four-hour-long spa package that offered a castor oil pack as part of the regimen. But you can't do the packs when you're on the apple diet. Why not?

Answer: Many of the regimens outlined in the physical readings are cyclical in nature; that is, they follow a particular order or sequence. A number of times the readings cautioned against overtiring or overtaxing one's body by attempting too many treatments at once and thus overdoing it. Our physical bodies need time to assimilate and react to the applications, so rest periods were often built in to the routine. If we overload our systems, we can create fatigue and perhaps do more harm than good to our bodies, which need to maintain the strength and stamina to eventually heal.

That stated, there are two readings which address the above question. A sixty-six-year-old woman had "congestion in liver area" and was advised to use a series of castor oil packs followed by olive oil. (For more information on castor oil packs, see *The Oil That Heals* by William McGarey, M.D.)

After the packs she was to go on a three-day apple diet, followed also by olive oil. The diet would "get rid of the tenderness for neuritic conditions in the joints of the body." Then came this statement: "But first the system needs cleansing with the Oil Packs and then the apple diet, before beginning to build it up." (1409-9)

In the second reading Cayce warned a twenty-nine-year-old woman: "Do not attempt to use the Apple Diet as a cleanser, if using the Oil Packs." (543-27) (For further information on the apple diet, see *Edgar Cayce's Guide to Colon Care* by Sandra Duggan, and *The Edgar Cayce Handbook for Health Through Drugless Therapy* by Harold Reilly, pp. 235-236.) She had been taking sedatives for convulsions and was suffering from eczema and a continuous menstrual flow.

Because of the precautions stated in these two readings, it seems imperative to follow the flow of treatment: castor oil packs, then the three-day apple diet. Perhaps doing the two simultaneously would overload the system, creating further problems. For whatever reasons prudence and caution are the key words. —E.H.

Letters to the Editor

By Anne Hunt
True Health, March 2007

The following report from a reader regarding the apple diet:

Dear Anne,

The most memorable aspect of my first apple fast is something I think needs to be passed on. After the third day I drank the 1/4 cup of olive oil, as recommended at that time. After an hour or so, I had a simple green salad w/sprouts and some tomatoes. Apparently I did NOT wait long enough for the oil to be digested and absorbed by the system! The greens themselves lay in my stomach and were not digested, culminating in heartburn and an overall terrible experience, especially considering how high and light I had been feeling since the morning of the third day. I believe it is important to warn fasters to allow a good amount of time to pass after the olive oil before attempting to digest any solid foods.

Thanks, hope this helps someone avoid my earlier experience.

—Peace, Michael

Dear Michael,

Thank you so much for your note. There have been several questions about the olive oil routine to follow when on the apple diet. The first question is for us to clarify the quantity of olive oil for the end of the third day; then your important question (and experience) regarding timing.

Quantity. My article indicated two to three teaspoons at the end of the third day. This is a conservative amount many people have found works best for them. The readings, however, indicated half a *teacup*. A teacup is defined as holding three to eight ounces; for purposes of the apple diet let's assume Cayce was speaking of roughly a five to six ounce teacup, half of which would be 2.5 to 3 ounces or 5 to 6 tablespoons. I suggest erring on the side of caution if this is your first apple diet experience.

Timing. I did not clarify in my article that the olive oil be taken at the end of the third day . . . and that one not eat until the next morning, beginning with a light meal as you did, such as a salad. I so appreciate you sharing your experience so that I could clarify this for all of our readers.

"At the end of the third day of the apple diet, take half a cup (teacup) of olive oil." (361-7)

"At least for three days—two days or three days—take *nothing* except *apples—raw apples!* Of course, coffee may be taken if so desired, but no other foods but the raw apples. And then after the last meal of apples on the third day, or upon retiring on that evening following the last meal of apples, drink half a cup [teacup?] of Olive Oil." (543-26)

"On the evening of the third day of the Apple Diet,—take internally *half a teacup* full of *olive oil!*" (1850-3)

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BACKGROUND OF READING 142-5 M 20 MONTHS

B1. 7/4/28 Father obtained Check Physical Reading 142-4 for him for weak ankle.

B2. 10/14/28 See father's reading 900-411, Par. 9-A--14-A warning of [142]'s susceptibility to cold, advising to rub with sweet oil, as to gain in weight and immunization to polio scare, etc.

B3. 11/27/28 Father wrote: "Our baby [142] is better although not entirely well."

B4. 11/30/28 Father wrote: "The baby seemed to suffer from a severe upset stomach and felt motivated to call you only because his fever mounted so high that we, including the doctor, were becoming a little frightened for a while. However, the whole thing seemed to have been due to a bad stomach, although one never knows what may result from such a condition. He seems a good deal better this morning and his fever is almost gone, so that things seem to be clarifying nicely, although he is far from his old own lively self. When that child wants to do nothing but lay around most of the time and sleep the rest of the time and won't eat, he is sick."

TEXT OF READING 142-5 M 20 MONTHS

This psychic reading given by Edgar Cayce at his office, 115 W. 35th St., Va. Beach, Va., this 1st day of December, 1928, in accordance with request made by the parents, Mr. [900] and Mrs. [136].

(Check Physical Suggestion)

1. EC: Yes, we have the body here, [142] - this we have had before. We find there are some specific conditions existent in the physical functioning of the body, produced by irritation through non-digestion in the system and the resultant effects of poisons by the accumulation through the system, and the unbalancing of the equilibrium between the intestinal or the upper and lower hepatic circulation.

2. This was produced, primarily, by eating of something disagreeing with the body, and the eliminations being checked, causing clogging up of poisons in the system. This has been eliminated to some extent, yet there is at present sufficient of these poisons distributed through the system as to cause inertia, inactivity, and the tendency of drowsiness, and the breath bad, and the tendency towards temperature - though not ABOVE normal, save spasmodically. The cleansing of the system is very good, in so far as it has gone - but, as given, there are still evidences of these resultant conditions, or the clogging of system through these conditions, and with the metabolism already low - especially as to the division in the system as respecting replenishing forces for a developing body, this needs rather the careful attention, that this equilibrium in digestion and elimination, and in the metabolism, may be perfectly established so that the nominal development may be near normal.

3. We would be rather careful of the diet FIRST, and this should be kept up at LEAST until the condition is ENTIRELY relieved. We would first establish, then, the near normal condition between the hepatics and the activity of liver and kidneys, without the strain on the mucous or serum producing forces of the intestinal digestion, or of unbalancing the lachrymal conditions as existent through the system, or of the producing through these ducts an irritation. This may be established by first using those properties in the system (Castoria) in small BROKEN doses, see? beginning with only a few drops, giving same every half an hour until there is the full action from the system, the eliminations fully established. THEN, as for medicinal properties, leave same off. Only twice each day give an intestinal antiseptic in the form of one to three drops of Glyco-Thymoline in teaspoonful of water; and see that the system is sufficiently covered or flooded with water through the alimentary canal, or drinking. Give more water as medicinal properties.

4. Do not give the body apples raw, or BANANAS in any form. Rather let THIS be an outline for a diet, though, necessarily, this may be modified occasionally to meet the needs of a DEVELOPING and growing body.

5. Of mornings: Cereals - these changed from dry to the cooked. Cream of Wheat or Wheatena, or Oatmeal, or Grape Nuts, or Corn Flakes, or Rice Flakes - with the cream MIXED - not full raw. First giving a small amount of orange juice.

APPLES AND THE APPLE DIET CIRCULATING FILE

6. In the middle of the day, or noon lunch: JUICES (not the meats, but the juices) of meat. Broths or something of that nature, with a minimum amount of sweet.
7. In the evenings: This may be changed with those of spinach, of lentils, beans, and broths - with those of prune juice, or such. These of course may be alternated. Cooked apples, if they are of the jenneting (Jonathan?) variety, may be given. None of those of the more woody variety, as those of Ben Davis or of Wine Sap, or of the fall or woody variety. These should NOT be given this body in ANY manner.
8. As for the creating of the proper conditions in the digestive system, the Bulgarian Milk or BUTTERMILK, properly handled. PREFERABLY those of the Bulgarian would be the better, this adding sufficient of the lactic and lacteals for the system for the proper stimulation through the lacteal ducts on the lachrymal system, or the changing into the new forces for the blood supply.
9. Keep the body under the sunlight, either directly or artificially, as much as possible. This for the strengthening of the blood supply and for the activity of the chrysalis, or of the forces as will build calcium in the system. Do that.
10. Ready for questions.
11. As for trips, or for those conditions as might or would come to the body through changes of scenes or environmental conditions - as has been given respecting the body, the sea trip, while upsetting in a manner, would NOT be detrimental to the body, provided the proper care is taken as respecting the diet. Keep closer to those elements as would create lime in the system. On such a voyage (if sea voyage taken), use those of equal parts of cinnamon water and lime water as an alternative for the settling of the stomach and digestive system. The sun and sand would be well for the body.
12. We are through for the present.

REPORTS OF READING 142-5 M 20 MONTHS

R1. 12/5/28 Father obtained Check Physical Reading 142-6 for him in regards to smallpox vaccination before going on trip, etc.

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BACKGROUND OF READING 257-167 M 43

B1. 5/27/36 He obtained 257-166.

B2. 6/3/36 He submitted further questions.

TEXT OF READING 257-167 M 43 (Sales Mgr., Hebrew)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of June, 1936, in accordance with request made by the self - Mr. [257], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Ck. Physical)

1. EC: Yes, we have the enquiring mind and the body, [257]; this we have had before.

2. Ready for questions.

3. (Q) Is there any growth or laceration that causes the blood [from rectum] to show up, or what does?

(A) As has been given, this arises from a weakness; or the inclinations for the weakness through the intestinal tract, that from strain, from anxiety, and with certain characters of foods that produce a seepage, cause the blood to show in stool.

These then have been the warnings, that there should be the refraining from fermented drinks or alcohol or red meat which means rare meat, see? These are the inclinations that cause the disturbance.

The applications of the sweat baths or alternated with pine or bubble or the general rubdown, with the physical corrections osteopathically - that should include the removal of the strain upon the feet, upon the lumbar and sacral areas, will so strengthen the body, combined with the food values, as to remove the cause of this inclination and weakness, see? Do that.

4. (Q) Does lemon and olive oil answer the needs of being helpful when taken on vegetables?

(A) These are good.

5. (Q) What meats are best for me?

(A) Fish, fowl, lamb.

6. (Q) What cheese?

(A) Cream, Old English - as a cream - the American cheeses; all are very good, NOT in excesses.

7. (Q) What vegetables?

(A) Three above the ground to one beneath the ground.

8. (Q) Does Coca-Cola aid or deter?

(A) Coca-Cola for the body is a stimulant, and will aid at times and deter at others. Taken when tired, very good; but do not gulp - drink slowly.

9. (Q) What exercise is best?

(A) As has been indicated, these should be budgeted. Exercise of the mind, as well as exercise of the body in recreational ways and manners. These should be divided so that there are the recuperations, the activities that make for those things in keeping with the massage. Then, handball, tennis, golf, riding, all would be in line with the physical exercise.

APPLES AND THE APPLE DIET CIRCULATING FILE

In the mental, relaxation in social associations that do not confine their conversation to that of business but rather to those things that are of specific interest - or general interest, and the like. Recreational also, interests in some activity that is of a spiritual nature outside of self's OWN convictions. Not for argumentation but for relaxation and edification. Know what others think and WHY, see? All such. Readings of magazines, books, articles, all should be a part of the mental exercise.

10. (Q) What fruits are best?

(A) Any fruits are best, except apples unless these are rested. The jenneting or Jonathan variety is better than those of the woody stock; as the Winesap.

13. (Q) Is buttermilk good for the body?

(A) If it is of the regular variety, or that that prepares itself naturally, occasionally it is very good. Because it portends to produce belching doesn't necessarily mean acid. This prepared - or the adolphilous buttermilk - is good.

14. (Q) How often eggs and how cooked?

(A) These may be taken two to three times a week; any manner save fried.

15. (Q) Is red wine still proper with food?

(A) Red wine preferably only with black bread.

16. (Q) Are hot tamales and chili beans bad for body once in a while?

(A) Bad for body, until those corrections have been completed throughout the system for better eliminations.

17. (Q) Should he abstain from Rye and Bourbon entirely?

(A) Very occasionally they may be taken, but not great quantities at any time.

18. (Q) Is there any hard liquor good at any time for body?

(A) As has just been indicated, and as has been given heretofore, there are inclinations and tendencies for a strain upon the circulation between the liver, the heart, the kidneys. These in their activity through the system produce that weakness that has been indicated by the leakage, as it were, or strain upon the connecting forces of the bodily forces itself, by stimulating alcohol forces. RUM would be preferable, you see, but this in moderation.

19. (Q) Is once a week at Reilly's sufficient?

(A) In most conditions, but as has been given the body, do not let any of these becomes rote; else we will find them as not being done consistently, but rather allow the needs of the body, the desires of the body, to call for same in the manner of same being a part of the body, see? so that when this is overlapped or allowed to skip for a time or two, the body doesn't "run down" on itself, or "run out" on itself. But be consistent.

20. (Q) Any medicines needed?

(A) Better let nature's forces than medicines work in the present. If there is the desire for any medicine, use rather that of water to have the eliminations such as at least twice each day there is the thorough evacuation. Well occasionally, once a month or once in two months, when there are the treatments taken, to have an evacuation from the colon perfectly. And these will aid in keeping down the disturbances and those weaknesses. And the waters that are used in same should not be too hot, but should be alkanin or soda and salt in same. To three quarts of water add a level teaspoonful of salt, a heaping teaspoonful of soda.

APPLES AND THE APPLE DIET CIRCULATING FILE

22. (Q) Can [257] take all Saturdays and Sundays from business, or is that what is meant about the budgeting time?

(A) No; that isn't what is meant. Saturdays and Sundays may be necessary to be used in business at times. Budgeting his time is as Solomon has given; a time for all things. A time to laugh, a time to work, a time to play, time to give relaxation, time to take relaxation, time to recuperate, time for song, time for crying, time for all things. This is what is meant by budgeting the time. Not that it will do this about this time, or this time is for this or that; but don't let these run over. Be consistent.

24. We are through for the present.

REPORTS OF READING 257-167 M 43

R1. 7/2/36 He obtained 257-168 on business.

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BACKGROUND OF READING 257-238 M 48

B1. 10/3/41 He obtained 257-237, also 257-236 on his health.

B2. 10/30/41 He sent questions.

B3. 11/5/41 He was present, submitting questions as to his health, especially periodic bleeding from rectum. [He had colon surgery 4/23/40 for a tumor.]

TEXT OF READING 257-238 M 48 (Sales Mgr., Hebrew)

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of November, 1941, in accordance with request made by the self - Mr. [257].

1. GC: You will have before you the body of [257], present in this room. Please review this mental and physical body and his material interests so he can be guided and reassured that he is conducting himself to the pleasure and satisfaction of God and his fellow man. You will answer the questions he submits, as I ask them:
2. EC: Yes, we have the body, the enquiring mind, [257]; this we have had before.
3. In the physical forces of the body we find the conditions in the main are very good. There are still those effects of a strain in the activities of the body, so as to produce drainages at times. These are in the sphincter muscles and nerves in the present.
4. NOW we would use this, which - if it is used properly - will not only act as a restrainer but be healing in that those portions affected will become coagulated and heal from within. Prepare for each time this is used, using it after the stool, if there are the conditions of bleeding - or blood. Prepare:
Glycerine.....1 ounce, PURIFIED Carbolic Acid.....2 drops.
5. Shake these together thoroughly. Then add 4 ounces of Russian White Oil. Mix THIS together thoroughly. Use this in a force syringe. After this has remained for a few minutes it may be expunged or absorbed by the system.
6. But if this is kept, and then the precautions as to diet, and the refraining from those foods or properties to which the body is allergic, we will find this will heal these disturbances.
7. Ready for questions.
8. (Q) Why does gas form and make such a loud noise or discharge?
(A) This is the natural effect of any character of inflammation in the lower intestinal tract.
At least once a day take, for this, three to five drops of Glyco-Thymoline in water.
It may be well occasionally also to use this in the enema to clean or clear the rectal area; the proportions being a tablespoonful to a quart and a half of water.

APPLES AND THE APPLE DIET CIRCULATING FILE

9. (Q) I am taking "K" vitamin - 3 each day and Caroid at night, using a suppository. Is this right or wrong, in connection with present treatment advised today?

(A) Use these as we have just indicated in place of the suppository, and occasionally - once a week or oftener if necessary - cleanse with the warm Glyco-Thymoline solution.

10. (Q) Eliminate entirely the "K" vitamin?

(A) This may not be eliminated. We said eliminate the suppository.

11. (Q) Is there any connection between and operation and present condition?

(A) No.

12. (Q) What is condition from operation?

(A) This is healed near to normal. There are only reflexes or gas pressures that cause an uncomfortableness at times, by the pressure upon the area where the incisions or the healings were made.

13. (Q) I have been eating a lot of yellow foods. Is my diet to be improved or changed, or is it satisfactory?

(A) This is very good.

14. (Q) Are yellow sweet potatoes considered a yellow food?

(A) Yellow sweet potatoes are a yellow food. They DO carry much of those influences that cause gas, but this is not an objectionable thing if it does not produce too great an amount, see?

15. (Q) Walking to factory daily, - is that enough exercise at Arthurdale?

(A) There should be more as exercise, but this is very good. Walk a good deal in the sunshine.

16. (Q) Should I abstain from beef entirely, or can I have steak once a week?

(A) If it is THOROUGHLY cooked, once a week - but masticate it well.

17. (Q) Is it possible to find a good beer that won't harm?

(A) It is the effect of hops and its products in the system that is harmful. It would be hard to find one that would not bring disturbance. Let's cleanse the system. Then we may be able to later, but don't try it too soon.

18. (Q) Raw apples such as Grimes Golden are in season at Arthurdale. Is it all right to eat these raw?

(A) If not too much at a time, and these are well masticated - a little may be taken. Don't overindulge on these.

19. (Q) What sea foods are best for me?

(A) Any or all sea foods are well.

20. (Q) Are raw clams as good as cooked clams?

(A) Raw clams are well, provided they are fresh and not taken too often. But they supply elements that are very necessary in the body.

21. (Q) Exactly where does blood start from?

(A) The second and the third sphincter muscle.

22. (Q) What danger or effect on body caused by blood discharge, since I feel fine otherwise?

(A) There is the lack of vitality as produced by such natural drainages. And the area being inflammatory because of breaking of tissues may spread, see?

23. (Q) Give treatment that can be used and found in and near Arthurdale, West Va., where I reside?

(A) The hot showers, the walks daily in the sunshine when there is such - or the use of the ultra-violet when not too much of this is had. These will be beneficial, with the following of those suggestions given.

24. (Q) Am I getting enough B-1 at the present time?

(A) At the present time, yes.

25. (Q) Is the body forming new pockets in colon, or am I overcoming same?

(A) We do not find new pockets that are not of a normal nature. Remember, - as indicated time and again, - these pockets are oft the attempt of the system, through the lymph pocket, to discharge those influences that act as assimilating things. These form and then discharge, but this is not of the nature that is detrimental unless they form and DO NOT discharge - as was the case with that removed, see? These form and do not discharge, by those formations in the system from conditions where coagulation is produced that prevents lymph from being discharged. While there must be perfect coagulation in the internal as well as lymph flow and the like, these CAN or do at times - in bodies where there are the tendencies for accumulations - form pockets that become either adherences or gristly portions, or cysts, or conditions in the lymph itself such that there may be pockets in muscle, in tissue, in groin, in any portion where there are quantities of lymph flow - so that THROUGH the adherence such conditions are caused at times. These in themselves may become such as to produce protuberances or formations that may grow and then disintegrate.

Hence the needs of the body, in this particular body's activities, to refrain from those foods that cause such conditions to become overactive in the system. There are the necessities for activities in exercise to use the energies and replace same rather than causing accumulations....

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TEXT OF READING 325-14 F 54 (Widow, Hebrew)

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 12th day of December, 1926, in accordance with request made by her son, Mr. [257].

1. GC: You will answer the questions which I will ask you regarding the mental, physical and financial condition of this body.

2. EC: Yes, we have the body here. We have had this before, you see.
3. We find there are those conditions in the physical functioning of the body that have become accentuated through undue nerve strain for the physical strength of the body. This produced by the incoordinating of assimilation and elimination through the system, and with the weakened physical condition, under nerve strain, gives that debilitated effect to many portions of the system, and brings on many straining conditions. Were [If] just the excitement or over taxation [were] shown, these could be thrown off, yet the mental forces and the nerve strain so tax the system as to bring these headaches, the inability to get the proper control of the digesting and functioning portion of the digestive system. Ready for questions.
4. (Q) Give causes of present illness and treatment for cure of body and mind.
(A) Causes as have been given. Treatment, the perfect relaxation of the body through those conditions as have been given through the osteopathic manipulation. These, in this proportion, for the stimulation of the body from the internal forces:
To four (4) ounces of Peptotone, or any carrier of the nature of Cherry, add:
Tincture Valerian..... 3 ounces,
Elixir Calisaya..... 2 ounces,
10% solution Iodide of Potassium.....20 minims,
10% solution Bromide of Potassium.....10 minims,
Tincture Capsici..... 1 minim,
Syrup of Sarsaparilla.....1/4 ounce.
Shake solution well together before each dose is taken, and the dose would be half a teaspoonful taken every four to five (4 to 5) hours - unless body resting.
At least six to eight such adjustments should be taken.
The body should remain quiet, but not NECESSARILY in bed - but not taxing the physical strength and not taxing the mental strength through any over exertion, see?
5. (Q) Should this medicine be given with prescription now being taken?
(A) We would give this as the prescription rather than that being taken. The intestinal system must be kept open, so that the system will bring the normal eliminations for the condition. This as is given will reduce temperature, will settle the stomach, and tend to act as a cathartic in a mild manner, but this needs to be brought to NORMAL conditions - the eliminations, see?
6. (Q) When should the body take the osteopathic treatments?
(A) The sooner the better.
7. (Q) How often should they be taken?
(A) Every other day until at least six to eight (6 to 8) are taken.
8. (Q) In the mornings or in the evenings?
(A) In the evenings would rest the body more, for the body should rest after each treatment.
9. (Q) Should the light rays be given?
(A) Very good that the light rays be given, for this assists the blood in producing an equilibrium.

10. (Q) Should the body go to the doctor's office, or should the doctor come to the house to give the treatments?

(A) Best, if the rays are given, that she go to the office, for it would be unwieldy to have the rays installed in the home, unless the light from the socket is used - which in this case would be very good, see? rather than the strong ray, for we need as heat to the spine rather than as the ray for the penetration.

11. (Q) What will stop [neuritis] pains and other poor conditions in arms?

(A) Correction fully of eliminations, and of those adjustments necessary in the brachial plexus and region - for, as is seen, the eliminations cause bad assimilation of the system, and the condition whereby those plexus centers near the brachial center give rise to the condition in the arm, see?

12. (Q) What will cure bitterness in the mouth?

(A) That of the proper elimination in and from the system. This produced by the regurgitation in the duodenum, produced by this same reflex condition from the 5th and 6th dorsal, and from the 2nd and 3rd centers of the 2nd dorsal.

13. (Q) Should the body take the white oil?

(A) Whenever necessary. This is good for the body, and, as is seen, when the proper character is taken works the better - that is, that of the non-acid, or the alkaline character.

14. (Q) The alkaline Petrolagar?

(A) Alkaline Petrolagar.

15. (Q) What should the body eat, and when?

(A) The appetite, as is seen, is very little, as the body is at present - yet those properties of any nature that is of the liquid diet, and is strengthening at the same time. Beef juices, junket, or ANY of this nature and character are good for the body. Whole wheat gruels, cereals, fruits - just so apples are not included too often in the fruits. Nuts, prepared in the proper manner, such as the nuts that are fresh and made in meals - these are better than the other, for they are prepared especially for such conditions - they are combination of nut meats, see?

16. (Q) Why are apples not good?

(A) In this particular condition, and any condition of this nature, the apple produces an acid that produces portion of the bitterness in the system, by the action of regurgitation in the duodenum, produced by the excretions from the pancreas being overcharged by this nature of apples in the system. We have given the reason.

17. (Q) Should the body walk daily? If so, how far?

(A) The body should exercise some daily, as much in the open air as possible, but do not get the feet wet or damp.

18. (Q) Are the organs of the body in a healthy condition?

(A) Considering the effect of the FUNCTIONING, all very good. The functioning of all organs involved wherever we have poor eliminations, or a clogged assimilation - a clogged assimilation meaning the distribution of forces for rebuilding in the body. When these are clogged, its clogged by the circulation being impaired - either by temperature, or by that carried in the blood that prevents the proper elimination and assimilation, for they work hand in hand - one supplying, the other removing that it may be supplied....

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BACKGROUND OF READING 348-18 M 49

B1. See 348-17 on 6/22/33 for continued sacro-ileac condition, and warning in re incipient stomach [duodenal] ulcers.

TEXT OF READING 348-18 M 49

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 7th day of July, 1933, in accordance with request made by self - [348], Active Member of the Association for Research & Enlightenment, Inc., through his wife.

(Physical Suggestion)

1. EC: Yes, we have the body here, [348]; this we have had before.
2. As we find, there are some improvements in the general physical forces since last we had the body here. While there still remains the tautness in the muscles and tendons of the lumbar area, produced by the effect of poisons not eliminated and congestion brought in the area, there IS the indication of some improvement.
3. We would in the present alter the applications, for - in the whole - the body has not responded to the manner of ministration.
4. In the present we would begin using the Castor Oil packs over the liver area and over the lumbar area that is disturbed, see? Apply these in the evening and again in the morning.
5. Then give internally two tablespoonsful of Castor Oil, see?
6. When this has acted thoroughly - and the next day following - begin with taking the first day a tablespoonful Milk of Magnesia, the next evening a tablespoonful (each of these, of course, in a glass or two glasses of water) Milk of Bismuth, the next day a phenolphthalein compound - preferably that which may be had in agar, the jelly of petroleum and psyllium. [Emul-Psylo]

APPLES AND THE APPLE DIET CIRCULATING FILE

7. As we find, it will only be necessary to repeat these twice; that is, each ingredient.
8. Keep the heat occasionally.
9. Be mindful of the diet in the manner that has been indicated.
10. These should produce the eliminations necessary to REMOVE the conditions entirely. Ready for questions.
11. (Q) In the present would it be better for the body to remain in bed or without moving about?
(A) It'll move when you give it the Castor Oil, and that'll be soon enough!
12. (Q) Will an occasional dessert using saccharin or honey be alright?
(A) If it had been we would have given it! Do you want to get rid of the trouble, or do want to keep it in the place it is!
13. (Q) Is it alright for this body to eat raw apples?
(A) No. Those roasted, or without too much sugar, are very good.
14. (Q) Please give medical term for this condition, or that commonly termed?
(A) Lumbago.
15. That is all the questions.
16. We are through for the present.

REPORTS OF READING 348-18 M 49

R1. 8/1/33 See 348-19.

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BACKGROUND OF READING 464-6 F 53

B1. See 464-5 and subsequent Reports.

TEXT OF READING 464-6 F 53

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of January, 1928, in accordance with request made by self - Mrs. [464].

1. GC: You will have before you the body and the enquiring mind of Mrs. [464], of 1605 E. ..., ..., Ohio. You will give the physical condition of this body at this time, with suggestions for the relief and improvement of same. You will answer the questions also which I will ask you regarding this body.
2. EC: We have the body here - this we have had before, you see.
3. Now, we find with the physical forces of this body many conditions show much improvement, others some aggravations, and the conditions that produce them have not been corrected along with the building up of the system. Hence we find the conditions are such as to have the appearance of shifting from time to time.

The taking of the gold with Violet Ray has assisted the system in that the glands of the system are now functioning near normal; yet we find that with the condition existing in the cerebrospinal system some of the organs direct are causing disturbances, by the activities produced in system through subluxations still existent. This especially do we find in the lower dorsal and lumbar region. Hence the pressure caused through the mesenteric system and especially the tendency of the system to produce overactivity through the kidneys, and especially the bladder.

4. Now, to meet the needs of these conditions, we would not discontinue the gold and the Violet Ray altogether, but gradually reduce the doses being taken - not the time, but gradually reduce - drop by drop - the doses being taken. Then at the same period have these manipulations, osteopathically given (see, we are reverting to the same condition as has been given, yet we would follow these very specifically if we would bring the better conditions for the body), have the manipulations deep in the lower dorsal and lumbar region, until we are able to remove the pressure from the region where the pancreas and the mesenteric system are over-active - from the pressure caused to nerve centers in the region of the hypogastric and pneumogastric plexus - these, as we see, from the 9th dorsal to the WHOLE of the sacral, see? We would apply heat to the body before the manipulations are given. Either that of direct rays from lamp or from wet heat - packs - so that the body is relaxed.

5. Beware in the diet! While this is as a hardship to the body, yet no meats - and not any sugars. Very little of potatoes or of such. Rather those of foods or vegetables that grow above the ground - though lettuce and those of salsify and asparagus and celery may be included in the diet, see? Liver as a meat may be taken in small quantities; preferably calf liver. This should not be fried hard - rather made as stew than as with grease.

6. Ready for questions.

7. (Q) What is it that we have not reached as yet with our treatments?

(A) The correction of the conditions existent in 9th, 10th dorsal, the 2nd, 3rd and 4th lumbar.

8. (Q) First one organ then another becomes overcharged - what can we do for that?

(A) Having the condition corrected so that the functioning of organs through the gland forces of the body may come about, and the relieving of the pressure, should bring about the better conditions of the body. Have these corrections made osteopathically, keeping up those other conditions, and with the diet we will find we will bring better conditions for this body.

9. (Q) Can I use too much of the Gold and injure my stomach?

(A) We are giving to reduce the gold. The gold was not an injury. Of course too much CAN be taken, but this in the quantity as has been taken not injurious; rather as the invigoration; for, as has been given afore, the lack of proper eliminations - or a balanced elimination - the greater trouble with the body. Now, since we have a pressure producing over-activity in pancreas and pressure on the mesenteric system - that produces over strain in kidneys - we find these conditions existent.

Hence to EQUALIZE this elimination by the sweats, or by the application of the heat, and by the changing in the diet from this, that or the other as is found to agree with the system, and by the manipulation, we should bring about the better adjustments for this body. Do that.

10. (Q) What is the action of the gold in the body?

(A) As given.

11. (Q) When my system seems to back up, my face gets yellow, my head aches, I get light headed and my legs too weak to hold me up, is there some way of discharging this toxin from my system and relieving that distress?

(A) By equalizing the circulation and the pressure as is produced on the body in the eliminating centers. Hence the sweats or the hot packs and the light for the back or spine, so that the perspiration is brought to the capillary circulation, so that the liver is aroused, so that the body is kept in the proper condition. We would add too, for the elimination, these properties:

Take four [4] ounces ambrosia weed, or ragweed, in sixteen [16] ounces of water - distilled water. Reduce by simmering (not boiling) to one-half [1/2] the quantity. Strain while warm and add four [4] ounces of beet sugar first dissolved in (do not use cane sugar) two [2] ounces of water - hot water, with two [2] ounces eighty-five percent [85%] alcohol - grain alcohol, with twenty [20] minims Oil of Sassafras.

The dose would be teaspoonful at bedtime, teaspoonful before breakfast. Eat the breakfast! which should consist principally of fruit or gruel. Do not eat apples, however. Citrous fruit is very good if not too much sugar is used. In the place of sugar there may be used on the fruits that of the active principle of sugar, in small quantities, or a little beet sugar - not the cane sugar.

12. (Q) Why is it that when I get benefit in one way it causes trouble in another?

(A) The unequalized condition in the system from pressure in the cerebrospinal system. This about the 9th to the 11th dorsal, where pressure is radiated to the solar plexus and to the mesenteric system. This prevents the coordination. Hence this relief must be brought about for the FULL correction of conditions.

13. (Q) How long should I keep on with the gold?

(A) Until the quantity is reduced to the one drop at the dose, and then there will be given other suggestions for the correction, or for the condition as it has reached in the body at that time; for the changes will be regulated by the manner and the way the system responds to those corrections in the lower dorsal and lumbar and sacral regions.

14. (Q) What should be done to get at the bottom of this trouble?

(A) Relieve those conditions in the cerebrospinal nerve system.

15. We are through with this reading.

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BACKGROUND OF READING 3412-1 F 66

B1. 7/21/43 [3412]'s daughter's letter: "...Mrs. [3008] gave us a bottle of the oil recommended for her (olive, peanut and pine needle)... Mother has so much trouble with her feet, and it has helped them considerably..."

B2. 11/14/43 Mrs. [3412]'s letter to EC: "...The following is the data and questions for the Physical reading on November 19, 3: 30 to 4: 30 E.W.T... I have always been health-conscious, just naturally doing the things that make for good health, but accidents have occurred. For the last 13 years I have been studying the chemistry of foods and doing what I could to build a strong body, which in 1929 was badly injured due to a doctor's mistake.

"As I now have a heavy load to carry, it is absolutely necessary that I have the strength and vitality to perform my duties. It is a continual struggle to keep the disabilities mentioned below from handicapping me and as I grow older I cannot afford to have them increase. Therefore, I wish very much to know the following:

"The condition of the urinary bladder, the kidneys and tubes, and what to do to keep them in a healthful state?

"An injury to my head neck and shoulders (auto accident) disturbs me greatly at times with eruptions on the neck and shoulders. What to do?

"The heartbeat is too rapid. Is it serious and what to do?

"What chemical condition occasions receding gums and what to do?

"Should a small blood tumor on the right forearm be removed? If so, by what method?

"Balance is easily lost. What is the cause and what can be done?

"Injuries to knees and feet result in much pain at times. What can I do?

"Are the glands of internal secretion functioning properly? Especially the thyroid. If not, what to do?

"Are the colon and rectum in normal condition? Is there any organic trouble?

"(I shall be in my room meditating at the time of the Reading.)..."

TEXT OF READING 3412-1 F 66

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 19th day of November, 1943, in accordance with request made by the self - Mrs. [3412], through daughter, Miss [3298], Associate Member of the Ass'n for Research and Enlightenment, Inc., via Mrs. [3008].

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

2. EC: Yes, we have the body, [3412].

3. As we find, in considering that which may be helpful physically for this body, there also must be considered the physical and mental attitude of the body. While there are disturbances of a pathological nature, there are also consciousnesses of a psychological nature that are not always in keeping with the best physical, mental and spiritual usages of the body.

4. If one only attempts to keep the physical body in shape for purely emotional and physical activities for the gratification of the physical body, it is like asking - though ye gain the whole world and lose your soul - what has been the gain?
5. Thus the consideration should first be for good health, sure - that the entity may be a better channel for the glorifying of God, not for the glorifying or honoring of [3412].
6. In the physical forces we find these conditions as the beginning of disturbances, such that the mental attitude has become almost in that state of feeling that the body has symptoms of what it hears disturbs others.
7. Then we might term the body one often given to psychological symptoms.
8. There are disturbances in the circulation - of the heart, the liver and the kidneys. These are partially nerve reflexes. Not just imaginative, but they have been imagined until disturbances have been produced - as a quickening of the pulsation, a slowing of the activity of liver, and thus a slow circulation and a quickening of activity of the kidneys - thus a bladder and a kidney irritation at times.
9. Here we find that the addition of Coca-Cola, taken in plain water, not carbonated water, would be as helpful for the body as anything that could be taken to aid in the activity of kidneys and bladder. A glass of this about twice each day would be sufficient, taken in plain water - with ice, if this is preferable. This will also aid in the general circulation.
10. About once a week we would take hydrotherapy treatments, including a Fume Bath - not raising the temperature of the Cabinet too high with dry heat but rather the liquefying or steaming - putting about a tablespoonful of witchhazel in a pint of water and this almost boiling even before the body enters the Cabinet, so that the steam from this settles over the body.
11. Afterward, rub off thoroughly and then massage from the throat or head all the way to the toes with this combination of oils:
 - Olive Oil.....2 ounces,
 - Peanut Oil.....2 ounces,
 - Lanolin (liquefied).....1/4 ounce.
12. Be precautionous as to diet. Keep away from too much mixture of starches. Do not eat raw apples. Do not take orange juice without lemon or lime juice in same, and this will keep down those tendencies for the formations of gas through the alimentary canal.
13. Eat only fish, fowl and lamb as meats. Plenty of raw vegetables, including watercress, grated carrots, lettuce and celery - with plenty of gelatin prepared with these.
14. These will bring better conditions for the body.
15. Ready for questions.
16. (Q) An injury to my head, neck and shoulders (auto accident) disturbs me greatly at times with eruptions on the neck and shoulders. What to do?
 - (A) These conditions should gradually disappear if the Fume Baths are taken with the massages. Also the activity of the properties indicated for the slowing of the alimentary canal, the heart's activity, the kidneys, will change these conditions. Take the Coca-Cola as a medicine, not as a drink.

APPLES AND THE APPLE DIET CIRCULATING FILE

17. (Q) Injuries to knees and feet result in much pain at times. What can I do?

(A) All of these conditions are included in that indicated. The healing properties in witchhazel are to be absorbed by the body. Take such Fume Baths each week for two to three to four weeks. Then leave off for two weeks. Then take another series. This will change the conditions, but change the mental attitude also.

18. (Q) What should be done for receding gums and what to do?

(A) Use Ipsab as a massage for same, and we will find these will be corrected as the body forces are corrected also.

19. (Q) Should a small blood tumor on the right forearm be removed? If so by what method?

(A) We would not in the present. If the massages are taken properly this may be absorbed.

20. (Q) Are the glands of internal secretion functioning properly? Especially the thyroid. If not, what to do?

(A) Not properly, else we would not have given those things that are to work with same.

Do the things that have been outlined. But change the mental attitude of the body first, and we will find there will be more of a universal consciousness rather than a physical consciousness.

21. We are through with this reading.

REPORTS OF READING 3412-1 F 66

R1. 11/24/43 See Life Reading 3412-2.

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BACKGROUND OF READING 4928-1 F ADULT

None.

TEXT OF READING 4928-1 F ADULT

This psychic reading, given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 23rd day of October, 1923, in accordance with request made by Miss [583], daughter.

APPLES AND THE APPLE DIET CIRCULATING FILE

1. EC: Now we have conditions in this body, many of them have become normal conditions for existing conditions in the system, yet not normal for this body. When correct incentives are given to the circulation in its eliminating forces and through the proper channels for same, but with the inertia of the body, as has grown with the age, stature and condition of the body, these conditions producing this abnormal force in the system, show and exert themselves through the physical forces, this being produced as we see by the absorption of toxins in the system and their effect upon the nerve tissue and its effect upon the circulation, and circulation in carrying these conditions, produce in functioning organs this abnormal force.
2. Now, these are conditions as we find with this body. First:
3. IN THE BLOOD SUPPLY, there is an over abundance of the red blood forces in the system. Hence the pressure; yet circulation is low and strong. Especially does this show in the lower extremities and to the lower trunk portion of the body. Capillary circulation subnormal, the hepatic circulation above the normal, hence the pressure and the distress caused in the tissue where circulation is diverted from the arterial to the veins in their return to the portions of the system where the system is to eliminate from the blood the poisons in the system as created by the functioning of those portions through which this circulation has passed.
4. NERVE FORCES, in the nerve forces of the system the body is very good, when the conditions are taken into consideration, though far from being normal conditions of the body. The cerebrospinal nerve centers, especially those branches come from the lower end of the cerebrospinal nerve proper, show this distress in the system more than others. Those of the sciatic nerve show how this strain upon the system, in the pelvic region especially, have impressed the nerve centers as to make them, as it were, under subjugation of the poisons and their effect upon the centers direct. Inflammation created at times, you see, pains, swelling of the limbs, swelling of the body about the lower portion of the abdomen, across the hips. Again the dead, dull, or tingling feeling comes to these portions of the body.
5. ORGANS OF THE BODY, in the functioning of the organs themselves we find this: Brain forces very good. Lymphatic circulation through the head and organs of the head, in the normal forces of physical body proper. We find over-secretions at times, again a tendency to be an exaggeration of the dryness created there. Organs of the sensory system sympathetically active and overactive from the same force, this being produced we see from the nerve pressure and condition in the lower lumbar region, and again reflex.
6. Lungs good.
7. Heart action normal, below normal and above normal. All are manifested in the body, though not from organic conditions. An enlarged heart in the organ itself.
8. Liver torpid.

9. Organs of digestion in this express the reaction of blood and toxins from condition in intestinal tract. Especially is this shown in the colon and is of the whole length of the colon, the ascending, transverse and descending colon, so that in the lower portion, or in the outer portion of the body itself, the front of the intestinal tract becomes inflamed from the inflammation produced in all of secretions being thrown in the system to give the proper action of the portion of the body proper.

10. The hepatic circulation, as we have given, high or above the normal in its vibration, and circulation produced by the system attempting to create the necessary supply of all forces necessary to create the balance of force to carry the body in its functioning along properly. Especially is this shown in the lower portion of the intestinal tract and the extremities or lower extremities, the limbs.

11. In the kidneys and the bladder, inflammation [is] created at times by excess of functioning of the organ and of the poisons left in the system. So we have the effect of this toxin or of the uric acid forces in the body.

12. RELIEF, to create the correct balance of force in the system, we would take this in the body. Those properties as are found in that proprietary prescription called Vinol, - only taken one-half the quantity as is prescribed there, - and ADD to that, this:

Tincture of Valerian.....4 ounces,
Iodide of Potassium.....1 grain,
Bromide of Potassium.....3 grains,
Elixir Calisaya.....4 ounces.

Sufficient simple syrup to make 11 ounces, and shake well each time before taking.

13. One teaspoon of this would be taken, preferably of morning. One dose each day. Take those of the Vinol, only taking one-half the quantity. Then use for the body those of direct vibrations, electrically driven, across the sacral and lower portion of the diaphragm and groin, and down each sciatic nerve.

14. Do this each evening for ten to fifteen minutes. We will find this will give the correct vibration and the incentive for the system to function more normally. Only use in diet those of easy digestion foods. None of the vegetables that carry the hard digestion. No potatoes, no cabbage, no beans, but wheat, barley, oats, corn. These may be used. Fruits plenty, especially apples. Do that.

REPORTS OF READING 4928-1 F ADULT

R1. 8/12/25 [4928] was present for 4905-38.

R2. 1/33 (?) Daughter [583]'s letter: "...I lost my mother [4928] the latter part of October. Diabetes with gangrene. Had a leg amputated but never really rallied. You will remember seeing her in Dayton when we drove down [summer of 1925]..."

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| : Pepsin, Elixir Of Lactated: | Par. 7--12, 20-A |
| : Water, Distilled: | Par. 7--12, 20-A |
| Prophecy: Personal: Warning: Physical | Par. 3 |

BACKGROUND OF READING 5178-1 F 35

B1. 11/1/43 [5178]'s husband's letter to EC: "...My father has many times told us of your diagnosing my youngest brother's [4468] trouble when we lived in ..., Ky. That story and other incidents he has related about you, coupled with recent publicity about you, has convinced me that you could be of help in improving my wife's health. She has been under doctor's care almost continuously for the past 12 years, with more or less mediocre results, and I don't believe the cause of her trouble has yet been found. Will you please send me an application for membership..."

B2. 5/28/44 [5178]'s telegram: "At home ... Monday afternoon. (1) What is the cause of stomach trouble?"

TEXT OF READING 5178-1 F 35

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of May, 1944, in accordance with request made by the husband - Mr. [...], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by his father, Prof. [...].

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them.
2. EC: Yes, funny entrance! Yes, we have the body here, [5178].
3. Now, as we find, there are disturbances which cause a great deal of anxiety and uncomfortableness at times. Unless changes are wrought these may lead to much more serious disorders.
4. As we find, this arises from the effects of a condition experienced some time back in the attack of flu, which caused an intestinal and a stomach disorder which causes periodically a great deal of distress through the colon, a great deal of restlessness; such disturbance in the general nerve system that apparently little or nothing seems to agree with the body; lack of the ability of assimilation or digestion and nausea, and a disorder through the whole of the alimentary canal.
5. These are from the inflammation of the lymph ducts and the emunctory circulation throughout the alimentary canal, particularly in portions of the colon. These are the sources and the causes of disturbance.
6. There are naturally, combined with this, lesions, which have formed in areas along the cerebrospinal system from which the areas of the digestive forces receive their impulses; then, from the 5th dorsal to the 9th, yea, even to the 12th dorsal, with those areas through the lumbar and sacral and ileum plexus.
7. We would then first begin with a general relaxing treatment, osteopathically administered. There should not in the beginning be the attempt to make the corrections. These should be made later, when body has been thoroughly relaxed and there has been the opportunity for those properties, which are to be taken internally, to work with the gastric flow, and those relaxings have aided in making some corrections in the flow of the lymph through the areas.
8. Have at least a half dozen or more of the relaxing treatments before this compound is begun to be taken:
9. Prepare a fusion of Wild Ginseng. The Ginseng should be crushed, and this is about the quantity to be used or the strength this is made: Crush or grind at least three drams of the Ginseng. Put this in a pint of distilled water, let this boil slowly, keeping covered but not in aluminum, either in glass or enamel that is not broken, until this is reduced to half that quantity, see? Strain, set it aside.
10. Then take one dram of Wild Ginger. This would be crushed and put in two ounces of distilled water. This boil slowly until reduced to half the quantity.
11. Put these two together, with one-half an ounce of grain alcohol. Then add sufficient to make six ounces, of Elixir of Lactated Pepsin.
12. The dose will be a teaspoonful twice each day, preferably about eight, nine o'clock in the morning and when ready to retire of evening.

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13. This, then, with the osteopathic treatments when these are begun; that is, the compound taken, we would begin then gradually, first to make the corrections in the segments in the 6th dorsal. This should require at least three or four treatments for them to remain in their correct positions. Also in the 9th dorsal and through the sacral and ileum plexus.

14. In the diets, we will find that starches of too great quantity and heavy fats and red meats are not well for the body, but fish, fowl and lamb may be taken.

15. Also the Jerusalem artichoke should be taken about once a week for at least six or eight weeks, until we correct those tendencies and those activities from the kidneys. These we would prepare in their own juices or cook in Patapar paper and mix the juice with the pulp when preparing and seasoning to the taste.

16. Vegetables should be more above the ground than beneath the ground. Raw vegetables, carrots, lettuce, celery, these should be about equal portions. Not necessary that all be taken at once, but one or more of them taken at least once a day.

17. Fruits: beware of raw apples or of very sour peaches, but pears in season and plums will be well. The small fruits, as the berries, not too many of these.

18. Do these things and we will bring better conditions for the body.

19. Ready for questions.

20. (Q) Should more of one quantity of the compound be taken?

(A) This should not require more than one quantity, but should it require more, because of the returning of the distress, prepare the same quantity in the same manner but let there be a period between; and we may reduce the distress, see? We are through with this reading.

REPORTS OF READING 5178-1 F 35

R1. 6/29/44 Letter from Dr. Colquit (osteopath): "...Mrs. [5178] is under our care..."

R2. 9/24/49 Questionnaires sent to Dr. Colquit and [5178].

R3. 2/14/52 Questionnaire-letter sent via [5178]'s sister-in-law, [3900]. No reply.

R4. 10/18/52 Comment by D. H. Fogel, M.D.: "This case is very suggestive of chronic ulcerative colitis."

INDEX OF READING 5609-1 M 41

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| : Fruit: Apples | Par. 16-A |
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BACKGROUND OF READING 5609-1 M 41

B1. He had previous readings for his wife [5610].

TEXT OF READING 5609-1 M 41

This psychic reading given by Edgar Cayce at his office, 105th Street & Ocean, Virginia Beach, Va., this 23rd day of July, 1931, in accordance with request made by self - Mr. [5609].

(Physical Suggestion - with special consideration of the history of his condition)

1. EC: Yes, we have the body here, [5609]. Now, we find, while there are some disorders in the general physical forces of the body, in most respects the body is very good physically; yet there are rather those conditions of which the body should take warning and have those corrections made while the general physical body is in the condition where the responses would be of a sure and permanent nature. While disorders that have existed in times back are better than they have been, these - as we find - are in the nature of, while permanently relieved of so much of the intense pain as did occur, there are the constant reactions FROM the disorders that indicate that the basis or the cause of these, as first PRODUCED disorders, has not been wholly relieved or corrections made.

2. These conditions, then, are as we find them with this body in the present:

3. IN THE BLOOD SUPPLY - This we find very good in most respects. There is a tenderness in the body for the pressure in the blood supply to be abnormal. We shall see this is rather of a reflex nature than a cause, though this in itself with the corrections NOT made would eventually bring about disorders that would be harder to cope with than they would be under the PRESENT conditions or situation.

4. IN THE NERVOUS SYSTEM the body is very good, considered from many respects in this way or manner, yet in others we find to have been the seat or the cause of much of the older disorder; while these came also, as we find, from the excessive conditions tending towards those of constipation, these also - as we find - were produced from the non-activity of the peristaltic movements throughout the system, and the body being - as it were - at times so busy, not taking the precautions or the care, or taking the time for the attending to those calls or those of the activities that should be from the general system, allowed conditions to be builded in the system. This gradually broke down those of the descending colon activity, until a prolapsus ensued, and a tendency towards those of the protruding of those forces in the system as of hemorrhoids, that make for the disorders as FROM which those secretions are seen as disturb the body at times in the present. These are from, then, those activities of the cerebro-spinal nervous system; this existent condition, then, and that that needs correction, being below - or between the lower lumbar and the sacral area, and in the coccyx area also.

This tendency also gives rise to those conditions which become of a nervous nature in the prostate gland, and MUST - unless corrected - would a strain physically, mentally, or of any overtaxation to the body - bring about a disorder that would be harder to be dealt with; though these CORRECTIONS in the

nervous system, that will produce - or that produce those pressures - or pressures are produced from conditions in the nerve system - that would overcome these tendencies, and those conditions in the lower digestive system and in the colon itself, as well as those tendencies that must arise - though they are not so pronounced in the present - as to the kidney disorders, the activities of the bladder, or the specific gravity as seen of urine, in the attempt of the kidneys themselves to care for those INFLAMMATIONS in the minutia, or in the emunctory portions OF the lower pelvic portions of the body.

Hence these disorders as appear FROM this condition, a tendency for a sediment at times in urine; this not of an organic nature, rather that of a nerve pressure, with conditions produced in that of the descending colon itself. With the corrections made, then the pressures NOT removed, allow STILL those effects of a FORM of prolapsus as occurs, and of the pressures that exist.

5. Now the reflection from these, are that at times we find the body - the head, through the lower portion of the head, and then to the upper portion, early mornings especially, of a fullness, of a feeling in the eye as of grit or sand, or the depressions as come from those effects in the system THROUGH that of inflammation in the lower portion of the body or torso itself.

6. In the corrections, this will be necessary - that we would apply those either of baths, or preferably - as we would find - of the wet HEAT, see, TO the lumbar, sacral and coccyx regions, WHEN or BEFORE the CORRECTIONS are made - and we would make corrections osteopathically. These would be made at least once each week, though we would have other treatments for a short period of at least TWICE each week - see? Then, when these are made - say for two or three weeks, and a couple of corrections made during the time - then we would REST for two or three weeks, and then corrections made again.

7. Now, in the general physical forces - or as to the organic conditions in body:

8. In head and brain forces, these we find very good. There ARE sympathetic conditions as arise at times, from the tendencies toward inflammation in those of the glands, kidneys, and the lower portion of body, that tendency for a swallowing - fullness in throat, not as of phlegm that occurs - though this does occur at times, but tendency to try to keep something down, that does not appear exactly as to what it may be; a FULLNESS occurs, see - sympathetic reflection only; not organic disorders in throat, bronchi, lungs or larynx.

9. In the heart's action, as has been indicated, we have at times a slowed pulsation and an abnormal pressure. These are not organic, but rather those of the SYMPATHETIC reflection from a nervous disturbance as first occurred in the lumbar and sacral region, and later from disorders as occur from the activities as removed those that produced the pressure. Now remove same in the cerebrospinal system, and we will find we will change the pressure. This, as we will find, we will best do by occasionally - not too often for this body, but occasionally have those of the COLONIC irrigations to relieve the pressure in the colon region, so that - as the corrections are made in the cerebro-spinal system - these may REMAIN in their correct order. We will also by same remove that mucus and that tendency for discharge in the rectum itself, and in those portions from which the body finds those inflammations arising.

We will find also that the digestion will be improved. While the body eats a plenty in the present, yet in the ASSIMILATING of that TAKEN does not ALWAYS follow that those taken feel or agree just well WITH the body.

This we find will be improved by this removing of these pressures in the intestinal tract. This will also tend to make a better coordinating activity with the liver itself, PROVIDED there is not TOO much of this used - once a month for two to three months (that is, two to three irrigations), then REST for the period before they are taken again, see? and have THIS done by one who understands, and not just bungles along with it!

10. In the activities, then, as we find, these will bring about a near normal condition for this body. Taken in time, as we will find, will be easily removed, or the response will be more certain, more sure; but allowed to DRAG along, we will find there will be re-occurrence of disorder, tendency for the lower limbs and for the feet to give trouble, tendency for the heart's action to become more irregular, tendency for those of the digestive forces to be disordered more and more.

11. As for the diet, these we would keep a WELL balanced diet. Now, as we find, as has been indicated by conditions as for the head itself, there has been a lacking of elements in the blood supply - or we would not have the pigment in the scalp and in the portions of the system not REPRODUCING their cellular forces for the resuscitation of the normalcy for the body! Hence we will find that, will there be times when those of turnips, of carrots, and of Irish potatoes are eaten RAW, there WILL be a STIMULI to this portion of the system, that with the use of those of crude oil - followed by cleansing with that of alcohol one to twenty in water and massaging same with (that is, the scalp we are speaking of, to be sure) the white vaseline - we will grow hair! Ready for questions.

12. (Q) Is Dr. Emil Granet (the son) of 15 East 10th St., N.Y. City, treating me correctly, or would the Forces suggest another doctor in N.Y.?

(A) We have given the outline! Now do either one you want!

13. (Q) Is the trouble localized or throughout the intestines?

(A) We have given the condition as EXISTS! Localized, to be sure, if we consider that as being the trouble. The TROUBLE - this is the effect - the EFFECTS are being treated, NOT the causes!

14. (Q) Will I become entirely cured, and how long will this take?

(A) From three to six months following the suggestions as we have outlined, would be cured.

15. (Q) Would you recommend Psyllium seed?

(A) We haven't given it yet! If it's necessary we will give it! We would follow rather with that of a well BALANCED diet, and altering or changing as necessary. We would keep, of course, a tendency toward the NON-ACID; not too much meats, not too much sugar, nor too much of those of confections - but a well BALANCED diet - see?

16. (Q) Are all fruits good for me?

(A) These will be found to be very good if well balanced and taken in moderation, not an excess. Apples, beware of too many of these or of bananas, though they may be taken at times in moderation.

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17. (Q) Are the arch supporters I wear helping me? If so, shall I continue them?

(A) Why not make the corrections and do without the arch supporters! They will be alright as long as the condition exists, but they will gradually grow worse unless we make the corrections in the lumbar and sacral region, as has been outlined!

18. (Q) What causes pain in her left leg?

(A) Pressure as is seen in the CERVICALS of the SACRAL. Now that sounds like a combination of the wrong thing, but we mean what we say! Here: In these smaller portions of the sacral themselves, which may be classes as a cervical reaction - an axis there. These pressures there make for pains along the locomotaries, for they produce pressures. Make these correction now as we have given. Be CONSISTENT WITH that as has been outlined, see? and we will find we will have a normal condition. Let's treat the CAUSES, and not so much of the effect! We are through for the present.

INDEX OF READING 5622-3 F 51

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| Diet: Apples, Raw: Not Recommended : Gastritis | Par. 6-A Par. 2, 6-A, 7-A |
| Digestion: Indigestion: Neurasthenia | Par. 1 |
| GASTRITIS | |
| Intestines: Enemas: Oil: Gastritis : Enemas, High: | Par. 4 Par. 4 |
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| Work: E.C.: Cayce Hospital | Par. R3 |

BACKGROUND OF READING 5622-3 F 51

B1. See 5622-2 and correspondence.

TEXT OF READING 5622-3 F 51

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 1st day of December, 1930, in accordance with request made by self - Mrs. [5622].

(Physical Suggestion)

1. EC: Yes, we have the body here - this we have had before. Now, we find there has been a return of some of the conditions as were given in the first when we saw this body. These are from acute conditions arising from toxic forces in the stomach itself. The body under stress, physically AND mentally, overtaxed system with too much of those forces as necessary for the functioning of the spleen, pancreas and liver, in digestive system.
2. Just beware, at the time being, of those properties carrying sugar in ANY form, or MEATS in any form - and STIMULATE the liver with packs; that is, on Tuesdays, a saturated solution of Epsom Salts, with packs sufficient to cover at least the liver and the greater portion of the abdomen - in the right portion especially. Then, on Thursdays, apply castor oil packs. Do this until at least two rounds of each have been taken, and we will alter conditions and make for better functioning of the organs of the body.
3. NOT NECESSARY for operative measures, are these precautions or corrective measures taken.
4. ELIMINATE with enemas, using a small quantity, at least, of olive oil or mineral oil IN intestines after such high enemas or colonic irrigations.

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5. Ready for questions.

6. (Q) Is raw fruit harmful?

(A) APPLES, but not other fruits. Pears and all citrus fruits are GOOD. Grapes, without the seeds, well. Figs are very beneficial, whether the ripe or those as packed.

7. (Q) Specify what foods should be taken.

(A) We have given those that should not; then take the others!

8. We are through with this reading.

INDEX OF READING 294-182 M 58 [Edgar Cayce]

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| Attitudes & Emotions: Extremist | Par. 11-A |
| Breathing: Shortness: Eliminations: Poor | Par. 8-A |
| Diet: Fruit: Apples | Par. 9-A, 10-A |
| ELIMINATIONS: POOR | |
| HYPERTENSION | |
| Osteopathy: Eliminations: Poor | Par. 3 |
| Psychosomatics: Hypertension | Par. 11-A |

BACKGROUND OF READING 294-182 M 58

B1. 12/14/35 EC obtained Ck. Physical rdg. 294-181.

B2. 5/5/35 In the night EC had a spell with his heart, he thought; shortness of breath, etc. [Hypertension]

B3. 5/6/35 He sought advice in 294-182.

TEXT OF READING 294-182 M 58

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 6th day of May, 1935, in accordance with request made by the self - Edgar Cayce, Honorary Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: We have the body here, Edgar Cayce; this we have had before.
2. As we find, there are those tendencies for the slowing up of the eliminations through the alimentary canal. These have been altered or changed considerably through the activities of the body, which are good - provided these are kept in a more normal manner. For with the activities there is the necessity of the change in the secretions and changes in the activities of the system; these do not correspond with that which has been active in the eliminating channels of the system, see?
3. It would be well for there to be some manipulations given for the general adjustments of the segments along the cerebro- spinal system of a general nature; some one, two or three.
4. And the eliminations should be created in a manner as to make for more oil through the system, and those activities of same.

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5. These will prevent those conditions that tend to make for the high blood pressure that exists in an abnormal manner in the present.
6. These we would do.
7. Ready for questions.
8. (Q) What was the cause of the spell the body had last night?
(A) Regurgitation from those inactivities of elimination and the drying of the secretions through the alimentary canal, and flow of the blood to the heart causing a too fullness of same, producing the shortness of breath and the flow back to the lung. High blood pressure.
9. (Q) Would it be well for the body to go on the three-day apple diet for cleansing of the system?
(A) Would be well.
10. (Q) Are the apples we have in the house, that were gotten this morning for the body, alright for this?
(A) Alright for this. Those that pertain to those activities of the Jonathan variety of the apple, or the jenneting; the Black Arkansas, the Oregon Red, (which are the ones you have here), the Sheepnose, the Delicious, the Arkansas Russet; any of those that are of the jenneting variety.
11. (Q) Any other advice for the body at this time?
(A) Much might be given. These are the things to be warned of, else we will continue to make for this high blood pressure - or the EXTREMES; as the body goes from one extreme to the other.
12. We are through with this reading.

REPORTS OF READING 294-182 M 58

R1. Jenneting: A variety of early apple, so named for being ripe about St. John's Day, June 24th.

R2. 7/10/35 EC obtained Ck. Life rdg. 294-183 on his incarnation in Troy.

R3. 1/31/36 He obtained Ck. Physical rdg. 294-184.

R4. 6/6/74 Memo from Don Button: Regarding Sheepnose apples: Sheepnose apple trees advertised for shipment from, J. E. Miller Nurseries, Inc., 910-B W. Lake Road, Canandaigua, N.Y. 14424

INDEX OF READING 294-194 M 62

COLD: CONGESTION

| | |
|--------------------------------------|--------------|
| Diet: Fruit: Apples: Not Recommended | Par. 4 |
| : Not Recommended | Par. 7, 10-A |
| : Lymphangitis | Par. 7 |

ELIMINATIONS: POOR

| | |
|---|-------------|
| Lymphangitis | Par. 6, 7 |
| Physiology & Anatomy: Lymphangitis | Par. 6 |
| Prescriptions: Castoria: Eliminations: Poor | Par. 9-A |
| : Serutan: | Par. 7, 9-A |

BACKGROUND OF READING 294-194 M 62

B1. 11/4/38 EC obtained Ck. Physical rdg. 294-193.

TEXT OF READING 294-194 M 62

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of September, 1939, in accordance with request made by self - Edgar Cayce.

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 may be submitted, as I ask them:
2. EC: Yes.
3. Here we find the conditions which have been indicated heretofore, - the disturbance through the duodenum and the colon, owing to cold, congestion, and LACK of sufficient openings or purgings for that digested to pass through.
4. Too much picric acid has been a part of the diet here. [GD's note: I think EC had been on an apple diet for a day; had to stop, he was suffering so.]
5. Here, as has been just indicated, is where there IS the inflammation internally, and NOT the exterior or the superficial able to take care of same.
6. As we find, we would have the better eliminations, keeping away from those things that are CAUSES for the activity which arouses the inflammation in the gastric flow. For these, owing to the quantities or excesses produced in the lymph, are causing same to be very much disturbed; and may be called lymphitis in the gastric flow of the duodenum and the stomach.

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7. Then, we would keep the eliminations; very plain foods, not so much of greases or fats. None of fruits of ANY nature. Use Serutan as a bulk or weight for the better eliminations, but this will necessitate keeping such as the alkalizers for the body.

8. Ready for questions.

9. (Q) What should be taken for eliminations?

(A) As just indicated. Serutan as bulk; Castoria and any of the forms of alkalizers or salts.

10. (Q) Just what foods should be left off?

(A) As indicated. No fruits of ANY nature!

11. We are through for the present.

REPORTS OF READING 294-194 M 62

R1. 12/29/39 EC obtained Ck. Physical rdg. 294-195.

INDEX OF READING 307-14 F 59

DEBILITATION: GENERAL

| | |
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| Eliminations: Poor | Par. 3 |
| Healing: Consistency & Persistency | Par. 2, 5, 7 |

NEURITIS

| | |
|--------------------------------------|--------|
| Prescriptions: Castoria, Fletcher's: | |
| Eliminations | Par. 7 |
| : Figs, Syrup Of: | Par. 7 |
| : Inner Clean: | Par. 7 |
| : Rhubarb, Syrup Of: | Par. 7 |
| : Senna: | Par. 7 |
| : Usoline: | Par. 7 |
| Work: E.C.: Quotations & Similes: | |
| "Practice What You Preach" | Par. 5 |

BACKGROUND OF READING 307-14 F 59

B1. She obtained 307-13 on 12/14/36 advising further recuperative measures for fractured left side.

B2. 10/19/37 Early A.M. her sister [303] phoned questions: "Relief for pain, soreness, stiffness in left side of face and head, especially about left ear. Swelling of stomach after eating? Does she eat too much starches, or too many mixtures? Should tonic be continued as recommended in 307-11? Why does she tire so easily?"

TEXT OF READING 307-14 F 59

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of October, 1937, in accordance with request made by the sister - Mrs. [303], Active Member of the Ass'n for Research & Enlightenment, Inc., phone request by Mrs. [404].

(Physical Suggestion)

1. EC: Yes - we have the body here.
2. If the body will keep more CONSISTENTLY in its activities physically and mentally that it KNOWS to do FOR the physical effects upon the body, this we find would keep the body much nearer in attune.

APPLES AND THE APPLE DIET CIRCULATING FILE

3. The neglecting of self in that the eliminations are not kept regularly, and the inclination to overtax self and to expose self in its activities at times are those things to be considered, and to be kept in the way as the body understands.
4. These would be MUCH better than taking curatives.
5. Take these as preventatives and as CONSISTENT with that ye preach. Practice it in THYSELF, and ye will find the better conditions in EVERY manner!
6. When the body grows weak, it has been given what will be helpful to strengthen same. But these things are only palliatives and are not to be used to work or to create energies that are to be used up in overexposure, overactivity in ANY way or manner; but as stimulating to rest the body. These we find are well to be kept in mind.
7. In the use of eliminants, rather than any individual one, keep the vegetable rather than the mineral laxatives and alternate same; though Oil (called Mineral Oil), preferably Usoline, may be a part of that to be used at times. Change rather than continually taking any ONE, you see. That is, at one time there might be taken the Syrup of Figs, or the combination of the Syrup of Figs and the Syrup of Rhubarb, or at another time the Castoria (which is a combination with the active principle Senna, with the active forces from other vegetable products), or Inner Clean may be taken occasionally; or the regular Apple Diet would be WELL for the body - but DON'T TRY TO WORK LIKE A HORSE WHEN YOU ARE ON THE APPLE DIET! or else we will find it will be more detrimental than helpful! But these cleansings will prevent the accumulations of gas, the pressures that make for the neuritis through the portions of the body. But just be consistent.
8. Ready for questions.
9. (Q) What causes the condition in left side of face, especially ear?
(A) As just given, neuritis! Poisons in the stomach, poor eliminations, overtaxation! It's just been outlined!
10. (Q) What will relieve the swelling of my stomach after I eat?
(A) Just as indicated. Not until the poisons are eliminated and there is consistence in the eating and in the activity may these conditions be eradicated from the system.
11. Do as has been outlined. We are through for the present.

INDEX OF READING 361-7 M 17

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| Diet: Apples: Eliminations: Poor | Par. 7, 8 |
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ELIMINATIONS: POOR

| | |
|--|---------|
| Exercise: Warnings: Eliminations: Poor | Par. 11 |
|--|---------|

| | |
|-----------------------------------|-----------|
| Prescriptions: Arsenic, Fowler's: | |
| Eliminations: Poor | Par. 5, 6 |
| : Cascara Syrup: | Par. 3--5 |
| : Castoria, Fletcher's: | Par. 3--5 |
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BACKGROUND OF READING 361-7 M 17

B1. See 361-6 on 7/9/35.

TEXT OF READING 361-7 M 17

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of September, 1935, in accordance with request made by the self - through his mother, Mrs. [303], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. We have a return of some of those conditions arising from the localization again of poisons that have been as accumulations in the system, by indiscretions in eating and indiscretions in the activities of the body.
3. As we find, the more preferable manner would be first to start the general eliminations of the system, by the use of the Fletcher's Castoria; but prepare and take it in this way:
4. With the small-sized bottle of the Castoria, take off a teaspoonful. Add in its place one-half teaspoonful Syrup of Senna, and one-half teaspoonful Syrup of Cascara. Shake this thoroughly. Take in broken doses; that is, one-half teaspoonful every half hour.
5. In five days after this has acted well, or six days from the taking of it, begin with Fowler's solution of Arsenic, and take in this manner - very, VERY carefully: One minim once each day for three days. Two minims once each day for three days. Three minims once each day for three days. Then leave it off for three days.
6. Then begin with one minim again and take the second course of same.

APPLES AND THE APPLE DIET CIRCULATING FILE

7. After the second course, and the three-day rest period, then go on an APPLE DIET ONLY - for three days!
8. At the end of the third day of the apple diet, take half a cup (teacup) of olive oil.
9. And you'll be rid of these conditions!
10. Be mindful of the diet throughout these; that there are no heavy meals. No hog meats of any kind, unless crisp breakfast bacon. No great amount of sweets.
11. No overexercise. No activities that make for cold or congestion.
12. These will bring the better conditions for this body.
13. We are through with this reading.

REPORTS OF READING 361-7 M 17

R1. 8/21/36 See mother's rdg. 303-13, Par. 14-A and 15-A giving advice as to [361]'s health, admonishing him to follow his diet, correct rest, exercise, etc.

R2. 2/6/37 See 361-8.

INDEX OF READING 543-26 F 29 [edited]

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| Diet: Apples: Epilepsy | Par. 4--7, 12-A, 13-A |
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| Prescriptions: Olive Oil: Eliminations : Yeast: | Par. 5, 7, 13-A Par. 12-A |

BACKGROUND OF READING 543-26 F 29

B1. See 543-25 on 9/15/36 for epilepsy and subsequent Reports.

TEXT OF READING 543-26 F 29

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of December, 1937, in accordance with request made by Miss [543], Active Member.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. In some respects we find conditions much in those ways or manners that have been indicated. In others we find a great many changes.
3. As we find in the present, that best is to keep the abilities for eliminations - without a general strain upon the body - in accord with the activities of the influences that retard or keep down the reactions in portions of the system from the incoordination, and those reflexes that arise from the use of the sedative forces in the body.
4. For this, then, as we find, occasionally - not too often - take the periods for the cleansing of the system with the use of the APPLE DIET; that is:
5. At least for three days - two days or three days - take NOTHING except APPLES - RAW APPLES! Of course, coffee may be taken if so desired, but no other foods but the raw apples. And then after the last meal of apples on the third day, or upon retiring on that evening following the last meal of apples, drink half a cup of Olive Oil.

6. This will tend to cleanse the system.
7. Raw apples otherwise taken (except at such cleansing periods) are not so well for the body; though Olive Oil in small quantities taken at other periods is not so bad - is rather beneficial, as it is a food for the intestinal system by absorption as much as by activity upon the organs of the assimilating forces; but the smaller doses are the better.
8. Activities for the muscles, such as the body-vibratory [magnetic] forces, are well to be taken; these through those areas especially in the caecum, through the gall duct and liver area; as the vibrations from hand to hand, see? the right hand UNDER the body - at the 10th, 9th and 10th dorsal; the left hand over the area of the gall duct and the lacteal duct area, would be the way or manner for same to be taken.
9. The vibrations from the electrically driven vibrator occasionally given would be found to be well for the body.
10. These as we find are the better conditions for the body in the present.
11. Ready for questions.
12. (Q) Would it aid the body to eat yeast?
(A) If this is taken periodically, and not just taken continuously, this would be very well. That means about a cake after each meal for a period of three to four days, then a rest period. Do not take the yeast during that period of the cleansing through the Apple Diet; and this as we find (the Apple Diet) would be very well to be taken at least once a month.
13. (Q) What causes the body to have bilious attacks so frequently?
(A) As indicated, the lack of the proper activity through the gall duct and the lacteal duct areas, produced by the reaction of sedative forces upon the system. Hence the cleansing through the Apple and Olive Oil diet is advisable to be taken about once a month.
14. (Q) What would most help the callouses on both feet?
(A) A real massage morning and evening with an equal combination of Olive Oil and Tincture of Myrrh. Heat the Oil to add the Myrrh. This massaged over such places morning and evening will be found to be most beneficial.
15. (Q) If the body is ready for an operation [as in 543-1], what type of an operation should be performed and where would be the best place to take same?
(A) We do not find in the present there is the need of any particular type of operation, nor would such a thing be beneficial in the present.
16. (Q) Any other advice that will be helpful to the body?
(A) The hand vibration consistently taken would be most helpful; as would the electrically driven vibration with the sponge applicator over the cerebrospinal system, as well as the whole general body, taking ten to fifteen minutes to go over the whole of the system at each treatment three to four times a week, preferably just before or at the time of retiring. And let such a treatment be given not as something to be gotten through with, but as a purposeful treatment....

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BACKGROUND OF READING 543-27 F 29

B1. See 543-26 on 12/15/37 for epilepsy.

B2. 3/13/38 She submitted questions mostly about diet, including: "What was the cause for the many convulsions and hard spells on Sat., March 12th?"

TEXT OF READING 543-27 F 29

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of March, 1938, in accordance with request made by the self - Miss [543], Active Member.

(Physical Suggestion)

1. EC: Yes.
2. There are a great many changes in the physical forces of the body, even since we last had same here.
3. Not all are for the betterment. In some ways conditions might be said to be very well.
4. There has recently been the experience of almost the CONTINUED convulsions from the incoordinations between the deeper nerve circulation and the superficial, or the sympathetic and cerebrospinal.
5. This was brought about or produced by a combination of disturbing conditions.
6. While the sedatives and the hypnotics have allayed, as we find there are either of two courses in the present to be pursued. But do not confuse the two. Don't take the one and part of the other, or don't mix the courses as may be outlined, see?

7. As we find, the BETTER course would be to begin with the Oil Packs again, over the liver and the caecum area. Continue these for periods of four to five days, at least an hour to an hour and a half a day; rest from same a week and then begin again.
8. Doing these continuously, with a gentle massage, would be the MOST helpful.
9. Also we would take Olive Oil in SMALL doses several times during the day.
10. Under such a course of treatment, then, most ANYTHING as desired in the way of food may be eaten, if in moderation.
11. DO NOT attempt to use the Apple Diet as a cleanser, if using the Oil Packs.
12. The other course to take would be the regular routine that has been followed recently; and if this course is taken, do not eat too great quantities of starches.
13. If the course of taking the Oil Packs is to be followed (which as we find is the preferable), then as indicated most ANYTHING may be taken in the way of foods desired, if taken in moderation.
14. But do not mix the two courses; either follow the one or the other!
15. Ready for questions.
16. (Q) Why the continuous [menstrual] flow?
(A) The strain upon the system from the activities brought about by the operative forces [See 543-24.], in conjunction with the attempts to drain off this excess nervous energy; and is produced by same.
It would be beneficial occasionally - not while there is the regular Period, but even while the flow - to use an Atomidine douche; with warm, not hot but body-temperature water. Put about half a teaspoonful of the Atomidine to a quart of the water, body-temperature. This would be helpful.
17. (Q) What is cause and remedy for the dry and scaly skin, particularly hands?
(A) This is a combination of disturbances. The poor circulation, the effects of the sedatives upon the body and the circulation.
Massage these occasionally, or rub over them - but don't pick at them - with the prescription or ointment DDD. This is preferable.
18. (Q) What is causing eczema behind the ears?
(A) Same condition, same remedy.
19. (Q) What of the body's eating some fried foods occasionally?
(A) As just indicated, if the Oil Packs are given and that course of treatment followed, these may be included. If the other course is followed, as has just been followed recently, then it would not be so well - for as indicated, then such foods should be left off. We are through for the present.

REPORTS OF READING 543-27 F 29

R1. 10/21/38 EC's ltr.: "You will never know how good it was to see your name among those who would keep a word of prayer for me and those I try to help each morning. Am sure great good will come from this united effort. Can only say Thank You but feel sure you will feel God's blessings attending you always."

R2. 4/3/39 See 543-28.

INDEX OF READING 567-7 M 26 [edited]

Diet: Apples

Par. 13-A

EPILEPSY

Worms: After Effects

Par. 12-A

TEXT OF READING 567-7 M 26

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of February, 1935, in accordance with request made by the mother - Mrs. [652], Active Member.

12. (Q) Any indication of tape worm?

(A) No indication of tape worm. There is an indication that there has been stomach worms and intestinal worms, as indicated from the walls of the intestines - especially in the caecum and lacteal duct areas; but not tape worm. These indications are from those cohesions and adhesions, this drawing of tissue or tendency of tissue to be disturbed is from the infectious forces of such conditions, not from tape worm.

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

(A) If there is the desire on the part of the body to test self for tape worms, live for three days on raw apples ONLY! Then take about half a teacup of olive oil, or half a glass of olive oil. And this would remove fecal matter that hasn't been removed for some time! But it will certainly indicate there is no tape worm.

14. We are through with this reading.

INDEX OF READING 780-12 F 55

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| : Jonathan | Par. 4, 5 |
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HYPERTENSION: TENDENCIES

OBESITY

| | |
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| Prescriptions: Grape Juice: Obesity | Par. 6 |
| : Olive Oil: Eliminations | Par. 4, 5 |

BACKGROUND OF READING 780-12 F 55

4/22/44 Husband [779] submitted questions: "What is condition of heart, kidneys and blood pressure? Can these conditions be eliminated? If so, how? Any other organic, cancerous or gland condition? Can this body reduce in weight - if so, how to get it to normal weight?"

TEXT OF READING 780-12 F 55

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of May, 1944, in accordance with request made by the husband - Mr. [779], Active Member of the Ass'n for

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; this we have had before. As we find there are changes in the body since we last had same here.
3. If there will be a change in the diet or the application of foods for reducing the weight, we will aid much in more normalizing the weight, for there is the tendency for high blood pressure throughout the body.
4. We would use first the apple diet to purify the system; that is, for three days eat nothing but apples of the Jonathan variety if possible. This includes the Delicious, which is a variety of the Jonathan. The Jonathan is usually grown farther north than the Delicious, but these are of the same variety, but eat some. You may drink coffee if you desire, but do not put milk or cream in it, especially while you are taking the apples.
5. At the end of the third day, the next morning take about two tablespoonsful of Olive Oil.
6. Then begin with taking (that day if you desire), about one-half hour before each meal and before retiring at night, three ounces of grape juice in one ounce of plain water.

APPLES AND THE APPLE DIET CIRCULATING FILE

7. Do not take any carbonated drinks. Cut down on sweets, but if you wish, honey may be taken or honeycomb at times, but not too much of this either.
8. These, as we find, will remove the tendencies for cricks in portions of the body; stiffness in the feet, hands and limbs at times. Do these for better conditions for this body.
9. (Q) What about the remainder of the diet?
(A) Just a normal diet. Cut down on the sweets and do have more of the leafy vegetables.
10. (Q) What is the condition of the heart and kidneys?
(A) They are overstressed or strained at times, but with this diet you will find all of these conditions will improve.
11. (Q) Any cancerous or gland condition?
(A) Not as we find that will not improve or respond to a general purifying diet.
12. We are through.

REPORTS OF READING 780-12 F 55

R1. 7/9/44 Husband [779]'s letter: "[780] is feeling fine."

R2. 1/26/51 Son [318]'s letter: "Mother has an asthmatic condition now."

APPLES AND THE APPLE DIET CIRCULATING FILE

INDEX OF READING 820-2 M 25

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EYES: COLOR BLINDNESS

KARMA: PHYSICAL: EYES: COLOR BLINDNESS

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PHYSIOLOGY & ANATOMY: EYES: COLOR BLINDNESS

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BACKGROUND OF READING 820-2 M 25

B1. See 820-1, Par. 31-A, 32-A indicating his color blindness was karmic.

TEXT OF READING 820-2 M 25

This psychic reading given by Edgar Cayce at 1867 Kalorama Road, Washington, D.C., this 10th day of February, 1935, in accordance with request made by the self - Mr. [820].

(Physical Suggestion)

1. EC: Yes, we have the body here, [820].
2. Now, as we find, there are conditions that disturb the better physical functioning of the body. These, as we find, as well as being pathological effects, are of a psychological cause. Hence we have the higher vibrations that may be dealt with in giving those things that are causes as well as that which we find may be the more helpful in bringing about the greater normalcy for this body.
3. These, then, are the conditions as we find them with this body-physical, [820] we are speaking of, present in this room:
4. The BLOOD SUPPLY of the body, we find, is near normal. There are, however, deflections in the manner in which the supply of the nutriment from the central circulation flows to affected portions of the body. These, as we find, are psychological conditions. Not that they are only or merely imaginative forces, for the RESULTS that are effected in portions of the sensory circulation show these to be pathological in their reaction. Hence, instead of those centers from the vagus nerve in the 2nd and 3rd and 4th dorsal - coordinating with those branches to the optic centers through the vagus in those areas of the 3rd and 4th and 5th cervical centers, these are deflected and there are less quantities of the impulse to carry to those portions that sufficient to supply both the needs of replenishing and caring for the removal of used forces. Hence we find with the use of the necessary muscular forces, the necessary activity of the optical forces for a rigid or severe activity, these become overflowed with refused energies and the lachrymals and those ducts and glands in the superficial circulation begin to attempt to supply energies to these portions of the system. They become reddened, swollen; irritation not only to the lids but to portions of the eyeball and to the CHARACTER of that which is REFLECTED IN the lens and in the iris and in the response to the optic center itself.
5. These, then, as we see, are the causes of these deflections from this portion of the body; this is the PATHOLOGICAL condition, while in the psychological we find that which may be from the astrological aspects - for it will be found that there are periods and there are variations in the character of the infectious forces that may influence the body-circulation; yet these continue, with usage, to have the pathological or the physical reaction in the system.
6. We find the NERVOUS FORCES of the body are very good in general. To be sure, under stress or strain from the deflections in the circulation and nerve energies, the body may become overtight; and this produces to the sensory forces those responses that make for discouragements, tendencies for the separation of self in or from the purely PHYSICAL reaction from the body, the tendencies for those activities that make for discouraging results in the whole system. This naturally produces drain on all of the body itself.
7. AS to the ORGANS themselves:

8. Brain forces are good; their general responses to all impulses are good, save as we find in those portions of the upper dorsal and in the cervical areas not coordinating through the vagus and 5th nerve forces for the proper supply of energy and nerve and blood forces to portions of the body itself.
9. We find the throat, bronchi and lungs and larynx are very good. These are those natural TENDENCIES for the secondary cardiac reactions, for those conditions that make for the reacting as a heaviness for the body in the heart and lung area; but this is rather a psychopathic or sympathetic and not an organic disturbance for the body at all.
10. As to the digestive organism and the activities throughout, we find these in the GENERAL sense are very good. But if there will be kept the closer to the alkaline reactions in the diet, in the general activity of the body, we may rebuild, we may make for those corrections in the segments of the cerebrospinal system, with those treatments and strengthening forces to the eye itself, as to make for a cleansing of same such as to overcome the general conditions in the system.
11. Then, in meeting the needs for this body, as we find, [820] we are speaking of:
12. First we would have, through trained associations such as with Richardson, those corrections made in the 3rd and 4th dorsal; not making corrections in the cervical until those segments in the dorsal area are in perfect alignment, and that the vibrations from the activities to the right temple are exactly the same as those to the left portion of the superficial circulation. These would be given two to three each week, in periods of two to three weeks.
13. Then we would have, after each osteopathic treatment as indicated, the vibrations from the electrical forces of the plain violet ray; not directly to the optic forces themselves, for these produce too great a congestion, but in the cervical and upper dorsal and - especially - in the atlas at the 1st cervical. Such electrical forces will aid in stimulating the activities TO the nerve forces.
14. During the latter portion of the first series of osteopathic treatments - that is, after the first three weeks - we would begin with the vibrations from the Wet Cell Battery applications, that would make those connections between the 1st and 2nd cervical; that's to the brain force centers themselves, through the medulla oblongata, and to those portions that go to the vagus centers on either side of the neck and enter into the arteries and through to the head. From such a battery we would carry the solution of Gold; that is, the VIBRATIONS of same. The first application, of the copper plate, would be to the 4th dorsal segment. The larger plate, carrying the solution, or going through the Gold solution, would be attached to the 1st and 2nd cervical.
15. The best reactions will necessitate that these treatments be given in periods of two to three weeks at a time; then a rest period of leaving them off, and then another series. These should overcome the conditions, making for the proper reactions in all portions of the system, overcoming the tendencies for the discordant vibrations in the system and creating a balanced body.
16. Ready for questions.

17. (Q) What is my present physical condition, and what treatments should be given for me to have a perfect physical body?

(A) As indicated.

18. (Q) Should all treatments suggested be given in periods of two to three weeks, or just the battery?

(A) ALL treatments would be better if there would be a period of treatment, then a period of rest, a period of treatment and then a period of rest.

19. (Q) What is the physical condition of my eyes and what treatment would correct this?

(A) As indicated, these are lacking in the proper nutriment for the nerve energy and blood supply, to supply both the replenishing and the necessary influences for the removal of drosses as they are used through the pathological condition. It is the effect from the lack of the flow of blood and nerve energy from those basic nerve ends that emanate from the cerebro-spinal and sympathetic system in the upper dorsal and cervical area, as indicated. With the application of those things that will relieve the pressures, the stimulating through the nerve energies, and then applying to and through the nerve forces those vibrations for the nerve or cell building force, these should be corrected.

20. (Q) Will these treatments correct the color blind condition?

(A) As indicated, if we will correct the vibrations we will correct the color blindness as well as the hurting, the dazzling visions that come before the body.

21. (Q) Have the treatments I have been having for my eyes been harmful or beneficial?

(A) At times they have been harmful; at others they have proven beneficial. As indicated, there are periods when the astrological - or the reactions from the psychopathic forces or conditions in the body respond, and at other times they do not. But if the PATHOLOGICAL and the psychopathic or the physiological conditions are made to coordinate, we will have proper creation of the energies necessary to overcome the disturbance.

22. (Q) Should a ray treatment be given?

(A) The plain violet ray should be given rather to those areas indicated, and not to the eye itself, you see; for this only IRRITATES the superficial circulation, when it is the deep therapy that is necessary for stimulation.

23. (Q) What should be done to remove the seeming toxic condition in my system, which would cause me to be more alert physically and mentally?

(A) As indicated, keep nearer to the alkaline-reacting foods, and these will overcome toxic forces. By the activities of the very manipulations throughout the portions of the system; for, as the corrections are made for these specific conditions to those portions of the system, there will also be those stimulations to the sympathetic forces to the digestive forces of the body, thus overcoming the toxic forces in the system.

24. (Q) Please give outline of correct diet.

(A) Balance the diet as indicated. Have a great deal of the stimulations from the whole wheat, citrus fruits, and vegetables that are green and raw. Not too much of the meats.

APPLES AND THE APPLE DIET CIRCULATING FILE

NO raw apples; or if raw apples are taken, take them and NOTHING else - three days of raw apples only, and then olive oil, and we will cleanse ALL toxic forces from any system! Raw apples are not well unless they are of the jenneting variety. [GD's note: Dictionary of obsolete words gives re. jenneting: "A jenneting pear - an early pear resembling the jenneting apple." NOTE: Jenneting: A variety of early apple, so named for being ripe about St. John's Day, June 24th.]

Apples cooked, apples roasted, are good. No bananas, unless you are in the territory where they are grown and ripened there. Do not use large quantities of potatoes, though the peelings of same may be taken at all times - they are strengthening, carrying those influences and forces that are active with the glands of the system. But beware of those things indicated; as for the rest, keep a well-balanced diet.

25. (Q) What is the present condition of my right knee and how can this be corrected?

(A) As we find, this is only a sympathetic condition from a strain that has been indicated there. And as the general system and body is builded, and the clearing forces of the whole body are kept, this will correct itself. This had better be corrected from nature, than from applications that are only synthetic.

26. (Q) What were the tenets used of that period when I was ruler of the Law of One, and after restoring my sight to normal how may I gain an understanding to use same for my fellow man?

(A) Only by entering into the holy of holies, communicating with self and thy Maker in thy holy temple, as thou HAST in many of thine experiences in the earth. And, as indicated in another place, keep studying to show thyself approved UNTO that within thine inner self, where thou meetest thy Maker; rightly DIVINING the words of truth, putting proper emphasis in that which is of the constructive forces, keeping self unspotted from the world.

27. (Q) Would you give definite name and address of that branch of Research for which I am best fitted to serve?

(A) That which is of the mechanical nature, as related to communications of every sort.

28. (Q) Is there a condition in my spine that could be corrected? other than that given?

(A) As we find, with the corrections indicated, these will make for the removal of those disorders there. Others that may be had will be the NATURAL result in making correction for the general physical forces of the body. Those as indicated are the specific centers; those in the lumbar will naturally be cared for, with the correction for the body itself. Do that.

29. We are through for the present.

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TEXT OF READING 1158-30 F 51

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of April, 1941, in accordance with request made by the self - Mrs. [1158], Active Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will answer the questions regarding this body, as I ask them:

2. EC: Yes, we have the body here, [1158]; this we have had before.

3. Ready for questions.

4. (Q) Wherein am I failing in my health program?

(A) As we find, it is not so much a failure as it is that at times the body overtaxes itself to such an extent as to undo what has been aided.

We find that there is not sufficient of the osteopathic adjustments in those areas especially between the 9th dorsal and the lumbar axis, especially the lower portion to the lumbar axis and the 9th dorsal in the lower portion also; with stimulations for drainages from the upper dorsal areas.

About six such osteopathic treatments we would take per month; given in the manner as we have just indicated, with special reference to the area from the lower portion of the 9th dorsal to the lower portion of the lumbar axis and through the sacral; coordinating the upper dorsals in a relaxing treatment or a treatment for stimulating better drainage - or setting up better drainage; NOT a stimulating treatment, - from the 9th dorsal upward.

Then we find that the Tonicine causes too much anxiety at times. But if this is taken as we have indicated - taken and then left off, taken and left off again - the body should respond better to same. Sufficient of this is being taken, if it is taken in the ORDER as was last indicated.

5. (Q) Is one spoonful daily of Grove's Chill Tonic enough?

(A) One spoonful should be sufficient to keep down the tendency for the activities through the assimilation that would produce fermentation, and to add to the better blood supply - iron and phosphorus.

6. (Q) Are 2 or more Adiron tablets daily advisable?

(A) Two Adiron tablets a day for a week at a time, then leave off five days, and then take again, etc. This would be the better manner to take same.

7. (Q) Shall I supplement with additional Vitamin B tablets?

(A) We find that if this vitamin is supplied in the diet it will be better than taking an overquantity of Vitamin B, which would be the case if the tablets were taken as a supplement. With the Adiron taken, that is to aid in assimilation, it would be better to supplement the vitamin B in the diet, with such as: Orange juice with a little lemon in it, grape fruit, yellow squash, carrots cooked and raw, onions cooked and raw; all of these taken, as we find, with beef and fowl, should carry sufficient vitamins.

8. (Q) Do you advise a 3 day purge, taking liquids only, and Pluto water in mornings?

(A) If a three-day purge is to be taken, WE would advise rather the three-day diet of ONLY raw apples; though a little coffee or tea may be taken if desired, but eat all the apples you can! Then on the evening of the third day, upon retiring, take two tablespoonsful of Pure Olive Oil.

9. (Q) May I take something to insure daily bowel movements? Are Anabolic Lax tablets advisable?

(A) If the purge is taken of the apple diet, and then the proper osteopathic manipulations given - especially in the areas indicated, as we find it shouldn't be necessary for some time.

APPLES AND THE APPLE DIET CIRCULATING FILE

If it is advisable later to use something, WE would occasionally use the Eno Salt.

10. (Q) Are Kozely's Colonic Irrigations accomplishing permanent improvements? How many shall I take per month?

(A) Not more than two. With the other things, we find that these will make for permanent improvement.

11. (Q) Is there some element lacking in my system that permits continuous crunching of my bones? If so, what? Can cracking of bones be overcome? How?

(A) Calcium is lacking. This may be added by the diet, as well as supplementing with the use of CALCIOS. Take just that amount as would thinly cover a cracker each day for five days - once each day. Then leave off for five days. Then take again for five days. Repeat this procedure at least three to six times. We would take it rather in this systematic manner.

Also when the hydrotherapy or masseur treatments are taken, have a thorough body rub with Peanut Oil - especially in the joints and across the rib area, and down the spine. This should overcome these conditions.

12. (Q) What causes bleeding gums?

(A) Pyorrhea and poor circulation. Continue the use of Ipsab to relieve this condition, massaging with the finger or tuft of cotton, both inside and outside the gums.

13. (Q) How can I overcome hot flashes?

(A) We find that these arise naturally from the upsetting of the metabolism, or the activity of the glandular forces. These will gradually wear off as conditions are improved in the body.

14. (Q) Do you advise seeing Dr. Charlton in Bronxville?

(A) If so desired, very well.

15. (Q) In what ways am I eating wrong?

(A) Only as we find there should be more of the necessary vitamin B and calcium.

16. (Q) Any further suggestions?

(A) These we would do, as we find as the better for the body.

Keep the constructive, creative thinking, for physical as well as general welfare.

17. We are through with this reading.

INDEX OF READING 1187-8 F 57 [edited]

Air: Exercise: Hemorrhage: Cerebral: After Effects Par. 2

APOPLEXY: AFTER EFFECTS

Diet: Apples: Hemorrhage: Cerebral: After Effects Par. 5-A
: Hemorrhage: Cerebral: After Effects Par. 3, 5-A

HEMORRHAGE: CEREBRAL: AFTER EFFECTS

TEXT OF READING 1187-8 F 57

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of June, 1936, in accordance with request made by the daughter - Miss [288], Active Member of the Ass'n for Research & Enlightenment, Inc.

(Physical Suggestion)

1. EC: Yes, we have the body here.
2. As we find, the body is continuing on the improve. There needs to be GRADUALLY - not, of course, too great an exercise, but get IN the open, see? For the change in the pressures as produced and the natural exercises of the body IN the open will make for the greater quantity of the oxygen and then occasionally with the rubs along the side and the limbs and especially now in the areas about the lumbar, sacral and the lower limb, and then from the upper dorsal to the neck - but always rub toward the extremity, not toward the body - circular motion, using the same rub as has been indicated.
3. With the diet, gradually - not too much has been taken yet - but gradually change that with the activities of the body.
4. Ready for questions.
5. (Q) Should the body eat raw apples, or depend upon raw vegetables, etc., as a laxative?
(A) Raw vegetables are preferable; though the body may if it so desires - after it has had two to three days of stirring around - go on an apple diet!
6. (Q) Any further directions for the osteopath?
(A) These would not be necessary very much oftener, unless some conditions arise. Once or twice more should be sufficient. The CORRECTIONS, of course, SHOULD be made at this time in the lower dorsal and through the lumbar area as has been long indicated for the body; these gradually made....

INDEX OF READING 1206-8 F 13

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

| | |
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| Diet: Apples: General | Par. 8-A |
| : Assimilations: Eliminations: Incoordination | Par. 7-A--9-A |
| : Beverages: Milk: Soybean: General | Par. 7-A |
| : Vitamins: Codiron: Assimilations: Eliminations: Incoordination | Par. 10-A |
| Exercise: Specific: Warnings | Par. 12-A--14-A |
| : Swimming: Assimilations: Eliminations: Incoordination | Par. 13-A |
| : Walking: | Par. 13-A |
| Healing: Purpose | Par. 15-A |
| Osteopathy: Not Recommended | Par. 11-A |

TEXT OF READING 1206-8 F 13

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of June, 1938, in accordance with request made by the parents - Mr. [1151] and Mrs. [1158].

(Physical Suggestion)

1. EC: Yes, we have the body, [1206]; this we have had before.
2. As we find, there is a great deal of improvement in the general physical forces of the body since last we had same here.
3. And it would be well for the body to continue the outlines that have been indicated, as to the activities as well as to the diet AND the medicinal properties that have been outlined.
4. For while there is the great improvement, there are those inclinations and tendencies in the present such that the body may too easily revert to the inclinations that are not so well for the body - unless these precautions and those building properties in the diet AND applications as indicated are kept up.
5. Ready for questions.
6. (Q) Has Dr. M. Black, Washington Place, East Orange, N.J., made constructive suggestions for [1206]?
(A) As indicated, these we would follow in the present - or through the next month or six weeks, at least.
7. (Q) Is it well for the body to refrain from eating all dairy products, with the exception of butter and cream, and substitute a "Soybean Milk" for a beverage?
(A) For this body in the present, it would be very well. Though the Soybean Milk product is not well for EVERY body, in these particular conditions here it is very good; especially owing to the reactions through the assimilated forces from same for the heart activity.

8. (Q) Is it well to discontinue use of wheat products, also eliminate oranges and apples, cider, beef and chicken?

(A) We do not find all of these are necessary to be eliminated from the system. For there are those vital forces and balances kept through the system by the activities of some of these, that are necessary to be kept in the chemical reaction of the body; as: Oranges are very well. Of course, buckwheat or rye would be very well to substitute for wheat. As to apples - as we have indicated oft - these are not best for most people, except under conditions where they are advisable to be taken ALONE as a diet for the eliminations, or where certain characters of apples or their products are taken. Hence for this body, these we would leave off.

As to the use of chicken or beef: If chicken would be prepared in certain manners, it would be MOST beneficial; especially certain portions of same that supply a character or an assimilated force of certain elements that are seldom found in other foods of the nature - that is, calcium and lime calcium. We refer to the bony portions, you see, that may be stewed so that the juice may be chewed from the same, but never fried! (Juice chewed from the soft BONES, you see.)

Beef - this is very well to be discontinued.

9. (Q) Is it desirable to take tablets #17, given by Dr. Black?

(A) These are very well, but as we have indicated for the body - there has so oft been the attempt to create a balance by concentrated chemical forces being given, that the proper assimilations are often destroyed.

These may be taken part time, but we do not find it necessary.

10. (Q) Should the iron medicine given by Dr. Stupp be continued? Also should she take Parke Davis A.B.D. capsules?

(A) WE would change from these - that is, we would leave off the A.B.C. as being prescribed through the use of some other compounds put together, and substitute Codiron - one pellet twice each day. For these vitamins prepared in this manner with iron and cod liver oil are preferable for this body, under the existent conditions.

11. (Q) Should osteopathic treatments be continued?

(A) We would discontinue these in the present. Not before fall, if then, would they be begun again.

12. (Q) Should the body now take special exercises from Swedish masseuse, for strengthening abdominal muscles?

(A) These are very well at times. Too much of same can bring too great a reaction to the body, but occasionally would be very well. As to how often would depend upon how the body reacts. Once a week or twice a month may be sufficient, yet may be taken oftener if there are those activities in such a manner that there are the requirements for greater muscular relaxation through such a manner.

13. (Q) Is her heart condition sound, and will it permit at this time out of door exercises, other than walking? If so, what kinds?

(A) This condition is improved, as indicated; but precautions should be taken as to or against too violent an exercise. Swimming is well. Walking is well, or riding or the like. But such as tennis or running or jumping is too much; and should NEVER be where there is too HIGH an altitude!

APPLES AND THE APPLE DIET CIRCULATING FILE

14. (Q) Is it advisable for her to attend a girl's camp, for one month, for either July or August, at Camp Interlockin, New Hampshire?

(A) This will depend upon just how the body has responded or does respond between now and the time or period for such camp.

As we find, though, if those suggestions as indicated are carried out, by that time the body should be able - provided there is NOT too violent an exercise undertaken by the body, as we have given.

15. (Q) Have you any other suggestions or cautions as to how to improve her diet or activities for this summer?

(A) If these as indicated are followed, we find these will be well. And let ever the impression for the body be that these precautions are not only to be taken for the health, for just the body feeling better, but so that there may be a purposeful, useful application of its talents towards others.

16. We are through with this Reading.

INDEX OF READING 1409-9 F 66

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TEXT OF READING 1409-9 F 66

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of December, 1943, in accordance with request made by the self - [1409], 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, [1409]; this we have had before.
3. There is not a great deal of vitality, even as has been indicated heretofore. The acute conditions in the present are because of such relaxed conditions in parts of the body and tautness in others. The palate in the back of the roof of the mouth has lowered, thus causing constant irritation and coughing; and the more the coughing, the more the irritation.

APPLES AND THE APPLE DIET CIRCULATING FILE

4. As a gargle we would use Glyco-Thymoline of morning and Listerine of afternoon or evening. Use both full strength. If a little bit is swallowed, it doesn't matter, but gargle or paint the palate with this; preferably gargle, as that swallowed would be an antiseptic, good for those conditions in the alimentary canal.
5. For the pain in side, coming from congestion in liver area, we would use Castor Oil Packs for an hour and a half each day for three days in succession, using these at the same time each day - as hot as the body can stand.
6. Follow the series of Packs with at least two tablespoonsful of Olive Oil taken internally.
7. It would be well for this body, even after this, to have a three-day apple diet, even in its weakened condition we need to clear the system. For this will get rid of the tendencies for neuritic conditions in the joints of the body. Also take the Olive Oil after the three-day diet. But don't go without the apples - eat them - all you can - at least five or six apples each day. Chew them up, scrape them well. Drink plenty of water, and follow the three-day diet with the big dose of Olive Oil.
8. Then begin to build up the body with good soups - vegetable soups; not canned soups but make them - chicken broth, chicken broth with dumplings; chicken broth with the bony pieces and eat the bones as well as the pieces of chicken. Even potato soup would be well, but take quantities of it.
9. Then begin taking a good stimulating tonic in the form of Kaldak. A teaspoonful in the morning and in the afternoon; first dissolved in a very small quantity of hot water - a level teaspoonful - and then fill the glass with milk. This will give strength to the body. Keep this up regularly. Don't do it one day and skip another. This will also aid in better eliminations.
10. But first the system needs cleansing with the Oil Packs and then the apple diet, before beginning to build it up.
11. Keep up the gargling with the Glyco-Thymoline of morning, which is an alkaline antiseptic for the throat and bronchi, and the Listerine in the afternoon - which is an acid. It is better to gargle than to paint the palate - if you can't gargle then paint it - thoroughly; the throat as well as the palate.
12. Do that.
13. Ready for questions.
14. (Q) After these treatments, are there special foods to stress or avoid in diet?
(A) Certain combinations are best to avoid, as potatoes, spaghetti and white bread all at the same meal. No two of such starches should be taken at the same meal. A great deal of fats will also be hard on the body, as indicated by the lack of ability for digesting greases in the present. Butter fats and cheeses and such are well to be taken in moderation.
As to the activities of the body - don't be too active - let somebody else do the work once in a while.
15. We are through with this reading.

INDEX OF READING 1498-1 F 37 [edited]

ADHESIONS: CHILDBIRTH: AFTER EFFECTS

CHILDBIRTH: AFTER EFFECTS: ADHESIONS

| | |
|----------------------------|-------------|
| Diet: Adhesions | Par. 30--37 |
| : Apples | Par. 36 |
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INFECTION

NEURASTHENIA: PELVIC DISORDERS

PELVIC DISORDERS: ADHESIONS

TOXEMIA: CHILDBIRTH: AFTER EFFECTS

BACKGROUND OF READING 1498-1 F 37

B1. 11/29/37 Husband [1497]'s letter: "We should like to know the necessity for and imminence of an operation."

TEXT OF READING 1498-1 F 37

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of December, 1937, in accordance with request made by the self - Mrs. [1498], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [1158].

(Physical Suggestion)

2. Now, as we find, there are disturbing conditions that prevent the normal reactions for this body.
3. These as WE find are not altogether in the manner or way that has been determined by some others.
4. As we find these are specific disturbances and of the natures that may be eliminated from the system. These as we find are from poisons that accumulate from an infection source, as well as adhesions from conditions following childbirth....
28. Be sure, as the treatments are given, also that adjustments are made in the feet and limbs, especially the bursa in the heel, the bursa in the central portion and in the toes. Be mindful that these are given especially in the first two periods of the full treatments given - that is, the first two series.

APPLES AND THE APPLE DIET CIRCULATING FILE

29. In the osteopathic treatments, make particular precautions about that 9th and 10th dorsal for the UPLIFTING of the system as related to the straining of the organs above the diaphragm to the body in erect motion, see?
30. Then we would be very mindful of the diet for this body. These would be as an outline, but not that these are to be ALL that are taken - but this rather as an outline; and these that are given to beware of, leave off from the diet:
31. Mornings - either cereals OR fresh fruits OR citrus fruit juices; either of these, but do not take the cereals AND the citrus fruit juices at the same meal - not even the same day. An egg or the like may be taken. Use only the brown or whole wheat toast. Tea or coffee; coffee preferably, but NOT WITH cream OR milk!
32. Milk should be taken between the morning and the noon meals; these drinks preferably with the chocolate or the vanilla, not only to make same more palatable but to supply strength for the body.
33. Noons - preferably either green vegetables raw or soups or broths from vegetables, or meat stock; but not mixed. That is, do not have grease with the vegetables in the noon meal - whether cooked or raw; though salad dressing may be taken but not with vinegar.
34. Evenings - well-cooked vegetables. Two of the leafy variety to one of those that grow under the ground.
35. Between the noon and the evening meals take a glass of red wine with brown bread or whole wheat bread or rye bread - as Ry-Krisp or the like. About two ounces of the wine may be taken, as a food - not as a drink; three to four o'clock in the afternoon would be a good time to take it.
36. As to meats - fish, fowl or lamb would be preferable. No fried foods ever. No combinations of spaghetti and potatoes or white bread at the same meal; that is, no two of these at any one meal. No raw apples; unless they are taken as an ONLY diet - that is, only apples as the diet and nothing else - for a cleansing of the system.
37. Do these as for the diets.
38. Keep in a consistent way. Not that other things are not to be taken occasionally. Not that there would not be sweets and things of that nature, but rather be consistent in the way and in the outline as indicated and things of that nature as go with same. It is the combination of foods that so often causes harm with most individuals.

INDEX OF READING 1597-2 M 32

ASSIMILATIONS: POOR

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| Dermatitis: Worms: Pinworms | Par. 33-A |
| Diet: Apples: Worms: Pinworms | Par. 20, 24, R1, R2 |
| : Minerals: Dirt | Par. 34-A |
| : Worms: Pinworms | Par. 24--28 |
| Exercise: Head & Neck: Eyes | Par. 35-A |
| Hair: Dandruff | Par. 37-A |
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| Nervous Systems: Sensory: Worms: Pinworms | Par. 17, 35-A |
| Osteopathy: Spine: Subluxations | Par. 32-A, 35-A |
| : Worms: Pinworms | Par. 23, 32-A, 35-A |
| Physiotherapy: Massage: Listerine: Hair: Dandruff | Par. 37-A |
| Prescriptions: Olive Oil: Worms: Pinworms | Par. 21, R1 |
| Vertigo: Worms: Pinworms | Par. 9, 31-A |

WORMS: PINWORMS

BACKGROUND OF READING 1597-2 M 32

B1. He previously obtained his Life Rdg. - See 1597-1.

B2. 12/4/39 Mr. [1597]'s ltr. to EC:

Dear Mr. Cayce,

Mrs. [1602] has informed me that she has arranged a Physical Reading for me on Thursday morning from 10: 30 to 11: 30. It all came about, I guess, because on Saturday night, after I had gone to bed, I was taken with a dizzy spell. I got out of bed - thinking if I moved about it might clear my head. Instead, I guess I just fainted away - striking my head on a door and opening a cut over my left eye. Despite the symptoms, I hadn't been drinking. So there must be another cause.

The answer to that question - plus the answers to other minor physical complaints - form the basis for this Reading. I feel I should explain one of the questions - for it may come as sort of a surprise.

As a very small youngster I used to eat earth, soil, dirt - or whatever you want to call it. I seemed to show a marked preference for the variety found in flower pots. While I curbed that impulse with advancing years, substituting jam and bread for terra firma, this early habit may indicate the lack of vitamins or minerals elements in my diet in which I may be deficient.

APPLES AND THE APPLE DIET CIRCULATING FILE

Well, here are the questions. You can, of course, re-phrase them or combine them in any way you see fit. I have merely put them down in their approximate order of importance.

1. What was the cause on Saturday night, Dec. 2nd, for my fainting - and how can I prevent a reoccurrence of this?
2. Based on my particular constitution, kindly suggest a complete diet which will supply all the necessary vitamins needed for sound health.
3. I am bothered quite a bit, especially at night when I retire, by bringing up mucus into my throat - which, in turn, starts me coughing. What causes this - and how can it be eliminated?
4. My back has given me a lot of pain and annoyance for the last three years. I would like to know the physical cause and how the trouble can be corrected.
5. The skin on the upper part of my nose, near the bridge, often becomes itchy and burning hot. What's the reason for this - and how can it be corrected?
6. When about 3 or 4 years old, I used to eat earth. Why did I do this - and does it have any bearing on the state of my health today?
7. I suffer frequent pain in my left eye ball. At one time I wore glasses. This condition has improved since I stopped using glasses. Is there any way I can further strengthen my eyes?
8. Is there any way to increase my blood circulation to prevent my hands, ears and nose from feeling the cold so intensely in winter weather?
9. Is there any effective remedy for dandruff - or is it better to attack the trouble from a dietary standpoint?

I will certainly be grateful to you, Mr. Cayce, for any help you can give me in the complexities of operating this human vehicle of mine. I will be at Mrs. [...]s home, ... Street, New York City, at the time of the Reading.

And thank you again for any light you can throw on all of this.
Sincerely,

TEXT OF READING 1597-2 M 32

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 8th day of December, 1939, in accordance with request made by the self - Mr. [1597], Associate Member of the Ass'n for Research & Enlightenment, Inc.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions he has submitted, as I ask them:
2. EC: Yes, we have the body here, [1597].
3. Now as we find, while conditions are very good in many respects, there are disturbances of a nature that would make inroads and produce tendencies or weaknesses hard to cope with, unless some corrective measures are taken, - for without some correction they would reach such proportions, or become disturbances of such natures that it would be hard to indicate their sources.

4. These as we find are rather of an insidious nature, and rather unusual for one of the activity and temperament of this body.
5. Then, these are conditions as we find them with this body, [1597] we are speaking of:
6. In the blood supply we find there are indications of those influences that are weakening or sapping the vital forces and energies, that should be stored through the proper assimilation of foods or diet taken.
7. Hence the sources of the disturbance, as we find, are indicated through the areas of the assimilating system of the body.
8. The character or nature of disturbances as related to the blood stream makes for such conditions that an activity in the alimentary canal, as affected by what may be termed a bacillus, produces a form of pinworm. This causes an attack upon the intestinal system, especially in those areas of the lower portion of the jejunum and parts of the colon area.
9. The effect has been to cause a nausea at times in the digestive system, and - when the attacks have been more severe - a great deal of dizziness, and a feeling of the hot and cold flushes as would come over portions of the nervous systems of the body.
10. Then at times there is a gnawing in the stomach itself; lack of appetite, - and at other periods there is more of an appetite than ordinarily.
11. And there is quite a disturbance at times (if noted) in the manner or character of the eliminations through the alimentary canal.
12. The effect of these conditions is upon the nervous system, and the creating of such natures in the areas of the lacteals and in the portions as indicated that might cause adhesions or lesions, - and thus through same a definite break between the sympathetic and cerebrospinal nervous systems, from those areas about that portion of the body. Thus, with the general reactions to the body, there is formed a very unusual color as to the blood stream and the reaction in the superficial or outer circulation.
13. Cold spots, and warm spots, would be indicated over these portions of the abdomen, - especially in the area between the umbilicus and the lower portion of the caecum.
14. And these are those areas, as we find, where disturbances are reflected upon the nerve forces of the body.
15. As to the functioning of the organs, - do not confuse those conditions indicated as may occur with those which exist in the present.
16. In the present there are only periods when the functioning organs are affected, when there are natural strains upon various portions of the system, - according to the areas of the greater infectious forces, or the greater affliction to the body by the parasites, or the bacillus and parasites attacking the system.
17. These cause those conditions such that there is the excess of phlegm to throat, - at times there is a great disturbance to any or all of the organs of the sensory system. Hence a little buzzing at times in the ear, - at other times it may reflect in the eyes, and produce a greater quantity of flow, or the attempt of the system to produce counter-irritation. Thus with the least exposure to wind there is an excess flow of lymph, or from the lachrymal ducts and the activities of same.

APPLES AND THE APPLE DIET CIRCULATING FILE

At times the affections are in the throat, - at other times they become more expressed in the lower organs, - or the attacking to the liver and kidneys and the activities from same.

18. These are purely reflex conditions as yet, though - as indicated - they might become activities partly of a constitutional nature, unless there are measures taken for the removal of same.

19. As we find, then, as the better way or manner:

20. First, - we would have a period of at least three days when nothing would be eaten but APPLES! preferably the Jonathan variety, or such natures. Not the wine sap, but any of the Jonathan variety. Of course, water may be taken, but do not drink milk especially through the period; though a little coffee may be taken if desired, or even a cereal drink if desired might be taken; but the diet itself should be just APPLES. Eat just as many as desired.

21. On the evening of the third day, take half a teacup of Olive Oil, - pure olive oil.

22. This as we find will remove the causes of the disturbance.

23. Then have at least three good, stiff osteopathic adjustments; especially in those areas from the 9th dorsal to the 1st and 2nd cervical; and a correction in the lumbar axis.

24. As to the diet, following the three-day Apple Diet, -

25. Let there be more of vegetables, and the supplying forces as will create iron, silicon and the like for the system.

26. Hence we would include a great deal of carrots, lettuce, celery and oyster plant, and the like.

27. Not too much of white potatoes, though the yams may be taken.

28. Not too much of meats, though fish and fowl may be taken.

29. If we will do these, we will find that we will not only remove the causes but we will set the system in such an order that there will be the better physical reactions in every portion of the body.

30. Ready for questions.

31. (Q) What was the cause on Saturday night, Dec. 2nd, for my fainting - and how can I prevent a reoccurrence of this?

(A) The attacks upon the system through the area indicated. Make the corrections in the manner indicated, and we may not only remove the causes but prevent a great deal of disturbance as may arise later, - unless these forces are removed.

32. (Q) My back has given me a lot of pain and annoyance for the last three years. I would like to know the physical cause and how the trouble can be corrected.

(A) This is a gradual growth, or calling upon the supplying of the influences or impulses through ganglia along the area as indicated, - especially from the 9th dorsal upward, and in the lumbar center, being called upon to supply energies for the flow of the lymph and the emunctory activity through areas indicated.

Hence the need for the stimulation and correcting of same, osteopathically, when there has been the removal of the causes of the real disturbance in the body.

33. (Q) The skin on the upper part of my nose, near the bridge, often becomes itchy and burning hot. What's the reason for this, and how can it be corrected?

(A) This again is an effect of those conditions indicated, arising from the poor circulation, produced by the call upon energies for portions of the body.

And with the corrections made, not only the general color of the skin will be improved, but the other portions where there has been itching, as well as the cold and hot sensations in parts of the body, will be relieved.

34. (Q) When about 3 or 4 years old, I used to eat earth. Why did I do this, and does it have any bearing on the state of my health today?

(A) It is only recalled for the supplying of those elements necessary, that were lacking in the bodily forces themselves.

These need to be supplied in the present, first by removing those conditions which have come partially as a result of these infectious forces in the system, and certain character of bacilli to be removed, and thus replaced by the general energies from the bodily forces.

35. (Q) I suffer frequent pain in my left eye ball.

(A) Again a reflex condition from pressure produced upon centers or ganglia from which impulse is received to the organs of the sensory system, that have been called on to supply energies to other portions of the system - the digestive forces of the body. And with the osteopathic corrections and stimulations, and the actual flow of regular impulse, we find that all the organs of the sensory system will be greatly helped.

It would be well for these, also, for the stimulating and strengthening, that the head and neck exercise be taken night and morning, consistently; not doing it just one day and skipping two or three, but consistently. It will only take a few minutes just before retiring, and upon arising. Circulate the head, gently, slowly, three times, - first one way, then the other; three times forward, three times backward; three times either side. Be consistent with these, and we will remove much of that tendency for phlegm, as well as irritation; and with the corrections osteopathically that will be made throughout the system, these will bring better conditions. Do that.

36. (Q) Is there any way to increase my blood circulation to prevent my hands, ears and nose from feeling the cold so intensely in winter weather?

(A) There will be a great deal of help for this by the changing of the conditions as we have indicated!

37. (Q) Is there any effective remedy for dandruff?

(A) This condition also will be aided by the general reaction of the system to those applications indicated.

A very effectual aid would be to keep the scalp very clean with a good soap. Follow same, if desired, with a massage with a good antiseptic. Listerine is well for this; not too severe, - that is, weaken the solution, using only a teaspoonful to about a pint of water.

Do the things we have indicated, and we will change the entire reaction to the exterior or superficial circulation; and we will find greater relief for the body in many ways. We are through for the present.

(Under the head of the Jonathan variety of apples we would suggest the Delicious, the Arkansas Black, the Sheep Nose, etc.)

REPORTS OF READING 1597-2 M 32

R1. 12/12/39 Mr. [1597]'s ltr. to EC:

Dear Mr. Cayce,

Thank you both for the Reading and the kindness of your letter.

The cause of my trouble, as brought out by the Reading, certainly came as a surprise to me - even as you indicated by your letter that it had come as a surprise to you. But practically all of the symptoms mentioned in the Reading have been experienced. Checking on these points, it is only logical to assume that the cause is as mentioned in the Reading.

So this morning I began my three day Apple diet. I had a little difficulty getting the Jonathon apple. That is an early fall apple and none of the New York stores had any. But I did get the "Delicious" brand mentioned. I was told this was not one of the Jonathon variety, but was very low in wine sap - none-the-less.

I'm not looking forward to that half teacup of olive oil, but as it comes on the third day - I'll just close my eyes and think of the big, juicy beef steak I can have on the next day.

I've given a little thought to where I may have contracted the pinworm. The Reading indicated it might have come from the time when I took to eating Mother Earth. That may be - but several years ago I had stomach ulcers and was on a diet of nothing but milk for six weeks. I'm an old hand at dieting. It is possible that I may have taken some milk improperly pasteurized. I was drinking milk in copious quantities - getting it all over the city, so if pinworms can come from milk, that may be the answer. Then, too, the Reading said not to touch milk during my three day period of fasting.

As soon as I have had my osteopathic treatments and have had time to gauge the results of diet and adjustments I will let you know. Also I will have the doctor send you a report.

Well, thank you again for your help. I will keep you posted on results. And kindly remember me to Hugh Lynn and the rest of your family.

Sincerely,

R2. 12/16/39 Sister's letter: ". . . [1597]'s reading was marvelous.

"He has completed his apple diet but under great discomfort. There was something like a revolution in his body. The 'home folks' routing the invading army of termites - rather a nasty battle but I feel sure the old red blooded fighters have won. Monday he will go to Dr. Van Rumpt [Richard Van Rumpt, N.D., D.C.]

R3. 12/22/39 Sister's letter: ". . . [1597] looked pretty well Thursday and seemed to feel as well as he looked. Dr. Van R. made the adjustments and will write you..."

R4. 12/29/39 Sister's letter: ". . . [1597] managed his Christmas indulgences beautifully. In fact he - who all his life has eaten rather like a rabbit - has suddenly turned into a gourmet. He devours with relish and no ill effects - all that he has denied himself these many years..."

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BACKGROUND OF READING 1621-1 M 50

None.

TEXT OF READING 1621-1 M 50

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 23rd day of June, 1938, in accordance with request made by the self - Mr. [1621], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [257].

(Physical Suggestion)

1. EC: Yes (on the square). We have the body here, Mr. [1621].
2. Now as we find, there are disturbing conditions that prevent the better normal physical functioning through the body.
3. The greater portion of the suggestions for help, as we find, would be in the nature of corrective measures.
4. If there will be the application in a persistent manner, there may be added many, many years to the useful life - if it, the life, is applied in a constructive way and manner; that is, helpful in relationships to others, rather than a selfish or a self-indulgent or self-aggrandizing way and manner.
5. These then are disturbing conditions as we find them with this body:
6. There is rather the complication of disturbances that arise first, primarily, from pressures that exist in the cerebro-spinal system, as related to the activities of the organs of assimilation and eliminations.
7. We find that these have gradually builded such disturbances in the metabolism of the system that there are the affectations to the circulatory forces as related to heart's activity and its relation to the whole hepatic circulation.
8. Thus the poisons and toxic forces are allowed to arise in the system, that prevent the body's feeling good; the shortness of breath at times, insomnia at others; giving the inclination for the body to worry over little things as well as over those over which the body has little or no control.
9. All of these become a part of the disturbing factors through the system.
10. Hence as we find, it behooves the body to correct the condition; for it produces abnormal conditions in the heart's activity, though it is reflex rather than organic in its nature.
11. However, if it is allowed to remain it may become more and more organic. Also, from the very nature of the poisons and the reflexes to the liver AND the kidneys, there is caused a disturbance with the glandular forces in the assimilating system.
12. Thus there is an inclination or a tendency towards an arthritic condition in one nature of itself, and a tendency in another for the lack of the proper activity for the pancreas to produce proper reactions - causing heaviness to the lower limbs, and disturbances of that nature across the back - where there is the aching, etc.
13. All of these now MAY be eliminated, if there will be persistency. But if the body lets up on the applications because the body feels better, before there is the entire renewing of the vital activity, we will find a reverting to the disturbing conditions - and the last estate may be worse than the first.
14. First we would begin, then, by a carefully conducted activity as related to the diet, to cleanse or purify the system. As we find, this would be a combination of an apple diet only AND vegetables, see?

APPLES AND THE APPLE DIET CIRCULATING FILE

15. Then, first:
16. Mornings - only citrus fruit juices, with a very little of other things.
17. Noons - only RAW vegetables, combining not those of some natures but rather any or all of these; lettuce, celery, radish, mustard, spinach, cabbage and the like. Tomatoes, peppers and onions may also be included. These may be taken with a dressing, preferably with a mayonnaise.
18. Evenings - only RAW APPLES!
19. Keep this up for about four or five days.
20. Then, even though the diet has begun or may have begun to produce greater eliminations, we would have a thorough cleansing of the colon with high irrigations. This need not be done - if there is the repeating of this five day diet of the vegetables and the apples in a month - it may not be necessary to have the colon irrigation or colon eliminations until the NEXT period when this purifying is done.
21. After the first five days of the diet, begin with osteopathic adjustments; especially through the areas of the upper dorsal - or from the 2nd and 3rd cervical to the 9th dorsal. Also coordinate the lumbar and coccyx area with the manipulations and corrections as given in the dorsal and cervical area.
22. Also, when the osteopathic adjustments and manipulations are begun, we would begin with the Radio-Active Appliance.
23. Of course, the diet - even after the five day diet - should never include highly seasoned foods; no fried foods; no white bread. And potatoes should only be taken when the jackets are eaten also.
24. Do these and we will bring a much nearer to normal condition, and renew the life and vitality and the length of years of service - IF they are directed in constructive manners.
25. Ready for questions.
26. (Q) How many periods of the five-day diet should be taken?
(A) It should not be necessary for more than the two periods, about a month apart.
27. (Q) Shall I sell my store at 37 Market St., or shall I take in a Partner to make it easier for me?
(A) As we find, it would be better if there would be taken in a YOUNG man as a partner; such an one as [2653] or the like.
28. (Q) Any other advice?
(A) Do these things for the present. Keep CONSTRUCTIVE in the diet. Know that the body must not only be good but good FOR something!

INDEX OF READING 1622-1 F 68 [edited]

ANEMIA

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ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

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TOXEMIA

BACKGROUND OF READING 1622-1 F 68

B1. "Deafness in right ear, arthritis in neck and shoulder, eyelids droop when tired."

TEXT OF READING 1622-1 F 68

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 24th day of June, 1938, in accordance with request made by the self - Mrs. [1622].

2. Now as we find, there are disturbing conditions that prevent the better normal functioning.

3. For some of these there would be rather the precautionary measures, than the curative. For others there would be measures taken to prevent the further development of disturbing influences as related to the assimilating system, and thus through same to the blood supply and its resultant disturbing conditions upon the organs and their functioning.

7. These as we find are the effects of contingent conditions that have been active upon the system through congestion brought in portions of the digestive or through the liver activity; as well as pressures resulting from the effect of these through the relationships of this to the supplying energies from the cerebrospinal as well as sympathetic nervous system.

8. These as combined, then, make for the effects upon the system itself - as well as causing those disturbing conditions to arise.

9. IN THE NERVE SYSTEM, here, as indicated, we find effects of disturbances as well as the partially produced causes. For with the lack of impulse, this arises either from pressure or from deficiency in the supplying of the resuscitating forces in the system to the functioning of the SOURCES of the energies.

10. Then we find both here, as indicated, producing disturbances in the bodily functionings.

11. Also we find the excesses of poisons from the lack of the proper activity as related to the katabolism of the system, arising from the effect of local conditions; as where tissue is affected in throat, in the nasal passages, the soft tissue of the face, the conditions that exist in the gums themselves and portions of the mouth. All of these are a part of the disturbances, and become contributory to them.

12. But we find that much of these that become very aggravating would become rather minor in their effect, and near to normal conditions would result through the body - if the sources of the disturbing conditions were removed, as well as there being a purifying of the blood stream by the stimulation to the organs deficient in their supply of nutrition to the glandular system, as well as to the functioning organs and to the assimilating system.

13. In specific areas do we find subluxations that are disturbing in their reflexes - in the connecting between the cerebrospinal and sympathetic or vegetative nerve system. We find that the secondary cardiac area, or from the 1st and 2nd dorsal to the 4th and 5th dorsal area, as well as in the lumbar axis, the reflexes causing disturbance through elimination - and the irritation to those portions where there is or SHOULD BE better coordination between the vegetative and the cerebrospinal systems....

18. In the digestive system, and especially as related to the activity of the liver AS related to the processes of producing the lactic acid forces for digestion, we find the sources rather at times for the disturbing forces to the regular system.

19. The effect of these upon portions of the colon and the eliminating system comes to be where toxic forces then form, from the very LACK of the proper peristaltic reaction - or the lack of the proper eliminations as related to the disturbing forces in the body.

20. These produce pressures at times upon the lower hepatic circulation, so that at times the eliminations as related to same become a part of the reactory forces through the muscle about the area of the lower portion of the kidneys.

21. As indicated, we find these are reflexes rather than organic; and with the correction, and with the supplying to the system of those elements as necessary to create first the corrective measures, then replenishing or rebuilding measures, the cleansing of the system - NATURE, in its restorative influences and forces, would bring about then better and near to normal reactions for this body.

22. FIRST, THEN - AS WE FIND:

23. We would cleanse the alimentary canal as related to the effect of the gastric flow through the stomach and throughout the duodenum. This may be done through the cleansing by the method of the APPLE DIET - RAW Apples; requiring about three days. Eat nothing but raw apples, you see, for three days - each meal for three days. Then at bedtime on the evening of the third day, take half a cup (teacup) of Pure Olive Oil.

24. Then leave off this diet, but it may be repeated once a month for two or three months; three days each month, you see, and then left off.

25. But after the first period of three days, we would begin with Codiron as a tonic. Take two tablets twice each day, with the meals when taken; preferably with the morning and evening meals.

26. Begin also with the corrections osteopathically of those areas where subluxations prevent the proper stimulation to the organs of assimilation and distribution through the body itself; that is, specifically in the areas indicated - of course, through the cervicals, but corrections first from the 1st and 2nd dorsal to the 8th and 9th dorsal; then coordinating the upper dorsal AND cervical with the equilibrium of the body. Then the balancing through the 4th lumbar or the axis of the lumbar center, with the upper dorsal and cervical areas. While the upper dorsal and cervical would receive the greater stimulation, about twice a week until eight or ten such treatments, we would about ONCE a week coordinate the lumbar and sacral area with the rest of the activities in the cerebrospinal system.

27. Then as to the rest of the diet, outside of the three-day periods of apples for the cleansing: We would give this as an outline, though these would not be all that would be taken. Rather would we give warnings as to combinations in the diet, than just specifics.

28. Mornings - citrus fruits or cereals, or cereals with fresh fruits of any nature. Do not combine cereals and milk at the same meal with citrus fruits, or do not take both at the same meal; by citrus fruits we mean such as oranges, lemons, pineapples or grapefruit.

29. Noons - or one meal each day - should consist only of raw vegetables. This may be done at the noon meal or the evening meal, as suits the convenience or the better taste of the body itself. These vegetables may be combined. It is preferable that they be grated or ground together, and - though cleansed - the peels should be with each of the vegetables used; whether carrots, onions, lettuce, celery, thyme, or whatever character of vegetables used. Use the tops of radishes, when these are combined, as well as the radish itself. With such a salad there may be used salad dressing, preferably, rather than oil; though oil may be taken occasionally if desired by the body.

30. Evenings - preferably the meats at this meal, if meats are taken, and these should consist of fowl, fish or lamb. Have vegetables well-cooked in their own juices, preferably.

31. Do these as we find, and we will bring this body near to normal conditions.

34. (Q) What causes, and what may be done for, arthritis in neck and shoulder?

(A) The change or the removal of the pressures and the causes of the stoppage would be that to be accomplished. Arthritic as well as neuritic reactions are the EFFECT, not the cause of conditions.

So, when the blood supply is reacted upon, and the pressures removed, we will find - for this system - the replenishing will be such as to remove the arthritic tendencies.

36. (Q) Are tea and coffee harmful?

(A) For this body tea is preferable to coffee, but in excess is hard upon the digestion. To be sure, it should never be taken with milk.

37. (Q) Would Yeast be good for me to take?

(A) Yeast is very well, but if the Apple Diet is used for the cleaning forces as indicated - about once a month - this would be preferable to the creating of greater disturbances in an already fagged condition in the system.

If there is the insistent non-activity of eliminations as well as should be, then as we find the small quantities of Olive Oil - with the activities of the system - would be preferable to the Yeast or cathartics or the like. We would take about half a teaspoonful of the Olive Oil about three to four times each day, when it is taken. This will not only supply nutriment to the digestive tract but will aid in the eliminations, and is an intestinal food.

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

(A) Do these things, and as we find we will bring the near to normal forces for this body.

Keep the attitude of constructive, creative influences in the relationships to self, self's usefulness for others. Not only is the health then for the betterment of self's opportunities but the opportunities to be used in service for good.

39. We are through for the present.

INDEX OF READING 1713-21 F 41

ACIDITY

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ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

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BACKGROUND OF READING 1713-21 F 41

B1. 10/20/38 She obtained 1713-20 in re her dermatitis, gland incoordination, beginning menopause, etc.

TEXT OF READING 1713-21 F 41

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of February, 1939, in accordance with request made by the self - Mrs. [1713].

APPLES AND THE APPLE DIET CIRCULATING FILE

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions she has submitted, as I ask them:
2. EC: Yes.
3. As we find, there are some GENERAL improvements in the physical forces of the body. These especially are in those conditions in which there is a better response of the system to the general stimulations that are given in making for a coordination of the organs and the activities of the organs in their assimilating, eliminating, and the general strengthening of the body.
4. There needs to be further applications of the osteopathic adjustments, but a more CONSISTENT activity in the diets as well as the general activities of the body itself, physically and mentally. When there is not an adhering to conditions in the diet, when there is taken those things that tend to cause greater stresses through the activity of the assimilating forces in the system, there necessarily is a hindrance to that attempting to be accomplished by the stimulating of the ganglia along the cerebrospinal system to create a normal balance so that the body may care for same.
5. Be very careful, then, in the combining of the foods. Never have any of those forces of alcohol or of hops or of ANYTHING that tends to make for the disturbing in the better assimilation for the body-forces. These tend to create an acidity, which already exists.
6. Keep the eliminations better, though there may be the necessity for the greater use of enemas for the evacuating through the stool itself. Or there may be the use of citrus fruit juices in quantities; but this would necessitate, then, that there be not too great an activity, and that nothing else be taken but the citrus fruit for five days. This would include only oranges, or oranges with lemons - no other foods - for five days. Just how many? As many as the body wants to take!
7. OR the body may eat ONLY apples for three days. No other foods except water or the like.
8. OR, if preferable, the body may go on a grape diet for four days; only grapes (with the seeds removed, of course), and no other foods for at least four days.
9. Either of these would be effective for the body. It may choose either one.
10. But after EITHER of these - that is, on the evening of the last day of such a diet - take half a teacup of Olive Oil. This would cleanse the system from the impurities, preventing the inclinations for gas formation and for this regurgitation that is taking place in the lower portion of the duodenum.
11. Ready for questions.
12. (Q) Has the glandular system improved much since starting the treatments?
(A) It is somewhat improved. But as indicated, the body is overburdening itself with improper diets.
13. (Q) Is the osteopath giving me the proper treatments, and shall I continue?
(A) They should be continued. These are given very good, but there should be more cooperation with the doctor!
14. (Q) Why does the part around the right colon bother me?
(A) As indicated, this is a filling of same - or an incoordination of the eliminating channels with the activities of the organs themselves.

APPLES AND THE APPLE DIET CIRCULATING FILE

Hence, as we find, we would use one or the other of the three modes or manners of producing the better coordination. The body may choose.

15. (Q) What is wrong with my uterus? Why am I menstruating so improperly?

(A) This is the general strain upon the nervous system and the effect of too much alcoholic reaction - which is from foods as well as drink.

16. (Q) Shall I continue taking Atomidine, the D.D.D. ointment, and the Listerine?

(A) These are very well, and we would reduce the quantity of the Atomidine taken internally. But we would now take Atomidine douches; though, to be sure, not during the periods when the menstrual activity is upon the body - but after - every other day. Have the water body-temperature, using a teaspoonful of Atomidine to the quart and a half of water for the douche. Use a Fountain Syringe, and not a force or spray.

17. (Q) What makes my throat hoarse at times?

(A) Nervous reaction, which should be relieved with the general health improved and better coordination produced.

18. (Q) Why is my hair still coming out?

(A) Poor circulation, and we would continue with the massage as indicated as being well for this.

19. (Q) What causes back of my neck to become stiff? and left shoulder?

(A) Poisons in the system. Lack of proper eliminations through the colon and through the alimentary canal. And especially the fecal forces as indicated that need to be cleansed from the colon.

20. (Q) Why did my left eye hurt me more when I was doing the head and neck exercise?

(A) Because of the necessity for the increased flow to that portion of the body. A natural reaction.

21. (Q) Why does the lower part of my back hurt, and at times a spot on right side of back?

(A) This is all a general condition through the system, as we have indicated, that needs to be corrected by the coordination of better eliminations from the body. Nervous pressures!

22. (Q) Do you mean the beginning of the menopause when you speak of the changing in my system?

(A) The beginning, but it's at least a year or two years off yet.

23. (Q) Would you recommend an exercise to increase a better circulation?

(A) Walking is the best exercise!

24. (Q) What causes deep circles under my eyes, and how can I eliminate them?

(A) The lack of the elimination or coordination between the kidneys and the liver, and the effect of those activities as indicated. When there is an increasing of the better coordinations, these should disappear.

Do these things as indicated, and we will bring the better forces for this body.

25. We are through with this reading.

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ACIDITY

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BRONCHITIS

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: Grape Juice: Obesity Par. 21-A
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BACKGROUND OF READING 1850-3 F 32

B1. See 1850-2.

TEXT OF READING 1850-3 F 32

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 10th day of May, 1940, in accordance with request made by the self - Mrs. [1850].

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. Conditions are changed a great deal from that as we have had before, but the more acute conditions arise from phlegm and congestion in the trachea and the upper portion of the lung and bronchi. Hence there is the inability of activity of the nerve forces to the sympathetic nerves of the bronchi and the vocal box itself.
3. Also a superacid condition exists through the system.

APPLES AND THE APPLE DIET CIRCULATING FILE

4. Begin first with taking small doses of ENO SALT; a teaspoonful - heaping teaspoonful in a glass of water EVERY MORNING, for at least twenty days! This is not the effervescent kind or other salts, but ONLY the ENO SALTS - which is made from fruit salts, see? Take this before breakfast, you see.
5. Also we would begin taking sips of Calcidin water prepared in this manner:
6. Dissolve five grains of Calcidin in two ounces of warm water. Keep this where it will remain warm (but not hot). Then, about four times a day, take a sip - not a spoonful, but a sip - about half a teaspoonful - but take a long time in swallowing this amount; just sip it. Keep this up even through the night if there is disturbance from the inability to breathe or to lie down easily.
7. KEEP AWAY FROM FOODS! Keep rather only water, milk and bread, for at least five to six days. This will be necessary if we are to eliminate the conditions from the body.
8. Then, after the fifth or sixth day, eat ONLY apples - RAW APPLES - for THREE DAYS! Coffee may be taken with same if so desired, but NOT with milk or cream or sugar in it! Also leave off the milk and bread when the apples are being taken. This is to cleanse the activities of the liver, the kidneys, and the whole system, - where there has been disturbance.
9. On the evening of the third day of the Apple Diet, - take internally HALF A TEACUP full of OLIVE OIL!
10. Then, after that do not overgorge the system when beginning to eat again. Have rather a normal diet, but not too rich nor too highly seasoned foods.
11. Keep away from cake or pastries or pies or the like.
12. The principal diet would be rather vegetables, both raw and cooked; with fish, fowl or lamb as the meats, but not beef or hog meat of any kind; and no fried foods at all.
13. Do these, and we will find that in a few days the ability to talk will return.
14. Be active in the open, but NOT so as to overstrain the body during the period of the fast and of the apple diet.
15. Ready for questions.
16. (Q) What causes awful headaches?
(A) Pressures from the poisons in the system.
17. (Q) In what condition are the kidneys?
(A) Overtaxed through the general toxic forces and the superacidity in the system. Thus the necessity for a long series of this alkalizing of the system, and the turning of the eliminations more through alimentary canal so as to relieve the pressures upon the kidneys.
18. (Q) Is blood pressure high?
(A) It is abnormal, but not for the condition which generally exists through the system.
19. (Q) What causes stomach to be so large?
(A) The expanding and dilating through the general toxic and gas forces in the system.
20. (Q) Please name something to relieve constipation.
(A) Take these things as indicated, and we will relieve this conditions, if there is the adherence to the proper diet afterwards.

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21. (Q) Please give that necessary for reducing?

(A) Use a Grape Juice diet as well as the general diet which has been indicated. About thirty minutes before each meal and at bedtime, drink about two ounces of Grape Juice in one ounce of water (plain water, not carbonated). Welch's Grape Juice is preferable.

Of course, the first fasting period as indicated will reduce the body at least three to four pounds. Then don't put it on again by overeating!
Do these. We are through with this reading.

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BACKGROUND OF READING 2423-1 M 52

B1. 12/2/40 Friend [2290]'s ltr.: "He has an infected index finger. It has been very bad for many weeks & he & his wife are very much worried about it. The doctors seem not to know what to do for it... Should it be massaged? How much longer should be kept in splint? What can bring back flexibility of end joint? How long before he can use the finger in playing the piano?"

TEXT OF READING 2423-1 M 52 (Piano Teacher)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of December, 1940, in accordance with request made by the self - Mr. [2423].

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here, [2423].

3. As we find, there are disturbing conditions which prevent the normal functioning and reactions in the system. These arise from TWO disturbances; first an unbalancing of the chemical system, until little reaction or assimilation of values of Vitamins B-1 is possible, or the coagulating elements; then poisons from hydrochloric acid, or excesses of same in the system, as combined with influences without.
4. Hence the inability for the coagulation, or for abrasions or injuries to heal. And these have become, and do find, a disturbance; and form the disturbance through the system.
5. If there will be the administration first of these properties we will suggest, we find that these will so react upon the system as to cause a purification for the body.
6. We would begin first, then, with these, and follow in this manner:
7. Each day take one drop of Atomidine in half a glass of water, before the morning meal, for five days.
8. At the end of the five days, begin on the next day with a mixture prepared in this manner:
 Rochelle Salts.....1 level tablespoonful,
 Sulphur.....1 level tablespoonful,
 Cream of Tartar.....1 level tablespoonful.
 Mix these thoroughly; not merely stirring together, but put the ingredients in a mortar and stir and grind these thoroughly together with a pestle.
9. Each morning then before a meal is taken, take a level teaspoonful of this mixture, either dry or in water. Do this for five days.
10. Then leave off for three days.
11. Begin then with the X-Ray treatments to the areas where the disturbances are indicated in the present. These are to be given only as flashes, and not LONG exposures. Only give them once a week, but keep them up for at least five periods - that is, five weeks.
12. Use any character of ointment. Preferably, though, we would suggest Cocoa Butter that is dissolved or rubbed in with Olive Oil; as this will aid in preventing scars, even, upon the areas where old sores and injuries have been so disturbing to the body.
13. A massage of the body once in a while; once or twice a week, or once or twice a month; will be HELPFUL to ASSIST the system in the eliminations.
14. During this whole period we would be careful of the diet.
15. First, have a cleansing diet, - that is, during the first five-day period of taking the Atomidine, go on an Apple Diet for three days. Take all the body may eat for three days, ONLY raw apples - this the entire diet for three days, you see. Then, on the evening of the third day, at time of retiring take a tablespoonful of Pure Olive Oil.
16. After the cleansing of the system in this manner, with the Atomidine first, and then the compound, we will find we will have changed entirely the reaction of the chemical forces of the system; purifying the glands, changing the chemical forces entirely through the alimentary canal; so that the X-Ray will then become effective.

APPLES AND THE APPLE DIET CIRCULATING FILE

17. By the time this series of treatments is finished, or before, we should find the conditions will have disappeared.

18. As to the diet after the first cleansing with the apples, - we would have plenty of carrots - raw as well as cooked; oranges, oatmeal - but preferably the steel cut oats and these cooked a long time, but in enamel or glassware, NOT in aluminum - for this body. For this body, do not eat foods prepared in aluminum at all; for, from the natural conditions and the supercharges of acids, the body will be allergic to the effects from aluminum upon foods, - especially tomatoes or greens of any character or kind.

19. Have plenty of vegetables in the diet, then; little of meats, but plenty of those especially as just indicated. All of those, especially, that are yellow in color carry the vitamins and forces necessary to prepare the proper chemical balance in this body.

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

21. We are through for the present.

REPORTS OF READING 2423-1 M 52

R1. 6/28/43 Mrs. [3954]'s letter: "I went on Sat. to call upon a sick man in a Chicago Hospital. His name is [2290]. I found he knew you and some years ago had a reading from you for his friend, [2423], who recovered. Mr. [2423] has been a friend of mine for some years. He and his wife [...] spent their summers at ... where I went to paint. Mr. [2423] asked me to call on his friend [2290]. We found a mutual interest at once in you."

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BACKGROUND OF READING 3224-1 F 6

B1. 7/11/43 Father [3211]'s letter: "...Our little daughter six years, a case of Allergy, causing dry nostrils and blowing and coughing throughout the night and sometimes slightly wheezing."

B2. 7/13/43 Letter: "What are the allergic tendencies due to? From infancy, she had an intropic of the lower eyelids, causing the eyelashes to irritate the pupil of the eye. Some doctors advised operation in order to bring back the lid. Other doctors said it was due to an allergy. While the condition is much improved, we would like to know whether the eyes have suffered any ill effects from it. Do the eyes need treatment of any sort? Is diet an important factor? If so, what foods should be avoided?"

TEXT OF READING 3224-1 F 6

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of September, 1943, in accordance with request made by the father, Dr. [3211].

Time of Reading 10: 45 to 11: 00 A. M. Eastern War Time., N.Y.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:

2. EC: Yes, we have the body here, [3224].
3. Interpreting the disturbances as we find with this body, while in the main they are apparently minor in the present - and with good, wholesome foods and plenty of activity in the open, little or no consequential conditions should develop from the disturbances as exist in the present (save those that might come in later life), - here is a very good illustration of the sources and causes of allergies that effect [affect] a body in varied manners.
4. And there are some very definite ones here that affect even the muscular forces. It would thus become a very good demonstration or illustration as to the results that may be obtained through certain channels [osteopathic] that are efficient in meeting the needs of bodily conditions under certain circumstances; not all, to be sure, but in these most truly.
5. Here we find the sources or causes of allergies to some foods, some pollens, some odors. Noises to the body are also just as bad at times. This is a selfconsciousness of the lymph patches or spots where there is connection or association with the centers along the cerebrospinal system.
6. In this particular body we find that in certain climates the Sun and the Sun's rays would be most beneficial and the others most harmful - because of the actinic value of the rays in those vicinities of a high altitude.
7. Here, though, we find these conditions existent in the body:
8. There are allergies from any activity at certain periods because of this incoordination, or a tautness at the center where sympathetic and cerebrospinal make their closer connections - at the upper dorsals; which are a part of those that control the activities to the sensory system and sympathetically even the eyes and eyelids. These show a variation in their activities. Also there is a variation as to the taste and odors, and activities as related to other portions as in the touch to the body.
9. These are accentuated. For this particular area there are the greater circular lesions, and these are about the second and third dorsal.
10. Then there are those in the third cervical areas that also make for associations of reflexes and activities to the lumbar areas of the body. And these, if there were not corrections made, would doubtless cause the greater trouble when the periods of puberty were reached with this body.
11. But here we would find - if these treatments are kept, consistently for a period of two to three to four years - normal developments in most every direction.
12. We would have osteopathic treatments in systematic series; not attempting so much adjustments after each segment, each vertebra is aligned, but just occasionally the adjustments to keep such in alignment and then a relaxing treatment. These we would give about once a week until ten or twelve have been given. Then leave them off for two or three months. Then have another series of about the same number.
13. And we will find, if there are precautions as to the diet, we can keep this body near to a normal balance.
14. Ready for questions.

15. (Q) What foods should be avoided?

(A) Not so much an avoiding of foods here, but these we would take - these we would cultivate for the body; that is, have the body's taste cultivated in these directions: Whole grain cereals should be a part of the diet several times each week, three or four times or more. All fruits should be included, though no raw apples especially for the body. Alternate the fruits and cereals at the morning meals. Vary these - cereals (or fruits - not both at the same meal) toast, milk, and those of that nature. At the noon meal include occasionally - especially after a year or so - seafoods; lamb; not too much beef. Never any hog meat or of that nature, but fowl. Especially wild fowl or wild game of any kind whenever practical or possible, would be well.

Keep a well balanced vegetable diet. Have at least three of those above the ground to one below the ground. This will keep the correct balance.

16. (Q) Would any kind of a pet animal aggravate the allergic tendencies - can she have a pet dog?

(A) If she likes a pet dog, have a pet dog, especially if these things indicated are done for the body. But if they are not, animals of any kind - their odor, their fur or hair - wouldn't be good - she would have a rash, an upset stomach, headaches and blinky eyes.

17. (Q) From infancy, [3224] had an intropic of the lower eyelids, causing the eyelashes to irritate the pupil of the eye. Some doctors advised operation in order to bring back the lid. Other doctors said it was due to an allergy. While the condition is much improved, we would like to know whether the eyes have suffered any ill effects from it. Do the eyes need treatment of any sort?

(A) This is just what has been referred to. When those treatments indicated have been once established, we will find quite a difference. It may require some three to four of the treatments to find each segment along the spine doing or performing its functioning without being static. Then coordinate the lymph, or lymph patches, with the central circulation - both nerve and blood - and we will find that all allergies would disappear.

18. (Q) How should she be guided best?

(A) Spiritual purposes should be the basis of all its activities.

19. (Q) What walk of life is [3224] best fitted for?

(A) This depends. This could best be seen from its activities through the material plane or in a life experience (through a Life reading).

20. We are through with this reading.

REPORTS OF READING 3224-1 F 6

R1. 10/5/43 Father [3211]'s letter: "Received [3224]'s reading and certainly find it very interesting. We no doubt will not have any skin tests made as contemplated but will follow through with the reading and watch results. The osteopath is Dr. T. R. McLean of ..."

R2. 11/11/43 Father [3211]'s wire: "Had to discontinue [3224]'s treatment until we find out whether vomiting and diarrhea due to osteopathy. [3119] should also get check reading. Advise on special diet for both."

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SPINE: SUBLUXATIONS

BACKGROUND OF READING 3673-1 F 24

B1. 2/17/44 Questions: What causes my mouth habit? How may I best overcome it? What causes continual skin eruptions? What causes lack of energy? What is an ideal diet for me?

TEXT OF READING 3673-1 F 24

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of February, 1944, in accordance with request made by the brother-in-law - [3211], Associate Member of the Ass'n for Research & Enlightenment, Inc.

2. EC: Yes, we have the body here, [3673].

3. As we find, there are disturbing conditions preventing the better physical functioning in this body, and these arise from pressures that have long existed in the body. Thus these may not be eliminated in a few weeks. For the condition has been a gradual development from pressures that exist in the cerebrospinal system.

4. Thus there has been caused an incoordination between cerebrospinal and sympathetic nervous system, as well as upsetting the equilibrium between the eliminating channels of the body. Thus activities of glands in the liver and gall duct area are affected because of incoordination of circulation between liver and kidneys and the reflexes of sympathetic system that cause those conditions to give expression through the activities of the sensory system - the drooling that is experienced at times, the manner in which the salivary glands secrete. The eruptions that are a part of the conditions in the eliminations are the result of these conditions in the body.

5. These, then, will require mechanical applications, or mechano-therapy as may be administered by an osteopath, as well as the creating of a balance in chemical forces that are active not only through the central blood and nerve supply - as brain, heart, lungs, liver and kidneys - but the activity in glands controlled by the combination of the cerebrospinal and sympathetic nerve reflexes by impulses received by the body. For as indicated, in the mental activities, "don't - don't - don't" to the body represents, "I will - I will - I will." And we have rebellious forces in the reflexes to brain forces.

6. The subluxations, which have long existed, are indicated in the coccyx - at the end of the lumbar, more than at the end of the coccyx segments. There the conditions cause pressures which deflect the flow of circulation through the lymph and the activity to the glands that aid in assimilation and eliminations.

7. Thus fats of all kinds shall be eliminated from the body's diet. Have a great deal of raw foods in the diet - fruits and vegetables.

8. Here, one good eliminant for this body would be to go on the apple diet - at least every three months; that is, eat nothing for three days except raw apples, preferably the Jonathan variety or a kindred variety. Follow this with at least two to three teaspoonsful of Olive Oil; that is, after the three days. This is to change the activity through the whole alimentary canal.

APPLES AND THE APPLE DIET CIRCULATING FILE

9. Also as those corrections are made osteopathically in the coccyx, the sacral, 9th dorsal, 3rd and 2nd dorsal, 3rd cervical, 1st and 2nd cervical, it would be well that these be made rather in series - about six treatments and then a rest period from these of two to three weeks, and then another period of six to twelve treatments in the second series. Then another rest, and then another application of the same corrective forces.

10. And throughout these periods, but not when there is damp weather, take this combination for the general eliminations, prepared in this manner:

Sulphur.....1 level tablespoonful,
Rochelle Salts.....1 level tablespoonful,
Cream of Tartar.....1 level tablespoonful.

Mix these thoroughly, best by being crushed with a mortise and pestle, so that they are blended thoroughly. Every day take a level teaspoonful of the mixture, either in water or dry. Do this regularly, except in damp weather.

11. Do these things, being mindful of the diet. Of course, the diet is not to consist wholly of raw vegetables and fruits, though these are to be taken in more abundance than ordinarily. Fish, fowl and lamb may be taken as meats. None of these should ever be fried. For this body, use at least three vegetables above the ground to one below the ground.

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

[The following question and answer was left out of original copy.]

13. (Q) Would it be well to tell the body that she is an adopted child?

(A) This will necessarily depend upon the reactions of the body, and as to whether or not from the general environs it is indicated that there are resentments. If this is done, then, it should be in the manner in which this may be the basic thought: that a mother, a father, may not choose one that may be born to them, except spiritually. In adoption, the choice may be spiritual and material.

14. We are through with this reading.

REPORTS OF READING 3673-1 F 24

None.

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 Fasting

by William A. McGarey, M.D.

<http://www.edgarcayce.org/IntSearchHealthDatabase/data/thfast1.html?terms=apple>

I. What Is Fasting?

Fasting has been looked upon throughout the ages as a means of spiritual growth in the practices of many religions; as a protest against civil injustices or as a means of protesting against the alleged or real injustices of the law of the land; as a means of binding an oath to seek revenge; in defending one's honor; and as a means of preparation for surgical procedures in more recent years. Fasting involves complete abstinence from food or more lenient diets partially excluding certain food substances.

Fasting as it is seen in the readings, however, is perhaps different from any of the usual concepts with which we have become familiar. It is a setting aside of our own concepts of how something should be done. It is casting out of our inner selves any thought of what we would have done, rather allowing ourselves to become channels through which God may work. It is a supplying of energy to the body which would allow coordination of organs and systems, which would bring about adequate assimilation and elimination. In purifying a mind which is in a state of mental confusion, fasting is a mechanism of the mind and not of the body or the diet. For prayer and fasting is not what man usually thinks of it-doing without food-but rather it is man bringing himself to low estate, abasing himself in order that the Creative Force of God might be made manifest.

The following four extracts may give us a more rounded commentary on this from the readings:

...fasting... is as the Master gave: Laying aside our own concepts of how or what should be done at this period and let the Spirit guide. Get the truth of fasting! ... to be sure, overdone brings shame to self, as overindulgence in anything - but the true fasting is casting out of self that as "I would have done [replacing with] but as Thou, O Lord, seest fit. . ." (295-6)

Hence, as the entity may ask, what about the spiritualizing of these? This is well, but this comes through direct reactions. As has been indicated, such are healed with fasting and prayer. But what does fasting and prayer mean here?

The supplying of those coordinations of the activities of the physical organs with the elements sufficient not only for producing the necessary forces, but for the carrying away and eliminating of the drosses that have already been created - and that find their reaction or manifestation in the depleted feeling that arises in the body forces. (3062-1)

... purifying of mind is of the mind, not of the body. For, as the Master gave, it is not that which entereth in the body, but that which cometh out that causes sin. It is what one does with the purpose, for all things are pure in themselves, and are for the sustenance of man, body, mind, and soul, and remember - these must work together ... (5401-1)

... yet this must be approached with prayer and fasting ... Not as man counts fasting - doing without food, but one that would abase himself that the Creative Force might be made manifest. This will be presented even as such is made known to those studying such phenomena, as physically called, in the process of operation.

Q-10. Should we take this up with the Scientific Society of America?

A-10. No! Take it up rather with God! (254-46)

II. Arguments Against Fasting

There certainly are those conditions wherein fasting should not be attempted, because a variety of disturbances within the body might be produced. In 2684-1, for instance, a physical condition in addition to a disturbed mental condition was approached by a 43-year-old woman with a fast. In her case, it produced an unbalanced chemical condition within the body that prevented proper assimilation of foods and created gas in the duodenum, which in turn caused pain and irritation. An excess of acid was formed and the subsequent disturbances to the superficial and deep circulation brought about lesions in the sympathetic ganglia. These in turn reflected throughout the nervous system and produced a variety of different symptoms.

In another case, [2185], there was fear of cancer. The question was asked if there was any malignant growth in the man's body. The answer was that conditions of "plethora" existed in pockets of the lymphatic circulation throughout portions of the body which Cayce indicated were not yet malignant but which could be if there was not persistence in following the suggestions he had given. He stated that there should be no serious diets or activities because such create a strain on the body - and would occur in fasting or in following certain diets for a long period of time. He suggested that this person be well-balanced in his diets. Thus, fasting should be abstained from in cases where there are definite abnormalities of the body suggesting lack of proper substances.

In a different condition - uterine myoma - the woman had already fasted two weeks with nothing but orange and tomato juice and she complained of a coated tongue and indigestion. The rather obvious indication was that the fasting caused excessive amounts of poisons and wastes in the system which were detrimental rather than beneficial in this specific instance. Cayce's suggestion was to:

Remove those conditions by the application of those properties as have been outlined, and by the manipulation necessary to cause the proper absorption of condition in system. We will find the growth (as is called) reducing, rather than that as is caused by poison in the system, and the amount as is seen that exists after fasting, as indicated, is that the

condition is of the nature that may be removed by the absorption method, if there is the proper administration of conditions to cause, or produce, or bring about, those conditions in system where - through these may be accomplished. Hence, do as has been given for this, rather than that of the diet that weakens the vitality of the system ... (283-3)

There were still those who came rather consistently to Cayce for readings, almost insisting on fasting in the conventional manner. [2072] was like that and in his fifth reading he was put off in his attempt at a purifying fast until his body was more in proper balance and lesions had been removed from the ganglia.

There are many, then, who should not fast in the manner of abstaining from food. Cayce's concept of fasting mentioned earlier becomes more understandable and attractive here and emphasizes that mental conditions and disturbances cannot be made right through the mechanism of bodily fasting.

III. When Should We Fast, and How?

Certainly fasting in the traditional sense does have its place. In some situations and when the body is disturbed from certain causes, a fast can be beneficial. A 32-year-old woman, [1850], had a bad case of bronchitis with loss of voice and what Cayce described as a "superacid" condition throughout her body. She was given adjunctive therapy in the way of stimulating the eliminations to remove congestion in the trachea and the bronchi, but interestingly was told to fast following an otherwise extreme regimen:

Keep away from foods! Keep rather only water, milk and bread, for at least five to six days. This will be necessary if we are to eliminate the conditions from the body. (1850-3)

Then the young lady was instructed to go on a three-day apple diet with half a teacup of olive oil afterward, and then begin to eat a normal diet - not too rich nor too highly seasoned - after the cleansing was completed. Thus it can be seen that in this particular case cleansing of the physical body was the objective.

Obesity seems to be the most logical condition in which one should practice fasting. The readings substantiate this in one case of a woman, overweight and having trouble with vomiting, who was given some sharp advice:

When there is regurgitation, when there is the overloading in the system no matter whether it's just plain water - the body wouldn't starve if it fasted for forty days! It would really be good for it! but be severe the body! but overloading the system overtaxes the body. (5583-2)

It must be noted, however, that not many of those individuals consulting Cayce for obesity ended up with advice to fast. They were instead directed to take Welch's grape juice, two ounces in one ounce of water 20 minutes before each meal. This is one condition, however, for which fasting was suggested and consequently might be considered.

Some other aspects of fasting from the readings indicate the subtlety of the fasting concept. For instance in homosexuality, a reading recommended physical hardships. Denying spending money on one's indulgences, sleeping on a hard bed, eating very little, taking no sweets, not going to movies or entertainment, and going "for days only on bread and water, but do it of thyself if ye would succeed, and ye may become even a greater pianist than Hofmann." (5056- 1)

This again becomes a fast for a specific purpose of denying the body when there has been an obvious history of lack of self-denial.

Fasting then is well in its place and perhaps its place is not nearly as common as practices throughout the world have led us to believe. We must keep in mind that it is also important to supply our bodies with the energies to build body forces so that life may continue normally as expressions of the Spirit within. (See 5326-1.)

For the body is indeed the temple of the living God. Therein ye may meet Him in prayer, in meditation, in psalm singing, yea in the activities of fasting, in not only the foods but in opening the mind, the consciousness, consciously to that which may flow in from music, from prayer, those influences which may flow in from deep meditation, which may be gained in having regular periods for this shutting out from self of the voices or the sounds of nature and listening to the still small voice within. (3620-2)

Could we not say, then, that fasting physically may be needed for physical conditions and is the withholding of physical food; fasting mentally is that condition already described where we abase self-the ego-so that Creative Forces might be made manifest; and spiritual fasting is shutting out even the sounds of nature in listening to the still small voice within.

[Note: The preceding commentary was written by William A. McGarey, M.D. and is excerpted from the **Physician's Reference Notebook**, Copyright © 1968 by the Edgar Cayce Foundation, Virginia Beach, VA.]