

Circulating File

Water: Drinking

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

**Edgar Cayce Readings
Edgar Cayce Foundation
1971, 1993-2018**

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

Printed in U.S.A.

WATER: DRINKING CIRCULATING FILE

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

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

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

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

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

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

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

Blessings, A.R.E. Member Services Team

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

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

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

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

Water: Drinking

| <u>Contents</u> | <u>Pages</u> |
|---|--------------|
| A. Introduction to the Edgar Cayce Readings on Health and Healing | 5 |
| B. <u>Chapters</u> | |
| 1. Interesting Quotes | 9 |
| 2. Drink more water | 9 |
| 3. Quantity of water | 12 |
| 4. Quality of water | 14 |
| 5. Eliminations | 17 |
| 6. Internal and External Water | 19 |
| 7. Flushing the System | 22 |
| 8. Kidneys | 26 |
| 9. Medicinal Properties | 32 |
| 10. Temperature of Water | 34 |
| 11. Water with/as Medications | 36 |
| 12. Constipation – Lithia | 37 |
| 13. Beverages and Other Types of Water | 38 |
| 14. Sea Water | 45 |
| 15. Carbonated water: | |
| a. Warnings | |
| 1. General | 49 |
| 2. Citrus | 51 |
| 3. Grape juice | 51 |
| 4. Acid/Alkaline | 53 |
| 5. Stimulating/Severe | 53 |
| 6. Wine | 54 |
| 7. Hops, Beer and Ale | 56 |
| 8. Milk and Malted Milk | 58 |
| 9. Coffee and Tea | 59 |
| 10. Coca Cola | 60 |
| b. Carbonation Okay | 61 |
| C. Articles: | |
| 1. "Drinking Water as an Aid to Assimilation and Elimination" | 66 |
| 2. "How Much Water Should We Drink" by John Waitekus, MD | 67 |
| D. Related Circulating Files and Research Bulletins*: | |
| 1. Bladder: Stricture | |
| 2. Cayce Baths | |

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

WATER: DRINKING CIRCULATING FILE

3. Kidneys: General
 4. Principles of Healing
- E. Recommended Books:
1. *Your Bodies Many Cries for Water* by F. Batmanghelidj
 2. *Messages From Water* by Dr. Masaru Emoto
 3. *What the Bleep Do We Know* (DVD) by Dr. Masaru Emoto

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

WATER: DRINKING CIRCULATING FILE

needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

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

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

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

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

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

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

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement,

WATER: DRINKING CIRCULATING FILE

it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

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

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

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

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

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

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

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

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

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

WATER: DRINKING CIRCULATING FILE

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

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

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

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

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

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

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

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

Library: Circulating File Desk

A.R.E.

215 67th St

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

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

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

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

Blessings, A.R.E. Member Services Team

Interesting Quotes

3361-1, F 61 (Widow, Clubwoman, Protestant), 11/15/43,

. . . when water saw its Master, blushed and became wine even by activity. Remember, only as it was poured out would it become wine.

1300-1, F 33 (Actress), 11/28/36,

For each soul is born of water and of blood. Blood is the material, water is the ethereal or the spiritual forces - as may be manifested, or that are as shadows of those that take hold upon the minds and the souls and the hearts of men.

136-83, F 25, 3/31/30,

Blood, a manifestation of force that through which life manifests in its various forms. Water, the cleansing force as one moves from experience to experience.

Drink More Water

2051-7, M 70, 23/27/43,

Do drink more water.

4182-1, F ADULT, 12/12/23,

In the system at the time should be plenty of water. The system does not take sufficient water for the body.

4212-1, M ADULT, 12/13/23,

Drink plenty of water. Make the system assimilate more water, by giving the system water at specific times, and specific quantities. Make this regular, and routine.

4654-1, F ADULT, 6/19/23,

Drink more water by about three times, see.

643-1, M Adult, 8/23/34,

Drink plenty of water at all times.

1196-15, M 61, 5/24/40,

Take plenty of water at all times.

304-27, M 79, 6/1/33,

Drink PLENTY of water at all times.

1306-1, F 18, 12/15/36,

Drink PLENTY of the water at ALL times!

1005-17, M 28, 3/21/37,

Drink plenty of water at all times.

WATER: DRINKING CIRCULATING FILE

1576-1, F 17, 4/22/38,

Drink plenty of water at all times.

4694-2, M ADULT, 4/26/11,

To keep the improvement in the condition in the body, as we have it at present, for bettering the condition, keep plenty of water into the system at all times.

4689-1, F ADULT, 11/2/23,

Let the body keep plenty of water in the system at all times.

15-1, F 75, 9/14/27,

Rest. Plenty of water at all times for the body

3332-1, M 51, 10/30/43,

Drink lots of water through that period.

670-12, M 27, 1/25/43,

AND drink plenty of water!

2183-1, M 49 (Miner), 4/30/40,

Drink plenty of water, of course.

207-2, F 35, 6/24/26,

Drink plenty of water.

1010-4, F 56, 3/21/28,

Drink plenty of water.

2075-1, F 46, 1/11/40,

Drink plenty of water.

3494-1, F 26, 11/19/43,

Drink plenty of water.

5693-1, F ADULT, 12/8/10,

Keep plenty of water in the system and plenty to the whole system of pleasantness as we can.

5717-3, M ADULT, 10/18/23,

Keep plenty of water in the system at all times. Body does not drink enough at all times, see. We are through.

2124-1, M 53, 1/29/31,

At ALL times drink QUANTITIES of water.

WATER: DRINKING CIRCULATING FILE

3563-1, F 42 (Clerk), 1/15/44,

Do drink plenty of water - six to eight glasses each day.

5619-1, F ADULT, 8/17/31,

(Q) How often should she drink the water and how much should she drink?

(A) At least two quarts of water should be taken a day by everyone. At a period would drink a glass to three-quarters of a glass, or a tumbler of water.

294-64, M 48, 2/12/26,

(Q) Any other suggestions for the relief and improvement of this body?

(A) Drink more water.

26-2 F, 50 (?), 4/2/27,

Drink plenty of water, and we will find that by the time the whole properties are taken the body will be rid of these conditions.

(Q) What is the condition of the lungs?

(A) These are very good, save as improper circulation and the lack of deep breathing and sufficient water in the body. Build up the general system, and we will find these conditions will improve.

92-1, F ADULT, 11/21/28,

Drink PLENTY of water. Make it obligatory for self to see that at least two to three GLASSES of water are drunk between each meal - **not AT meals.**

140-4, F 22, 12/24/24,

Let the diet be those properties as were first outlined for the system, using much vegetable matter; that is, uncooked. Do this consistently, persistently, drinking a great deal of water, and we will find the body will respond, through the physical forces, to these conditions.

289-2, M 48, 8/10/35,

These, as we find, with the proper precautions as to the amount of water taken (being sure this is pure, too), and as to the regular activities in the diet, we find that we should build the body up.

2341-1, M 33, 9/6/40,

Then drink plenty of water through the day, at least six to eight tumblers full.

Throughout the period of taking this compound, be sure that the feet are kept dry; that is, do not get the feet damp or wet, being careful not to get caught in the rain or the like.

3941-1, F ADULT, 5/12/24,

Do this. Keep these persistently, drinking plenty of water, and we will find we will bring this body, [3941], to its normal forces in from three to four moons.

Quantity of Water

4283-4, M ADULT, 12/15/24,

Let the diet be a great deal more water than the body takes at the present time.

4302-1, M ADULT, 4/7/23,

The body should drink about twice as much water as it does, see.

257-234, M 48 (Sales Mgr., Hebrew), 6/30/41,

(Q) How much water should body drink daily?

(A) Through this period, there should be ten to twelve glasses full during a twenty-four hour period.

1054-1, F 37, 11/11/35,

In the meantime, be mindful that there is plenty of water taken in the system. Not those that would overflow, but at least six glasses of water each day - this would be the least quantity that should be taken.

3051-6, F 46, 6/19/44,

(Q) How much water does this body need?

(A) Depends upon necessity, the diet and activities in the body's influence in sun or the like. Six to ten glasses each day is not too much.

261-16, M 47 (Banking, Investments, Protestant), 8/19/35,

(Q) How much liquid should I take each day?

(A) Water about eight to ten ounces; the liquid drinks about an equal amount.

(Q) Do you mean ounces of water or glasses?

(A) Eight to ten OUNCES! We know what we are talking about! You double this and you have twenty ounces, which would make half a gallon! And if he takes most of these, he would be well flushed!

263-1, F 21, 2/6/33,

(Q) How much water should the body drink daily?

(A) At least sixteen glasses full!

919-1, F 33, 5/7/35,

(Q) How much water should I drink daily?

(A) At least six to ten glasses.

2084-11, F 13, 3/3/42,

(Q) How much water should she drink every day?

(A) From six to eight glasses.

924-1, F 45, 5/14/35,

(Q) How much water should she drink daily?

(A) Eight pints a day!

WATER: DRINKING CIRCULATING FILE

1131-3, M ADULT (Gasoline Station Operator), 3/18/36,

(Q) How much water should the body drink each day?

(A) Six to twelve ounces.

1196-9, M 59, 7/1/37,

(Q) Should I drink plenty of water, and how many glasses each day?

(A) Drink plenty of water. This as we find is most helpful to the body. Six, eight, ten glasses a day.

4283-5, M ADULT, 9/15/28,

(Q) How much water does he need in 24 hours?

(A) That which will supply the whole system and keep the body nearer NOMINAL in that as is thrown off. Consistency, or a study of the conditions, will produce that reaction as is seen necessary. If there is thrown off from the system more than ordinary of that necessary for the proper equilibrium to be kept, then increase the amount of water. What is the proper equilibrium? That as is nominal to a system.

276-10, F 19, 6/23/37,

(Q) How many glasses of water are necessary for this body daily?

(A) Six to eight daily, more if there are the requirements of same.

850-3, F ADULT, 5/25/35,

(Q) How much water necessary for drinking?

(A) All the body may drink; six to eight ounces taken three to four times each day.

381-2, F 63, 8/3/33,

Do not overeat, but drink all the water the body can well care for; or at least six to ten glasses each day.

288-54, F 38, 1/27/43,

Drink plenty of water - that is, two, three, four, five glasses during the next eight to ten hours.

379-2, F 52, 8/1/33,

(Q) How much water should body drink daily?

(A) At least nine to ten glasses each day.

562-1, F 19, 5/29/34,

(Q) How much water should I drink daily?

(A) From six to sixteen tumblers full.

572-2, M Adult, 6/20/34,

(Q) How much water should I drink daily?

(A) Six to eight pints.

WATER: DRINKING CIRCULATING FILE

574-1, F ADULT, 6/6/34,

(Q) How much water should I drink daily?

(A) From six to eight tumblers full.

3326-1, F 13, 10/29/43,

Do drink plenty of water, at least six to eight glasses of water each day.

4322-2, M 42, 8/17/27,

Drink PLENTY of water. Take more water - by twice the quantity - than the body has been taking in the past.

343-1, F ADULT, 6/2/33,

It would be necessary that during this whole time the body take PLENTY of water, six to eight glasses full each day.

274-2, M 34, 4/18/33,

During this period there shall be, of course – and ESPECIALLY when the baths are taken, or the sweats – PLENTY of water taken at all times! Drink at least six to ten glasses of water each day! This doesn't mean beer, or other things - but WATER! If other drinks are desired, they would not be harmful - if taken with MEALS, but not at other times!

1713-9, F 27, 3/18/25,

(Q) Does the body drink enough water?

(A) At times, yes. At others, no. When the system takes as foods those properties that are necessarily of the nature that absorbs secretions, more water should be taken.

4324-1, F ADULT, 5/27/26,

Drink PLENTY OF WATER at all times, at least six to ten glasses full each day, keeping the system thoroughly cleansed

533-1, M23, 4/13/34,

(Q) How much water should he drink?

(A) This will depend upon what portion of the applications suggested is being followed, see? Should be from six to fourteen glasses each day.

Quality of Water

1521-6, F 2 ½, 7/18/42,

Of course, during the time, give the body plenty of good, fresh water.

4815-1, M ADULT, 11/22/23,

Give with this quantities of pure water. See, this is not good water in this place where this body drinks water. Rather the pure water. In the vibrations have increased in the internal forces by these medicinal properties. We find the action of these become as this.

677-1, F 51, 10/3/34,

(Q) Is the water I drink harmful to me? Is it pure or impure?

(A) There's no such thing as an absolutely PURE water!

(Q) How much water should I drink daily?

(A) Six to eight tumblers.

780-4, F 36, 5/29/25,

Need only system keep well balanced. Plenty of water (pure), and the system will respond to the normal forces of the body. Do that, keeping the properties as given until the system is in normal condition. When necessary, then this may be done again.

4121-1, M 25 (Construction Engineer), 10/22/23,

Hence, when the body is under severe mental strain, it should never, never take food of any character in the stomach, rather water, and especially not sweets, see.

In the correction of this physical, we would first be warned of this condition as given, and not take into the system save pure water when the body is exceedingly tired from physical strain or from nerve strain, see. And that pure water.

4244-1, F TEENS, 3/1/28,

Let the diet be preferably those of fruits and of vegetables, and at least two green vegetables taken each meal. Do not overload the stomach, but keep this well dilated with water - pure water - for this must of necessity be the basis THROUGH WHICH the physical forces may receive that necessary incentive for the correction of conditions in the body.

(Q) Is the water the body is using alright?

(A) Just use about three times as much, yes! Keep the STOMACH dilated, see?

The tendency - with the action of conditions existent in the pneumogastric system, on account of poor assimilation - for the body to feel that over-loading causes depression, prevents the stomach from assimilating or being dilated properly. Remember, the stomach itself - the walls of the stomach - the medicine chest of the body, and when digestion begins in the mouth - even when food is taken - it changes in its chemical reaction at least four times through the system, and the stomach must be kept dilated so that this may receive the proper essential elements as created in the system for proper assimilation.

WATER: DRINKING CIRCULATING FILE

3419-4, F 2, 4/10/44,

Do not give the body water that has not been boiled. This, under the conditions, is hard on the digestive forces.

487-22, M 20, 4/15/38,

Drink more water; less carbonated waters but more pure water. Milk, ice cream or the like is very well. When carbonated waters or drinks are taken, either Dr. Pepper's or Coca-Cola may be taken; but let such as these be rather as an extra drink and not too regularly - and of Soft Drinks BEWARE.

TEXT OF READING 1224-9 F 76

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of July, 1942, in accordance with request made by the self - Mrs. [1224], Associate Member of the Ass'n for Research & Enlightenment, Inc., through her daughter, Mrs. [1158].

R E A D I N G

Time of Reading 11:10 to 11:15 A.M. Eastern War Time
Lodge, Long Island in Lake Huron, near Hessel, Michigan.

1. GC: With particular reference to best form of drinking water for the summer period.
2. EC: Yes.
3. To be sure, if it were practical, the having of water shipped in would be the better for drinking water.
4. But for all intents and purposes, that would prevent any disorders, if the lake water were boiled (of which there is plenty) with slack lime in same, it would be alright for drinking. To every two gallons put about half a teaspoonful of slack lime, but BOIL thoroughly; then let it settle and strain; and then keep it cool, see?
5. (Q) Would the well water at Camp Chase be beneficial to drink?
(A) This as we find, unless it were boiled, would not be even so well as the lake water. The lake water, treated in this manner as indicated, would be better for all those who would drink same.
6. (Q) Any other helpful suggestions for a healthful summer?
(A) Keep these in this direction as indicated, for the better health - as from the standpoint of the water, anyway.
7. We are through with this Reading.

Eliminations

137-101, M 29, 1/14/28,

Keep plenty of water in the system, so that the eliminations through the body are well.

4321-1, F ADULT, 10/17/22,

Until we have the system thoroughly cleansed. Keep plenty of water at all times in the system. Drink more water than the body has been accustomed to, you see, heretofore?

4147-1, F ADULT, 10/12/22,

Beginning with small or short length of time, gradually increase them. While it will decrease the body in its fats, the body must drink plenty of water to have plenty to be eliminated through the sweats - see.

257-7, M 31, 1/12/25,

Keep the system clear by the digestive system eliminating properly, drinking large quantities of water

5421-5, F ADULT, 4/26/26,

. . . and the body should take more water, see? That the whole system may keep well filled - that is, all of the excretions should be well filled, that eliminations may take place in the better manner and assimilations be more in keeping with rebuilding.

269-2, M 37, 5/6/23,

Be sure the diet is such as to cause the perfect elimination through the intestinal tract. Drink plenty of water, enough to flush the system, both through the dross and hepatic circulation, see.

4271-1, F ADULT, 6/8/26,

Keep the intestinal tract open by keeping the system full of water, and by enemas, rather than by laxatives, for with the change in the condition in the dorsal region, we will find a change in the activity of the liver and spleen, provided the treatments are given correctly, with the adjustments.

4554-1, M ADULT, 11/2/11,

Keep the intestinal tract as thoroughly full and relaxed with water, and by the hands themselves.

1352-1, F 6, 4/15/25,

. . . correcting and stimulating the secretions and the excretions of the digestive system, taking plenty of water at all times in the system, keeping this, as it were, flooded with water, both for weight and necessity of supplying nutriment to the intestinal system.

WATER: DRINKING CIRCULATING FILE

4313-1, F 22, 9/29/24,

In the conditions to be corrected, then, we would by deep manipulation, osteopathically given, correct that condition in the dorsal region, that the body may eliminate properly, keeping at all times quantities of water in the system, that we may thoroughly cleanse the whole intestinal tract of all poisons in body.

2194-1, F ADULT, 2/8/24,

Let the diet be of those of green vegetable matter. Keep the intestinal tract open so elimination is carried through functioning of these organs. Keep meats and sweets from the body. Rather those of the green vegetables as much as possible. Drink plenty of water. Keep the system thoroughly cleansed.

779-6, M 36, 2/28/24,

Also more water in the system, systematically taken that the acid in the system may be dissolved, and the vibration from the electrical forces, as given, over these centers. Also over those of the lower dorsal region that all portions of eliminating system may have the incentive to function in their normal way and manner.

779-8, M 37, 2/25/25,

In the eliminations in system, we find this comes from the system not coordinating properly throughout. Produced as much by diet and amount of water taken in system as anything else. This last we find is produced from lack of sufficient water in system to produce sufficient in the digestive system that of the proper forces to eliminate. Then drink more water, regularly. Do this, and we will keep the body, [779], near the normal conditions.

780-3, F 36, 4/18/25,

The dose would be teaspoonful four times each day. This we find will bring the normal forces to this body, producing the perfect equilibrium through eliminations in system, keeping at such times plenty of water in the system, drinking over quantities, as it were, that the system may have the supply of secretions throughout the intestinal tract, upon which the medicinal properties may have their therapeutic value in the system.

1377-2, F 63, 3/24/29,

Well, too, that the body occasionally - once a day or three times each week - make the water for the body of alternated between elm and saffron water, for the prevention of any irritation throughout the alimentary canal.

(Q) What quantity of each?

(A) How much water does the body drink? Let it all be that during those days. But don't have the effect of not drinking the water. If anything, drink more - for the body should drink plenty of water. THAT'S known by the body innately!

WATER: DRINKING CIRCULATING FILE

1408-1, F ADULT, 5/6/23,

Drink plenty of water and keep the intestinal tract well open throughout the equalizing of the conditions in the system. Do that.

4474-1, F 40, 11/17/10,

TREATMENT: Give as much water as possible for this system to take in; flush the intestinal tract, hot water, as hot as she can take. External heat until we can produce an absorption from external irritation, also, keep the intestinal tract clear; watch the food; tone up the stomach, then the pancreas will throw out its juices into the system, also, the bile from the liver, as a result of which, the system will react.

Get more water into the system then these nerves will relax. Relax externally and internally; stimulate the nerve centers along the spine, into the back, until we have nature to reassert itself. Light diet and as much exercise as the body can stand. Do not let it be dormant and take treatments both internally and externally for this catarrhal condition of the intestinal tract

If we over stimulate the nervous system we will have severe pains in the back and it may irritate the kidneys. Be sure and cleanse the system with plenty of water inside and a mild laxative to stimulate the pancreas and liver to help to eliminate and not absorb this excreta back into the system, also, stimulate perspiration so as to help eliminate externally and internally.

Internal and External Water

2646-1, F ADULT, 4/5/11,

Plenty of water inside and out.

1323-1, M ADULT, 6/8/23,

Keep plenty of water in the body inside and out, see.

4885-1, F ADULT, 10/17/22,

Keep at all times plenty of water in the system, in and out - see?

4885-1, F ADULT, 10/17/22,

Keep at all times plenty of water in the system, in and out - see?

4592-1, M ADULT, 10/10/24,

Then take the physical exercises to keep the body fit, and using plenty of water inside and out - see?

4700-1, M ADULT, 6/12/23,

Let the body have plenty of outdoor exercise, but not excess in any manner or form for the body. Plenty of water in the system inside and out. The body will keep fit for many days and years, [4700].

WATER: DRINKING CIRCULATING FILE

1554-4, F 47, 3/25/38,

(Q) What is best way to relax my head, when I translate or read a lot?

(A) Relax the body fully, just before attempting same, by repose. Then a little head and neck exercise. And after such experiences AGAIN a thorough relaxing, with plenty of water taken internally, and a little head and neck exercise; and we will find the responses to quick recuperative forces.

4710-1, M CHILD, 1/16/26,

Giving those diets that will keep the normal forces for the developing system, equalizing the amount of carbon and protein as taken into the system; keeping plenty of water, inside and out, for the body.

4467-1, F ADULT, 4/20/11,

That into the system, whatever the body wants to take into it, so it is well masticated and taken into the system with plenty of water at all times. Plenty of it, inside and out. Tepid baths and cold baths to the body, and expression or impression to the mind at all times, better, better.

4771-1, M ADULT, 5/8/25,

The body should keep the whole system, inside and out, thoroughly cleansed with water, drinking water as medicine, or in a regular intervals and drinking sufficient. Taking the shower or sponge each morning and evening, especially along the whole length of spine. Should be rubbed well with cold water morning and evening, with occasional (once a week or twice a month) full adjustments by neuropath or osteopath physician, that would give a gentle treatment to the body.

259-4, F 12, 3/27/28,

Keep the eliminations thoroughly throughout the system. Be careful that this is looked after, and that plenty of water is taken, externally and internally.

5671-2, F 34, 11/23/29,

Keep the system CLEANSED, internally, externally. Drink PLENTY of water. Though this produces irritation at times, it will produce DRAINAGE better in the system. Ready for questions.

216-1, F ADULT, 12/9/26,

Keep the body full in water - the body doesn't drink sufficient water. Use plenty of water, then, inside and out, keeping the body in irritation, or eliminations through the capillary circulation by often rubbing the spine, that the eliminations may be set up through these centers.

583-4, F 34 (nursing mother), 8/3/26,

Drink PLENTY of water.... These conditions, and the care of the body in general - keeping plenty of water for the system, internal and external, and we will find we will build the body to its normal resistance.

4358-1, F 35, 10/23/24,

Also keep the body well cleansed outside and in with pure water, giving sufficient of water that the whole system may be cleansed with these medicinal properties in their physical action. Also well that the lesions in the abdominal region, and in the pelvis and vagina proper, be cleansed regularly, that the secretions, the dross, may prevent the irritation when cleansed.

3865-1, F ADULT, 7/1/24,

Rest from this and keep the body then cleansed well with water internally and externally.

After the fifth day of taking plenty of water

(Q) How should these adjustments be made?

(A) Either by osteopathic or chiropractic forces. Be made every other day for at least eight treatments, but not until after the medicinal properties and the correction through plain water, in and out of the system, has been taken.

3721-1, F ADULT, 5/5/27,

Keep the feet dry, see? And keep plenty of water inside and out - that is, take preferably internal baths to cleanse the entire alimentary canal, drinking plenty of water, and using enemas to remove refuse from the system, rather than cathartics, and do not take sedatives, for there is sufficient sedative in that as being applied in the medicinal properties given.

294-73, M 49, 7/13/26,

These had best be met by plenty of water to cleanse the system, taken internally - both drank and used as high enemas, to use the system in that way and manner as to rid the system of those conditions as bring about the acidity

(Q) Is it necessary for anything to be taken to arouse the liver secretion, or will the adjustments do that?

(A) Plenty of water, internally and externally, and taken from within and injections to cleanse the system, makes the liver, with the adjustments, to throw off these secretions, which is better than over excitement to any of the gland conditions, with the high blood pressure

4133-2, F ADULT, 5/1/24,

We would then at the present time take this in the system. However, we would use with this plenty of water, more than seemingly needed, both internal and external, that the excretory system may function through these channels, with the medicinal properties as taken in the system to adjust conditions, with specific exercises other than the every day or ordinary exercise as taken by the body. Also keep the mental attributes in that way and manner that gives health-giving incentive to the soul and spirit forces, and create that expectancy within the system that the body will adjust itself properly through the physical attributes of the system.

WATER: DRINKING CIRCULATING FILE

4772-1, M ADULT, 9/15/23,

Use plenty or more than at present water inside and outside for the body. Drink PLENTY of water - see? This will reduce condition of the toxins that give rise to distress to the system in intestinal tract or the stomach or nerve system of the body.

4810-2, F ADULT, 11/13/33,

Do this as we have given, watching the diet, taking the exercise for the body before the meals are taken, of a morning plenty of water inside and out, rubbing the spine well with very cold water, of mornings, see, after exercises are taken, then drying with a very rough cloth and rub until circulation is brought to all segments along the spinal column. Do that and we will find we will relieve these conditions here for this body of [4810].

5529-1, F 48, 6/16/11,

We will suppress this form of catarrhal condition through the intestines. The same condition, you see.

Keep at all times into the system, as much water as can drink. Bathe the body as often as twice a day. One time hot and one time tepid water. That is, get away from the pores or bring out more to the extremities the portions of used forces to eliminate through these properties, as well as that of the dross and kidneys and pulmonaries.

Flushing the System

237-1, F 51, 10/20/27,

Keep plenty of water in the system.

1553-18, F 72, 1/23/40,

Keep plenty of water for the system, of course, at all times.

257-16, M 33, 3/29/27,

. . . and keep the system FULL of water, see? Drink - drink drink - and don't eat too much. Keep feet warm and dry, see?

4199-1, F ADULT, 10/13/22,

Then we will give into the system a good amount of water sufficient to flush the whole system throughout. See?

2942-1, F 4, 3/24/33,

Let the body take plenty of water all during the period these properties are being given, see? (the cleansing or flushing of the system with the Castoria.)

2078-1, F 54, 1/15/40,

But keep the flushing of the system for the better eliminations; and we will bring for this body near to normal conditions.

WATER: DRINKING CIRCULATING FILE

4703-1, F ADULT, 10/31/10,

Cleanse the system and cleanse the stomach, put plenty of water in it, plenty of fresh water, nothing in it but pure water. Eat, of course, we do not want to get starved, but everything taken in must be well masticated first in the mouth.

5718-1, M 49, 1/10/28,

Drink plenty of water before the exercise is taken, that the system may be thoroughly flushed. Do that. We will find we will bring better conditions for the physical forces of the body, by bringing about the perfect coordination between the eliminating systems and organs of the body.

103-1, F ADULT, 10/17/25,

Plenty of water should always be taken in the system, taking at least a quart and a pint each day, see? so that we may flood the whole system, see, and keep the eliminations throughout the system, even though oil enemas or warm enemas may be resorted to, when there is not sufficient action, see?

4336-1 M ADULT, 12/7/10,

First, cleanse the system here with water into the stomach; take just as little into the stomach as possible until he can digest what he has in it properly. Then we will tone up the whole system or the whole stomach by a tonic, or nerve force or blood supply to the whole system, which we make of barks, roots or herbs. Keep out from the cardiac end of the stomach and keep as much water in the system as possible; he does not drink enough water, have him drink more.

121-1, F 37, 4/2/27,

Taking ALL with PLENTY of water! Use water inside and outside for the body. Keep the system cleansed, for this will allow the perfect assimilation and the perfect eliminations, with the body set in its proper vibration. In applying the water externally, would be to produce all along the nerve centers of the cerebrospinal system, each morning, COLD, see? and rubbed until the body is aglow, as it were, for each center then receives its proper stimulation, and the whole vibration will be set in better attunement.

629-2, F Adult, 8/8/34,

Preferably these (capsules) would be taken in the evening; and during the period or days when these are being taken, we would drink at least eight to ten glasses of water a day. These, of course, will flush the system. The activities of each of these will be to produce for the time somewhat of an irritation; some nausea may be expected. So, among those things taken during time would be plenty of lemonade in the drinks; not too much sugar in same, rather sour lemonade. And this, as we find, will clear the system.... Throughout these periods of treatments, beware of taking CARBONATED waters!

WATER: DRINKING CIRCULATING FILE

341-23, M 20, 3/17/27,

Before this is taken the body should drink considerable amount of water, and while this is acting through system the body should take water - considerable water. The body, you see, doesn't drink enough water, and the water does not agree entirely with the body, the way it has been taken. More would flush the system better. The general condition of the body will show improvement, though this will produce nausea - and possibly some little temperature at the time the first dose is taken, but **KEEP THESE UP**, and take them all **THREE (3)**, for the system must be cleansed.

(Q) After the three capsules have been taken, one day apart, should the system be flushed with any other medicine, such as salts, or so forth?

(A) If sufficient quantity of water is taken, this not necessary. If it is **NOT** taken, then would be necessary for salts and soda - or soda alone may be taken.

(Q) How much water should the body drink each day?

(A) At least half to three-quarters of a gallon during the day.

1002-1, M 70, 9/16/35,

Drink plenty of water during the whole time; quantities of water. This is helpful to the whole system, so that it may be **DRAINED** thoroughly - with the activity of the properties within and the activities from without.

4843-1, F 34, 5/5/26,

At all times take as much water in the system as possible. Drink **MORE** water than has been common with the body. Take water when first arising in the morning and the last thing before retiring - no matter if same must act through the kidneys, this **NEEDS** to be cleansed - the whole system. Water cleanses it better than purgatives. Do that. We will bring the normal conditions for this body.

3798-2, M ADULT, 11/14/10,

(Q) Any other treatment

(A) Here is the treatment. Cleanse the system, rub it out and commence again.

Cleanse the whole system until you get rid of this congestion, mucous of the stomach. It cannot heal if you do not, he will take cold and make him sick.

Cleanse it of this, throw it off through the intestinal tract. Use water, just water but plenty of it. Use water just before you go to bed at night and when you get up in the morning; drink all you can; fill it full; do not put anything in it but just water for three days. Then commence with what we had before.

900-356, M 32 (Stockbroker, Hebrew), 11/23/27,

. . . and at **ALL** times drink **ABUNDANCE** of water, that this may flush the system and the whole hepatic circulation - the liver, the kidneys, the whole of the system may be cleansed from this condition. Then we will find the body will respond to the manipulation and the lights, and the activities, and the outside influences, and better assimilation will be found. Beware of **STIMULANTS** of alcoholic nature until the system is cleansed well, at least. Do that. We are through with this reading.

1586-1, F 77, 4/29/38,

First, drink plenty of water each day - six or eight glasses. It is true that this tends to flush the kidneys, and it may at times cause some inconvenience in the evening; but they must be flushed out - and water is the better to use for same.

4561-1, M ADULT, 6/19/24,

R E L I E F, then to reach the seat of the trouble and to bring the equilibrium to the body, we would first by drinking very large quantities of water. Drink a very great deal until the system is flushed and the or respond to the condition

4841-2, M ADULT, 12/28/11,

To remove the condition as we have over the system, take that into the system, into the intestines and stomach, those of a nature which acts to the rebuilding of forces and as an absorbent to remove the acidity state in the stomach and intestines: First, into the system what we have now; plenty of water. Cleanse out as much as possible. Then to the system that of water carrying the cellular force of elm. That is, water produced from the bark of the elm, to act as a rebuilding force to the mucus coat of the intestine and lower duodenum itself.

(Q) Any other treatment?

(A) The same as we have here, but taking into the system here these forces: First, to cleanse it as much as possible. You see, we are forming along here on the sides of the duodenum, those of the formations of inflammation of the mucus lining of the duodenum. Pure water first. Then those into the system of the elm and water to act to that of the mucus coating of the duodenum itself, and the stomach and upper intestines. Then those with these as we are taking, those of beef, iron and pepsin to act as digestive.

4310-1, F ADULT, 2/28/11,

First, cleanse the stomach here of what we have. Out the other way, not through the mouth. Water, just water, pure water. Full. Drink plenty of it, until we outgrow the acid condition in the stomach. Take this here just as it were. Drink all the water the system of the body will hold, until it becomes well assimilated, plenty of water in the blood thrown out from it.

Or we can take the body here by electrical force and remove these from it by keeping the water and hot pads on the system, but we will take into the system, into the stomach water, not too hot, and not too cold. This will remove the conditions, taking these along here, as we have them.

Fill the stomach proper with water. Drink all it can at all times; drink until the stomach is full and cannot drink any more. Get up and walk around and drink some more, until we dilute all of the condition in the stomach. That is what she wants this water to digest, or be acted on by the stomach in itself.

As we remove these conditions in the stomach by this taking in of water, then we take this acid, lemon and sugar, beet sugar, or cane sugar, clarified, into the system until we produce a lactic acid in the stomach, not hydrochloric (there's too much of that acted on the system at present [hyperchlorhydria]). Then we take a laxative to the liver in itself that will induce the liver to act not by irritation but by the action of the organ in itself.

Kidneys

2526-5, F 41, 6/40/32,

(Q) Are my kidneys alright?

(A) These are acting very well, considering the general conditions. Drink plenty of water at all times.

4280-7, F 38, 7/15/26,

(Q) Will drinking lots of water prevent kidney trouble in this condition?

(A) Manipulation and plenty of water will prevent it. Neither alone would prevent it.

1563-1, F 54, 4/2/38,

...then add a full glass of water and drink; then rinse the glass and drink another full glass of water. (The body doesn't drink ENOUGH water! because of the disturbances that have been at times for the kidneys.)

445-2, F 62, 11/18/33,

(Q) Has there been in this system an over stimulation to the kidneys from drinking too much water?

(A) As we would find, and as indicated from the condition, rather has the excess of water taken been most helpful; for it has tended to wash the kidneys, and this pressure in the left portion of the body, where it makes for at times the tendency for this activity in kidneys when not an excess water taken or too little, with at times when excess water is taken. Rather has this been beneficial than harmful.

2085-6, F 68, 7/11/43,

(Q) Are my kidneys in healthy condition?

(A) Naturally the lack of activity, or the lack of normal functionings throws greater stress on the kidneys. A sympathetic condition and functional but not organic as we find. Thus, plenty of water at all times. While this will flush the kidneys, it will keep down toxic conditions in same.

2273-1, M 55 (Salesman, Protestant), 6/8/40,

Do these, and be persistent; and above all, drink plenty of water every day, that there may be a flushing of the kidneys, so that the uric acid and the poisons that have been as accumulations may be removed.

4570-1, M ADULT (Merchant), 3/26/27,

Reduce the AMOUNT of diet, rather than the QUALITY of diet - but do not take stimulants of any nature that carry alcoholic forces in the system, until the DIGESTIVE system and the kidneys are cleansed sufficient to justify the normal forces of the body - but drink PLENTY of water. Let the body take water - plain water - as the medicines for the body, until the kidneys and the whole mesenteric system is flushed fully, see? The manipulations, of course, will assist this.

1060-2, M 53, 11/21/35,

(Q) The stone is gone?

(A) It's been absorbed, or broken up - and will gradually be eliminated; as it has been indicated that these should be purified. Drink plenty of water. And because it makes for an overflow or an excess activity of the kidneys at times - WELL!

4332-1, M ADULT, 11/5/10,

(Q) What treatment would you recommend to relieve these conditions and to relieve the real cause?

(A) We have some inflammation through there. First take into the stomach something here to get the stomach in a better shape.

(Q) Well, what would that be?

(A) Cleanse the stomach first. Drink plenty of water at all times. Drink more water, more than you have been doing, pure water when we drink it. And then we will take something to reach this trouble that we have through the kidney, to help throw off this discharge until we can equalize the secretions that gather from the secretions of the liver: Sweet Spirits of Nitre, Oil of Juniper for the kidney. That is, after we have cleansed the stomach, not with it in the present condition or we will have a reaction from the inflammation within.

2740-1, F 38, 1/15/26,

Then, the physical exercise and the diet must be followed. Keeping for system those properties that dilate and expand the stomach, see? as in much gruel, whole wheat and green vegetable food, as much as possible. Meats of certain characters only. Fish and fowl, see? and much water should ALWAYS be taken. Take sufficient to keep stomach full at all times, until the activity of same is seen in the kidneys, see?

129-2, F ADULT, 7/25/23,

Drink more water so the kidneys and bladder will be flushed throughout the system.

2074-1, F 73, 1/8/40,

Drink plenty of water at all times! to aid in flushing the little irritation sympathetically and pathologically as being produced in the kidney and the bladder area.

1093-1, F 23 (House Maid), 1/3/36,

In the matter of the diet, keep very much in those things that have been outlined for the diet; those that do not make for too great a strain upon the activities of the kidneys or the bladder. But drink plenty of water, that these refuses may be washed - as it were - by the activity of these applications through the system.

1695-2, F 37, 10/2/43,

This disturbance also makes for periods when the kidneys are affected unless there are great quantities of water taken, and there should be taken at times great quantities.

But at least once a day, three days a week, do take watermelon seed tea as a part of the water. This would be prepared by pouring a pint of boiling water over a tablespoonful of watermelon seed (ground allowing it to steep). Let it cool, then strain and drink. This will clarify those conditions that cause reactions in the kidneys and bladder, for, the lack of eliminations and the slowing up of the circulation causes a greater quantity of drosses to be held in the system, and these need to be eliminated from the body.

3846-1, M ADULT, 12/15/22,

Keep plenty of water in the system. The body does not keep enough water in the system to flush the kidneys and the urinary canal. Do that. Keep plenty of water in the system to flush out all extra excretions as thrown off from the system.

(Q) This body says the doctors say his kidneys were affected.

(A) Only from the conditions as we have given. The kidneys have thrown off an excess of secretions through the emunctory forces. The water, the quantity of it in the system is to clarify and cleanse this condition - no organic condition there at present. We wish to give the best effect to the system through the natural means to cleanse the conditions through the bladder, the kidneys, and urinary canal with clear water, as we have given. We are through.

5582-1, F ADULT, 3/18/30,

Then, there should be particular attention given to the activity of the kidneys, that these do not become OVER active, nor that they become too slow, or too low, in activity. The BETTER application for these is for the body to drink MORE water, an abundance of water, that their activity with the increasing of the ALIMENTARY canal eliminations would be helpful.

Use the Occy-Crystine in the stabilizing of the acid and alkalin reaction in system; taking, in the beginning, half a teaspoonful in TWO glasses of water. In two to three days increase this to a teaspoonful in THREE to FOUR glasses of water. Later it may be increased to a teaspoon and a half in FOUR glasses of water. This will assist in eliminations and in the CORRECTION of that drainage set up in the body THROUGH the manipulation.

379-8, F 56, 5/10/37,

Drink plenty of water at all times to keep not only the alimentary canal but the kidneys flushed.

5453-6, M 26, 5/8/25,

Then, to bring the normal forces for the body would be to have that specific outline of activity of the physical forces in some definite exercise for the body, taking in the system large quantities of water and working, as it were, this through the system, that we may have the cleansing of the whole intestinal tract, flooding, as it were, the kidneys and bladder in their action. Hence remove the drosses from the system through every form of elimination through natural means. Not by purging or by mechanical forces, save as in specific exercise and water.

(Q) What specific exercises should the body take to remove all physical conditions?

(A) Exercises of mornings that give the flow of blood to upper portion of body. Of evenings those that give the flow of blood away from the head. Sitting up exercises, outdoor exercises, or games of any character, specific, and following any needing the whole exercises for the physical condition in the body, that we may work the water, as it were, through the system, taking quantities of water in the system at all times.

(Q) Does the body get a sufficient amount of sleep?

(A) Not of sleep it has been recently getting, has not been sufficient. Plenty of exercise, plenty of water working through the body, we will find different.

1703-2, F 51, 12/12/38,

(Q) Do I drink enough water or juices to keep the colon and kidneys flushed?

(A) Drink WATER rather than so much juices, if you would keep the kidneys and the colon flushed. Not sufficient water taken!

900-391, M 33 (Stockbroker, Hebrew), 6/1/28,

. . . Drink more water. Because this produces activity of kidneys is well, for these need to be kept flushed while condition is improved and eliminations begin set up. [6/4/28 See additional information in re health in 900-392.]

3799-1, F ADULT, 7/26/11,

Keep plenty of water in the system. We haven't the nature of the forming of matter in the system through this condition of the organs, but, if allowed to stand, with this overtaxed condition of the liver and kidneys, we will have to depend on what is taken into the system to assist the blood itself.

315-2, M 26, 4/20/33,

During those days when this is taken, or during those periods when these capsules are being taken, there should be at least eight to ten glasses of water taken each day. To be sure, this compound with this quantity of water will make for an overactivity of the kidneys, as well as CLEANSING the system rather thoroughly - see?

303-2, F 45, 8/5/32,

(Q) Can the electrical treatment be applied at home?

(A) Be better to be applied at home. Drink plenty of water. This will be as a portion of the treatment, as FLOATING - as it were - the activities through the system, causing a better reaction to the kidneys and the organs of the pelvis, as well as making for that stimuli that makes regenerations - for all are born of water.

3798-3, M ADULT, 12/9/10,

Not so much congestion, not much water in the lymphatics.

We will change it now, we have renewed these energies into the kidney - the kidney is the pole of the secretion that draws from the system the poisonous matter that passes off with the water taken into the system; not enough water, need more; the water is about 7/10 of the whole system. We do not have enough gotten out through the urine, through absorption, through the respiratory organs, through the skin.

(Q) Any other treatment you would suggest at present?

(A) Take into this system something to keep this out, plenty of water in the stomach, as much as possible; plenty of water at all times, plain water

1210-4, M 56 (M.D.), 2/2/38,

(Q) How much water should I drink daily?

(A) Six to eight glasses full, or more if the system requires same.

After there has been used the spray and the activities in the diet for ten days to two weeks, we find that the taking of about an ounce of Watermelon Seed Tea in two or three ounces of water - about once a week - will aid in clearing those conditions related to the activities of the lower hepatic circulation - the kidneys; or purify or clear same; and will aid in the assimilating forces from the activities of the pancreatic reaction. Prepare same in this manner. Cut or crush about forty to fifty seed, and steep or brew in a pint of water as you would ordinary tea. Then put an ounce of the tea in two or three ounces of water and drink. Or, if kept in a cool place, the tea may be taken once or twice a day until the full quantity (the pint) is taken; and then left off for a month or six weeks before being taken again.

484-4, F 47, 8/8/32,

Do not leave off the addition to the water taken, that the kidneys may be kept active properly or clear - a lithia tablet at least every other day, in three to four glasses of water - see? that is, the quantity of water kept separate and one tablet put in same and this used as drinking water for the body.

4246-1, M ADULT, 8/8/32,

Drink plenty of water at all times, and it will be well at this time for there to be added small quantities of lithia in the water taken; which would make for a cleansing of the ducts that function through the kidneys, in the Adrenal glands especially. This will aid in clarifying the condition.

257-11, M 32, 1/11/26,

In the general condition, there should be more water taken in the system, in more consistent manner, that the system, especially in the hepatics and kidneys, may function more nominally [normally(?)], thus producing the correct manner for eliminations of drosses in system, for, as we see, there are many channel of elimination from system. For this reason, each channel should be kept in that equilibrium, or in that balance wherein the condition is not brought to an accentuated condition in any ONE of the eliminating functioning conditions; not over taxing lungs, not overtaxing the kidneys, not overtaxing the liver, not overtaxing the respiratory system, but all kept in that equal manner, see?

The lack of this water in system creates, then, the excess of those eliminations, that should nominally [normally?] be cleansed through alimentary canal and through the kidneys, back to the capillary circulation; finding at times, through congestion and weakened condition, either through strain mentally or physically to portions of the system, the producing of ill effects.

(Q) How can desire be made for more water?

(A) Created by that of taking it, see? so the body will call for it when it's once begun. The body has created in the system that of the system supplying that from liquid - water better than other liquids taken for system, see?

4614-1, M ADULT, 3/27/11,

To eliminate these properties from the system, from the body, that have their forces on the whole other organism of the system - to eliminate these from the system and improve this body, bringing it to a normal condition, take into the system, that which will produce a unison of the distributing of the used or waste matter of the system, or that which would produce a condition in the system of excitement or aggravated condition to the kidneys in themselves proper, - not to produce that which will produce inflammation, but a stimulation to act freely. Take plenty of water into the system at all times, so it will not over-excite the secretions of these proper. Don't want the water hot, nor don't want it cold. Want it moderate. Keep it all times, in the system, as much as possible

(Q) Any other treatment you would prescribe?

(A) Keep these forces in the body; plenty of water in the system and stimulation of the electric force along the lumbar, until we excite or aggravate the kidneys to act, to eliminate that from the system whereby it is secreted or thrown out by the liver, to keep out these forces, and we will have secretions or properties of the body will become of a normal condition. Electrical force and water in the system. The diet of the body will have to depend on the wants of the system. Let that be well masticated, that is taken into the system. If the electrical force becomes nauseating to the stomach, take pepsin and iron into the stomach. Don't do it unless it becomes nauseating to the stomach by the treatment of the liver in itself.

5453-9, M 30, 5/30/29,

(Q) What is the condition of the kidneys?

(A) That's why plenty of water should be given, that no sediments are formed from conditions as have existed through these portions of the body. Well to drink plenty of water that carries - not heavily lithia, but lithia - with much of the lime and of sulphur.

(Q) Where can this water be obtained?

(A) There's parts of it that have been where he lives!

(Q) Will the water that is gotten from Williams be of benefit?

(A) Be very beneficial. Be very beneficial to keep for any that suffers from such conditions.

Medicinal Properties

26-1, F 47, 3/27/24,

Make, specifically, the body take quantities of water. Take this as medicinal properties. The body does not drink sufficient water.

4144-1, M 57, 5/26/26,

Keep the lower intestinal tract cleansed, drinking PLENTY of WATER at all times, before meals, after meals. Take water almost as medicine, drinking three to six glasses BETWEEN MEALS, see? Eat the meals. Not too heavy, but be consistent, persistent. We will bring the normal conditions for this body, [4144].

4770-1, F 33, 10/2/26,

Drink PLENTY of water, and take this in the medicinal way - that is, have a REGULAR time and drink at least six glasses of water each day, that we may flush the system, for we need to create more of the mucus throughout the whole system, and it is necessary to keep more water in the system, that with the medicinal properties producing the various vibrations as are created in the functioning organs of the body, through these changes, necessary that water be kept in system.

133-3, F 54, 7/9/34,

Drink plenty of water at ALL times. In the water taken, outside of that used with the medicinal properties mentioned, put a pinch of powdered elm in same; stirring and letting set for a few minutes before drinking. Do not keep this made up. Should this become foul, it is VERY detrimental. If quantities take a small quantity of baking soda or the Upjohn's Citrocarbonates - which will reduce the acidity.

142-5, M 20 MONTHS, 12/1/28,

THEN, as for medicinal properties, leave same off. Only twice each day give an intestinal antiseptic 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.

WATER: DRINKING CIRCULATING FILE

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.

779-7, M 36, 12/16/24,

Then, to relieve these conditions, we would first of all take more water in the system. Drink quantities of water, even as medicine; that is, have specific time and keep the system well flooded with water until eliminations are fully set up throughout the system; using every third day, for at least six treatments, equal parts of salt, soda, Tartaric Acid, with water sufficient to make in the form of a solution easily snuffed into the nostrils, until it is felt coming into throat; using occasionally, alternately, these as gargles for throat: As we see, these are used for local conditions, and would be used when distress is caused in these portions of body.

2190-1, M 42, 1/22/31,

(Q) How much water?

(A) QUANTITIES of water! All the body would drink! Take water rather as medicine! Well that occasionally those properties in the elm or the saffron be given as an easing for the conditions in the stomach proper. Just a pinch of the elm in a glass of water - this not hot, but not ice cold. The saffron may be made into a tea, about one to twenty steeped for thirty to forty minutes, and a teaspoonful taken in half to three-quarter glass of water. These should be taken at least once each day, either or both of these.

4297-1, M 44 (Radio Manufacturer), 5/14/26,

In the properties for the suggestion of proper distribution in system, no medicinal properties other than plenty of water and of those of a saline nature through mesenteric system, to prevent any toxins from forming in centers, especially in the lower portion of mesenteric system. Hence the salines, preferably used as douches or enemas, to cleanse lower portion of body; keeping plenty of water throughout the alimentary canal.

Drinking plenty of water.

4740-1, M ADULT, 3/18/21,

To relieve and bring this body to a normal condition, which can be done if treated properly, consistently and thoroughly, if followed along the lines as we give here, we would first cleanse the 18th of March, (13 years tomorrow), take into the system quantities of pure water. See that the system is well dilated with the effect of quantities of water in the system. It is not absolutely necessary that the body remove from this altitude or place or condition. Perhaps it would be better too, if they will leave off the worries of business and of self to go to another place for this treatment then Jacksonville, Fla. This water shall be taken just the same as medicine every hour drinking a full glass of water.

4769-1, M 50, 7/5/22,

Take plenty of water into the system, fresh water, not mineral water, for those properties are to be added through medicinal properties which we will give into the system.

Temperature of Water

2521-1, F 62, 6/30/41,

Of course, plenty of water should be taken at all times, - sipped; preferably not too cold, nor too warm.

4383-3, F ADULT, 6/21/23,

Drink hot water mornings before breakfast. Follow these, and we will find relief for this body.

138-1, M CHILD, 1/16/31,

Give the body ALL THE WATER it will drink at all times, even when with the temperature, but let this be warm or tepid - NOT cold - but drink quantities of water.

308-5, F 14, 8/4/38,

Let the body drink ALL the water it desires to drink, but let it be WARM - NOT cold water!

4300-3, M ADULT, 6/24/24,

. . . keeping plenty of good water in the system often, especially when it is warm.

2843-1, F ADULT, 8/7/31,

In making such corrections, as through the period in which the body has passed, there would be those precautions taken as to the diet first:

These should be rather those with the inclination of same to be non-acid, and of a more laxative nature. Those that would act well with the liver AND hepatic circulation, not irritants to kidneys - but sufficient of the water taken, that there may be at all times a full active force through this channel of elimination. Drink at least one glass of WARM water before breakfast. Would be well to have a small pinch of salt in same. Iodized salt would be the better.

In between the breakfast and luncheon there should be at least three to four glasses of water, and the same in the afternoon and evening.

533-13, M 25, 8/13/36,

(Q) What makes him sick on his stomach after he eats?

(A) This is usually from waiting too long, or the dilation by the improper foods. Before food is taken, drink half a glass of not insipid but HOT water - and it'll be better.

3798-4, M ADULT, 2/27/11,

At the same time, it will produce an over-stimulation to the forces to be thrown put by the kidneys, which is the opposite pole as it were in the body, in eliminating from the system the poisons excreted from it by the kidneys, by the liver, and thrown out by the kidneys from the system through the water which is taken into the body. Plenty of water into the system at all times. As warm water as possible at all times, not cold water. Not have the water hot that he drinks, but so it is palatable to the system. Hot water if it is possible here after he has taken these medicines in the system, just as hot as he can drink it. It quenches thirst and acts on the kidneys themselves, and what is taken in the system is acted on by these things taken into the stomach.

4694-1, M ADULT, 3/13/11,

(Q) What would you prescribe to relieve these conditions?

(A) To eliminate the condition we have here, and to better it and the whole body; remove this weight we have from the system; create more resistive power than that we have in the system, we first take in the system water, just water, not too hot, and not too cold - 50, 60, salt water as much as you can, until we thoroughly fill the intestinal tract, with the water. All the food that is taken into it, is well filled with the water in the intestinal tract. It creates then more saliva in the glands of the mouth, and more of the peptone to be added to it, or the pepsin condition, of that which is taken into the stomach.

311-4, M 28, 4/11/31,

Well to drink ALWAYS PLENTY of water, before meals and after meals - for, as has oft been given, when any food value ENTERS the stomach IMMEDIATELY the stomach becomes a storehouse, or a medicine chest that may create all the elements necessary for proper digestion within the system. If this FIRST is acted upon by aqua pura, the reactions are more near normal. Well, then, each morning upon first arising, to take a half to three-quarters of a glass of WARM water; not so hot that it is objectionable, not so tepid that it makes for sickening but this will clarify the system of poisons. This well especially for this body. Occasionally a pinch of salt should be added to this draught of water.

308-6, F 14, 8/12/38,

First, then, do not take ANY water that is not boiled - until the body is able to be about, and in a near normal condition. This would mean that it may be iced afterwards, of course. (after typhoid fever)

533-5, M 24, 6/17/35,

First there should be at least six to ten pints of water taken each day. This will tend to make for a dilation and an absorption. Do not have this too cold. No real ice water. Ice cream or sherbet or the like, though, may be taken at times; but not too hard or too frosty.

Water with/as Medicine

623-1, F Adult, 1/6/33,

Drink plenty of water when each capsule has been administered; quantities of water.

4858-1, F ADULT, 12/10/23,

Let the body drink plenty of water while these are being taken in the system.

243-13, F 52, 6/17/32,

(Q) Should the body drink more water?

(A) If she takes the salts, and takes these other herbs, she will HAVE to drink water!

259-7, F 16, 2/3/33,

Drink plenty of water when these dosages are taken.

337-16, F 43, 3/3/30,

Drink PLENTY of water during the time these (capsules) are taken, especially, in the system.

391-4, M 21, 11/25/32,

Drink plenty of water during the time these are being taken!

4356-1, F ADULT, 6/2/26,

Drink PLENTY of water while these medicinal properties are being taken.

2451-2, F 67, 6/14/41,

And drink more water than has been consumed by the body, especially when these (meds) are taken.

2875-1, F ADULT (School Principal), 5/28/27,

. . . seeing that medicinal properties taken are assimilated, drinking PLENTY of water. . .

5513-1, M 26 (Pharmacist), 7/19/30,

Drink PLENTY of WATER in between times that these are to be taken.

3815-1, F ADULT, 2/14/29,

Drink plenty of water, especially after the doses of soda are taken. In two to three days we will find conditions near normal. Do that.

5453-9, M 30, 5/30/29,

With the corrections, with the exercise, drinking plenty of water - PLENTY of water - taking it more as medicine - we will find the body will improve.

4447-1 F ADULT, 1921

First, we would cleanse the system thoroughly with plain water before any medicinal properties are taken into the system - that is take all the water in the body for three or four days that the system will absorb, so that we will have the proper distribution throughout the system when the medicinal properties are taken and they will not act indirectly to other portions of the body. The body should drink a great deal more water than it does. For four days take plenty of water in the system - no medicinal properties, but a large quantity of water so we would flush the entire system and force the action of the kidneys to all of the organs of the intestinal tract.

3845-1, M ADULT, 5/4/27,

First, we would cleanse the system with pure water. Drink PLENTY of water for at least three days, before any medicinal properties of any character are taken in system, so that the intestinal system, the kidneys, and the liver, will be flushed, as it were, with the water supply.

3703-1, M 7, 3/18/44,

Once each week, during the same periods, have a sweat, with a great deal of water taken at all times by the body. Drink at least ten glasses full of water during a day, and especially quantities of water when the sweats are given.

4461-1, M 69, 5/13/31,

Drink all the water as is desired during this period of taking the packs or the oil internally. Ready for questions. We will find that this will reduce those pressures, and there will be no return of those contractions. There will be nausea, and there will be pains through the whole intestinal system, but THIS - as we find - will be much better than operative measures; for the blood supply, the whole condition is in no way in a position for operative or strong internal medicinal measures. We are through for the present.

5459-1, M 52, 9/16/26,

Following these lines, and keeping the body well cleansed with PLENTY of water taken in the system, even as MEDICINAL properties - PLAIN WATER - in and out - that is, drinking water and using high enemas to cleanse the colon from impurities. With these corrections, with these conditions, we will bring the better conditions for this body.

Constipation - Lithia

1713-4, F 25, 1/9/24,

(Q) Why is this body inclined to be constipated?

(A) Same reason as we have given, for the congestion through the dorsal and lumbar region prevent the sufficient of the mucus to be created in the lower intestinal tract to make the normal action of the colon. Hence the exercises to produce irritation sufficient to cause the blood flow to increase this secretion in the system. Govern this also by the diet, and by the quantity of water taken in the system. The body does not drink sufficient water.

WATER: DRINKING CIRCULATING FILE

319-1, F 53, 4/22/33,

This should also require that sufficient quantity of water ALWAYS be taken; at least six to eight glasses each day, and - in the present surroundings - it would be well that, at least one or two days, there be small quantities of lithia put in the water; or it would be well that small quantities of sulphur water be taken. Those waters that are of the WHITE sulphur springs, rather than the black sulphur springs, are the most beneficial.

(Q) How can I correct constipation?

(A) Following the diets that we have outlined, with plenty of water taken in system, will make for a better correction.

361-10, M 21, 9/9/39,

(Q) How may I be relieved of constipation?

(A) By the diets as well as the activities to bring about proper elimination. Drink more water!

772-1, F 37, 9/11/30,

The DIETS we would keep well balanced, drinking plenty of water - that the eliminations and tendency to constipation may be eliminated, as well as those tendencies for a low blood pressure, with that of a high hepatic circulation. Ready for questions.

49-1, F 20 (?) (Schoolteacher), 7/29/25,

Hence not sufficient water is often taken in system as to be the counterbalanced condition and bring the better forces for body.

Light reading, plenty of fruit, abundance of water, especially that which would carry lithia and the inclination to carry the over-activity to the secretions of intestinal tract, or of white or black sulphur water, carrying lithia.

Beverages and Other Types of Water

3628-1, M 62, 1/31/44,

First, we would change the environs when Spring comes again, to the calybeate waters - of this nature having some processes of sulphur and magnesia. We find that the better balance of these would be had in Massey Springs, Kentucky. This water carries silicon, lime, sulphur and those properties that would purify the blood supply and at the same time give strength to the body; owing to the characters of diet that may be supplied the body direct from the environs.

1297-2, M 43, 9/7/37,

And the eliminations would be from the use of the waters as would be had in such natures or conditions. Any place, then, that would be chosen where the waters are of a chalybeate nature; calciums and excess of the sodas, see?

2176-1, M 73, 4/21/41,

Most, or practically all the water that would be taken by the body should either carry those properties of elm, saffron or chamomile. All of these may be prepared and may be kept for the use of the body, and changed from day to day or from period to period when the body drinks water – and should drink plenty of it! The body has only at periods been a sufficient water drinker, see? The elm should only be made when ready to be taken, and should always be cold or very cool - a pinch of the ground elm in a glass of water, stirred in same, ten to fifteen minutes before drinking - this would be the proper proportion. The saffron may be made as tea, not too strong - but as this proportion: A heaping teaspoonful of the saffron to six to eight ounces of water, allowed to steep until there is about four to six ounces of water - see? Then when ready to take (and this may be kept in a cool place, or on ice) put a teaspoonful of the tea (of course, strained) in a glass of water. The chamomile may be made in the same proportion and in the same manner. This will act as that with the gastric juices of the stomach to supply those necessary forces that will be needed in the digestive system to prevent this taxation to the system through the use of those properties that have made for the activity of the system in attempting to produce eliminations.

1703-2, F 51, 12/12/38,

(Q) And milk, I find, makes more mucus, the basis for catarrh.

(A) This if taken properly is NOT the basis of mucus. If this is thy experience, then there are other conditions producing same. For milk, whether it is the dry or the pasteurized or raw, is near to the perfect combination of forces for the human consumption.

(Q) Why are coffee, coca cola, and carbonated water good for me?

(A) To prevent the formation of gases in the system.

2027-1, F 42, 10/16/39,

As to the diets, keep much in those ways that have been indicated. Barley water may be taken; this will be an excellent manner to give MORE water, you see, using the barley water.

It would be well also to give sips of Saffron water once or twice a day. (The American Saffron made into a tea, you see; and kept fresh, or a tiny bit made each day.)

923-1, F 49, 11/24/26,

To 15 ounces of distilled water, add 15 grains of Chloride of Gold, with 20 grains of Bromide of Soda, see? The dose would be 3 to 5 drops of this solution in half a glass of water twice each day, see?

852-17, F 23, 8/20/40,

Eat plenty of GRAPES, and especially drink fresh grape juice; at least an ounce each day. The Concord variety would be better for this body at this special time. Drink plenty of water at all times; at least six to ten glasses should be taken each day.

877-13, M 45, 11/7/36,

(Q) What about water, the quantity I should take and when?

(A) These conditions arise, or this condition of this body: Periods arise as we find when too much water makes for reactions that are unsatisfactory owing to these balances in the bodily structural forces of the body itself. Hence we would find may be taken light wines occasionally in the place of water, but water taken night and morning is preferable for the body. Not too much in the noontime but night and morning. This will also tend to make for at times a little irritation by cleansing the kidneys, but this is necessary to prevent any toxic forces arising from changes being wrought by these balances created in the bodily system.

(Q) The effect of alcohol, should it be strong or not?

(A) Alcohol in moderation is well for MOST bodies. But not too great a quantity taken as to cause a slow congestion in the liver area. But alcohols taken, evenings - very well.

900-382, M 33 (Stockbroker, Hebrew), 5/3/28,

Do not eat starches, teas, and very little or no coffee. Milk and malted milk and Ovaltine, and such, maybe taken as drinks.

Drink plenty of water.

902-1, 2/17/41,

Hence quantities of water, as well as an alkalizer, as well as a booster to assimilating forces, are beneficial things towards producing a balance so that the cold and its consequences may be the more readily or easily eliminated or eradicated.

(Q) What diet is recommended once the cold has been contracted?

(A) This depends upon what is the condition. It may be one cause or another that has weakened the system. More generally, the liquid diet is best - or that the more easily assimilated that carries the greater strengthening ability to all portions of the body

943-14, M 40, 8/15/31,

We would have rather that of the liquid diets in the next twenty-four hours, as of orange juice, strained vegetable juices, and the like. A LITTLE coffee, but not too much, for the TANNIN would be astringent, that MIGHT not be helpful under strain.

947-1, F ADULT, 6/16/31,

We would take internally, alternately, Glyco-Thymoline - three to five drops - and the Yellow Saffron Tea. These would be taken alternately in the water as taken, and drink plenty of water.

1506-2, F 42, 6/12/40,

Refrain from drinks as of carbonated waters or the like. Tea and coffee are not very well, though they may be taken in moderation at times. Drink plenty of water.

WATER: DRINKING CIRCULATING FILE

975-1, F 80, 8/19/35,

As to the drinks; drink plenty of water - six to ten glasses full each day. Do not take quantities of tea, but a very small quantity once a day may be taken. Coffee may be taken in moderation provided milk or cream is NOT used in same. Without the cream coffee is a food; WITH milk or cream it is very hard on the system.

(Q) What beverages should be taken both at meals and between meals?

(A) As indicated. Any of those taken should be as indicated. However, once each day between meals there may be taken a small wine glass of RED wine, if this is taken with black or brown bread - very dry bread. Take it as a food, not merely as a drink; for this will be strengthening and helpful to the body. Port.

1131-2 M ADULT, 10/29/32,

(Q) Is tea and coffee injurious?

(A) Coffee in moderation is very good; it is a food if taken without cream or milk - especially cream.

(Q) How much water should the body drink daily?

(A) Six to eight tumblers or glasses full.

1206-9, F 13, 12/11/38,

(Q) Is she drinking enough water?

(A) Water should be used for the body, in drinking.

(Q) Should she continue soy-bean milk and no cow's milk?

(A) This as we find would be rather governed by the own appetite. For here we have a condition that at times does not work well with other influences. But if there is a desire for same, in preference to the cow's milk, the system will balance itself.

2056-3, M 53, 3/8/43,

Do keep away from carbonated drinks, and especially, of course, from any fermented drinks.

Do take plenty of water at all times.

1880-1, M 54, 5/11/39,

Drink plenty of water at all times.

(Q) Why does cold drinks or food affect me?

(A) Just the natural consequences! Especially NO CARBONATED waters should EVER be taken! These are hard upon the system. ICE CREAM or ices would not be so bad, but NOT carbonated waters.

(Q) Can I take liquors of any kind?

(A) For thine own undoing you may take them! but if you would be healed, NO - none of ANY kind! Wine might be taken a little, but this as a food - NOT as a drink!

WATER: DRINKING CIRCULATING FILE

2518-1, M 29, 6/26/41,

At all times drink plenty of water. Occasionally – say once a week - put a lithia tablet in a glass of water and drink it. This will stimulate better circulation and set up better drainage through the whole of the alimentary canal, especially as related to the hepatic circulation; that is, the circulation between the liver, the kidneys, and the flow through the alimentary areas of the body. [10/25/52
Comment by D.H. Fogel, M.D. (heart specialist): Lithium - pharmacology of.]

5545-1, M 41, 2/10/30,

In the kidneys, these express themselves in the character of the urine, or of the eliminations as are thrown through same, and will be found that these may be altered or changed considerably by the diet, or even by the AMOUNT of water that would be taken into the system.

The water that is taken - MOST of same should carry those of elm, and this should be prepared just before taking, but should ALWAYS be cool, or cold. Just before the MEALS are taken, that of a MILD tea of Saffron should be able to coat the whole of the stomach proper. This will aid digestion.

2674-1, M 44, 8/2/11,

(Q) What treatment would you prescribe?

(A) Plenty of water at all times. Drink more than he does here, of a soft nature, or that containing more soda than he has been heretofore. Plenty of soda, producing into the condition of the stomach and duodenum the replenishing forces supplying the powers to the rebuilding of the cellular forces into the spleen, that is, the body in itself, until the juices or the cellular forces enter into the organ itself, rebuilding more of these supplying properties to the brain in itself, that enter into the system at this condition by a force which acts more to the condition of the kidneys or that we will find through that of the cellular.

2461-1, M 47, 3/10/41,

Throughout the whole period, refrain from these:

Do not take carbonated waters or drinks.

Do not use malted or distilled spirits in ANY form, see?

PURIFY the system.

Drink plenty of water at ALL times. Occasionally, at least once each week, put a lithia tablet in the drinking water

Not too much of coffee or tea, and neither of these with milk or cream in same!

2649-1, M ADULT, 1/15/42,

Give the body internally the Yellow Saffron Tea. This would be made by putting a teaspoonful of the American Saffron in a crock (as a teapot) and pouring a pint of boiling water over it, allowing it to steep for at least five to ten minutes. Drain off or strain, and use this quantity during a twelve hour period - taking it when water is desired. And drink plenty of water!

But continue the osteopathic adjustments, also the aid to the gastric flow (the Saffron Tea), until the disturbances are eliminated.

WATER: DRINKING CIRCULATING FILE

2781-1, F 2 MONTHS, 7/16/42,

We find that there should be a weakening of the formula; not so much of milk. Do keep the Lime Water in same.

Do not begin too much of the juices as yet. These should be kept down.

Give plenty of water, but sterilize or boil same.

Give one drop of Glyco-Thymoline in water until the odor of same may be detected in the stool. This will clarify or purify the alimentary canal for this body.

Give this only when water is given, about two or three times a day; not with the milk but with water.

2797-1, F 32, 8/26/42,

Do drink plenty of water, but nothing with carbonated waters in same. The body is more allergic to carbonated waters, or carbons in any form, than to other things.

2884-5, F 23, 1/18/43,

As we find, there are those disturbances in and through the alimentary canal that cause the greater part of the trouble.

Each day take internally at least an ounce and a half of Yellow Saffron Tea.

Prepare this by putting half a teaspoonful of the Saffron (American Saffron) in a crock and pouring a pint of boiling water over same, allowing to steep as ordinary tea.

In practically ALL of the water that is taken, or especially that taken at home and at meals, have the gum from the slippery elm; that is, put a pinch of the Powdered Elm in a glass of water - or in each glass of water. Do not let it stand too long before drinking, and yet do not drink it before it has formed an activity in the water; for if this forms in the system it would work to a disadvantage.

Yet if the powdered elm becomes too old or stale in the water, this would be harmful also. Just let it set a bit, not to become so thickened as to be obnoxious to the body, but stir and let set for fifteen to twenty minutes – then drink - a pinch of the powdered elm in each glass of water taken.

And take PLENTY of water through the day; at least six glasses of water during a day.

4466-1, F ADULT, 7/10/22,

Keep plenty of water in the system at all times - the body does not drink sufficient amount of water. Take no stimulants such as tea or coffee in the system - that is in excess. Milk should be taken into the system, preferably warm with animal heat which will add fatty portions in the system and will produce better forces in the chyle. Do this and we will find we will bring the body to a normal condition.

(Q) How much milk should be taken?

(A) 1/2 pint night and morning.

5676-1, M ADULT, 3/29/3,

(Q) What would you use?

(A) First, you must change the condition you find in the stomach. First you must take something into the stomach that will cause the (simulation) of the gastric juices in the stomach, passing out in the intestines. These different troubles we have here in the lower bowels. Then we take it out through medicine. Or take it out through any similar means that will remove it. We take water - fill it full - the whole stomach. The gastric juices fill the bowels, and that causes the gastric juices through the stomach and the lower part of the intestines - to stimulate and enough of the gastric juices to pass out to keep down this matter.

(Q) What sort of potash?

(A) Ide [Iodide?]. Small quantities. Then you see we need to keep up - to keep up this trouble in the stomach, to cause the digestion to be in proper form - need clarey water.

Then we need a relaxation of the whole body all over. Not so much stimulation through the head as we had before. In the treatment he has had, has caused only to relax - [in lumbar] not enough to throw all off, causing a catholic [Cathartics]. That will never take all of it off, or the trouble away, or simulate these forces till it is put in proper condition to receive it.

(Q) Any other means in addition to the Ide of potash, with plenty of water?

(A) Clarey Water [Clary Water] in the stomach.

(Q) Spell that?

(A) Clarey water. [Clary Water]

(Q) What about alcoholic stimulants?

(A) The Clarey Water [Clary Water] is composed of alcoholic stimulants. That is not needed in this, only enough to keep it as long as it is taken in the intestines. That is composed of gin, cinnamon, and tary [clary] flower. That takes up or simulates the gastric juices of the stomach. [See 5676-1, Par. B1 for detailed formula.]

Same reading below:

(Q) What would you use?

(A) First you must change the condition you find in the stomach. You must take something into the stomach that will cause the assimilation of the gastric juices in the stomach.

We take water. Fill it full, the whole stomach, and this will fill the bowels and cause the gastric juices through the stomach and lower part of intestines to stimulate and enough of these juices to pass out to keep down this trouble. Also Iodide potash in small quantities to cause the digestion to be in proper form. You need clarey [clary] water. Then we need a relaxation of the whole body all over. Not so much stimulation through the head as we had before in the treatment he has had; has caused too much relaxation in the Lumbar region of the spine. Cathartics will not remove the trouble until the conditions are put in proper shape to receive it.

(Q) Any other means in addition to the Iodide of potash and plenty of water, and Clary water in the stomach? What about alcoholic stimulants?

(A) The Clary water contains all necessary.

4722-1, F ADULT, 9/23/32,

In the matter of diet through these periods, it will be necessary that the system be cleansed before there is taken a great deal that must be assimilated for the activities of building up a depleted blood and nerve supply. During these periods we would take that easily assimilated, or pre-digested foods, like plenty of milk, dry milk, citrous fruit juices, all those that add to the replenishing yet are already easy to be assimilated. Meat juices, but not too much of the broths - just the JUICES of the meats may be taken.

(Q) Is tea or coffee harmful to the body?

(A) It wouldn't be if it were normal. Rather use the cereal drinks in the present.

(Q) Does she drink plenty of water?

(A) If she will take these we have given, she will WANT water!

Sea Water

To improve lymphatic circulation:

INDEX OF READING 4516-1 M ADULT

| | |
|--|----------|
| Arthritis: Bacillosis | Par. 2 |
| BACILLOSIS | |
| EMUNCTORIES: LOCOMOTION: IMPAIRED | |
| Injections: Hypodermic: Sea Water: Emunctories | Par. 3-A |
| LOCOMOTION: IMPAIRED | |
| Melancholia: Bacillosis | Par. 2 |
| Prescriptions: Burdock, Yellow: Bacillosis | Par. 3-A |
| : Dogwood Bark: | Par. 3-A |
| : Elder Flower: | Par. 3-A |
| : Iron Weed: | Par. 3-A |
| : Prickly Ash Bark: | Par. 3-A |
| : Salt: | Par. 3-A |
| Prophecy: Prognosis: Bacillosis | Par. 3-A |
| Psychosomatics | Par. 1 |

TEXT OF READING 4516-1 M ADULT

This Psychic Reading given by Edgar Cayce in Selma, Alabama, this 13th day of July, 1920.

1. EC: Now this is the condition as we find it here in this body, [4516] we are speaking of. There are many conditions in the body that are abnormal to the body; there are a few that would be abnormal to a normal body that through the affectations of hereditary effect are normal to this body. The conditions existing in the body of [4516] have to do with the physical, mental, and spiritual life that

exists in all human bodies. The affectations produced to the spiritual side of the body are an effect to the conditions that exist in the body through the physical and spiritual more than through the mental action towards the spiritual. Now in the mental, or action of the brain forces, in its application to the use of the mental faculties pertaining to the physical, if the body were in closer touch with the spiritual through the mental, the affectations of the spiritual would not be so severe. The mental attitude of the body towards things spiritual is not balanced as of its youth in the physical body.

2. This is where we begin with other portions of the body, the mental and physical. First we have to do with the emunctory circulation of the body, and the lack of being able to distribute the physical attributes to the organs in the system, affecting the entire physical body, as we have in taking up the different organs of the body and their action in the physical body of [4516]. We find that the blood, which is the life-giving source of the whole body, carries several kind of bacilli, destructive to the life-giving cellular forces of the body. There is an overbalance of life-giving red blood cells which fights out the forces in the capillaries destructive to the life giving power. Sometimes the body is better than at others, becoming hopeful of being well again; then the existence of the bacilli in the blood reduce the vitality, causing depression. The emunctuaries [emunctories] in their life-giving fluid to the body are affected, and cause a creeping up of deadness to the whole extremities of the body. So much of the bacilli is carried in the capillaries that the skin, or the cuticle, is effected. The pus-bearing bacilli carry to the joints and marrow in its action to the bone that which produces a deadness to the cartilaginous forces, and cause a stiffness in the joints. The effect on the heart action produces the same condition in the venous circulation of the blood. In the nerve forces, as applied to the body of [4516], we find the action of this bacilli in the veins affects the muscles of the body, but the effect of this condition is more of the involuntary than the voluntary action of the body, hence the gradual depression of these forces in the body. Now the action of this dis-eased condition of the emunctuaries, as carried to the lymphatics in their action over the body, at times too much lymph is drawn from the trunk portions of the body, and added to the condition existing in the capillaries, and we find there is produced in the system enlarged glands along the lymphatics, as in the arms, limbs, and lower trunk part of the body. Now these are the conditions we find in this body.

3. (Q) What treatment would you give to bring this body back to a normal condition?

(A) Now in treating the conditions in this body we have many things to consider. As the disease of the emunctuaries affect the action of all of the organs of the body, we will have to treat through that which will act on the emunctuaries without disturbing the functioning of the organs themselves. We would give into the system this - Sea Water, or 20% saline injection.

To be given hypodermically in the hips and shoulders of the body, and thus carry to the circulation and the lymphatics this amount of saline, which will act on these organs themselves. We will give into the system that which will eliminate the bacilli through natural channels, or will carry out through regular channels

WATER: DRINKING CIRCULATING FILE

that which disturbs the action of the organs. Again we will take saline into the intestinal tract, but in a different form. This will be taken in a form that will act as an astringent to the mucus as produced in the lymphatics and thrown off through the stomach and intestines. Combine the following:

Dogwood Bark.....1 ounce, Prickly Ash.....1 ounce, Iron Weed.....1 ounce, Yellow Burdock.....1 ounce, Elder Flower.....2 ounces.

Add to one quart of water and allow to reduce to one pint by simmering over the fire; strain and add one ounce of salt. This to be taken one tablespoonful night and morning, as we are taking the injections every five days; and we will see within three to five weeks a change in the body of [4516], so the action of things taken into the body will act as a rebuilding force, and will not be carried off, thus producing a gradual dissolution of the physical man. We are through.

To improve venous circulation:

INDEX OF READING 4591-1 F 66

CIRCULATION: IMPAIRED: SPINE: SCOLIOSIS

ENVIRONMENT: ITALY

INJECTIONS: HYPODERMIC: SEA WATER: CIRCULATION

LOCOMOTION: IMPAIRED: SPINE: SCOLIOSIS

Names: People Mentioned: Shank, Samuel H. Par. R1

Physiotherapy: Packs: Hot Salt & Soda:

Circulation Par. 1

Psychosomatics Par. 1

Rejuvenation: Circulation Par. 1

SPINE: SCOLIOSIS

WORK: E.C.: LANGUAGE: FOREIGN

BACKGROUND OF READING 4591-1 F 66

B1. 12/10/17 Letter in Italian which EC sent a friend in Tuscaloosa, Ala., to have translated:

Sir,

I represent myself to you recommended by the American Counsel, Mr. Shank, objective to consult you about the condition of my health.

I was born December 1817 at Cosenza, Calabria, my conditions are civil. At the present time I am dwelling at the (Siazza del bampo) Field Square, at the valley of mount Pellegino. My house is situated between north-east, and east. I sleep on the ground floor.

I suffered with diffused pain all over my body especially grave are those which I suffer in the vertebra with irritations on the sides in the abdomen in the (UTER) and in the bladder, to the shoulders up to the ARMS hands and fingers feet and heels. My hearing is diminished very much especially to the left ear with aggravating pain noise and vertigo.

WATER: DRINKING CIRCULATING FILE

My general strength also have diminished. I have cured myself with all the modern and best medicaments that money could buy. I have had some ipodermick [hypodermic?] injections and electric cure, idro-electric [hydro-electric?] mineral baths and I even used the X-ray.

Through all this cure I got a little better but far from cured, for I cannot walk more than 20 or 40 yards. I cannot stay upon my feet more than 5 minutes. I cannot walk nor play the pianoforte, that & I was a teacher once, neither I can write very long all through the pain in the hands and fingers.

The reason always bright so through my physical inability I am worried to death.

Therefore I write you to advise me which are the causes of my suffering, and what I ought to do to get well? Enclosed please find \$1.00 for your little expenses in corresponding with me and in case of my getting well I'll send you four more.

TEXT OF READING 4591-1 F 66

This Psychic Reading given by Edgar Cayce in Selma, Alabama, this 27th day of January, 1918.

P R E S E N T

Edgar Cayce; (?), Conductor; (?), Steno.

R E A D I N G

Time of Reading 4:00 P.M.

Palermo, Sicily.

(Mr. Edgar Cayce went to sleep at 4:00 o'clock p.m., Sunday, January 27th, 1918, and while asleep, located the city and place, and body of the party, and said:)

1. EC: [Speaking in Italian]* We have in this body here conditions well fitted to demonstrate the power of the mind over matter in the body, for the principal strength in this body is derived from the actual reflexes and flexes from the brain itself. This condition has been brought about first by the condition that has existed in the body, especially in the pelvis and along the excretory organism of the body along this region, those taking up the nerves and reflexes of the kidneys. This condition being treated mechanically as it has been has produced other reflexes from other plexes [plexuses?] along the spine, those at 2nd plexes [plexuses?] from the solar plexus. Those between 1st and 2nd cardiac plexus or from the reflexes from 3rd and 2nd cervicals; hence we find salines and salamoniac [sal ammoniac?] all being taken from the system by activity of the cellular nerve tissue in the body, hence a condition is being produced now in the body forming an inadequate supply of tissues to the lower extremities, notably those through the locomotory nerves, hence the condition in the feet; the inability of the body to stand erect long. There is a tendency for the body to give to the curving of the spine but the wrong way. The brain being a powerful force, and a regular and active mind keeps body, spirit, and soul together. The age of this body, of course, produces inactivity of venous circulation, rather than arterial. The power of the mind produces an active veinerel [venous?] circulation - inactive through the veins in returning. There is little new blood passing properly into the system. To assist this body to become better suited to its condition, relieve the swelling which is produced by standing, by application of salamoniac [sal ammoniac?] of soda bicarbonate, driven into the system through respiratory

WATER: DRINKING CIRCULATING FILE

* [Note: An Italian fruit dealer near EC's studio was asked to sit in, who fortunately was able to interpret some of the reading which was spoken in Italian. He made longhand notes which were typed later by the Steno.] organs or the skin by hot salt, we hence take to the capillary and emunctory circulation along the spine and limbs those both needed to rejuvenate the venous circulation or assist the body in balancing its circulation. When the body is somewhat improved by these applications which will give rest, inject hypodermically sea water, preferably given in the shoulder and thighs. If she will do these with the activity of the mind, kept as it has been, the physical body will be much better.

REPORTS OF READING 4591-1 F 66

R1. 3/8/18 EC's letter to David E. Kahn [in the Army]: "Have had some very interesting readings of late, one for a friend of the Mr. Shank [Samuel H. Shank] you met in Italy; was very interesting and they say I got it without any trouble, only had to get an interpreter to read it for them, as I gave it as it was in Italian, and you know I don't know the language at all."

Carbonated Water: **Warnings**

General

549-1, F ADULT, 5/14/34,

Beware of too much white bread, or of eating too fast at any time; and of taking too many carbonated drinks or waters at any time!

850-6, F ADULT, 9/5/41,

(Q) Any other foods or drinks of which I should beware?

(A) Beware only of carbonated waters. Drink plenty of water at all times.

629-2, F ADULT, 8/8/34,

Throughout these periods of treatments, beware of taking CARBONATED waters!

1315-11, F 50, 11/18/42,

As indicated, there should be the refraining from any carbonated waters, or those things that tend to make for gas in the digestive system.

Do take, at least three time a week, at least half a teaspoonful of Milk of Bismuth with five drops of Elixir of Lactated Pepsin stirred with same in half a glass of water.

2797-1, F 32, 8/26/42,

Do drink plenty of water, but nothing with carbonated waters in same. The body is more allergic to carbonated waters, or carbons in any form, than to other things.

263-11, F 29, 6/14/40,

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

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

Beware of too MUCH of any carbonated waters.

566-9, F 10, 2/27/41,

Do not take any drinks, either, that have carbonated water. These would be upsetting to the digestive forces, and especially the liver - through such a period.

2297-1, M 42, 7/3/40,

. . . Keep away from those drinks even that are of carbonated waters. These are NOT well for the body, especially for the LIVER conditions - though these might be and are helpful at times to the kidney eliminations.

750-2, M 33 (Ph.T., D.C.), 4/10/43,

Be mindful of the diets; not too much of greases or fats, nor carbonated drinks of any kind - for these disturb that equilibrium necessary to be established between the liver and kidneys.

2515-1, F 32, 6/16/41,

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

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

2528-1, M 56, 7/6/41,

DO NOT take carbonated waters, nor any drinks made or combined with same - especially through those periods that the Oil Packs are given or the osteopathic adjustments - when the gall duct and the area is stimulated to activity.

1013-3, F 47, 8/4/41,

. . . DO NOT take any form of drinks that carry carbonated waters. The gases of these, as well as all such, are detrimental and only add fire to the unbalanced chemical forces that are segregating themselves in the body.

1013-4, F 47, 10/27/41,

But we would keep away from the carbonated drinks and those tendencies for the body to disregard the chemical changes necessary to be wrought in the body.

2561-1, M 50, 5/9/41,

Also keep away from carbonated drinks of all kinds. These, with this unbalanced

WATER: DRINKING CIRCULATING FILE

condition, tend to produce too much carbon activity in the system; tending to cause a lack of proper eliminations.

Citrus

243-24, F 56, 7/11/36,

Keep away from Coca-Cola, the soft drinks that carry the carbonated water. If limeade or lemonade is taken WITHOUT the carbonated water, very well.

470-34, M 52, 8/21/41,

Refrain from any carbonated water drinks of ANY character. These are not well for the body.

The sour lemonade, or orangeade of the fruit itself, will be very well.

2171-1, F 25, 4/18/40,

Have a great deal of citrus fruit juices. With same there may be taken toast and other foods, except DO NOT take cereals at the same meal when the citrus fruits are taken, either the dry or cooked.

All forms of carbonated waters, or any form of malt or spiritus drinks, should be eliminated from the system. These tend to irritate those very conditions that are a part of the assimilation.

2186-1, F 27 (Teacher), 5/6/40,

Refrain from stimulations as of ANY influence of carbonated drinks or intoxicating beverages or any carrying malt in same; that is, as a stimulant. Malt as an active principle in the DIGESTIVE system would be very well, yet - as we find - even this may be taken in a better form for the body - as we will suggest.

Here we find that citrus fruit juices in quantities, regularly, will be helpful. Drink at least a pint of orange juice, with the juice of half a lemon squeezed into same, each day; for periods of ten days - then leave off for a period of ten days, and then take again for another ten days, and so on.

Grape juice

257-239, M 48 (Sales Mgr., Hebrew), 1/15/42,

Keep those precautions that have been indicated again and again as to diet; using as much foods as practical that are grown in the area where the body resides. Keep away from carbonated drinks. With the low amount of the vital energies that produce the proper hormones and the effluvia in the lymph circulation, these are hindered by the carbon gases in the soft drinks and products of hops. Hence beer, and carbonated drinks mostly, should be tabu. For, these tend to detract from the lymph flow of normalcy throughout the alimentary canal.

Watch the weight by adhering to sufficient of the grape juices which supply the proper character of sugars. And refrain from too much of sweets.

1812-1, M 56, 2/6/39,

Also, half an hour before each meal and before retiring, we would drink about two and one-half ounces of Grape Juice with about an ounce of water in same; NOT carbonated water, but the plain water. Keep away from all carbonated drinks; especially from any of alcohol or malt content.

Welch's Grape Juice is preferable, unless using the juice from the fresh grapes.

2344-2, F 44, 9/12/40,

As a reducing diet we would use the Grape Juice formula; that is:

Half an hour before each meal and at bedtime, take two ounces of Grape juice (Welch's, preferably) in one ounce of plain water (not carbonated water).

Keep away from any carbonated drinks, or any malt drinks.

Light wines would be very well; preferably the white, rather than the red wines, for THIS body - if these are taken.

2455-1, F 28 (Married, 3 Children), 2/21/41,

Four times each day - about thirty minutes before each meal and at bedtime - take two ounces of grape juice (preferably Welch's) in one ounce of plain water - not carbonated water.

Do not take carbonated drinks of ANY kind!

2921-1, F 24, 2/23/43,

Take four times each day at least two ounces of grape juice (Welch's preferably); this with one ounce of plain water, not carbonated water; about thirty minutes before each meal and at bedtime.

Keep away from carbonated drinks of any kind. These are irritating to the conditions.

Keep away from too much starches. While the taking of the grape juice will, to be sure, tend to make the desire less for sweets, do beware of sweets - or any that add an extra quantity of sugars to the body - until corrections have been made.

2084-11, F 13, 3/3/42,

No carbonated drinks at any time, though for this body a little tea may at times be taken - but never with milk or cream in same.

Do begin with the Watermelon Seed Tea regularly - until there has been reduced the tendencies for this inflammation, which as we find should clear in a two-week period. But keep this daily, for at least two weeks; two ounces each day, see? It may be taken for two weeks, left off then five to six days, then taken again for a week; then left off a week - or changed in about that ratio of intervals. This supplies an element needed for keeping purification in the activities of the kidneys, in relationship to the activity of the eliminations from the body.

To produce an equalization in weight of the body, and to form the proper character of sugars in the body, we would take grape juice at least four times each day (Welch's, preferably). Take two ounces of the grape juice, stirred in one ounce of plain water (NOT carbonated), about half an hour before each meal and at about the time of retiring.

603-3, F 34, 5/11/37,

. . . Let grape juice be a part of the diet. Refrain from any drinks that carry carbonated water. These not only make for an irritation to the distressed areas but tend to produce that slowing of the emptying of the stomach and disturb the proper eliminations.

619-10, M 56, 8/28/41,

(Q) How can I reduce weight to feel better?

(A) Such massages and sweats the more often, as indicated, will tend to reduce. Also for this body we find that the grape juice and grapefruit diets would be beneficial.

Take two ounces of grape juice (Welch's preferably, unless fresh grapes are used) stirred in one ounce of plain water (not carbonated water), half an hour before each meal and at bedtime. The grapefruit juice should be a drink taken once or twice each day, about two or three ounces.

Acid/Alkaline

654-9, F ADULT, 5/12/41,

Refrain from all fats or things of that nature, or carbonated drinks - or those things that form a great deal, or tend to form a great deal of acids in the system.

337-28, F 55, 7/15/43,

In the diet - keep away from any of fats, from any carbonated drinks or drinks made with carbonated waters. Do not take any of these, nor any of the malt drinks or things of that nature; nor vinegar nor anything of that nature. Keep close to the alkalines.

263-8, F 27, 4/5/38,

(Q) What can I do to improve my blood?

(A) Eat right! that is, about a twenty percent acid to eighty percent alkaline foods! Beware of all soft drinks, or carbonated waters, or distilled drinks of any character.

Stimulating/Severe

1048-2, F 21, 7/25/31,

As for the diet, we would follow rather as this – though these may may be altered from time to time. Beware of apples, bananas, COLD drinks - or too severe of those carbonated waters...

2085-3, F 66, 4/3/41,

There should be precautions not to take ANY stimulating drinks, or carbonated drinks, or those that carry an excess quantity of alcohol, or even foods that carry a plus quantity of alcohol in the system - such as sweets or the like.

WATER: DRINKING CIRCULATING FILE

2085-4, F 67, 8/4/41,

DO NOT take carbonated waters or ANY hard drinks.

2936-1, F 35, 3/12/43,

DO NOT take ANY carbonated drinks of any kind, neither malted nor hard liquors of any kind; not even wines, for this body, until there has been a changing throughout the circulation.

3607-2, F 63, 6/16/44,

(Q) Are cold drinks bad for colitis?

(A) Any carbonated or strong drinks are bad for colitis.

348-24, M 56, 10/27/39,

(Q) Is this trouble of the stomach a return of the old trouble?

(A) Not so much a return as a continuation, excited by too much of carbonated or distilled waters, see? No hard drinks, no malts, nor any drinks of that kind for this body.

416-18, M 38 (Freight Agent, Protestant), 6/2/44,

(Q) Skin eruptions on back and arms? Cause and treatment.

(A) Warnings have been indicated to the body of diets, especially as related to carbonated waters and hard drinks and hops in drinks. Eliminate these, this will disappear.

(Q) Is the moderate use of alcohol injurious to this body and what is moderate for this body?

(A) Occasionally if you took a drink - once a year, it wouldn't be too bad - but wouldn't be too good either. Not that one becomes a total abstainer, but when in Rome, do as the Romans, but needn't get drunk over it, nor become so that ye seek too much of those things. Light wines will do very well, the rest you'd better cut out, not good for this body.

934-13, F 32, 6/30/42,

Then keep the exercise, the diet as we have indicated, and away from those of carbonated or strong drinks, and especially HOPS.

935-3, F ADULT, 4/22/44,

As the body increases the raw vegetables, decrease the amount of meats or fats. Refrain from any carbonated drinks, hard drinks, or any that has hops or any of those stimulants. Do increase the raw vegetables and vegetable juices daily.

Wine

454-7, F 51, 2/12/41,

. . . In the diet, we find that light wines may be added occasionally; but none of carbonated waters. The wines would be taken only as foods, and no strong drinks.

WATER: DRINKING CIRCULATING FILE

454-8, F 51, 2/25/41,

(Q) What liquors or wines are good or bad for body?

(A) None of these are good for the body, not even the carbonated waters are good for the body! A little red wine AS a food, but not as a stimulant, is alright occasionally; that is, taken in the late afternoon or evening with black or brown bread.

2578-1, F 44, 8/29/41,

Carbonated waters are not good for the body.

Wines are good if they are the light or the red wine, but these as foods rather than as a beverage (that is, taken in the late afternoon with black or brown bread).

1880-1, M 54, 5/11/39,

(Q) Why does cold drinks or food affect me?

(A) Just the natural consequences! Especially NO CARBONATED waters should EVER be taken! These are hard upon the system. ICE CREAM or ices would not be so bad, but NOT carbonated waters.

(Q) Can I take liquors of any kind?

(A) For thine own undoing you may take them! but if you would be healed, NO - none of ANY kind! Wine might be taken a little, but this as a food - NOT as a drink!

1889-1, F 31, 5/22/39,

In the matter of the diet - keep away from those things that tend to produce acidity in the system. Beware of any of those drinks that carry too great a quantity of carbonated waters, or of such natures that produce an alcoholic reaction.

Red wine - taken of late afternoon as FOOD and not as drink - would be helpful; not only in aiding the activity of an already disturbed circulation through the hepatics, but in stimulating the gastric flow as to aid a better activity through pancreas, spleen AND the activity of the kidneys.

1995-1, F ADULT, 9/9/39,

Keep away from drinks that have too much charged or carbonated water, or that produce alcohol in the system; though wine - light wine or red wine - may be taken in the afternoon, but as a food, NOT as a drink. For, unless these are cut down, the activity of the glandular force that is disturbing the system as related to the pancreas will be greatly disturbed, as well as the metabolism of the system.

2793-1, M 34, 8/5/42,

Then, in the diet - leave off ANY of carbonated drinks and those that contain alcohol in ANY form...

563-5, F 25, 3/1/40,

Also - for the general conditions, to aid in removing the causes of these conditions:

Keep away from highly seasoned foods, and from any form of drinks that carry carbonated waters or that are of any appreciable alcohol content.

2818-1, M 46, 9/17/42,

Refrain from the taking of any carbonated drinks, or any alcoholic drinks of ANY form or nature. These tend to irritate and to subjugate the activities as should be applied for the correction of conditions.

Hops, Beer and Ale

477-2, M 19, 8/1/41,

Take no form of carbonated waters, no form of ANY drink with those formations from hops or of fermentations.

257-240 M 48 (Sales Mgr., Hebrew), 2/4/42,

. . . But, most of all, be precautionous about the rare beef and any carbonated or hops drinks.

2577-1, M 51, 8/27/41,

As to those warnings concerning the pancreas condition, - be mindful that in the diet there are not sugars taken, nor any of those properties that carry carbonated waters OR any product of the hops, or of such natures.

1709-6, F 22, 10/4/41,

DO NOT take ANY drinks with carbonated waters, nor with the products of hops or the like. These are harmful, as they - through their activities upon the system - tend to change this effluvium that has caused the disturbance in the circulation.

3048-1, M 50, 6/12/43,

The blood supply indicates those conditions where the upsetting of the digestion causes acidity, the old disturbance in the pyloric portion of the stomach is still - under certain taxations, and especially if any carbonated waters or things of that nature are taken - very aggravating. For, anything that has to do with hops or spiritus or malt liquors is upsetting to the body balance...

2332-1, F 40 (Waitress), 8/27/40,

(Q) Is beer harmful?

(A) Very harmful for the body. For, the hops act upon the glandular forces that are disturbing to the body; especially the NEW - and so little is aged at present. Especially the combinations of ale and beer are harmful.

Keep free from ANY carbonated waters, for the carbonations cause an effluvium in the blood. To be sure, Coca-Cola is helpful to the kidneys, but if taken, use the Coca-Cola syrup in plain water - and this to the body will not be very palatable.

257-234, M 48 (Sales Mgr., Hebrew), 6/30/41,

. . . As we have indicated, all forms of carbonated drinks - especially any that has brewer's yeast or hops in any form - are detrimental. For, with the body function in glandular forces as related to assimilation, these form a destructive force for the bod.

257-249, M 49, 12/5/42,

As has been indicated, carbonated waters or those things of the nature coming from hops, or the like, are poison for this body. If you wish to pay the price, keep on taking it - but you'll be sorry in the end!

2548-1, M 36, 8/1/41,

(Q) Is beer or natural wine harmful to me?

(A) Beer or ANY of the brewed or distilled liquors are harmful. For, they only add to the lymph disturbance – by exciting to activity throughout the mucous membranes of the whole body.

We would refrain even from carbonated drinks. Ice cream and ices may be taken, but not carbonated waters. These also excite lymph activity, and with the burr in some of the tissues of the body is irritating.

3534-1, M 61, 1/5/44,

In the diet keep close to those things that are more easily assimilated. Refrain from any of carbonated waters or strong drinks of any kind, especially anything with hops. For the body is allergic (so-called) to such. For these tend to produce a filling of the lymph through the alimentary canal, as well as the lymph flow in throat.

3047-1, M 36, 6/11/43,

Do not take ANY carbonated waters, or carbonated drinks of any kind.

A little apple brandy (but a good brandy, not Applejack) made as a toddy occasionally will be beneficial. This should be taken AT the meals, as medicine, not as a drink.

Do not take ANY of the drinks made with carbonated waters, or those prepared from hops. These are bad for conditions that exist, and the tendencies through alimentary canal.

391-18, M 27, 10/13/38,

Then as for the diet: Keep away from beer, wines, whiskey, or even drinks that carry carbonated water; or do so - or using same will be - to thine OWN UNDOING!

1959-1, M 58, 7/19/39,

As to the diet - keep away from those things that tend to make for easily fermenting; that is, those that carry yeast, or carbonated drinks, or too great a quantity of starches.

. . . Keep away from strong drink, from beer, from carbonated drinks of any kind.

WATER: DRINKING CIRCULATING FILE

2056-3, M 53, 3/8/43,

Do keep away from carbonated drinks, and especially, of course, from any fermented drinks.

Do take plenty of water at all times.

2277-1, F 19, 6/6/40,

Keep away from any compounds of soft drinks that carry carbonated water. Do not drink beer or those things that are of malt fermentation, unless taken AS medicine. Beer that would be prepared - one glass each day with a raw egg in same - the yolk of the egg put into it - would be very well - but not alone. A little spiritus frumenti also occasionally with egg in same would be very well - this put together with milk.

Drink plenty of MALTED milk, which is preferable to the raw milk - or even to the sterilized milk. Malted milks and the like - eggs even in this occasionally would be very well.

Milk and Malted Milk

1778-1, M 57, 1/3/39,

Leave off all of intoxicating drinks or the carbonated waters of any nature. More of milk and milk products should be the diet.

2004-2, F 4, 10/27/47,

DO NOT give THIS body ANY carbonated waters or drinks of any nature! Pure water is preferable as a drink.

Milk, or any form of malted milk, is well.

340-24, F 46, 5/8/34,

For this body the malted milk, with milk, will be helpful any time during the working period, but not the drinks where carbonated waters are used. MILK drinks are well; carbonated drinks poor.

481-4, M 33, 1/10/41,

Keep away from soft drinks that carry carbonated waters. Keep away from any drinks that have malt in same. However, malted milk is very well. If the raw egg yolk is taken in malted milk once a day it will be most beneficial.

556-14, M 58, 8/29/36,

(Q) What should he eat, especially for breakfast, and how often a day should he eat and what?

(A) As has been indicated. These have been outlined. DO NOT eat the cereals with the citrus fruit juices. Whole wheat, bran, coddled egg are very good. Malted milks between meals if anything is taken, and NOT any carbonated waters.

WATER: DRINKING CIRCULATING FILE

361-3, M 14, 6/27/43,

Refrain from taking coffee or tea, or any stimulating drink; no coca-cola, no drinks that carry a high percentage of carbonated waters. Ice cream, sherbert or the like may be taken, but not carbonated drinks; nor tea or coffee.

Ovaltine or cereal drinks, or milk, should be taken, not too great a quantity.

1352-6, F 20, 4/29/40,

(Q) Can I have drinks with carbonated water now?

(A) These had best be left off. Ice cream and ices may be taken, but NOT carbonated waters.

487-22, M 20, 4/15/38,

Drink more water; less carbonated waters but more pure water. Milk, ice cream or the like is very well. When carbonated waters or drinks are taken, either Dr. Pepper's or Coca-Cola may be taken; but let such as these be rather as an extra drink and not too regularly - and of Soft Drinks BEWARE.

These as we find would be the better developments for the body.

308-8, F 17, 7/30/41,

DO NOT take carbonated drinks to any excess.

DO eat ice cream and ices in sufficient quantities. Malted milks, or malt mixed with milks, for this body, are preferable to the raw or cow's milk.

Coffee and Tea

1830-2, F 59, 10/2/42,

(Q) Any other advice?

(A) As far as any coffee, tea or the like is concerned, - these in moderation, of course, are not harmful. Much – or too much of either of these would become hard on the digestion. Any cereal drink is preferable. Coffee once a day. Do not take any carbonated drinks.

934-11, F 32, 5/14/42,

Every other day take an ounce of Yellow Saffron Tea (made as regular tea). And DO keep away from ANY drinks that are made from hops OR that are carbonated.

Coca-Cola will be well, but made in PLAIN, not carbonated water.

1993-1, F 24, 9/5/39,

(Q) What drinks may be taken?

(A) DO NOT take any carbonated drinks, at all!

Tea or coffee, or chocolate, or ice cream may be taken in moderation, but NOT carbonated waters.

(Q) And milk?

(A) Milk is very well. Of course, the fruit juices - or citrus fruit juices – all must be a part of the diet (but not at the same meal when cereal is eaten).

2084-3, F 12, 7/9/40,

(Q) Are such soft drinks as Coca-Cola detrimental to her?

(A) Coca-Cola is not harmful; others, or some others, might be harmful. However, if the drink is prepared with the syrup added to plain and not carbonated water, it would be more beneficial.

(Q) Is weak iced tea harmful to her?

(A) Weak tea is rather strenuous, though it may be taken at times, occasionally; provided OTHER conditions are kept more in balance.

Coca Cola

3109-1, M 2, 7/26/43,

Here we find that Coca-Cola will be good, even for this baby. This will act to purify the circulation between the kidneys and the liver. Preferably use this in plain water, however, NOT carbonated or charged water. The effect of the tannic forces will be helpful for this condition. Two to three ounces we would take at the time, not necessarily every day - but three to four times a week would be better.

2546-1, M 45, 7/27/41,

(Q) Am I doing anything to aggravate the condition?

(A) The diets at some times. These as we find should be watched. Keep away from fats, the mixing of too many starches, or those food values that carry too much of carbonated waters. Occasionally Coca-Cola is very good for the kidneys, but this should be in plain water – NOT carbonated.

2853-1, F 31, 11/19/42,

First - through these periods of treatments, at least, - there should be the elimination of any form of liquors, ales, or even of carbonated drinks. While in a portion of the period such a drink as Coca-Cola will be helpful to the kidneys for purification, owing to the forms of combinations in same, this should be made with plain and not carbonated waters.

3390-1, F 35, 12/9/43,

In the regular diet, include occasionally such drinks as Coca-Cola - but with plain water, not carbonated. These are needed to purify activities in kidneys and bladder.

3412-1, F 66, 11/19/43,

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.

WATER: DRINKING CIRCULATING FILE

2766-1, F 23, 6/16/42,

Do take plenty of milk and eggs. DO NOT take malt drinks - that is, beer or whiskey or wine; though malted milk is well to be taken occasionally. Do not take carbonated drinks. Coca-Cola or the like, if it is prepared from the syrup and using plain water (not carbonated water), will be not harmful; in fact, it would be helpful for the kidneys and for the purifying of the blood flow.

416-17 M 36 (Freight Agent), 11/5/42

. . . Then, DO NOT take ANY carbonated drinks - of any nature. Coca-cola, or such, are well to clear kidneys, but make same with plain water.

5097-1, F 28 ("Shut-In", Catholic), 5/10/44,

Do take coca cola occasionally as a drink for the activity of the kidneys, but do not take it with carbonated water. Buy or have the syrup prepared and add plain water to this. Take about 1/2 oz. or 1 oz. of the syrup and add plain water. This to be taken about every other day with or without ice. This will aid in purifying the kidney activity and bladder and will be better for the body.

5218-1, M 35 (School Administrator, Catholic), 6/9/44,

Do be careful that there are not quantities of pastries, pies, or candies, especially chocolate nor carbonated waters. These, as we find, will be hard on the body; though Coca Cola, if it is taken without carbonated water, will be beneficial for the body in clarifying or purifying the kidneys and bladder disorder.

5137-1, F 24 (Dance Teacher, Religious Preference: "Metaphysics"), 5/20/44,

Thus we will bring better conditions for the body. Do not take during these treatments any hard drinks or soft drinks where carbonated water is used. A little later on when there has been lessening of pain, do use Coca Cola but with plain water, not carbonated water.

Carbonation: **Okay**

478-3, M 44, 6/16/34,

. . . Carbonated water are very good, if these are used discretely.

1703-2, F 51, 12/12/38,

(Q) Why are coffee, coca cola, and carbonated water good for me?

(A) To prevent the formation of gases in the system.

275-4, F 17, 4/28/30,

(Q) Should the carbon ash be given in distilled water?

(A) Be better if it is given in CARBONATED water, or half and half carbonated water - half plain and half carbonated.

584-8, M 63, 4/17/41,

Keep away from any carbonated waters, save at times – or rather regularly - we would take a little Coca-Cola. This, with some of the activities in same, acts upon the kidneys to aid in relieving the tensions there.

1710-6, M 26, 7/31/41,

Hence for this body, it is well to take occasionally – a couple of times each day - carbonated water. This does not mean merely soft drinks, but drink carbonated water – half plain and half carbonated water, at the fount. This is well to counteract the effects of general conditions which exist through the lymph in the general blood supply, especially through these periods of hot days or hot weather.

470-21, M 48, 6/14/38,

This compound will tend to prevent the greater increase in the weight, by better eliminations.

If the body will use the Ry-Krisp or such mostly as the bread, and take before the evening meal at least half to an hour before, two ounces of Grape Juice with one ounce of carbonated water, this would materially reduce the desire for foods that tend to produce flesh.

2367-1, F 16, 9/24/40,

(Q) How long should these treatments be kept up?

(A) As indicated, until there is improvement shown, and until there is the ability for some control, and that thickening of the fluid thrown off through the kidneys has shown that it is being purified.

Then any mild drink such as half and half carbonated and plain water will be very well, or Coca-Cola would be very well, to assist in purifying the flow through the kidneys; but not until such improvement is shown, see?

528-9, F 29, 6/17/37,

Then, as we have oft given, do not combine cereals and citrus fruit juices at the same meal or even the same day. Drink plenty of orange juice, citrus fruit juices of all natures. Combine a little of lemon with most of the orange; though lime and the grapefruit may be taken alone. Lime with a little syrup and carbonated water would be very good, just so it is alive.

942-1, F ADULT, 6/26/35,

Do these. Keep away from those things that form toxic forces. No form of fermented juices should be taken; not even grape juice is well, unless it is mixed with ginger ale or half and half of the carbonated water and the plain water. No wines. No strong drinks for this body. Ice cream may be taken in moderation, of the ices of fruit sherbet or the like.

1724-2, M 40, 12/23/38,

Have more of the lactics to aid in the assimilations, when large quantities of foods are taken; or the Alcaroid, as indicated. And less of sugars that make a great strain upon the activities of the liver as related with the pancreas and the activities through the gall duct area. Little or none of anything, then, like cake, or the combinations of such. Not that none would be taken, but none such as coconut, none such as any great quantity of preserves or puddings, or alcoholic drinks of any kind; though such carbonated waters as in Coca-Cola or the like would be HELPFUL, if they are taken moderately.

(Q) Please give detailed diet.

(A) As indicated, keep away from those things which we have just outlined. The general diet is very well - these we would follow, rather than saying "I can't eat this," or "I can't eat that!" Just leave off the sweets and the carbonated waters, save Coca-Cola or such, and leaving off any alcoholic beverages of any kind.

849-26, M 30, 4/8/38,

Keep away from drinks that are distilled; save light or very heavy wines. CARBONATED drinks may be taken, especially Coca-Cola or those of such derivatives. These will aid especially in purifying the activity and coordinating same through the kidneys and the eliminating system.

1055-1, M 50, 11/12/35,

(Q) What drinks may the body have?

(A) Any that agree with the body. Especially those that are half and half the carbonated waters, these are very good for the body; as ginger ale, or grape juice, or fresh grape juice. Any of these may be taken. Coffee may be taken, but NOT with milk or cream in same.

1210-4, M 56 (M.D.), 2/2/38,

Hence refrain from any drinks that carry the alcohol content, and those for the lower hepatic circulation – Such drinks as carbonated waters of ginger, as Ginger Ale, Coca-Cola, will be those to be taken by the body.

1467-8, M 35, 8/2/40,

Little of carbonated waters, though at times it will be found that fountain Coca-Cola will be helpful to the body, but this rather in moderation.

5465-1, F ADULT, 11/6/30,

Beginning, we would CLARIFY the digestive system. We would use equal quantities of limewater and cinnamon water in that of half and half carbonated water; that is, half plain and half carbonated water. Teaspoonful of each, or two teaspoonfuls - half to three-quarter teaspoonful of limewater, cinnamon water - of each. This is to CLARIFY the system, see? the gastric juices of same.

WATER: DRINKING CIRCULATING FILE

1472-7, F 58, 10/8/38,

(Q) Is moderate drinking of alcoholic beverages harmful in my condition?

(A) Any alcoholic beverage is harmful in such conditions. The beverages that are mixed with the carbonated water are rather inclined to be beneficial; especially such as Coca Cola.

1703-1, F 51, 10/8/38,

Any of the drinks where carbonated waters are used are very well, especially Coca Cola or those of that nature - just so there is NOT used any preservative in the preparation of same. Hence some of the orange drinks and some of grapefruit drinks are NOT well for the body. Tea or coffee may be taken in moderation. Milk may be taken according to the "feel" of the body and its agreement under different circumstances with the body.

348-17, M 49, 6/22/33,

Do not mix proteins with carbohydrates; that is, don't drink soda water - don't drink anything that is charged with gases. If such is to be taken (which would be helpful at some times), take the plain carbonated water - make it half and half. That will make you belch enough, and will relieve the gas too at times.

540-11, F 35, 10/11/38,

(Q) Is coffee harmful?

(A) Without milk or cream it is not so harmful.

(Q) Please give some general rules that will help this body to keep in a healthier condition.

(A) The conditions have arisen, as we have indicated in the first information for these bodies - or at the time of pregnancy, from the lack of precautions at the time of the delivery of the child - as to the kidneys.

When these conditions are cleared up, the body should be in a very good condition to keep in a normal force, with general rules as to health.

A general activity for a body in much of a normal condition is to keep the acidity and the alkalinity in a proper balance. The best manner to indicate this is to test the alkalinity or acidity of the body through the salivary glands or through the salivary gland membranes, or by taking the litmus paper in the mouth. This also may be indicated through the urine.

Whenever there is disturbance with this, if it is in the glands themselves, then take citrocarbonate - that is, if it is indicated in the salivary glands that there is an acidity, then take a small quantity of citrocarbonate. If the acidity is indicated through the kidneys, or from the urine itself, then drink a little of the carbonated waters, as would be indicated with Coca-Cola - but that which is BOTTLED is the better; OR use a little of the Watermelon Seed Tea. Either of these would tend to make for a balance.

Then if the proper balance is kept in the diet as indicated - twenty percent acid-producing to eighty percent alkaline-producing - as the conditions are for this body, its age, its temperament and the like - we should keep near normal.

WATER: DRINKING CIRCULATING FILE

1703-2, F 51, 12/1238,

(Q) And milk, I find, makes more mucus, the basis for catarrh.

(A) This if taken properly is NOT the basis of mucus. If this is thy experience, then there are other conditions producing same. For milk, whether it is the dry or the pasteurized or raw, is near to the perfect combination of forces for the human consumption.

(Q) Why are coffee, coca cola, and carbonated water good for me?

(A) To prevent the formation of gases in the system.

(Q) Please explain what "feel" I should be conscious of re milk?

(A) As to its constituents as related to body elements in their necessity for the balance in the system of the whole activity of assimilation and elimination.

Drinking Water as an Aid to Assimilation and Elimination

<http://www.edgarcayce.org/the-readings/health-and-wellness/holistic-health-database/therapies-drinking-water>

Edgar Cayce consistently emphasized the importance of drinking pure water on a daily basis for health maintenance and healing. In general 6 - 8 glasses of water per day were suggested. In taking the water, be sure to allow it to mix with saliva so as to produce an alkaline reaction in the stomach. The image of "chewing liquids" (even water) was used by Cayce to encourage proper assimilation.

In general, the Cayce readings note that it is beneficial to have water in the stomach as food is digested, hence it may be helpful to drink water before and after meals. However, the caution against using water to "wash down" (bolt) food that has not been thoroughly masticated was made by Cayce on numerous occasions.

Cayce Quotes on Drinking Water

In the matter of diet for the body - these, we find, are quite varied under circumstances and conditions over which the body often hasn't the control [due to being a traveling man?]. Most of all, train self never to bolt the food. Take TIME to assimilate, masticate, so that ASSIMILATION is well - and we will find that with these kept, with an EVEN balance between those that produce acid and those that make for the alkalin, if well balanced will digest under most all circumstances. Well to drink ALWAYS PLENTY of water, before meals and after meals - for, as has oft been given, when any food value ENTERS the stomach IMMEDIATELY the stomach becomes a storehouse, or a medicine chest that may create all the elements necessary for proper digestion within the system. If this FIRST is acted upon by aqua pura, the reactions are more near normal. Well, then, each morning upon first arising, to take a half to three-quarters of a glass of WARM water; not so hot that it is objectionable, not so tepid that it makes for sickening but this will clarify the system of poisons. This well especially for this body. Occasionally a pinch of salt should be added to this draught of water. (311-4)

(Q) Is the water the body is using alright?

(A) Just use about three times as much, yes! Keep the STOMACH dilated, see? The tendency - with the action of conditions existent in the pneumogastric system, on account of poor assimilation - for the body to feel that over-loading causes depression, prevents the stomach from assimilating or being dilated properly. Remember, the stomach itself - the walls of the stomach - the medicine chest of the body, and when digestion begins in the mouth - even when food is taken - it changes in its chemical reaction at least four times through the system, and the stomach must be kept dilated so that this may receive the proper essential elements as created in the system for proper assimilation. (4244-1)

WATER: DRINKING CIRCULATING FILE



TO YOUR HEALTH

JOHN WAITEKUS, MD

How Much Water Should We Drink?

We all know that water is necessary for life, but what is the optimal amount for the average adult?

Even a casual search will find most "experts" recommending 6-8 eight-ounce glasses of water daily. Looking deeper it is hard to find any concrete evidence that supports this claim.

Researchers take a somewhat simplistic approach and figure out how much water a person loses per day through urine, sweating, breathing, and stools (about 1600cc/54oz) and conclude that is the minimum amount we need to take in. They all agree that there are many circumstances (such as exertion, pregnancy, and hot weather) that indicate a need for more water intake.

We also know that it is possible to drink too much water which dilutes the sodium level in or blood and causes swelling of the brain. Over the last decade four marathon runners have died from over hydrating. Carefully done studies have shown that the elderly do not need to drink as much as young folks.

The readings' most common advice (over 250 times) in this area was to drink "plenty of water," with no amount specified. Dozens of people were told that they do not drink enough water.

When giving general dietary advice the readings stated that the amount should be 6-8 glasses daily. We can only presume that they meant eight-ounce glasses. This would be 6-8 cups daily. In almost every instance he would say "at least..." this amount – right in line with current thinking.

For many individuals being prescribed a comprehensive cleansing program he would increase this to 8-10 cups a day, and for just a few he recommended 6-8 pints (12-14 cups!) per day (presumably for a limited time).

The next question is why this amount? The readings point us beyond mere minimal requirements to water's essential role in cleansing. Of course the readings mention the kidneys, "...and above all, drink plenty of water every day, that there may be a flushing of the kidneys." Also included are the liver, stomach, small and large intestines, and the very tissues of the body. "Plenty of water, internally and externally, and taken from within and injections to cleanse the system, makes the liver, with the (osteopathic) adjustments, to throw off these secretions." 294-73

"The digestion at times seems overtaxed, a forming of gas, or fullness after eating, that causes unpleasant, though



The readings point us beyond minimal requirements to water's essential role in cleansing.

not specific, pain at times. These, we see, are from poor eliminations. Then, to relieve these conditions, we would first of all take more water in the system. Drink quantities of water, even as medicine; that is, have specific time and keep the system well flooded with water until eliminations are fully set up throughout the system." 779-7

When giving tonics or other medicinal formulas, the readings also emphasized the need for water to facilitate correct assimilations, "...keeping at such times plenty of water in system, drinking over quantities, as it were, that the system may have the supply of secretions throughout the intestinal tract, upon which the medicinal properties may have their therapeutic value in the system." 780-3

Without enough water, toxins that were meant to be eliminated through the kidneys or colon end up back in the blood stream where the capillaries try to eliminate them, causing skin problems.

The readings were also consistent with the timing of water intake. "Well to drink *always* plenty of water, before meals and after meals – for, as has oft been given, when any food value *enters* the stomach *immediately* the stomach becomes a storehouse, or a medicine chest that may create all the elements necessary for proper digestion within the system. If this *first* is acted upon by 'aqua pura,' the reactions are more near normal. Well, then, each morning upon first arising, to take a half to three-quarters of a glass of *warm* water; not so hot that it is objectionable, not so tepid that it makes for sickening but this will clarify the system of poisons..." 311-4

Don't be a slave to the number of cups per day especially if you are elderly and on multiple medications. The readings often caution us that there is a wide variation in individual needs. A good rule of thumb is just to keep the urine a very pale yellow.

I encourage all of my patients do develop the "habit" of regular water intake. For me this means having that one-liter bottle on my desk at all times. Drink up!

JOHN WAITEKUS, MD, practices family medicine in Virginia Beach, Virginia. A long-time student of the Cayce readings, John graduated from the Eastern Virginia Medical School and the Medical College of Hampton Roads.