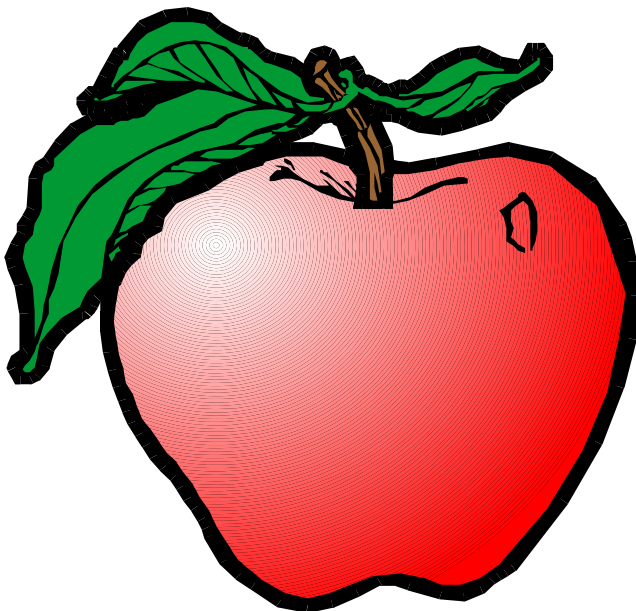


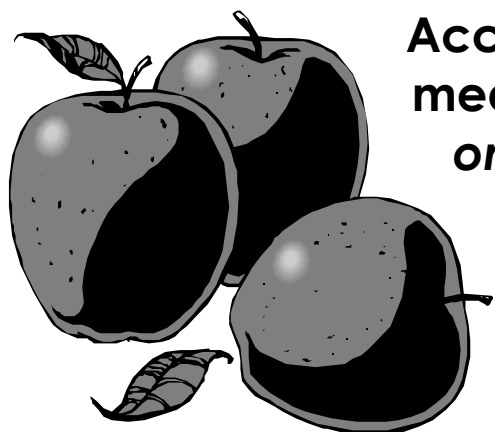
# Internal Cleansing

with Edgar Cayce's  
Three Day Apple  
Diet



"Remember, man's fall  
was eating an apple. He may  
be resuscitated through same,  
properly used." (218-1)

*“Be patient, then. For in patience ye possess your soul; ye will become aware of thy soul and thy meeting with thy God in the temple of thy body. For thy body IS the temple of the living God.” (349-19)*



**According to the father of holistic medicine, “...three days of raw apples only, and then olive oil, and we will cleanse ALL toxic forces from any system!” (820-2)**

The medical intuitive, Edgar Cayce, gave readings for more than 8000 individuals over the course of a 43 year period. He is well known for his unique approach to healing and the prescribing of natural means for overcoming dis-ease. His knowledge of human anatomy and physiology is still unsurpassed. Almost always his suggestions included cleansing the toxins from the body as a prerequisite for any treatment plan.

Modern research is now catching up with Edgar Cayce. According Dr. Sherry Rogers, a diplomat of the American Board of Environmental Medicine and author of “Detoxify or Die,” ***“Toxicity is a one-way street leading to disease; the key to healing the impossible is to reverse the toxicity.”***

Clearly, internal cleansing is something we all might do well to think about in our quest for good health.

## **What produces this toxicity?**

It's doubtful anyone would argue that we live in a very toxic world. Today there are environmental pollutants everywhere. We've got chemical pesticides, fertilizers, herbicides, and fungicides sprayed on our food during the entire food production process from farm to fork. We've got out-gassing from every imaginable form of plastic and other manufactured materials. We've got smog coming from trains, planes, and automobiles in greater numbers than ever before.

While the environment is certainly one major source of toxicity, we also have internal sources of toxins as well. Our emotions have a direct impact on the toxic burden in our bodies. Edgar Cayce said it this way -

*“. . don't get mad and don't cuss a body out mentally or in voice. This brings more poisons than may be created by even taking foods that aren't good.” (470-37)*

Our digestive processes can also produce a fair amount of toxicity when we improperly combine our food, eat foods that don't digest well, or eat while we're under stress.

Our liver is our main organ of detoxification. When it becomes overloaded, it cannot work efficiently to clear the toxins from our bodies. When this happens, we begin to take on a burden of fixed toxins in the system. One of the functions of our fat is to store these toxins. Perhaps this is something that may be contributing the current obesity epidemic in the United States.

## **What is Internal Cleansing?**

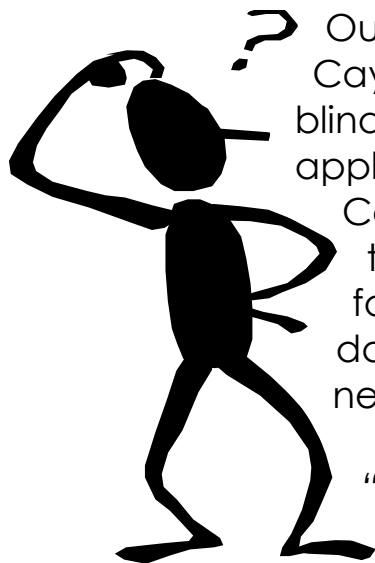
Internal cleansing is the practice of ridding the body of the toxic burden it takes on in the course of everyday life. It typically encompasses a dietary regimen to facilitate the release of the fixed toxins accompanied by various modalities to help move the newly freed toxins out of the body.

Fixed toxins are toxins that have begun to settle into the tissues of the body. These are the toxins that begin to cause symptoms. Some symptoms of a toxic burden from these fixed toxins are:

- ***Fatigue***
- ***Digestive difficulties***
- ***Constipation***
- ***Skin problems***
- ***Weight gain***
- ***Emotional disturbance***
- ***Food cravings***
- ***Frequent colds and flu***
- ***Headache***
- ***Insomnia***
- ***Joint pain***

Embarking on the journey of internal cleansing can potentially rid you of many or all of these symptoms before they turn into serious disease.

## Why an apple diet?



Our modern scientific community has yet to consider Cayce's approach, so currently there are no double-blind, peer-reviewed studies to support the three day apple diet. This type of cleansing diet is unique to Edgar Cayce. Consequently, consulting the readings themselves provides the best background. The following excerpts from the readings where the three day apple diet was recommended gives us what we need.

*"This is to change the activity through the whole alimentary canal." (3673-1)*

*"...these cleansings will prevent the accumulations of gas, the pressures that make for the neuritis through portions of the body." (307-14)*

*"...this would remove fecal matter that hasn't been removed for some time! But it will certainly indicate there is no tape worm." (567-7)*

*"These, as we find, will remove the tendencies for cricks in portions of the body; stiffness in the feet, hands, and limbs at times." (780-12)*

*"For this will get rid of the tendencies for neuritic conditions in the joints of the body." (1409-9)*

*"This would cleanse the system from the impurities, preventing the inclinations for gas formation and for this regurgitation that is taking place in the lower portion of the duodenum." (1713-21)*

*"This is to cleanse the activities of the liver, the kidneys, and the whole system..." (1850-3)*

Cayce had some other interesting things to say about apples. Most noteworthy was his strong caution against eating them raw *UNLESS* on

the three day apple diet. According to Cayce, apples eaten raw cause an over stimulation of the glands of digestion, particularly the pancreas, causing a secretion into the duodenum producing an overly acidic condition and fermentation.

Current research does, however, reveal that apples contain a variety of highly detoxifying agents. While there are too many to list them all here, a few are presented to give you an idea of just how promising this research is:

Malic acid – This facilitates the formation of ATP (your body's life sustaining energy molecule). When combined with magnesium (also found in apples), it has been found to be a strong inhibitor of the symptoms of fibromyalgia.

Pectin - This is a form of indigestible fiber that binds with cholesterol, bile acids, and toxic metals in the intestines to increase excretion of these compounds.

Apigenin – This is a bioflavonoid shown to reduce oxidative damage in cells. It also inhibits the growth of human leukemia cells and acts as an anti-inflammatory.

Calcium D-glucarate – Otherwise known as glucaric acid, this has been shown to inhibit the body's production of glucuronidase which is an enzyme that thwarts the body's ability to rid itself of cancer cells. It has shown promise in both animal and human studies to inhibit cancer growth in several different stages and types of cancer.

Procyanidins – These are polyphenols (our bodies anti-aging chemicals) also shown to prevent cellular oxidative damage.

Michael van Straten, one of Great Britain's most well known osteopaths, who is also a naturopath, acupuncturist, nutritional consultant, and author of over twenty books calls the apple "nature's great detoxifier."

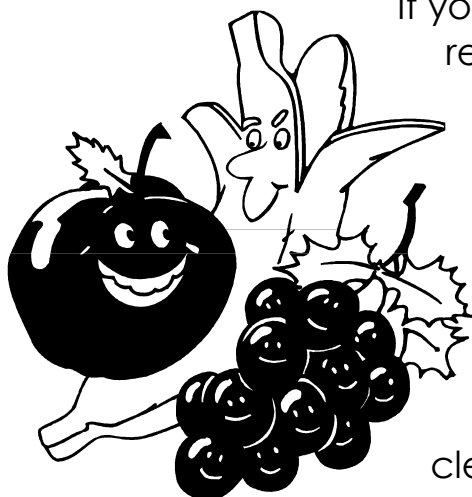
## What is the Three Day Apple Diet?

Edgar Cayce says, *"We would cleanse the alimentary canal as related to the effect of the gastric flow through the stomach and throughout the duodenum. This may be done through the cleansing by the method of the APPLE DIET - RAW Apples; requiring about three days. Eat nothing but raw apples, you see, for three days - each meal for three days. Then at bedtime on the evening of the third day, take half a cup (teacup) of Pure Olive Oil".* (1622-1)

Dr. Harold J. Reilly, who worked extensively with Cayce modalities in his clinic in the Rockefeller Center in New York documents the three day apple diet in his book "The Edgar Cayce Handbook for Health Through Drugless Therapy." In it, he includes other modalities like massages, colonics, mild exercise, and steam baths as adjunct therapies to facilitate the removal of toxins from the body. He also discusses several ways in which to take the olive oil that can limit some of the uncomfortable cleansing reactions.

## How Do I Prepare for the Three Day Apple Diet?

First, you should consult your physician to make sure you have no contraindications.



If your diet is in line with the Cayce recommended alkaline forming diet, you can keep your normal diet prior to starting the cleanse. However, if you have a tendency to be eating too many acid forming foods and poor combinations of foods, it might be a good idea to start incorporating more fruits and vegetables into your diet a few weeks prior to starting the cleanse. It's also a good idea to limit sweets, refined starches, and processed or fried foods.

Just prior to starting the cleanse, it's a good idea to take a small series of daily castor oil packs. Three days will give the best results. Castor oil packs will help boost your immune system to prepare your body for the cleanse.

While castor oil packs are great prior to the three day apple cleanse, they should never be taken at the same time as the cleanse itself.

## **How is the Three Day Apple Diet Done?**

The three day apple diet is simply three days of eating ONLY RAW apples. The apples should be organic and either of the Jonathon or Delicious variety. In addition to the apples, you should drink plenty of pure water. Distilled water or water that has been purified by reverse osmosis is best as either method removes most toxic elements, particularly fluoride and chlorine. Two tablespoons of olive oil must be taken just before retiring for the evening on each of the days.

Along with the diet, there are several accompanying modalities that must be done **each day** to facilitate removal of the toxins.

Massage - This should be a full body massage, preferably the Cayce/Reilly method or a good Swedish massage. A combination of peanut oil and olive oil is the best choice for a massage oil.

Skin Brushing – This is a technique for really stimulating the lymphatics and getting the toxins drawn out from the tissues and interstitial fluids. Robert Gray's book "The Colon Health Handbook" is an excellent resource for understanding this.

Colonics or enemas – Colonics are best; however, enemas can be substituted if they are performed properly and thoroughly.

Steam, sweat, or fume baths – These are preferably done in a cabinet where the head can be exposed and the temperature in the cabinet can be kept high enough to stimulate a good sweat. Witch hazel or Atomodine can be added to the water to help facilitate removal of the toxins. A do-it-yourself steam bath at home can be a viable option.

Light exercise – Walking outside, especially early in the morning with the



dew still on the ground is probably the best exercise. This exercise should be relaxing rather than strenuous.

Keep stress to a minimum – Stress creates toxins. Don't defeat yourself during your cleanse by keeping the same stress levels as your normal routine demands. Take time off of work if needed.

Again, during the three days of the cleanse, it is imperative that the only food eaten are the raw apples, and then take the olive oil just before bed. The only liquid allowed is water. If you want to “cheat,” you'd be better served by ending the detox and trying again at a later time when you're more able to stick with it.

## **What do I do when I'm finished with the Three Day Apple Diet?**



Congratulations on a job well done! You've made it through the three days. You should now notice a wonderful sense of well-being.

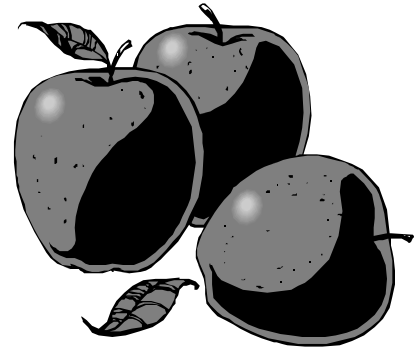
You may feel a bit tired as your body has just done a tremendous amount of work. Try to ease back into your normal routine. Go gently on foods by keeping as close to the Cayce diet as possible, but there should be no reason you can't return to your normal diet on the day immediately following the

cleanse.

If you're using the cleanse as a precursor to another healing regimen like a rotation diet or candida cleansing protocol, you can start your new regimen the day following the three day apple diet.

## Basic Outline for the Three Day Apple Diet

After you have done the three day apple diet once, it won't be necessary to read this entire brochure each time. However, it's always nice to have a checklist so you don't miss any of the steps.



**Two weeks prior to starting the cleanse**, schedule your cleanse and make plans to take time off of work if needed. Review your diet and incorporate more fruits and veggies.

**Three days prior to starting the cleanse** – A daily castor oil pack.

**Each day of the cleanse:**

- **Eat only organic Jonathon or Delicious apples**
- **Drink only water**
- **Take two TBSP olive oil before bed**
- **Get a full body massage**
- **Practice skin brushing**
- **Get a colonic**
- **Take a steam bath**
- **Get daily light exercise**

## **NOTES**

### **PREPARATION:**

### **DAY 1:**

### **DAY 2:**

### **DAY 3:**