

**Circulating File**

**EDEMA: GENERAL**

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

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## EDEMA: GENERAL 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:

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Please note: The complete Edgar Cayce Readings are available through the members only section of our web site, [EdgarCayce.org](http://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 an overview and the Edgar Cayce psychic readings on generalized edema. 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](http://www.baar.com) or call 800-269-2502.

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9. Nephritis, Vol. 1 and 2
10. Osteopathy
11. Toxemia

(Q) What is cause and cure for swelling on face?

(A) As indicated, there is the tendency for the emunctory and lymph circulation to be so increased - by the humor created by subjugation in other portions of the body - as to create this activity.

Drainages set up by the stimulation of those centers as indicated, from the mechanical way and manner, will relieve these conditions.

275-41, F 21, 5/17/34

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

## Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**INDEX OF READING 23-3 F 26**

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**BACKGROUND OF READING 23-3 F 26**

None.

**TEXT OF READING 23-3 F 26**

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

P R E S E N T

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

R E A D I N G

Time of Reading 12: 15 to 12: 25 Noon - Eastern Standard Time. ..., Virginia.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [23]; this we have had before.
2. As we find, conditions are very good in most respects.
3. There needs be rather that as we find for the stimulating of the balance in the circulation, to purify the blood stream, increasing the appetite and the activities of the body.
4. We would take that compound called S.S.S. This would be taken, though, as we find, rather in this manner: Take about half a teaspoonful before the morning meal, and half a teaspoonful just before retiring. Shake the solution well and these properties will produce bettered conditions.

5. It will be found also helpful if the body will take one minim of Atomidine of a morning just before any meal is eaten; after, of course, the other compound has been taken... but let at least a few minutes elapse between. Take the one minim in half a glass of water, for five days, leave off for five days, take again for five days; and the second or third period of taking same should be sufficient. This is to purify the glandular forces of the system. Measure the minim with a dropper, rather than attempting to pour same.
6. We will find these will bring the bettered conditions for the body.
7. For the heaviness across the lower portion of the spine, we would rub same with Olive Oil; also the lower limbs, along the sciatic centers, rubbing especially across the heels and under the feet; so as to make for better reaction in the activities and the use of the body. This is merely for stimulating the circulation. Use pure Olive Oil, just a little in the palm of the hand, massaged across these portions and along the limbs; it will be found to be most beneficial, making for better coordination with the whole of the circulation between the superficial and the capillary and the deeper circulation.
8. In the matter of the diet, keep same well balanced as to an alkalin and an acid reaction. Do not combine at the same meals potatoes, white bread, spaghetti or macaroni. Do not combine any two of these in the same meal. Eat rather potatoes in the jacket and the peel rather than the pulp; the salts of these are most beneficial to the very activities of the body. Do not take cereals and citrus fruit juices on the same day. Keep a balance well with the sweets or carbohydrates and meats. These combined together for the body are the better, as with fish or fowl or lamb - that is preferable to roast or other types of meat; though, to be sure, breakfast bacon may be taken if it is prepared very crisp without much of the fat or grease in same.
9. These we find are the better conditions for this body.
10. Ready for questions.
11. (Q) What is causing swelling in right side?  
(A) The glandular forces; and we have indicated that for the purifying of same, by increasing the circulation and the activity of the thyroid as well as the glandular forces through the eliminating forces of the whole system.
12. (Q) Any other advice for the body at this time?  
(A) Keep in that of constructive thought; because, to be sure, the thoughts of the body act upon the emotions as well as the assimilating forces. Poisons are accumulated or produced by anger or by resentment or animosity. Keep sweet!
13. We are through for the present.

### **REPORTS OF READING 23-3 F 26**

- R1. GD's note: A few months after her marriage (9/18/36) Mrs. [23]'s husband [1005]'s job petered out; his mother had come to live with them in order to help out financially. Her husband was suffering from an insidious skin condition [See 1005-15 through 1005-18] for which she had been constantly nursing him. All this worry and uncertainty evidently had much to do with her physical condition.
- R2. 7/23/37 - Because of results obtained in [23]'s case, Mrs. [23]'s mother referred Mr. [1415] for a physical reading.



(Physical Suggestion)

1. EC: Yes, we have the body, [264], and those conditions as surround the body - this we have had before. Now, as we find, the general reactions in the body are very good in the present. While there continues to be the disturbances in the eliminations of those things as pertain to that as has been causing the disorders, and while true these are at times hard upon the circulatory system, in that the replenishing supply of the blood does not give at all times sufficient nutriment to the rest of the system, and eliminating or disgoring itself - as it has been, this - under stress (that is, any over activity of the body mentally or physically) - produces some irregularity in the heart's pulsation. This, however, is to be expected under existent conditions - all of these.

2. That, then, to be met, is that as will supply the system with the proper nutriment, that will create for the blood supply the proper balance to keep the circulatory system replenishing and at the same time eliminating, and keeping the activities and the replenishing supply so that the mental attitudes and the physical exertions causes the least strain upon the heart's action or pulsation. Also to produce that as will make for the best cooperative forces within the system to eliminate ENTIRELY the organs that are under stress, or the functioning of organs under stress; those things to be warned of are that there is the proper precaution - as given - concerning any infectious forces, also that the low supply of the red blood and the replenishing forces in same does not get so low as to produce too great a weakening condition on the body.

3. Now, the things that have been given for the body - that is, the manipulative forces as make for those of replenishing in system - should be kept as high in their blood and nerve building as possible, by the foods that are eaten, the assimilations that take place, the percussions (as called) over the system. These should be as to keep the proper stimulations to those portions of the system as may be the more easily affected by the concurrent activity of the organs, as are stimulated by the nerve impulses from the ganglia of the system - as is seen.

4. During the periods when the eliminations are at the highest, do not produce too great a percussion, as given, over the lower dorsal and the lumbar area, but stimulate rather those activities in the UPPER dorsal area and through the cervical's reaction, that the mental attitudes are kept. Do not stimulate the HEART plexus, in those of the 2nd, 3rd and 4th dorsal, in a manner as to cause THIS to react as to empty itself too greatly.

5. When the eliminations are not so great, then the percussions may be made over the lower dorsal and lumbar area, to make for that stimuli of the organs of the pelvis, as to CAUSE the plethora, or those conditions in the pelvic organs, to ELIMINATE - as to prevent the absorption of same back into system.

6. We would NOT give stimuli in the veins in any manner, UNLESS the system became SO weak as to need NOURISHMENT in this manner; for the reaction to the nervous system would be TOO GREAT.

7. Keep the mental attitudes in a manner that SEES that being accomplished in the system as IS desired, THROUGH those creative forces in body that may be supplied by the Giver of life itself. Do this without DOUBTING, and it will be ACCOMPLISHED.

8. Ready for questions.

9. (Q) Would Alsa-Vege food cubes #4 and 1 help this body?

(A) As WE find, these carry - in these PARTICULAR ones - those that might be at TIMES helpful and at other times harmful. That would depend upon the reaction to the assimilations in the lacteal gland area. Hence we will find that rather those that make blood, in the nuts, in the beef extracts, in iron and wine, in champagne, or the like, taken internally, will be much more effective - and will act in the SAME way and manner at ALL times.

10. (Q) Is it advisable to have a two minute exposure on anterior and a two minute exposure on posterior position of this body every other day, with ultra-violet ray?

(A) If the distance from the ray is sufficient. In the anterior should be farther than the posterior. These would be very well.

11. (Q) How far should they be?

(A) Posterior, thirty-six to forty inches. Anterior, forty-eight to fifty inches.

12. (Q) Has growth turned loose from tube?

(A) As has been given, rather emptying self. Disgorging.

13. (Q) What causes the growth to refill again after blood tumors pass?

(A) This should be easily seen by the one applying, or manipulating for the system, that - as the growth begun, in its nature, it is an attraction upon the system turned in a MIS-DIRECTED way and manner, operating through that portion of the system in the creative or the GENERATIVE system which partakes of all portions of the whole body, especially supplying from the blood system or the circulatory system. Hence in its very nature is blood tumorous. Hence the percussions as are given in those portions of the system, in the manner as has been outlined, and as may be seen by the practical application of same to the body by the one manipulating, that those centers that call for the cutting off, or the preventing of those portions in the lumbar, dorsal and cervical area, to prevent the flow to those portions of the system, will separate itself entirely and produce entire elimination - which, we should find, should be accomplished in, now, the second, third, or fourth PERIODS of these eliminations - that have been set up.

14. (Q) What causes face and eyes and feet to swell, and what remedy for same?

(A) The carrying of the blood from those portions of the system, that are stopped by the percussion as has been formed, to a normal circulation. It is the circulation attempting to adjust itself by cutting loose from same; as if a portion of the system had been tied. Tie a string around your finger, or an extremity, or portion of the lower limb, and you will find that below it tends to swell. The same reaction takes place in the system. Now, to overcome these - then - a gentle ANTERIOR, see? the VEIN circulation, rather than arterial circulation, will distribute same in portions of the body - see?

15. (Q) What is the condition of heart?

(A) This has been described. We are through for the present.

#### **REPORTS OF READING 264-18 F 41**

R1. 3/9/32 Husband [853]'s ltr.: "Mrs. [264] is much better than she has been at any similar period for some years and I believe that she is nearing the end of her illness."

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ANEMIA

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TUMORS: UTERUS

**BACKGROUND OF READING 264-42 F 43**

B1. 4/11/34 She obtained Ck. Physical Rdg. 264-41 advising enzymes to build red blood and cont'd tr. for preparing body for uterine tumor surgery for eliminating it by absorption.

B2. 4/27/34 She submitted questions, saying: "That chiropractor here in D.C. is Dr. Ada Wahlen and she lives in this apt. bldg. She told me she had just finished carrying away a huge tumor for a lady, and it took five months." [GD's note: Mrs. [264] was treated in N.C., before moving to Washington, by a chiropractor, Dr. Edw. P. Brenner.]

**TEXT OF READING 264-42 F 43**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 8th day of May, 1934, in accordance with request made by self - Mrs. [264], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis, L. B. and Hugh Lynn Cayce.

R E A D I N G

Time of Reading 11: 55 to 12: 10 Noon Eastern Standard Time. ..., D.C.  
(Body & enquiring mind; concerning her physical, mental and material welfare.  
Questions.)

1. EC: Yes, we have the body, the enquiring mind, [264]; this we have had before.
2. Conditions in many ways in the physical show some improvement, though there are still weaknesses and inclinations in directions that do not at all times respond to those applications even. Yet there is being builded - if there will be held to those things that have been outlined - that which will bring for the body the greater developments physically, mentally and spiritually.
3. Ready for questions.
4. (Q) What is the condition of my body and the growth at this time?  
(A) As indicated. The growth is somewhat softened and not so large. There are tendencies for hardening in portions where the connection is with the tubes. The tissue about the body of the growth is much better and not so distorted by those activities.
5. (Q) What can be done to keep growth from refilling?  
(A) The application of those things that have been indicated, as to the vibrations that are to pass through same and the general building up of the body in its resistances to make for better eliminations in the drainages from all portions of the system.
6. (Q) Give the name of the enzyme made of the swine and kine which contains iron, which has been stated in a previous reading I should take?  
(A) This has been given. Ventriculin will be the better.
7. (Q) How do you spell it and where can I get it?  
(A) Ventricular, made by the combination of Parke, Davis.
8. (Q) Is it put up under the name as spelt here?  
(A) Ventriculin, yes.
9. (Q) What should be done to relieve congestion in throat?  
(A) There's not so much congestion in throat at present. This comes from the strain of the body in its activity, and if the general system is built up we find this will be relieved.
10. (Q) What should be done to relieve swelling in feet and legs?  
(A) The massage over the lumbar area from which the activities go to assist in the circulation being relieved in these conditions.
11. (Q) Should I take any other treatment than the enzyme additionally?  
(A) No. Those that have been indicated should be kept. This is only added for the improvement to the circulation and in building up the resistances in the body. No more at present, though these may be changed later according to the general conditions that arise. For, changes arise. What may be necessary today may not be necessary tomorrow in some directions, but as there has been the building in certain directions as indicated it would be better to increase the vibrations in the system with the active forces of the battery and the magnetic influences, also the manipulations in the various centers where adjustments should be kept.

12. (Q) Could treatments from a chiropractor, Dr. Wahlen of Washington, D.C., heal me?

(A) Not as we find. Not that alone, but if it desires to try it, try it - and then be sorry! [10/19/34 See 701-1 saying Dr. [701], D.C. would be a good one to treat Mrs. [264].]...

17. (Q) Any other suggestion which would aid me physically, mentally or spiritually, toward being healed in time to attend the June Congress of the Association?

(A) Keep thine self in the attitude of carrying out those things that have been given for a purposefulness in thine whole activity, that is constructive in the light of spiritual basis of activity rather than selfish interests that arise from the desires at times in MATERIAL things. And let thine prayer be:

Have thine own way with me, and let my desires and my meditations give praise to thee for those opportunities and privileges thou, O God, hast granted in this experience. And may i use those opportunities and experiences for the glorification of thy activity in the earth, rather than for my own!

18. We are through.

#### **REPORTS OF READING 264-42 F 43**

R1. 5/18/34 She wrote: "Thank you so much for that splendid rdg. I really believe I am getting more out of it than any other rdg. I have had. I really am using it, and I'll be able to prove it to you soon.

"The druggist got the Ventriculin for me... I am loads better in many ways."

R2. 7/14/34 She obtained Business Rdg. 264-43 answering further questions re tracts of timber which she plans to sell on a commission basis.

R3. 8/1/34 She wrote: "Am still taking Ventriculin. It is wonderful."

R4. 8/30/34: "My physical condition has improved greatly."

R5. 10/5/34 She was present for 264-44, submitting questions on her health, her mental and material affairs.

R6. 12/15/34 She wrote: "I HAVE GROWN NEW TEETH [new enamel on teeth?! I believe that by faith which I gained through the readings, and through every one of you holding on for me, and by the right diet, God is just building me all new again. You see, I have new finger nails and new hair too. The gray hair is coming out and brown hair is growing back. I just have so many things for which I am thankful. It would take a book to hold them all."

**INDEX OF READING 264-48 F 44**

CIRCULATION: INCOORDINATION

Doctors Suggested: Crews, Gena Lowndes: D.O. Par. 9-A

Edema: Circulation: Incoordination Par. 5-A

Osteopathy: Circulation: Incoordination Par. 2, 5-A--7-A, 11-A

Physiotherapy: Douches: Creolin: Tumors: Uterus Par. 12-A

: Packs: Sand: Circulation: Incoordination Par. 10-A

TUMORS: UTERUS

**BACKGROUND OF READING 264-48 F 44**

B1. 7/11/35 She obtained Ck. Physical Rdg. 264-47 advising continued tr. for spiritual healing of uterine tumor without surgery.

B2. 7/19/35 She was present, submitting questions.

**TEXT OF READING 264-48 F 44**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 19th day of July, 1935, in accordance with request made by the self - Mrs. [264], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [264] and L. B. Cayce.

R E A D I N G

Time of Reading Roanoke Cottage, 3: 55 to 4: 05 P. M. Eastern Standard Time. Virginia Beach, Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [264]; this we have had before.
2. As we find, there are some changes for the better in the general physical forces. However, there needs be rather in the manipulations that which will make for drainages through the system, rather than making for those hindrances in the circulatory forces to the vegetative centers or sympathetic nerve force receiving the greater amount of flow. Hence at those centers where the cerebrospinal and sympathetic are the greater in their coordinant activity, as in the 2nd and 3rd dorsal, 3rd, 4th and 5th cervical, the 4th lumbar, should have the greater attention in the manipulative forces, that the drainages to the general circulation be stimulated for an equalization of the circulatory forces.
3. In the rest of the system we would keep near to those things that have been indicated for the body as to diet, as to stimulation, as to those activities necessary for the greater equalization through the body.

4. Ready for questions.
5. (Q) What causes the swelling in legs and uncomfortable tightness of body?  
(A) As indicated, the sympathetic nerve forces not stimulated for the drainages. To relieve same make those applications as indicated, in the centers that have been given, which will make for an equalization.
6. (Q) Why do I feel like I'm going to explode when I walk the least bit?  
(A) Unbalanced in the pressure!
7. (Q) What can be done for the pain in back of neck?  
(A) Equalize the circulation as indicated from the 2nd and 3rd dorsal, the 3rd, 4th and 5th cervical; and STIMULATE the vagus center.
8. (Q) Can Mr. L. B. Cayce give me these treatments?  
(A) Can give treatments, but he doesn't know how! [See 264-48, Par. R5.]
9. (Q) Should I continue with Dr. Crews?  
(A) Continue with someone that knows how! Whether you want Crews or who!
10. (Q) Is my condition such that I can begin the sand baths now?  
(A) When the weather conditions permit! By the time the weather permits, the body should be in proper condition for same.
11. (Q) Any other advice at this time that would be of help?  
(A) Insist on having the connections as indicated in the vegetative or sympathetic nerve forces and the cerebrospinal areas that coordinate in the locomotory centers for the limbs, the arms, the head. Coordinate these FOR DRAINAGES!
12. (Q) Should douches be taken?  
(A) Be taken when necessary for the keeping for the cleansing of the body. This has been indicated - seven times. Then follow same. Keep in coordinant activity with what has been given. Lay out each reading that has been given; coordinate those with the conditions that exist - and be consistent with it!
13. We are through with this reading.

#### **REPORTS OF READING 264-48 F 44**

R1. 8/24/35 She referred Mrs. [978] for a Physical Rdg.

R2. 9/19/35 She wrote: "Every phase of my stay at Va. Beach was an experience that seemed to awaken something within me that heretofore had seemed to be asleep or dormant...

"The contact and association with you people in your home can't be described in words. It was just something one has to THINK - it was a KNOWING of something far too fine to express. It was heavenly to have had access to so much of the information, and I want to thank you so much for helping me as you did, knowing just how busy you are. And your expressions from time to time were, and still are, such an inspiration to me. God grant that I may use what I have gained, as the needs arise.

"To see you folks LIVING day by day what you BELIEVE and what you are TEACHING, has caused me to stop and think - and it has given me a calmness in my soul, that has caused me to realize, for the first time, what it means to be 'a channel of blessing.'...

EDEMA: GENERAL CIRCULATING FILE

"I've been getting on so fine physically that I haven't needed another rdg..."

R3. 10/2/35 She wrote: "I am just fine. When I asked you last summer what you really thought was keeping me from getting well, you said, 'When you stop running around here and there for someone else to heal you, and know that the God within you can and will heal you, then you will be healed.' I've been thinking of that and trying to follow it ever since."

R4. 12/18/35 She obtained Ck. Physical Rdg. 264-49.

R5. 6/20/37 She wrote EC: "Have thought of you many, many times since the passing of your father [4/11/37], and have felt both sympathy and gratitude for you. Gratitude that you should have had him with you all of those years, and for his interest and devotion in the work, and sympathy that he should have passed on, especially as he did.

"Am planning to go to the Congress, and shall miss him there. Almost felt as if I should write him a letter telling him I'll miss him. However, I feel that he will and does know.

"I shall never forget, or cease to appreciate, his interest in me while I was in Cayce Hospital, and of how he encouraged me by always insisting that the desired results always came when the readings were followed in detail, and over and over he told me of different people who had gotten such splendid results by following the readings.

"He encouraged me over many difficult places, and if at any time I can lend a thought that will aid him now in his onward journey, God grant that I may be able to do so."

\* Ventriculin and Ventriculin with iron were manufactured by Parke-Davis and Company until sometime in the mid or late 1950s. As listed in the 1953 issue of the *Physician's Desk Reference*, Ventriculin is described as a powder to be used orally, an antianemic substance derived from gastric tissue. The medical dictionary reference states that it is derived from the gastric tissue of hogs. Forty grams of the powder was described as one U.S.P. unit, and this was the daily suggested dosage. It was used as a stimulator of reticulocyte formation and as a specific for pernicious anemia. It was also used in atrophic gastritis. The Ventriculin with iron contained 12.5% naferon, which was iron and sodium citrate neutral. The latter was indicated for anemia due to iron deficiency states.

It is to be assumed that Cayce found the Ventriculin to be beneficial in a number of conditions since it was suggested not only in anemia but in conditions such as scleroderma, as an extreme example. Perhaps it was the enzymes which were present in the wall of the stomach from which the powder was derived that prompted the use of this particular substance in the readings. It may be that the readings saw this acting to promote better assimilation of foods and thus provide the substances within the bloodstream once assimilated, which would make for an ability to build red blood cells in the blood-forming organs.

Substances which might be to some extent equivalent in the 1967 P.D.R. are Converzime (Ascher); Digestant (Canright); Accelerase (Organon); Entozyme (A. H. Robins). Entozyme has in it 250 mg. of N. F. equivalent pepsin; 300 mg. N. F. equivalent pancreatin; and 150 mg. biosalts. Converzime tablets contain 5 mg. of cellulolytic enzyme; proteolytic enzyme 10 mg.; amylolytic enzyme 30 mg.; and lipolytic enzyme 800 Ascher units. This gives an idea of the relative difference between these more modern preparations and that which Cayce described in various places. It seems reasonable that these could be interchangeable.

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

**INDEX OF READING 282-1 M 24**

Appliances: Wet Cell: Glands: Incoordination	Par. 8, 11-A
Dermatitis: Circulation: Impaired	Par. 4
Digestion: Indigestion: Glands: Incoordination	Par. 7, 10-A
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<b>GLANDS: INCOORDINATION</b>	
Nervous Systems: Incoordination	Par. 6
Osteopathy: Glands: Incoordination	Par. 8
Prophecy: Personal: Warning: Physical: Edema: Tendencies	Par. 5
: Prognosis: Glands: Incoordination	Par. 11-A
Work: E.C.: Readings: Physical: Impressions	Par. 1

**BACKGROUND OF READING 282-1 M 24**

B1. 5/26/30 His wife obtained 301-1 to find out why doctor said she could not have a child.

B2. 6/10/30 His wife and sister were present for his first Physical Reading.

**TEXT OF READING 282-1 M 24**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 10th day of June, 1930, in accordance with request made by self, through his wife - Mrs. [301].

**P R E S E N T**

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mrs. [301] and Miss [275].

**R E A D I N G**

Time of Reading In his office, 11: 45 A. M. Eastern Standard  
Time. New York City.

(Physical Suggestion)

1. EC: Yes, we have the impressions and those conditions as surround the body here, [282].
2. Now, in the physical forces of the body, we find there are disturbances, and these - unless corrected - must eventually cause distresses that would be harder to combat with than at present.

3. These have to do with glands in the system, and the effect the disturbances have with the functioning of the circulation and of organs in the body, and ordinarily we would find that the effects would be treated, or have been, rather than the causes, as we find them with this body, [282] we are speaking of. [See prenatal causes indicated in Life Rdg. 282-2, Par. 4 & Par. 16 (?).]
4. IN THE BLOOD SUPPLY, here we find the effect of the disturbance created by that of the hindrance in circulation, and a character of condition existent in the cuticle itself from this disturbance. This coming at various times on different portions of the body, as is seen often in the lymphatic centers - or where lymphatic circulation comes closest to the surface.
5. In the blood stream itself we find some disturbance in the numbers of the white and red blood centers. This varies, however, for the system, in the various changes as come about in the body, and the body attempting to produce an equilibrium within itself, varies very much in their numbers. The activity of this condition being hindered or aided, dependent upon the functioning of the glands in the assimilating system; also those of the endren [endocrine] glands, or the adrenal activities in the system. As these become active, so does the functioning of the organs of the system as related to those of the various conditions in the system, affecting the kidneys at times. THIS to be warned against most of all, or that activity setting up through an accentuation of any character, whether that of the taking in of conditions from without or that of accentuation, or the gathering together of condition through congestion IN these portions of the body. Then we might expect that either of swelling in the lower portion of extremities, or that portion about the torso itself. These are warnings, and there are minor conditions as related to these at present NOT EXISTENT; only in the causes.
6. In the effect in the nervous system, these produce irritations at times - both to the sympathetic and the cerebro-spinal. As is seen by the effect as is created, especially through the sympathetic to the SENSORY system - that is, to the eyes, the ears, the sense of smell, the sense of touch - these all become accentuated or deteriorations in their activity, so that the auditory reactions, or the sense of vision, become hindered by the pressures as are created by these changes, or the effect of the CIRCULATION to those portions where drosses not BEING removed from the system, produce pressures in these portions of the body.
7. In the functioning of ORGANS themselves, these become - as we see - rather secondary in their reaction, as is seen both in the lungs and in the heart's action, though not an organic condition in either one. The digestive system is more a sympathetic NERVOUS digestion, though the body digests MOST of food values very good. Some are not. These are of the fatty portions that may be taken in the system in ANY form that produces fat in the body; though the excess of same is apparent in the body, this comes more from the digestion of sugars and that formation of too much in the system, than of other causes. As is shown in the activity of the glands in the region about the lower part of the digestion, in the stomach, see? These active through those forces in that of the duodenum, and as spreading over portions of the system at times, causes the distresses as the body experiences through the right side of the body.

8. Then, in meeting the needs of the conditions in the present, we would find that rest and proper activities in the direction that would create for an EQUILIBRIUM in the system, changing the vibratory forces of the body through the application of those forms as would be found in the vibration of the wet cell forces [Wet Cell Appliance] with the activity of those of the manipulations, as will adjust those conditions existent in the lower lumbar and the lower dorsal. These would bring for the body the near NORMAL reaction, creating that proper vibration by the adding of these to that - which should be to the lower portion and to the umbilicus. These will bring the right proportion of vibratory forces to the system, equalizing the circulation, also the eliminations, as related to the kidneys and the hepatic circulation.

9. Ready for questions.

10. (Q) Any special diet?

(A) As would be indicated from those conditions as have been given, those activities for the system would be those that will act with that of the endren glands [endocrine - adrenal]; also those of the glands in the system as will aid in the DIGESTION of proteins and fat. These would be taken into consideration in the diet as would be given.

11. (Q) What should be the correct weight of the body?

(A) One forty-five to fifty-five.

12. That is all the questions.

13. Do this, and we will find that in two to three weeks the body would be IN that position where the corrections would be a NOMINAL development; not NORMAL, but in a NOMINAL, normal development for corrections in the system, see? and then the application of the vibratory forces through the [Wet Cell] battery, these should not be carried to the upper portion, but to the lower extremities and umbilicus at all times, but changing from one to the other.

14. We are through for the present.

#### **REPORTS OF READING 282-1 M 24**

R1. GD's note: 7/21/30 to 7/31/30 He stayed in the Cayce Hospital and got started on the treatment recommended.

R2. 3/20/31 He obtained his Life Reading 282-2.

R3. 11/29/31 He requested 301-7 for his wife.

R5. 4/14/34 He and his wife were present for Ck. Physicals 299-4 and 314-2 for their little daughters.

R7. 7/5/38 His sister, Mrs. [457], submitted questions for his Physical Rdg. 282-8, indicating that [282] was suffering from a nervous breakdown, and they were considering sending him to Germany with his parents [[255] & [378]] and sisters [[275] & [276]], rather than putting him in an institution as two doctors had advised.

**INDEX OF READING 574-1 F ADULT [edited]**

ANEMIA

Appliances: Radio-Active: Nervous Systems: Incoordination	Par. 14, 16
Chiropractic: Not Recommended	Par. 32-A
Diet: Acidity & Alkalinity	Par. 26-A
: Meat: Hog: Not Recommended	Par. 26-A
: Minerals: Iron	Par. 27-A
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Dropsy: Tendencies	Par. 33-A
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NERVOUS SYSTEMS: INCOORDINATION

NEURASTHENIA

Osteopathy: Nervous Systems: Incoordination	Par. 13, 28-A, 32-A, 33-A
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PELVIC DISORDERS: ADHESIONS: LESIONS

Prescriptions: Water, Drinking: Toxemia	Par. 30-A
Time: Budget	Par. 15, 16
Tumors: Tendencies	Par. 33-A

**BACKGROUND OF READING 574-1 F ADULT**

None.

**TEXT OF READING 574-1 F ADULT**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 6th day of June, 1934, in accordance with request made by the self, through Esther Wynne and sponsored by Study Group #3 of the Ass'n for Research & Enlightenment, Inc., via sister, Mrs. [573].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [574], Mrs. [573], and their Mother; Esther Wynne, Helen Ellington and Mildred Davis.

R E A D I N G

Time of Reading 3: 45 to 4: 20 P. M. Eastern Standard Time. ..., N.C.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [574].
2. Now, as we find, there are some specific conditions the correction of which would cause the physical body to be in a much better reaction, and would make for a great deal of contentment in the general conditions that are about the body.
3. These, as we find, find their reactions more through the nerve system; yet must eventually, if they continue as they exist, bring not only the dis-ease but disruption to the physical functioning of organs in the body.
4. Then, these are the conditions physical as we find them with this body, [574] we are speaking of, present in this room.
5. In the BLOOD SUPPLY we find there is a form of anemia. While apparently the physical activities of the body are such that the pulsation, respiration, heart's actions, show little or no disorder at times, the nature of the repression in the system - through adhesions in the pelvic area - makes for a circulation that has gradually taken from the system the ability for the supplying of the proper proportion of urea in the blood supply. Hence the white blood corpuscle is made deficient, and at other times we find the red blood supply deficient. Hence we have THESE as effects FROM this condition, outwardly:
6. The body becomes easily fatigued, with either mental or physical exercises. At times the body may begin the day very buoyantly, with the general outlook on life and the surroundings being very good; and before the day is passed everything seems wrong, nothing just right. And the discontent that is produced by the nerve tension, the nerve pressure, produces in the imaginative or the sympathetic system the correspondent condition in the activities to the responses in the physical surroundings of the body.
7. Then these, as we see, are effects, and are FROM those conditions as will be given.
8. Then, while the body physically is quite often as one that would make for meeting most any emergency in the general physical condition, or in the surrounding activity, the LITTLE things - the little activities - in self or in others - bring about these reactions that have been indicated.
9. Hence we find an incoordination through a lesion that exists in the left side of the body, in the area of the upper pelvic activities, and these make for the nature of the general depression throughout the system.
10. The activities between the sympathetic and the cerebrospinal nerve forces, as we have described, are carried by impulses in the circulation, so that we have

a deep circulation that is very good, while the superficial or the return of the blood from extremities makes for a slowing up through the very nature of the nerves' reactions in the body.

11. All organs, in a manner, are affected by the condition; though, as we find, in the present no organic disturbance is existent; only PURELY the functional conditions being disturbed through the inactivity of the reflexes to the organs in their proper proportions. Hence at varied times varied portions of the system, or the varied organs, are disturbed through the general condition existent or reflected from those conditions that exist in this portion of the body as indicated.

12. Specifically, we find these existent in the 3rd and 4th LUMBAR area, and SYMPATHETICALLY in the 5th and 6th dorsal area.

13. And in meeting the needs of the conditions, we find that two periods of corrections osteopathically would be necessary, to make adjustments in the lumbar and dorsal area as indicated, and the coordinating of same in the hypogastric and pneumogastric plexus area; that is, through the cervicals and the general activity or stimulation for the proper drainages to be set up; organizing, as it were, the various ganglia and plexus along the cerebrospinal system in the locomotory areas, not only in the lumbar but in the brachial area also.

14. During the same period we would use the Radio-Active Appliance, for thirty minutes - at least - each day just before retiring, or as the body rests during the day.

15. The body should make more of an organized activity in itself, for the physical, for the mental, for the recreational, for the physical activities of the body. BUDGET the time, as it were.

16. Hence, there could be a rest period set aside during each afternoon when the application of the Radio-Active Appliance might - as we find - be more effective.

17. Be mindful that the diet is kept well-balanced, being consistent and persistent.

18. Doing these, as we find, would bring to this body a normal reaction. Ready for questions.

19. (Q) Is there pus on kidneys?

(A) Rather an accumulation about same, but not on kidneys proper.

20. (Q) Why do I swell so badly?

(A) The attempt of the body to adjust itself through a very poor circulation, as we have indicated, and the FLUIDS of the body ACCUMULATING about those lesions.

26. (Q) Please give the diet I should follow.

(A) Keep the diet rather alkaline. That means not too much meats nor too much starches, nor too much of ANY of those things that PRODUCE acidity. But don't make self as subject to a diet. Rather subject the diet to self, by self's activity; that is, keep a normal well-balanced diet, but no hog meats ever - unless a little crisp breakfast bacon at times. Preferably, when meats are taken, fish, fowl, lamb or mutton.

27. (Q) In what minerals am I deficient?

(A) Silicon and iron. These are best supplied through the vegetable forces, for these are more easily assimilated.

28. (Q) What is cause and relief for pain in back?

(A) This has been indicated. A lesion in the left side near the 3rd and 4th lumbar, you see. We will find this will be relieved when we remove these pressures, this subluxation - and this should be from the left side, in making the adjustments.

29. (Q) What should I do for the lesions and adhesions in the pelvic area?

(A) This has been indicated, you see, from here. Where there have been, as from here, the accumulations in the system from adhesions that are in the form of scar tissue, through the poor circulation (and such causing much of the poor circulation), these will break up of themselves when there is the stimulating of the centers from which those portions of the system receive their impulse for the circulation - and the circulation so increased by the stimulation. And nature is the better remedy. For, if these are supplied from the normal activity of the system the rejuvenation is permanent. If they are supplied from superficial activity, it is naturally never so permanent.

30. (Q) How much water should I drink daily?

(A) From six to eight tumblers full.

31. (Q) To what colors do I vibrate?

(A) Red and the shades of same.

32. (Q) Where can I get the osteopathic treatments?

(A) From anyone that will conform to the suggestions here that have been made. Do not have the chiropractic instead of the osteopathic adjustments, in THIS particular case. At times the chiropractic adjustments are MOST beneficial, but the OSTEOPATHIC manipulations AND adjustments are the better for this particular condition.

33. (Q) How long should they be given?

(A) As indicated, for two periods. That means there should be treatments taken for two to three weeks, and then rest for a week to two weeks; then another period of treatments for two to three weeks. See? This means two or three treatments each week.

Do these as we have outlined and, as we find, we will bring a normal condition for this body.

Leaving these conditions as they exist, there must either come a tumor or the dropsical conditions.

34. We are through for the present.

### **REPORTS OF READING 574-1 F ADULT**

R1. 6/6/34 GD's note: Mrs. [574] and her sister, Mrs. [573], and their mother said the Reading described Mrs. [574]'s feelings perfectly. They are enthused and intend to follow the treatment. Much money has already been spent on trying to help Mrs. [574] recover her health.

R2. Subsequent Readings were obtained by the sister, Mrs. [573], and family.

**INDEX OF READING 942-1 F ADULT**

Anemia: Tendencies	Par. 7
Appliances: Radio-Active: Nervous Systems: Incoordination	Par. 14, 15, 25
<b>CIRCULATION: IMPAIRED</b>	
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<b>NERVOUS SYSTEMS: INCOORDINATION</b>	
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: Kerosene:	Par. 23--25
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: Oils, Russian White:	Par. 23--25
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: Soda, Bicarbonate:	Par. 10--13, 29-A
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Sedation: Not Recommended	Par. 9

**TOXEMIA**

**BACKGROUND OF READING 942-1 F ADULT**

B1. 6/11/35 "I haven't been feeling very well these past couple of years. Just what's wrong I can't say. Some days I'm fine, other days I'm miserable; headaches, heart pumps, short-winded, depressed; in short just down and out which makes me very unhappy, and everything gray around me."

**TEXT OF READING 942-1 F ADULT**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of June, 1935, in accordance with request made by the self - Mrs. [942], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [333].

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 10: 40 to 11: 00 A. M. Eastern Standard Time. ..., N.Y.  
(Physical Suggestion)

1. EC: Yes, we have the body, [942].
2. Now, as we find, the conditions mentally, physically, are such that - unless there are precautions taken and some decided stands taken by the body - the conditions must gradually grow and become very disturbing in many respects to this body.
3. While in the present the conditions affect mostly the temperament of the body and cause such nervous reactions as to upset the whole of the functionings at times of the organism, unless changes and very radical changes or reactions come about, these must become more and more disturbing.
4. These, then, are the conditions as we find them with this body, [942] we are speaking of:
5. First, in the BLOOD SUPPLY HINDRANCES are indicated in the circulation, as well as in the manner in which eliminations are carried on THROUGHOUT the entire system. And there is poor coordination IN the eliminating systems, so that at times that which should be eliminated through alimentary canal is disturbing to the kidney; that which should be eliminated through the kidney and the activities of same becomes reabsorbed. Thus there is caused not only the form of toxemia that arises from too much of the urea in the system itself, but the respiratory system is affected, disturbing the whole of the coordination between the vegetative or sympathetic nervous system and the organs of the body, as well as the activity of the coordination between the cerebrospinal and sympathetic nerve system in portions of the body.
6. The blood supply, then, is at times very much disturbed by the amount of toxic forces as carried in same; leaving in many of the organs excess to be eliminated through their various absorptions or the various activities. The digestive forces become disturbed, also the mental reactions; so that the body becomes very much disturbed at any little distressing condition that may arise, at times. However, at other times those that should apparently worry or disturb the body DO NOT react in the same manner; making for those periods when the body weeps or is distressed, melancholia and the like. These must react to portions of the system unless the corrections are made for same.
7. As to the causes of these, as we find, there has been the adherence to those things that were used as preventatives; and they have taken hold upon the NERVOUS FORCES of the body and disturb same. While they are not used in the present, they have also caused the upsetting between the sympathetic or vegetative forces and the cerebrospinal, especially as they react through the

adrenal and the glands to the medulla oblongata, or those that go to the pituitary reactions. Hence these make for this character of disturbance. Many portions of the body, of course, suffer in a form of anemia, while others - as it were - tend to run rather to an excess - and make for a swelling or a filling up in portions of the body as to cause disturbing forces.

8. Then, as we would find, in making for that which would be the more helpful to the body:

9. No form of narcotic, hypnotic or sedative should be taken that will be other than assimilated from the diet; only those stimulations that may be added to the system for the making of activity in the pineal centers, where they react from the brush end of the cerebrospinal system and through the activities of the glands in the reproductory forces and those in the adrenal and those connecting same with the ducts about the lacteals. For here we have, about the lacteals, a DRYING condition. Hence this heaviness that we have in the right side and down to the caecum and through the ileum reaction. These recur at times.

10. First, then, we would begin with the use of very small quantities of Chloride of Gold and of Soda, prepared in two solutions in this manner and kept separate:

11. Add one grain of Chloride of Gold to one ounce of distilled water.

12. Add five grains of Bicarbonate of Soda to one ounce of distilled water.

13. Each day twice, once before the morning meal and once before retiring in the evening, take one minim of the Gold solution and two minims of the Soda solution in half a glass of water.

14. Also use the Radio-Active Appliance, making the attachments to the 1st and 2nd cervical and over the lacteal duct center - or a hand's breadth or just below the gall duct area; ALWAYS attaching the first smaller anode to the plexus or center between the 1st and 2nd cervical, then the little larger plate attached last over the lacteal duct center.

15. It is better to recline or lie down when this is applied. Preferable take it just before retiring. This will make for the coordination of the circulation, as well as those properties from the Gold and Soda working upon the eliminations of the body.

16. Use the high enemas at least once or twice a week to eliminate the fecal forces that have been an accumulation through the colon itself.

17. Be very mindful of the diet. This would be as an outline, though this does not mean these are the ONLY things the body may eat:

18. Mornings - citrus fruit juices. Coffee or tea may be taken in moderation, or Sanka coffee or those compounds with the toxic forces removed; such as Kaffa Hag and the like. Do not OVER use cream or milk in the coffee taken, for it forms that which is detrimental to the gastric flow of the stomach itself.

19. Noons - use preferably only RAW fruits OR vegetables, or these combined. Let quantities of grapes be taken, and pears especially. These are the NEEDED elements in these combinations. Preferably the white grape or the purple, near white, are the characters to be taken. Quantities of these in the middle of the day or the noon meal, or raw vegetables; as lettuce, celery, tomatoes, carrots, beets, spinach, onions, radishes, and all of these natures may be taken. But use more

often the grape and the pear. Of course, pineapple, grapefruit, oranges may be included, but preferably more of the grape and the pear.

20. Peaches a little later may be taken, but not those that are gathered for many days before they are eaten.

21. Evenings - a well-balanced vegetable diet; preferably those vegetables that grow above the ground, well-cooked. Hence lentils, greens, red cabbage especially, the egg plant, squash (and preferably the yellow neck rather than the white squash). All of these may and should be taken in QUANTITIES, as much as may be had by the body. Not great quantities of meat, and never any hog meat of ANY kind for this body; not even bacon is well for this body, under the existent conditions.

22. As to milk, preferably use NOT the raw milk. Use either the dried, the sterilized or the malted. These are the better for this particular body at this time, in its replenishing and rebuilding.

23. Be well that once or twice a week we have an oil rub, not only along the cerebrospinal system but over the centers especially of the locomotories in the caecum, the sacral, the lower end of the spine and to the extremities; rubbing AWAY FROM the body at ALL times. At least once a week use this. A compound for the massaging would be prepared as follows:

24. To 4 ounces of Olive Oil as the base, add in these proportions:

Russian White Oil.....1 ounce,  
Witchhazel.....2 ounces,  
Kerosene Oil.....1 ounce,  
Oil of Cedar Wood.....1/2 ounce,  
Compound Tincture of Benzoin.....1/2 ounce,  
Oil of Sassafras.....1/4 ounce.

25. These, to be sure, in solution will separate. But when ready to use, shake well together and pour a small quantity in an open container. Along the cerebrospinal system massage in a circular motion, along either side of the spinal column itself; circular motion over the lumbar, lower lumbar and sacral plexus, as through the caecum and through the groin also - this in the frontal portion. Then over the brachial center the same, over the upper cervicals where the Radio-Active Appliance plate is attached circle the same. Also on the limbs and the torso, but would be AWAY FROM the central portion of the body to the extremities.

26. 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.

27. Do this and we will find we will bring the better conditions for this body.

28. Ready for questions.

29. (Q) Why do I feel fine some days, and miserable at others?

(A) Just as indicated, the general reactions. Keep free of those things harmful, and build on those that will make for the replenishing and for the coordination between the sympathetic and cerebrospinal system. Thus we will

remove the disturbing conditions. The coordination may be built by the Gold and Soda solutions; be persistent in those, not overdosing, but don't take it a few days and then leave off. Take it for at least thirty to sixty days.

30. We are through for the present.

### **REPORTS OF READING 942-1 F ADULT**

R1. 7/20/35 "I looked forward to hearing from you. On receiving the rdg. and reading it thoroughly it has left me rather uncertain. In the start of the rdg. you mention I had used preventatives. I have been wrongly accused. That's something I know little of, and have used none - just keep my body clean. Hence I feel as possibly the treatment is all directed towards that one channel. I have been a bit hesitant about starting the treatments, feeling that possibly the diagnosis is not quite accurate. I had hopes of seeing Mr. [333] and talking the whole thing over with him but up to date have not heard from him."

R2. 7/24/35 EC's ltr. to [942]:

Mrs. [942], ..., N.Y.

Dear Mrs. [942]: -

We have just received yours of the 20th, and I'm surprised that you haven't heard from me; for I wrote you on the 3rd, soon after the Reading had been sent.

I can understand how you would get upset over the statement in the reading regarding preventatives. However, as you perhaps realize, "preventatives" can mean any type of treatment or possibly cleansing methods which you may have used at one time or another, which has caused an incoordination between the cerebro-spinal and sympathetic nerve system. Such a treatment, or diet perhaps, may have been used to "prevent" poisons accumulating in the system; but, according to the reading, was too severe in one direction and thus caused the upset. I don't think that the reading referred to any conscious use of narcotics or anything of that nature.

But I feel that the information in the rest of the Reading should convince you as to whether the conditions described exist or not, regardless of what caused them. And I can only refer you to the results that individuals have consistently received when following the things suggested for their betterment through the readings. We have never found a case that did not respond to the treatment as promised, when followed consistently and persistently AS given.

Some individuals, however, do not "click" with the information given; there's some peculiar twist that prevents. That is why we are always so anxious that each individual be thoroughly in accord and have faith in the divine within, believing it can be revealed through such a channel seeking to help, before a reading is sought.

So, I hope you will give the information a try. It is only by following the suggestions made that you can expect the results. But unless you can go into the thing wholeheartedly, expecting and believing you will be helped, I would advise that you have nothing to do with it; and we will have (apparently) used our efforts toward your behalf in vain.

If you decide to follow the things suggested, then do so exactly as given; not in part only but the whole. Then in sixty days from the beginning of the treatments, we would check-up on your condition through a Reading to see just how you are progressing and what further may be suggested to bring about a complete normalcy.

Thanking you for your letter, and hoping to hear from you soon that you have begun on your treatments, I am  
Sincerely, EC: GD

**INDEX OF READING 1079-1 F 40**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Cholecystitis: Tendencies Par. 6

CYSTS: TENDENCIES

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Prescriptions: Alcaroid: Assimilations Par. 14  
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SPINE: SUBLUXATIONS

**BACKGROUND OF READING 1079-1 F 40**

None.

**TEXT OF READING 1079-1 F 40**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of December, 1935, in accordance with request made by the self - Mrs. [1079], through Study Group #3 of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [413].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1079], Mrs. [413], and Mrs. [578].

R E A D I N G

Time of Reading 3: 25 to 3: 50 P. M. Eastern Standard Time. ..., Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1079], present in this room.
2. As we find, there are disturbing conditions in the physical forces of the body. These, as we find, are the effects of distraughtness in the nervous system by impingements or pressures in portions of the cerebrospinal system. And the reaction of these to the functioning of organs, as combined with this deflection as produced by the pressure, is to cause great disturbances at times - and those conditions that are as a portion of the disturbances.

3. These, then, are the conditions as we find them with this body, [1079], we are speaking of, present in this room: First,
4. IN THE BLOOD SUPPLY, we find, as through those pressures that have been indicated that exist in the cerebrospinal system in the axis of the lower lumbar, there has been produced a taxation that has caused a deep circulation more active than the superficial.
5. Hence the eliminations becoming disturbed, we find those organs as related to the activities of assimilation have become disordered also.
6. Thus we find that there are toxic forces carried in the circulation, and a torpidity in the liver - and those activities of the gall duct or gall bladder area itself, where there have been and are accumulations from a non-activity, cause sediments rather than gallstones. However, these may make such an accumulation, unless there are those properties taken for the dissolving of same; or unless there is the relieving of those conditions in the nervous forces of the system, that make pressures upon the reflexes of nerve activity, these may cause still greater distress.
7. These, as we find then, are the EFFECTS of this disorder or disturbance in the lower lumbar plexus. Hence we find at times that not only the lower limbs but the lower portion of the abdominal areas give a great deal of distress, or a fullness - as well as those occasions, that have been had heretofore, through the reactions from the lack of coordination in the sympathetics to the face and the muscles of the neck and face, when there has been produced a contraction in the muscular forces. This also arises from these SYMPATHETIC conditions.
8. And if the causes of same are removed, then we would find that not only would there be no recurrent conditions but there would be the absorptions and the drainages set up for the system - in the general eliminating and the general reaction for the assimilating and excretory forces of the functioning organs - so as to remove the distresses. Hence gradually there would be brought the much nearer normal conditions.
9. In making the effective applications for the activities of the body, the various conditions that have existed in the ORGANS of the body must be taken into consideration. And in making applications we will find there will be periods when there will be something of a reversal to the old order of things, with days or periods when there will be the feeling as of greater distresses; but these would gradually be met and a much better condition brought throughout the body. For we would have those applications internally and externally that would create a normal balance and an equilibrium between the cerebrospinal system and the sympathetic circulatory forces, especially in the areas where the subluxations have existed or caused these distresses.
10. So, not only would the digestive forces and those accompanying conditions be aided, but those tendencies removed for the accumulations in portions of the system of cysts that have at times formed - that make for a pressure that is not good, and which would eventually give disturbance and distresses unless the causes of these are also removed.
11. We will find also that the activities that may be made by the applications in these immediate conditions will gradually make for bringing the better relief, the

removal of causes; also the consequences then of distresses would gradually be removed.

12. As we find, then, we would first begin with the deeper manipulations that would be osteopathically administered, in SPECIFICALLY the lumbar and coccyx area. To be sure, coordinate each application or adjustment or treatment to the centers where the various organs receive their impulse for their activity as to drainages; not only to the alimentary canal but to the respiratory system, the perspiratory system, and a stimulation for those activities in the kidney area.

13. In the varying applications it would be found that there would be periods, owing to the responses of the body, that SOME of these areas would not be disturbed or made to become the greater active; that is, as in the solar plexus and the brachial center. But coordinate these AS conditions make their responses to the general corrections necessary.

14. Also, for the general assimilating system, we would take the properties found in what is called Alcaroid; two or three times a week, preferably after the heavier meal of the day.

15. And then once or twice a week we would take the Caroid and Bile Salts tablets, for the cleansing of the colon, the activity of the gall duct area, the creating of the proper secretions for the emptying of the stomach itself. These, WITH the manipulations (and do not take one without the other), would tend to make for a cleansing of the system, so that the whole of the toxic forces are removed.

16. Then the body responding to those stimulations from the various centers that create a balance in the circulation would bring about the nearer normal forces.

17. In the matter of the diets, keep away from excesses of starches. To be sure, some starch must be a portion of that for the necessary balancing of the forces in the body. Let it be rather from the tuberous nature of the vegetables, however, but NOT the Irish potato! However, the jacket of the potato may be a portion of the meal some two or three times a week.

18. Do not use rice; though whole wheat, barley and such may be as a portion of the diet, in that it carries a gluten that is not only purifying but is of such a nature in its blood building that the activities from same become in the body the warriors against incoordination in the circulatory forces of the body.

19. Do that.

20. Ready for questions.

21. (Q) What causes swelling in stomach and face?

(A) As indicated, it is from - primarily - those subluxations that react sympathetically through the incoordination between cerebrospinal and sympathetic nerve forces! - or vegetative nerve forces' impulses to activities of the organs themselves.

So, as there is an excess in the deep circulation as in relationship to the sympathetic or superficial, we find this effect would come and go - in the body's attempting to adjust itself. Hence it arises from those toxic forces that are created by this attempting of balance in the circulatory forces.

Follow these suggestions, then, as indicated; and we will find these disturbances will be overcome.

Preferably the manipulations and adjustments would be taken twice a week for two or three weeks. Then have a rest period of a week or two weeks. Then have another treatment period. And then a rest period of a longer duration. Then another treatment period, etc. This is much preferable to a CONTINUED reaction. For it allows the body, then, to readjust itself.

And at those periods when the reactions are taking place, so that there is the stirring up of the system - as it were - and the poisons being thrown out in the body, with the toxic forces causing some little dizziness or some more extreme activity for the eliminations, it would be well that enemas be taken for the evacuations of the colon itself. Thus the toxic forces may be prevented from causing the headaches or the dizziness that may arise. This would also relieve those tendencies for accumulations of gas and pressure in the left side towards the heart and colon.

22. We are through for the present.

**REPORTS OF READING 1079-1 F 40**

R1. 1/13/36 Husband, Mr. [1014], reported: "She hasn't missed a treatment, even during bad weather; is getting on fine."

R2. 7/20/36 She came for a Ck. Physical - See 1079-2.

**INDEX OF READING 1151-2 M 47**

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**BACKGROUND OF READING 1151-2 M 47**

B1. He previously obtained his Life Reading [4/22/36].

**TEXT OF READING 1151-2 M 47**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of May, 1936, in accordance with request made by the self - Mr. [1151], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [1151] and Mrs. [1158].

R E A D I N G

Time of Reading Union League Club, 12: 40 to 1: 15 P. M.  
Eastern Standard Time. New York City.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1151].
2. Now, as we find, while in many respects the general physical forces of the body are very good, there are those specific disturbances and conditions in the body the correction of which if made in the present - as we find - would relieve disturbing factors and would prevent disturbances later on.
3. These then are the conditions as we find them with this body, [1151] we are speaking of, present in this room:
4. First, IN THE BLOOD SUPPLY, this we find with a disturbing condition in same, arising from an unbalanced force in the elements that make up the influences in secretions from glandular forces as well as from those disturbances that are produced by improper or poor circulation through portions of the system owing to pressures existent in certain portions of the body - as will be indicated.
5. These elements and their lack of being created in the system are produced from lack of forces or influences from secretions in glandular forces as affected in times back by that which has produced about the glandular capsule a stricture, or as would be scar tissue from high temperatures in the body; leaving as it has, then, as marks through the activities.
6. In that the body replenishes itself nominally, or if there is the normal balance, those disturbances are lessened; or those influences that would remove the pressures that have hindered or do hinder the assimilations by the activities of the glandular forces would allow the body to assume or to renew itself through the normal or nominal activity.
7. That there is innate in each individual influence or force, as an entity and as a body, that which acts through the mental efficiencies as an additional influence in the system is true. Yet in each influence, in each force that is manifested, each works from or acts upon that realm of activity from which and through which its basic forces are taken. Not that mental healing or the application of such influences is less effective, but when there has been produced PHYSICALLY a physical disturbance or a pathological condition, the addition of other influences does not belie the activities of the mental and spiritual forces. But all force, all healing of ANY nature, is of ONE source; whether arising from elements created

by the activity of mind upon matter in the body or from the raising of the vibrations in the system through activative forces within the body. These then are of the one source.

8. IN THE NERVE FORCES OF THE BODY, here we find, while the controls through the mental responses, the mental reflexes, are ABOVE normal, there are SPECIFIC disturbances in the physical forces also of the nerve impulse in the central nervous system, or that through which the impulse for activity upon the physical organisms activates in the body. For impulse and consciousnesses arise the greater through the awareness of the individual from the vegetative or sympathetic nerve system. The deeper impulses work, as it were, upon the impulses from that assimilated and activating from the deeper nerve system itself.

9. In the functionings then through these where pressures exist, as indicated, there is the lack of the impulse, from the pathological conditions existent; so that the normal flow is prevented. Hence a portion of the disturbances with the body. Hence through mechanical alleviation there may be brought to the body, not only in the mental reactions but in the physical also, a better coordination throughout the whole body.

10. For incoordination in the circulation from pressure upon impulse centers in the cerebrospinal system then becomes as a portion of the disturbance, as indicated in the body through the lumbar axis as well as the coccyx center and the ileum plexus. For these are as areas where there are specific pressures that deflect and thus prevent normal flows through extremities.

11. Also in the secondary cardiac plexus area we have THERE a form of lesion in the cerebrospinal; not so much in the sympathetic and vegetative, though this with corrections will become more sensitive to that variation and thus - as we will find - first a little irritation, as is at times arising from these disturbances to the throat, the bronchi, to the organs of the sensory system; specifically to the auditory forces and to the vision also. These are reflexes, though normal REFLEX in a sympathetic manner almost exists.

12. IN THE ORGANS THEMSELVES OF THE BODY, in the brain forces the discernments, and most of all the evaluations through the imaginative as well as the sympathetic impulses, are good. THESE are directed rather without than within.

13. In the organs of the sensory system, as has been indicated, there are deflections from the 2nd, 3rd and 4th dorsal centers TO the impulses to bronchi, larynx, soft tissue of the upper portion of the mouth, through the activities that are as reflexes in the supplying of circulation through the vagus center. But with corrections these should be made to act in a much nearer normal manner.

14. Lungs are very good, though disturbances have existed in the form of activities that hinder or contribute rather to the deflections in the cerebrospinal plexus that - aided by an unbalanced condition through the circulation from assimilated forces - vary. Hence rather a weakness exists than a specific disturbance.

15. In the digestive forces as related to heart's activity and circulation through lungs, heart, liver and the lower hepatic circulation, these vary only as to the

reflexes; though at times - rather from the supersensitiveness of the body - periods come when there is the preference to do without food for the effect that it may have or does have upon the system. This then may be as it were said to be a nervous digestion, sympathetically produced by reflex cardiac reactions from the pressures in the sympathetic system as related to the digestive forces as connected also sympathetically with the lower portion of the solar plexus to the lower lumbar. Or (as an illustration of these disturbances), as the body becomes more sensitive to mental activities, it rather forgets to eat than oversupplying the body and thus does it over-supply at such times the disturbances to the lower hepatic circulation and the disturbances in portions of the adrenal make for a greater disturbance in the lower circulation.

16. The activities of the liver, the spleen, the pancreas and the gall duct as related to assimilations, these as we find nominally would be said to react negatively, but these are as impulses that at TIMES are disturbed by pressures from the lumbar and coccyx area, and thus the hepatic circulation in and through the kidneys as a negative force from the positive force of the liver becomes as a drain upon the system. Thus the circulation hindered, an increase or a plethora in the return circulation from the lower extremities produce oedema or fluids about the circulation in the lower portion of the body or system.

17. THEN AS WE FIND, IN REMOVING OR CREATING A NORMAL BALANCE THROUGH THESE DISTURBANCES:

18. We would add influences first to stimulate the circulatory forces through that as may be assimilated, as well as the influences that may produce a balance between the circulatory forces through eliminations - those properties that are nitre in their reaction but of such a complement to the other activities in the system as not to become disturbing to the activities of the kidneys themselves.

19. Hence we would begin first with corrections osteopathically given in the coccyx AND the lower lumbar axis area. These should NOT be coordinated at all times with the upper cervical and the upper dorsal, yet ORDINARILY these ARE made by most practitioners. But coordinate primarily with the 9th dorsal plexus, or the solar plexus, for the areas here indicate that the hindrances are secondary in the upper portions and thus only at the third or fourth treatment - or every third or fourth treatment - would there be a full coordination made with the cervical and upper dorsal; though specific removal of pressures in the secondary cardiac plexus or upper dorsal would be made at each application. These treatments would be given about twice or three times a week.

20. Take internally small quantities of Watermelon Seed Tea. Take this about once or twice a week. Crack the kernel, about half an ounce to a pint of water, allowed to steep as tea. Drain off. Take two to three ounces once or twice during a week; dependent upon activities of eliminations thru kidneys, especially.

21. Use the Radio-Active Appliance to equalize the circulation as well as to make for vibrations throughout the system that will aid in creating a normal balance. We would attach same EACH day. Keep the anodes or plates very clean, and a very positive connection. Take for an hour before retiring each evening.

22. Do these and, as we find, we would bring the much nearer normal conditions and prevent disturbances physically later.

23. Ready for questions.

24. (Q) How many weeks should the Radio-Active treatments be taken?

(A) Well, if they are taken the rest of his experience it wouldn't be too long; for they are GOOD for that tired feeling which comes at times from worryment. This is as much a PREVENTATIVE as a cure. If these are desired to be left off at any time, it may be done; but their HELPFULNESS when once begun will be easily realized by the body.

25. (Q) Is there anything that may be done to remedy the condition in my left leg? [GD's note: I think this was a phlebitis condition.]

(A) The removal of the pressures in the coccyx and lumbar area, as they associate and connect with the lower circulation, will reduce these conditions and prevent so much disturbance there. Eventually the body adjusting itself to the changes it should be eliminated entirely. There will be periods when it would return, but if these are kept occasionally throughout the experience that there are disturbances, they will be the more helpful.

26. (Q) Is Dr. Schoelles in Bronxville a good osteopath for this body?

(A) We haven't Dr. Schoelles, but if her will comply with those variations as we have indicated and not attempt to give all the treatments ABOVE the 9th dorsal, would be very good. He can give treatments.

27. (Q) Is it important for me to substantially reduce my weight?

(A) If there are those applications made as indicated, especially with the Radio-Active forces, the normal weight for the body and that which is best for the activities will be gradually assumed. The Radio-Active is an equalizer and a distributor, as we have indicated, for energies, influences and activities of the body.

28. (Q) Any suggestion as to diet?

(A) As has been indicated, the elements or salts through the system are necessary for the maintaining as well as resuscitating the portions where disturbances have been brought about by high temperature or burning of tissue. An eighty percent alkalin reacting to a twenty percent acid reacting diet would be preferable. The variations of same under the activities of the body at times makes this rather disturbing. But these are those things to be warned against, then otherwise there may be kept a near normal diet:

Not white bread and potatoes at the same meal. Not quantities of sweets WITH white bread. The meats and sweets should be preferably taken at the same meal. It isn't so much WHAT the body eats as it is the COMBINATIONS that are taken at times. Beware then of those things. No RED meats; that is, rare meats. In meats preferably use fish, fowl or lamb, rather than other types. Have three vegetables grown above the ground to one under the ground. Have one meal each day, if possible, with ONLY RAW vegetables. Nuts are good, but do not combine same with meats. Let them take the place of same. Filberts and almonds are preferable in the nuts.

Do these things and, as we find, we will bring for this body much nearer normal conditions; giving the physical forces the opportunity for rest at times as well as the activities mentally to carry out purposes in the mental and spiritual forces.

EDEMA: GENERAL CIRCULATING FILE

For each body, each entity, is - or should be, more and more - a purposeful life or experience with DEFINITE goals.

29. We are through for the present.

**REPORTS OF READING 1151-2 M 47**

R1. 5/30/36 P.M. He obtained a Ck. Life - See 1151-3, and subsequently other Ck. Lifes.

R2. 12/13/36 He obtained another Ck. Physical - See 1151-5.

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**BACKGROUND OF READING 2195-1 F ADULT**

None.

**TEXT OF READING 2195-1 F ADULT**

This psychic reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Alabama, this 28th day of October, 1922.

P R E S E N T

Edgar Cayce; Frank E. Mohr, Conductor; Stallings, Brazelton & Hale, Court Reporters, Steno.

R E A D I N G

Time of Reading Unknown.

..., Alabama.

1. You have tonight before you the body of Mrs. [2195], ... County, Alabama, and the body is at home. You will go over this body carefully, and give me all the abnormal conditions that you find within this body, and also give me the remedy to restore this body to normal action and health, and the necessary time for a cure; Mrs. [2195], ... County, Alabama.

2. EC: Yes, we have the body here. Now, there are some abnormal conditions in this body that have become the normal action to this body; yet there are many abnormal conditions that may be corrected in this body. They have to do with organic conditions and with the functioning of these organs and with the circulation and the attempt of this circulation throughout the system to eliminate and to create, as far as the natural forces from the body will allow, an equilibrium, or the physical and the soul forces are working well together, as would be in common parlance, to keep body and soul together. Now, these are conditions as we find in this body: The circulation, the blood force, carries much of the poisons in the system that should be eliminated through the intestinal tract, that is, the liver and the kidneys are in such a condition as to allow both the uric acid to be absorbed in the system, and also that as created by the liver to be taken in the circulation, and it has its effect over the system and presents to the body those conditions as shown through the extremities and through many of the muscular forces along the spine the pains as is termed or called rheumatic conditions existing in the muscular forces over the body. The action of this is to attempt to eliminate through its proper channels these poisons as taken in the system. Yet, we find first the troubles were begun in the form of indigestion as produced by too much of one diet to the system, and that containing too much fats that could not be absorbed by the amount of lactic fluids then contained in the body. So there was first a granular effect produced in the liver, the action to this to create an excitement to the mucus functioning organs of the intestine and liver, produced more acid than lactic force, and that begins with a hardened condition then of the lobes of the liver itself. Then that produced a functional organic condition. This in turn, acting through the hepatic circulation and lymphatic forces of the intestinal tract, acted directly to the kidneys, overloading them and causing the system to absorb these conditions back in the circulation, they then being thrown to the respiratory system, attempting to be eliminated through these channels. They brought then to the nerve centers, the lymphatic and emunctories the action as produced in congestion or rheumatic souls forces produced in the body.

3. This, of course, reflects through the nerve energy of each organ with the muscular and blood supply, acts on all of the organs of the body reflexly, the heart action becoming overheated at times and producing a pressure above the normal, the respiratory system being affected with the heat or temperature of the blood as carrying this force. The body resists through the good effect of the lung and air and the action of the mind in its determination to resist. These are the conditions as we find in this body.

4. (Q) Mr. Cayce, did you find any trouble in the bladder?

(A) The irritation from the action of the kidneys as we have given. There has too much been thrown on the kidneys to attempt to eliminate. This has produced, as we find, the condition that exists of an irritation that exists at times in the bladder.

5. (Q) Mr. Cayce what caused the constipation and the hurting of the stomach in this body?

(A) The condition that we have described that exists in the liver and throughout the hepatic circulation.

6. (Q) Mr. Cayce, what caused the broken veins to appear on the surface of this body?

(A) The same condition as we have given here, with the action of the blood forces carrying the conditions as we have given, and the attempt of the natural forces through the body to eliminate through the respiratory system, has produced the condition in the veins as they return. This, you see, was along the extremities, especially on the left limb.

7. (Q) Mr. Cayce, What caused this body's swelling, and the feet to swell?

(A) Just as we have described. The lymphatic forces attempting to take care of and eliminate those conditions that exist as being produced by the poisons in the system. To assist this body and to bring it to its normal conditions as near as possible, - for there are some conditions that will not be entirely corrected, yet the body may have many years of usefulness through the physical force if these are applied in their proper manner, and in the way they should be, we would take this into the system:

To one gallon of water we would add:

Sarsaparilla Root.....6 ounces,  
Black Haw Bark.....2 ounces,  
Yellow Dock Root.....2 ounces,  
Burdock Root.....2 ounces,  
Dogwood Bark.....2 ounces,  
Prickly Ash Bark.....2 ounces.

This would be simmered, not boiled, until reduced to one quart. While warm, after straining, there would be added four ounces of Grain Alcohol, with six ounces of Cane Sugar, and three drams of Balsam of Tolu. The dose would be one dessert spoonful, four times each day. After the first quantity is taken into the system, we would then rest for five days. Then take this in the system: To one ounce of Toris Compound, we would add one pint of warm water, one half pint of Sherry or Wine or Cordial, and one ounce of syrup of Sarsaparilla. The dose of this would be a tablespoonful three times each day. Let the diet be that of vegetable matter, rather than of meats; all the time to eat what the body calls for, but not meats, nor not fat meats especially. If any is taken, let it be that of the sinew, rather than of the fat portions. See?

After this is taken in the system, then we would make another quantity of the first prescription as given. We will find this will relieve this body and bring it to a normal condition as near as will be possible on this plane. We are through.

**REPORTS OF READING 2195-1 F ADULT**

R1. 10/30/22 Her husband, Mr. [2196], obtained a Physical Rdg.

R2. 9/1/23 Daughter's ltr. to EC on Hotel Hillman, Birmingham, Ala. stationery:  
"...Please answer at once. Last Dec. you read & prescribed for my mother Mrs. [2195], ..., Ala. The medicine she thinks helps her but she still has spells of rheumatism very severe especially in left side around heart. They get worse & am afraid she can't stand any more. Can you do any thing more or advise her. You said one prescription ought to stop or greatly relieve - does exposure or work cause spells or cause them in any way - spells come regularly about every 6 wks. but last was so bad 3 or 4 mo. she has not got over it & still has pains... I haven't a stamp please write any way at once & I'll send stamp later - it's so important please do it..."

R3. 9/14/23 EC's ltr. to Daughter of [2195]: "...Yours of recent date found me here in Selma. I have just returned after quite an extended trip through the North and West.

"I remember you very well, and the reading for your mother. If you will make the appointment, I will be very glad to take up your mother's case again and see what can be found that would be of benefit.

"Our hours for readings are 9: 30 A.M., 3: 30 P.M. Be sure to give your mother's full name and address, so that she may be located at the time the reading is taken.

"Trusting this finds you, yourself, very well, and hoping to hear from you real soon..."

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TOXEMIA

**BACKGROUND OF READING 2250-1 F 53**

B1. 5/10/40 Background correspondence preceding reading:

Eyesight seems failing, and some pain in left eye. Also catarrhal condition of sinus on left side. No pain there, only stuffiness. Eye tears a great deal. Glasses don't seem to help. Except to read with. Cannot read at all without them. Not even see print. Having menopause. Symptoms following Radium curettage in Dec. 1936. Great fatigue. Finger nails ridged perpendicular. Great dryness of skin, and vagina and all mucous membranes. Swelling of feet, ankles and fingers. Nervous jumpiness. Increase of soft, fat hips and abdomen. 3 inches; but face thin and drawn; deep wrinkle has come to hair line. Can't seem to release it. A sort of inner tension. Glands from ear drums to neck sore and swollen; tension back of neck. Have wanted to take up horseback riding but doctor fears it too violent, and as I become uncomfortable at the pit of stomach when jolted, he is perhaps right. Susceptible to head colds, and throat becomes sore in reading aloud.

**TEXT OF READING 2250-1 F 53**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 28th day of May, 1940, in accordance with request made by the self - Mrs. [2250], new Associate Member of the Ass's for Research & Enlightenment, Inc., recommended by New York meeting of the Association.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 10 to 11: 25 A. M. Eastern Standard Time. New York City.

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

2. EC: Yes, we have the body here, [2250].

3. Now as we find, there is rather the complication of disturbances. Most of these, - while minor in their nature, the combination produces at times a great deal of anxiety in the general physical forces.

4. As we find, these may be in the major part eliminated; thus giving better coordination and cooperation of the system's activities.

5. These, then, are conditions as we find them with this body, [2250] we are speaking of:

6. First, there is an inclination or tendency for a form of anemia, or rather that in which a disturbed or divided circulation tends to make for conditions in which there is the inclination for excess of avoirdupois in one portion of body, and a lack of color or circulation in other portions.

7. These, as we shall see, are a part or the result of this combination of disturbances.

8. In the nerve forces, - here we find pressures in various portions - caused by this unbalanced condition - cause the body to be easily tired at times; at times quite nervous; with the inability to concentrate or to give the undivided attention

to things or conditions as the body would desire. This of itself causes a reflex in the nerve force as to become disturbing.

9. In the organs themselves of the body, - we find in the facial forces, in the antrum, sinus, the ear, and about all of the soft tissues, there are indications of old disturbances of a catarrhal nature.

10. This, because of the natural drying of tissue, causes a great deal of the nerve pressure, and disturbs the circulation through head, neck and face; and from same the organs of the sensory system are repressed; giving disturbances through the eyes, a burning and at times accumulations, at times dimness, and at others we find the reflexes through the dryness in the throat, and yet the inclination for a little phlegm at times to be coughed or expectorated from the throat and bronchi.

11. At other times we find that the hearing becomes involved, as a roaring or as disturbing factors, - even the taste at times becoming upset.

12. We find that this is primarily from the combination of these conditions of catarrhal nature, AND a pressure as produced in the upper dorsal and through the cervical area.

13. Thus a deflection of the circulation is caused to those portions of the system, and this in turn or at times indicates the poisons or phlegm, or excretions, that become a part of the digestive disturbances for the body.

14. Thus there is a hindrance in the assimilations, and causing an upset through the eliminations of the body.

15. Also we find there are the reflexes to the organs of digestion, but not as much as might in some respects or at some times be indicated by such a condition in the soft tissue of throat and head and the circulation there.

16. Then we have the disturbances through the pelvic organs, from a sympathetic reaction, as well as from the changes in the activities of the glandular forces through the general body itself.

17. These give indications through the little puffiness at times under the eyes, the swelling, or the aching of the glands on the sides of the throat, the extension or dilating at times of the abdomen, and the general "let down" feeling through the abdomen and pelvic system.

18. As we find, these are the conditions, and as indicated, while they are minor in most respects, the combinations of these cause the anxiety and the general disturbance.

19. Then, - we would use the hydrotherapy treatments; such as may be had at the Reilly Institute, or the like, - and of these natures:

20. DO NOT give this body ANY ELECTRICAL treatments! But first give a good colonic; then afterwards have a cabinet sweat, - not too much, but taking very great precautions as to the pulse during the first two or three cabinet sweats given.

21. This would be followed by a thorough rubdown, especially with the minor corrections or stimulations from the 9th dorsal upward; particularly through the 1st, 2nd and 3rd dorsal and THROUGHOUT the cervical area; stimulating the muscular forces about the throat and neck, the face, the head; using - in the massage - a combination of a equal portions of Peanut Oil and Olive Oil.

22. The latter rubdown, of course, would be with a weakened solution of alcohol; preferably rub alcohol, for this body.
23. These - the massages and the baths - should be taken twice each week at least for the first three or four weeks. Then they may be gradually tapered off to one a week, then one in two weeks; then have a rest period from these for two to three weeks, and then repeat the whole procedure.
24. At times, or about once or twice a month, depending upon the irritation, the body should take a vaginal douche. Of course, the body may give this for itself, using only a Fountain Syringe. And to the quart of water, body temperature, put half a teaspoonful of Atomidine.
25. As to the diet, - have plenty of FRESH vegetable juices; including especially carrots, spinach, lettuce and celery. Use a Juicer to extract the juice from raw, fresh vegetables. Or, one meal each day should consist almost entirely of such raw vegetables in a salad, see?
26. Not a great deal of meat, but use fruits and nuts as the meats; and liquids a plenty.
27. Do these, and we will find bettered conditions for this body, [2250].
28. Ready for questions.
29. (Q) Eyesight seems failing, and some pain in left eye -  
(A) (Interrupting) All of these effects, as we have indicated, are a part of those disturbances to the sensory system from the repression of circulation. And the stimulation especially to those portions as indicated should clear the trouble. All of these have been taken into consideration in that given.
30. We are through for the present.

**REPORTS OF READING 2250-1 F 53**

None.

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**BACKGROUND OF READING 2504-18 M 64**

B1. See 2504-17.

**TEXT OF READING 2504-18 M 64**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 10th day of November, 1930, in accordance with request made by those in charge.

P R E S E N T

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

R E A D I N G

Time of Reading Cayce Hospital, 3: 55 P. M. Eastern Standard  
Time. Virginia Beach, Va.  
(Physical Suggestion)

1. EC: We have the body here, [2504] - this we have had before. In MANY respects the body shows improvements. In the matter of the gaining of strength, will the body not try TOO hard, nor overtax self - but each day just a little bit MORE than the previous day, walk the length of porch or hall - then only a few steps more the next day. Don't get OVER anxious. Keep those vibratory forces in the system. Would be WELL were those vibrations in the battery appliance changed from the dry cell to that of the plain wet appliance, and attach same to the left wrist and right ankle. Then the next day the right wrist and the left ankle. The next day to the 2nd cervical and the 10th dorsal, see? Then complete the circuit again. The plain wet battery - the one forming or generating its own electrical vibrations.

2. The swellings in the various portions of system, as indicated, will be more easily set in condition to be eliminated through the circulation by the application of those properties as given. These applied with salt heat over same whenever there is pain or misery from the activities of the body, but do not be OVER anxious. Keep the rest of the treatments as has been outlined.

3. In the manipulations or osteopathic adjustments AND manipulations, follow rather closely - not too SEVERELY - those centers from which the radial forces of locomotion, as related to the FUNCTIONAL disturbances, are active; that is, as is seen in the lumbar and in those conditions in the glands of system. These would then come UPWARD, or the motion or movement as to IN the body - while those from the BRACHIAL center and up would be FROM the body, or to the ends of the fingers, to the arm ends, see? as would be from there to the top of head. Ready for questions.

4. (Q) Is body fully cooperating with treatment?

(A) Very good, but don't get TOO anxious. Keep in the sunshine as much as possible.

5. (Q) Any specific infection?

(A) No specific infection at present.

6. We are through for the present.

#### **REPORTS OF READING 2504-18 M 64**

R1. 12/8/30 See 2504-19.

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**BACKGROUND OF READING 2553-7 F 27**

B1. See 2553-6.

**TEXT OF READING 2553-7 F 27**

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 15th day of March, 1924, in accordance with request made the by self - [2553].

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. Mrs. [2553].

R E A D I N G

Time of Reading 11: 30 A. M.

Dayton, Ohio.

1. EC: Now, we find there is a great deal of difference in the physical forces and elements in the body at the present time from that as we had before. These conditions are for the betterment of the physical. We still find abnormal conditions, and they may be corrected with the correct vibration being accorded the system, and those elements necessary within the body to create the equilibrium necessary to bring the normal physical forces for this body. We see there is, as has been, with this body much depending upon the mental attitude towards the physical, and the incentive for the physical's action or manifestation in physical forces.

2. In the physical, these are the conditions as we find them at the present time, [2553] we are speaking of, present in this room. First:
3. IN THE BLOOD SUPPLY, this we find deficient in quantity and quality to meet at all times the needs of the physical, so oftentimes by sheer will energy and force the body vibrates to the physical needs. Hence the dependence upon the mental forces in the body. As to the elements of the blood, we need those forces that will give more of the vitim [vitamin?] in the system and assist those organs to store energy of the reserve nature that the desire of the will and the physical carbon forces of organs and body, as a whole, may not be deterred or used in excess of its force and power. In the white blood forces we find those of the nature that give to the lymphatic circulation that excess of secretions that at times gives the physical the over expression of the fluid in the system. That is why we have in tissue and in portions of the body apparently and physically swollen or beyond the normal size at times.
4. IN THE NERVE SYSTEM, we find under the greater strain, and only the ability of the entity through will exercise over physical and mental being able to segregate the difference between the action of purely physical vibration from nerve centers, and of will and mental force prevent the physical from coming to collapse at times. There are centers that need to be massaged and kept in that way where surrogation may be kept in the system, as has been outlined for the body before, that the elimination may be carried through its proper channels. The greater strength in the body through physical will be, can be, or may be obtained through mental and will force in its action with the sympathetic and sensory system. That is, preventing through will force those sensations of vibration that may be accorded the physical through the sensory system, and in keeping the physical in as good attune with those conditions necessary to keep elimination in the physical body. Those centers at present, and those ganglions suffering most, we find in the lower dorsal and sacral, and at times the reflexes to the hypogastric plexus. In the cervicals and upper dorsal these centers and plexus suffer only through reflex conditions, so we find the vibration as is accorded in the lower portion of the body, and in the lower extremity, especially in the left limb, comes from this condition in the sacral and ilium plexus, where those nerve centers in physical form have not given the whole vibration for the lack of nutriment to be supplied through circulation. In the physical, and the organs of the system, many of these we find changed from that we had before.
5. ORGANS OF THE BODY, in that of the sensory system, organically these function very good. Extra secretions at times in and from the tissue of each functioning organ, purely reflex and not organic conditions. Well that these be kept separate or surrogated [segregated?], as these have been in the mental and will force of the body.
6. Lungs, larynx and throat show how the reaction of conditions, especially through that of the hypogastric plexus, has accorded with the other plexuses governing the upper portion of body. The digestive tract at present very good. Rarely is there sufficient food taken necessary to give the best to the system. This should be accorded more systematically, and along the lines necessary to meet the needs of the various conditions in the system. That is, little of meats,

save fish or fowl, but much of green vegetable matter, and using as we have given the extract of those fluids that build blood and iron in the body. Extracts of beef, prepared properly, with much pepper (Cayenne) as can be taken for the system.

7. In the liver and hepatic circulation this is better than we have ever had in this body, and needs be kept in much the same condition.

8. RELIEF - To give the best then for this body would be to keep first the mental and will force guided to that element that gives all life, creating the incentive for the functioning of the physical in the earth plane, ever keeping those [thoughts] of Him, who gives all things, first and foremost in the heart and mind.

9. Keep for the physical those vibrations as would be given through the massage, and producing the elimination properly in the physical. Better for physical to keep the diet as given, and as much outside life, out of doors, as possible, remembering God is in all, and through all, through Him we live and have our being. Don't forget.

**REPORTS OF READING 2553-7 F 27**

R1. 4/16/24 See 2553-8, a Life Reading.

**INDEX OF READING 2708-2 F 50 [edited]**

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**BACKGROUND OF READING 2708-2 F 50**

B1. See 2708-1, a Life Reading.

**TEXT OF READING 2708-2 F 50 (Widow, Manufacturer, Protestant)**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 4th day of March, 1930, in accordance with request made by self - Mrs. [2708].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2708] and her sister, Mrs. [2756].

R E A D I N G

Time of Reading 3: 15 P. M. Eastern Standard Time. New York City.  
(Body and enquiring mind - Questions on all phases)

1. EC: Yes, we have the body, the enquiring mind, [2708], present in this room, and those conditions that surround the life. Ready for questions.

2. (Q) What causes the swelling in the abdominal region of the body?

(A) In understanding these physical conditions, we must understand the conditions as produce, or are produced in the physical functioning of the body. In the region of the 2nd lumbar, and in the 10th dorsal, we find the character of lesion as brings distortion in the supply of nerve energy to that portion of the mesenteric system; so that when in the cycle of functioning the condition occurs, and when there are the exercises - or an undue reaction - this is made more severe. The condition is, then, the accumulation of those forces as operate through that of the lymph and the emunctory circulation, which is so active - especially in the abdominal region, and when this occurs this produces the plethora throughout the system; becoming more acute in the region just above the ends of the jejunum, and in the cavities there does the accumulation press. This being, as seen, in the right side and just below the floating rib.

In MEETING the needs of the conditions, would be to have those corrections made OSTEOPATHICALLY - as we find would be better - that will REMOVE this pressure, and at the same time keep that of the alkalin reaction in the system to such an extent as to produce the drainage in system sufficient to PREVENT the re-occurrence of this disorder. This, we would find, would be accomplished through the use of Coker's Compound, or of properties as prevent this accumulation in system, used WITH the manipulations, see, and adjustments....



**BACKGROUND OF READING 3025-1 F 45**

B1. 4/19/43 She wrote: "Last winter my heart started suddenly to miss a beat. This went on until the last few wks. until the condition seemed to have let up a great deal. Only very rarely now does it return. I have tired easily for a long time, but with this missing the beat last yr. and what seemed like a mild case of flu, I've been so tired all the time that the slightest exertion brings on such fatigue that I feel I still want to stay in bed most of the time. This tiredness is in the back & mostly in the legs when walking. In my arms in morning. Drowsiness & yawning & able to sleep for hrs. even during the day. Headaches almost daily that start in the back of the neck at the top of the spine. Drag out each day like a person convalescing after a long illness. Yet had spent months in the country last summer & have not done any hard or prolonged work this winter. Extreme state of spiritual & mental weariness with a feeling of no desire to carry on. Unable to do the creative work I had been doing. Condition of nails changed - break off. Bowels function regularly. Stomach in fairly good condition. However, must watch diet or upset easily."

**TEXT OF READING 3025-1 F 45**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of May, 1943, in accordance with request made by the self - Miss [3025], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book THERE IS A RIVER.

P R E S E N T

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

R E A D I N G

Time of Reading 10: 50 to 11: 10 A. M. Eastern War Time. New York City.

1. GC: You will give the physical condition of this body at the present time; go over the body carefully, examine it thoroughly, giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3025].
3. As we find, there is a complication of disturbances causing distresses with the body. These arise from the effects produced in the circulatory system following the flu. These have upset the glandular force, and thus the chemical reactions in the body; or there is the lack of elements that should cause the activities in the thyroid, as well as the lacteals - and their abilities in assimilating, through absorption, those properties for replenishing the energies especially in locomotory centers.
4. Thus the disturbances through alimentary canal, the easily becoming tired, the weakness in knees and limbs, and especially along those areas in the lumbar and locomotary axis. Thus the sides of the limbs, along the upper sciatics, give a great deal of distress at times.
5. The dull headaches, inability for the desire of activity. Thus we involve the circulation between the sympathetic and cerebrospinal systems.
6. These are the disturbing forces as we find with this body.

7. There is an edema in the circulation as related to heart, liver, lungs and kidneys.
8. These, then, as we find, would respond to these measures:
9. Take CALCIOS regularly, each day; about the quantity that would cover a whole wheat cracker thinly spread on as you would butter.
10. Twice a week, - Tuesdays and Thursdays, - at the evening meal, - take ACIGEST; half a teaspoonful stirred in a glass of raw milk, preferably homogenized milk.
11. Do this regularly.
12. About once each week we would have a hydrotherapy treatment; including:
13. A Fume Bath with Atomidine; followed by an oil rub with three parts of Peanut Oil to one part of Oil of Pine Needles, this to be especially massaged in the lumbar and sacral areas, between the shoulders, and on the limbs.
14. Use a teaspoonful of Atomidine to the pint of water in the container for the Fume Bath, and let this just about boil out, each time, you see. There should not be too much of any Dry Heat, just enough to start the body to warming up, not sufficient even for dampening the pores, see?
15. Do this regularly until at least eight or ten such Fume Baths and massages have been given.
16. Include in the diet at least three times a week sea foods of some kind; also turnips, carrots - cooked and raw; beets and beet tops.
17. Do these, and we should bring bettered conditions for this body, [3025].
18. Ready for questions.
19. (Q) What should be done for breaking of nails?  
(A) We would massage the fingers around the cuticle with the Atomidine. This will tend to color for a while, but with the treatments that have been indicated, and the rubs, and the diets, - with this used once or twice a week so as to allow that already begun to grow, we should have better condition of the nails.
20. (Q) How may I regain the zest, the greater capacity for enjoying life, which left me completely after a great emotional upset a few years ago?  
(A) As indicated, this is a general part of the condition, or a part of the general condition - the incoordination between the desire and purpose. Best that the body analyze self. Know its ideals. Find these in spiritual purposes, spiritual aspirations. See in everyone that ye worship in thy Maker. No matter what others may have done to thee, the manner in which ye treat thy fellow man is the manner ye treat thy Maker.  
Ye are building, then, either a purposefulness of helpfulness or of retardments, hate, malice and jealousy that undermine body, mind and soul.  
So, change the attitude - and do something constructive, helpful, a good deed for someone each day.
21. We are through with this Reading.

**REPORTS OF READING 3025-1 F 45**

[omitted]

**INDEX OF READING 3523-1 F 54**

Breathing: Shortness: Obesity CHOLECYSTITIS	Par. 7
Diet: Obesity	Par. 14--16
Edema: Spine: Subluxations	Par. 25-A
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: Oils, Olive:	Par. 20
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Prescriptions: Grape Juice: Obesity	Par. 14--16
: Mullein Tea: Pruritus	Par. 24-A
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Tumors: Blood	Par. 26-A
Varicose Veins: Toxemia	Par. 6, 19
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**BACKGROUND OF READING 3523-1 F 54**

B1. 10/24/43 My questions (via daughter):

1. What can I eat that will not cause me to bloat and hurt my right side? 2. How can I keep from getting so fat? 3. Why can't I sleep at night? I get so sleepy in the day time and just as soon as I get in bed then I can't sleep. 4. What can I do about this swelling? It is in my limbs in the day and goes to my face and around my heart at night. 5. What should I do with the large veins in my legs and on the inside of my thighs? 6. What can I do for this itching sensation I have on my privates? I have it for months at a time then it will be gone for a few weeks and then returns as bad as ever; it is more of a sticking sensation than itching. 7. I also have an itching on my right shoulder or back that has been there for years: just a small place about the size of your hand; they tell me they can't see anything on my back but I tear my dress up scratching it. I am very nervous. 8. There may not be anything wrong with my heart, but it seems to be...sometimes. 9. Spot of blood on her eye. 10. What foods should she eat? Thank you, Gladys

**TEXT OF READING 3523-1 F 54**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach Va., this 18th day of December, 1943, in accordance with request made by the self - [3523], new Associate Member of the Ass'n for Research and Enlightenment, Inc.

**P R E S E N T**

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

**R E A D I N G**

Time of Reading 3: 35 to 3: 55 P. M. Eastern War Time. ..., Indiana.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3523].
3. As we find, there are disturbing conditions that are preventing the better physical functionings. These are rather a complication of disturbances, yet with the correction of the sources of the disturbance we should bring a much better physical condition to the body.
4. These, then, are conditions as we find them with this body:
5. The blood supply indicates that there has long been a disturbance in the liver and gall duct area. Hence toxic conditions exist that have tended to add to the weight of the body or there is a glandular reaction from the sources or natures of the suppressions and sublaxations existent in the lumbar, the sacral, as well as the upper portion of the dorsals.
6. These slow up the actions, and we have sediments in the gall duct areas rather than so much of a gall bladder disturbance. Thus we have also, from the same pressures, a slowing of the return circulation in the lower limbs. This has tended to produce an engorging of the veins, or varicose veins along on the inside and on portions of the limbs.

7. The feet give the body a great deal of trouble when on them, and shortness of breath from the heaviness of body and the activities, and these produce aggravations to the respiratory system and make for an irregularity in the activities of the heart.
8. In making corrections, as we find:
9. We would apply hot Castor Oil Packs for an hour each day, three days in succession each week - the same three days each week. Use three to four thicknesses of flannel saturated with the Castor Oil, over the liver and gall duct area, covering with protective cloths - a piece of oil cloth, and then applying the electric pad.
10. After each pack is removed, sponge off the area with soda water.
11. At the end of the third day, take internally a tablespoonful of Olive Oil.
12. At the end of the second series of the Packs, take two tablespoonsful of Olive Oil.
13. Then begin (after the second series of the Packs) with osteopathic adjustments, with special reference to subluxations existing in the upper dorsal, the 9th and 10th dorsal and then stimulate the circulation through the lower dorsal and lumbar; to be sure, coordinating all through the stimulation to the 3rd cervical and the nerves and pressures that would be produced through the 1st and 2nd cervicals, the head and neck.
14. Do begin taking pure grape juice (as Welch's), two ounces of the grape juice and one ounce of plain water about thirty minutes before each meal and at bedtime.
15. It will be found that this will reduce the desire for foods.
16. Don't take pastries or pies, cake or such things, and very little or no sweets.
17. After these have been taken in this manner for several weeks, keeping up the osteopathic adjustments in the 1st series until at least fifteen have been taken, also the Packs for the gall duct area, then we would leave off the treatments for two or three weeks.
18. Then have the second series, and during the second series of osteopathic adjustments (not before) attempt to empty the gall duct osteopathically.
19. Over the areas of the varicose veins we would apply the Mullein stupes. If the dried Mullein is used, this may be used in a very strong Mullein water. Do not attempt to have these veins removed by surgery. For, when these have been reduced by the activities of the osteopathic adjustments, later - when Spring comes - there may be used the mullein Tea - made from the fresh tender leaves of the Mullein that will be very helpful in this respect; keeping up the Mullein stupes, however, about once a week along on the varicose veins.
20. Do use an equal combination of Olive Oil (heated) and Tincture of Myrrh to massage in knees, limbs and feet, right after these have been bathed in hot water. Massage these oils well into them.
21. Do these and we will find improvements for this body.
22. Ready for questions.
23. (Q) Why can't I sleep at night?  
(A) By removing the toxic conditions and pressures in the heart area.

24. (Q) Above all, what can I do for this itching or sticking sensation I have on my privates for months at a time?

(A) This will be relieved by those properties that have been taken and that will be taken - especially the Mullein Tea, when this can be made from the fresh Mullein. Use douches of Glyco-Thymoline - this would be two tablespoonsful to a quart of water body temperature; not cold, not hot, but body temperature. Use only a fountain syringe.

25. (Q) What can I do about the swelling of limbs in daytime and face and heart areas at night?

(A) As indicated, the circulation.

26. (Q) What causes the spot of blood on eyes?

(A) The unbalanced circulation, and with these adjustments and treatments, by the second series this should disappear.

27. (Q) Any local application for the itching?

(A) Glyco-Thymoline would be the best, or DDD may be used at times if this gives greater distress. But with the changing in the diet and with the reduction of those pressures, the body should be better. There will be periods of relapse, to be sure, but use the douches and the applications indicated - and these will aid.

Do as given. We are through with this reading.

#### **REPORTS OF READING 3523-1 F 54**

R1. 7/12/44 Daughter's letter: "I will never forget what you have done for my darling mother. She writes me quite often, telling me how wonderful she is feeling, and asks about you each time. I do hope you are well."

R2. 2/26/54 Reply to Questionnaire: ...Now getting to the point, mother is much too nervous to write you. She has had some operations starting 3 years ago for cancerous tumors of the bladder. We girls prayed hard for her life to be spared a few years, as we take great pride in our mother, you know, and a year ago when she visited my sister in Denver, she got there in time for her 3 months' checkup (and operation, as always, a horrid painful thing), so my brother-in-law wrote the Crile Clinic in Cleveland where she had always gone, for them to recommend a doctor in Denver where she could be checked. So she went to this doctor (my sister had to drag her there, she hates to go to them), and she gave him her history, going back to the itching "in the reading", then shingles in 1950 caused from the poison from the tumor in the bladder. She went to a specialist who was to remove this big tumor, but he burst it, and wherever the fluid lights new ones grow. The doctor looked at her in amazement and exclaimed that he just couldn't believe any of it, that her bladder is like a baby's absolutely perfect. Before that I had read in the Bible of healings and heard of such things in tent meetings, etc., but why does it take something like that to make us realize that when we accept Christ as our personal Savior those miracles are for us. I know, too that the devil performs miracles, but the difference is "fruit of the spirit."

Mother followed the reading precisely, and she told me that it helped her get over the "itching" that she'd had for 20 years caused from poison from gall bladder, as long as she went to the osteopath and followed it.... The condition reoccurs frequently when she is nervous and upset over something, or a long trip (which unnerves me, too). But always when she stays home alone and rests she's o.k. The drs. at the Crile told her she had bad gall stones, which a second reading might have revealed. She stuck to her diet, too, and I'd give anything if Dr. Cayce was still here, he certainly did a lot of good....

**INDEX OF READING 3610-1 M 59**

Chiropractic: General Par. 5  
: Spine: Subluxations Par. 5, 6

Diet: Edema Par. 8

EDEMA

Electrotherapy: Vibrator: Spine: Subluxations Par. 6

Physiotherapy: Packs: Glyco-Thymoline: Edema Par. 7  
: Hot Salt: Par. 7

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 3610-1 M 59**

B1. 7/17/43 [3610]'s letter:

Mr. Edgar Cayce Virginia Beach, Virginia

Dear Mr. Cayce:

Thank you for your letter of the ninth, also for sending me the booklet. Enclosed please find my check for \$20.00 and an application for a physical reading. Of late I have had some strange pains in my left side towards the back, and because of this I should like to have a reading as soon as possible. I shall give the reading to my chiropractor, who is psychic but, you cannot get him to admit the fact....

Yours very truly, [3610]

B3. 7/27/43 [3610]'s letter:

Mr. Edgar Cayce Virginia Beach, Virginia

Dear Mr. Cayce:

Thank you for your letter of the 21st, January 26th, does seem a long way off now, but the months will soon pass by, and in the meantime I shall have that date to look forward to. I presume that you will notify me some weeks before the time set for the reading, if I do not hear from you I will write you again for the purpose of letting you know where I am, because I do not expect to be able to stay in ... because of the oil shortage.

When I visited my Doctor the other day (Chiropractor) I mentioned that I had written to you for a reading, and asked if he would be interested, he replied that he had heard of your readings and was very interested because he felt from what he had heard that your reading spoke his language.

I am really not suffering, and my main reason for having a reading is to show it to others, and try to interest them in your work especially the little group in Toronto who were all so anxious that I should read the story of your life in the Book "There is a River". Also I have some very dear friends in New York who

have a child that is badly in need of attention, and I have been hoping to interest them enough to have them try others outside the medical profession. They are now reading your life story and I am hoping that the reading will interest them enough to want to do something for this wonderful little child.... Many thanks for your help, and know that I shall be looking forward to January 26th.  
Yours sincerely, [3610]

**TEXT OF READING 3610-1 M 59**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 26th day of January, 1944, in accordance with request made by the self - Mr. [3610], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 4: 05 to 4: 10 P. M. Eastern War Time.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the house, but finding [3610].
3. Yes, we have the body.
4. As we find, there have been those tendencies for undue accumulation in lymph pockets through the body, and there has been the forming of a pocket in the soft tissues in the left area below the kidney - just above the lower portion of the pelvic area. Here we have at times a tiny bit of swelling, but at other times quite a bit of pain. This reflexly causes disturbance to the activity of the kidneys, at other times in the eliminations through alimentary canal. At other times, it gives headaches and makes the body nervous and cross.
5. The corrections that have been made from time to time, in alleviating those tendencies of pressures in segments along the spine, have been materially helpful to the body and it is very well to keep these up - so long as sufficient massage is given when these corrections are made, not to make the loosening of the connections between the sympathetic and cerebrospinal system too much of a shock to either one. For they will rebel at times if pushed about too much. These will cause disorders.
6. But if there will be the corrections and then follow with the electrical driven vibrator, using the sponge applicator along the spine, it will be much more effective.
7. Also for this area where this disorder occurs, apply Glyco-Thymoline Packs for an hour to two hours at a time, using salt heat rather than the electric pad. Keep these up every two or three days for a period of two or three weeks, having the treatments along the spine about the same period, and we will make better conditions for the body.

8. In the diet, eat a great deal of raw vegetables. Not that this is all that should be taken but keep fairly well balanced in the diet, keeping away from fried foods. Do have celery, lettuce, water cress, onions, radishes, carrots. Grate these and prepare them in various ways, often with gelatin. These will be found to be most beneficial for the general conditions of the body.

9. Ready for questions.

10. We are through with this reading.

**REPORTS OF READING 3610-1 M 59**

R1. 1/31/44 [3610]'s letter:

Association for Research and Enlightenment Virginia Beach, Virginia

A copy of the psychic reading given on January 26th, was received by me on Sunday morning. Many thanks.

The reading is most interesting, and I am quite satisfied. I intend to take it with me this week when I go to see the Doctor as he is very much interested in the readings. I think he has seen a copy of some other persons reading, and his comment was that these readings speak their language. This doctor is a very competent Chiropractor, who has had some remarkable Psychic experiences although he does not as a rule want to talk about them. I am expecting an interesting meeting when I take him this reading.

I should like to put in an application for a life reading, can you give me some idea of just how long I should have to wait? I understand from a previous letter that you are booked up for nearly two years.

Let me thank you again for all you have done for me, and know that I shall be thinking of you and wishing you well.

Yours sincerely, [3610]

R2. 3/16/44 "The Psychic reading taken on January 26th, of this year was greatly appreciated by Mr. Arley my chiropractor, perhaps because it fitted in, as he says exactly with his diagnosis, and he feels that you are doing a wonderful work.

I would like to apply for a life reading as soon as convenient, and will you please send me an application Blank, and let me know just what the cost will be.

Yours sincerely, [3610]

**INDEX OF READING 3776-3 F 68**

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Electrotherapy: Violet Ray: Colitis	Par. 2
Healing: Consistency & Persistency	Par. 2
Heart	Par. 4
Nephritis: Tendencies	Par. 2
Prescriptions: Elm Water: Colitis	Par. 2

**BACKGROUND OF READING 3776-3 F 68**

B1. See 3776-2 on 7/5/23, including 8/1/24 letter.

**TEXT OF READING 3776-3 F 68**

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 5th day of August, 1924, in accordance with request made by her daughter, Miss [243].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Thomas House.

R E A D I N G

Time of Reading 11: 30 A. M. ..., Ky.

1. EC: Now, we find there is a great deal of difference in the body at the present time and that as we had it here before. While there are some of the same incentives in the functioning of portions of the system, we find the body physically a great deal better than when we had it before, and we find the conditions at the present time are improved and bettered from what they have been recently. We find that with the proper discretion in the diet, in the physical movement of the body, this may be kept in better accord. We find, however, there has been too much of some medicinal properties taken in and at improper times and periods, and not taken consistently. The strain, the distress, the uneasiness, the pains as are caused through the intestinal tract is the taxing of the system so that too much of the secretions from the glands secreting the acid saline in intestinal tract have become exaggerated in their functioning, without the proper excretory functioning in the secretive glands in liver, this causing the distress in body.

Better that the body should not eat meats, nor any of the vegetable matter that carries so much of the tuberos [tuberous] nature that produce this kind of alcohol in the system, exciting these glands to the extra secretions and functionings in the upper intestinal tract and in the lower portion of the stomach proper.

2. The diet should be more whole wheat, Graham flour and Bran, and not too much sweets, for these cause and produce distresses in the system. Sufficient of the properties to cause the kidneys to function nearer normal. In the present condition we have the too much secretions and eliminations being attempted through these organs, producing some inflammation in the bladder. Better that without so much medicinal properties those vibrations through the manipulation of muscles and tissue be applied the system with the violet ray over the lower portion of the system. That is, along the sacral and ilium plexus region and over the locomotories and lower portion of body. This will prevent this swelling of the limbs and the trouble as experienced in the lower portion of the body. Well also with the diet, and with the water that is taken let there be those properties of elm carried in water, that we may heal and supply lactic fluids for the intestinal tract. Not hot water, nor hot cold, but palatable to the body. Persistent, consistent, in diet, in mental and in physical actions of the body, that nearer the line as would be given in the sensible usage of the physical forces; not overtaxing, neither too lax in keeping the movements of the body.

3. Do that.

4. Small portions of stimulus to heart action is necessary, but do not take this except in the very small dose, nor very great quantities at any time. Rather those properties that are as astringent at the present time and healing properties to the system.

5. We are through.

### **REPORTS OF READING 3776-3 F 68**

R1. 12/13/24 EC's letter to Mrs. [325]: "[3776] had all of her children with her for Thanksgiving dinner. She is getting very feeble. Has never recovered from her spell a year ago, though is greatly improved, so I am told, but she shows her age and is quite feeble."

R2. 2/4/25 Mrs. [3776]'s letter: "I have been real sick this week with my bowels, they give me so much trouble, and then I cough badly. I stay so weak I can hardly use my hands. [243] had Dr. Beard [Martha Beard, D.O.] to come one day last week to give me a treatment. I think it helped me, it made me rest better. So if you will I sure would thank you to give me a reading, and I will try to do what you say do."

R3. 2/9/25 See 3776-4.

**INDEX OF READING 4234-1 F ADULT**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Blood: Infection Par. 3

Breathing: Shortness Par. 2

DEBILITATION: GENERAL

Diet: Debilitation: General Par. 7

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Rejuvenation: Debilitation: General Par. 7

Temperature: Fever: Assimilations:  
Eliminations: Incoordination Par. 4

**BACKGROUND OF READING 4234-1 F ADULT**

B1. 9/24/25 DEK's wire: "Member office force wants reading tonight - very serious - name [4234]...her mother mailing check today. Wire answer collect mail me reading earliest date possible."

**TEXT OF READING 4234-1 F ADULT**

This Psychic Reading given by Edgar Cayce at his office, 35th Street, Virginia Beach, Va., this 25th day of September, 1925, in accordance with request made through Mr. David E. Kahn. P R E S E N T

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

R E A D I N G

Time of Reading 3: 30 A. M. Eastern Standard Time. ..., N.Y.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time. You will diagnose the case thoroughly, giving the cause of the existing conditions, also the treatment for the cure and relief of this body.
2. EC: Now, we find there are many abnormal conditions for this body. These, or some of these especially, need prompt attention. While the conditions that bring these about are of a general nature, yet many specific conditions need the special attention. The conditions as have to do with the shortness in the breath, and the pulmonary conditions as exist in the system, these need the first attention, see? We find then these as the conditions at the present time, [4234] we are speaking of, see? First:
3. IN THE BLOOD SUPPLY, this we find weakened, or not of the sufficient forces to produce the revibration necessary in the rebuilding properties in system. Hence the depletion from infectious forces as is carried in the blood stream. This gives the full, choking sensations as give portions of body the distress.
4. IN THE NERVE SYSTEM, this we see the general debilitation by much suffering. The temperature as is produced in system at present comes more from the disturbances as are produced between the distribution of eliminations and assimilations. Hence the swelling condition as is seen in portions of the system, those especially as pertain to nerve centers in trunk portion of body.
5. FUNCTIONING OF ORGANS THEMSELVES, all are under the distress of the general condition.
6. Then, for the first, we would give these properties (internal, see?):
  - Eucalyptol.....2 minims,
  - Canadian Balsam.....1 minim,
  - Rectified Oil of Turp.....1 minim,
  - Heroin.....1/60 grain.
7. This to be combined together as each dose. One dose taken in morning, one in evening, and apply the vibrations from the Violet Ray for stimulation over the whole of the cerebro-spinal system, reducing temperature by the mixture of rub alcohol with that of Hydrastis - equal parts, see? - Essence or Elixir. This should be rubbed in the portions of system where the swelling and in the joints, in the abdomen, along these portions of body. This will assist, too, in reducing temperature and giving food for the system. The diet should be very little, only as stimulants, until the excretory and the system in assimilation is nearer balanced, giving THEN those properties as will be found in Junket, in Arrow Root. Egg, Spirits Frumenti. These as stimulations, see, for system. Do this and we will find we will bring the better conditions for system, and when conditions have been localized, then we would give that necessary for the rebuilding of the body. Take at least, of the properties as given, six doses, see? Three days, see? Then we would give from here those things to be done, if this proves to rejuvenate the system for the resistances to be given. Do that.
8. We are through for the present.

**REPORTS OF READING 4234-1 F ADULT**  
[omitted]

**INDEX OF READING 4511-1 F ADULT**

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**ELIMINATIONS: POOR**

**KATABOLISM: METABOLISM: INCOORDINATION**

Liver: Kidneys: Incoordination	Par. 12
Muscles: Sprains	Par. 22-A

**NEURASTHENIA**

Neuritis: Tendencies	Par. 6
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**NEUROSIS**

Physiotherapy: Massage: Ipsab: Teeth	Par. 25-A
Prescriptions: Petrolagar: Eliminations	Par. 26-A
Rheumatism: Tendencies	Par. 6
Science: Polarity: Body	Par. 12
Teeth: Toxemia	Par. 24-A, 25-A

**BACKGROUND OF READING 4511-1 F ADULT**

B1. 7/25/27 Husband, [4512], had a Physical Rdg.

**TEXT OF READING 4511-1 F ADULT**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of July, 1927, in accordance with request made by self - Mrs. [4511].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mrs. [4511] and Mr. L. B. Cayce.

R E A D I N G

Time of Reading 12: 30 Noon - Eastern Standard Time. ...., Tenn.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also the treatment for the cure and relief of this body. You will answer any questions which I might ask you regarding same.

2. EC: We have have the body here.

3. Now we find with the physical forces of this body there are those conditions of which the body had best be warned concerning, rather than so much correction of conditions - though, as is seen, these conditions are at times already producing forms of distress to the body. These are of minor natures at present, yet - were these allowed to get a hold on the system in such a way and manner that tissue becomes involved direct, rather than reflex - there would be those conditions that would cause GREATER distresses to the body.

4. These, then, are the conditions as we find them with this body, Mrs. [4511], we are speaking of, present in this room. First:

5. IN THE BLOOD SUPPLY, this we find very good in the elemental and in the replenishing manner, yet in the eliminations - or in that manner in which the blood is strained, as it were, or relieved of impurities that are carried to eliminating portions of the system - were these cleansed more thoroughly, we would not find the resultant condition of strained forces in the muscular tissue in and about the plexus that governs the upper portion of body through brachial plexus. Arms, shoulders, upper portion of spine, ACHE at times, causing distress along the spine, even, too, on the right side near the kidney. This then, as is seen, is the lack of the blood being thoroughly relieved of those conditions that should be eliminated from same. Why then would these portions become involved? In the distribution of forces for the replenishing of the system, we find those active forces in muscular tissue and in the nerve centers are at the distributing points. Hence the upper secondary cardiac plexus - just above same - we find the brachial plexus. So then - with the change of blood flow, as is seen, to the upper portion of the body, as it flows through the organs of the heart and lungs, and is given the incentives for the distributing forces for the upbuilding of the upper portion of system - coming to the head, shoulders, neck, arms - we find here the centers show there has been left, as it were, those particles in the tissue that causes this tendency toward a neurasthenic, or a neurotic condition, or that of a nerve contraction through muscular tissue, producing this condition. This, as we see, comes from two reasons: The eliminations through the liver and through the kidneys being deflected by a cold hepatic circulation, this in turn being produced by pressure - as is seen - on the lower portion of the solar plexus nerve. Hence at times we find, down the left side toward the hip, the feeling of a tingling - especially if the body has walked considerably and then rests, as of sleep. This is a pressure to the lower portion of the plexus as governs the locomotion. This, then, is as the effect - as given - of lack of pure eliminations from blood stream, or - as may be called, technically - the metabolism and katabolism of the system becoming unbalanced.

6. IN THE NERVE SYSTEM, here we find reflexes of those conditions existent in eliminations, and - as has been given - these are not severe at present, but unless corrections are made, and the proper eliminations set up, this continuation of a disturbance in the blood supply and in the nerve system would gradually bring about those conditions that would produce neuritis, or the effects of what is termed rheumatic effects - for, with CONGESTION - were it to happen - to the lower portion of body, kidneys become congested in any manner, the effect of the acid as would be thrown back in system would be detrimental.

7. IN THE FUNCTIONING OF THE ORGANS OF THE BODY, brain forces very good. Discernment - discrimination - above the normal.

8. The effects of a hindered elimination show through the sensory system. Not as defects to the vision, speech, nasal or any of the portions of body through which there is functioning of the sensory organs; yet there is seen the effects of these in the tendency of the body to - as it were - force voluntary reaction to become involuntary, see?

9. In lungs, bronchials, throat - these are very good. No organic disturbance.

10. Heart's forces - only a reflex of conditions existent in an elimination that is disturbed, and where katabolism and metabolism - BOTH - are existent, the effects come to the reaction of nerve centers.

11. The digestive system is rather that of a NERVE indigestion that occurs, and not indigestion from the gastric juices of digestive system.

12. The hepatic circulation, the liver, the kidneys, the spleen - these, ORGANICALLY, show disturbance - by the change as is effective between the liver and kidneys in forcing internal eliminations; for, as is seen, the liver and kidneys are as the poles of the body - one acting as the negative, the other as the positive. When disturbances exist between these poles there is seen, as it were, short circuit. Hence there is thrown into the system, then, those poisons that should be eliminated. These, as seen, find lodgement in centers where distributing forces, or where centers carry - as it were - the supply back to the body for elimination.

13. Capillary circulation, lymphatic circulation, very good - for the body responds to reaction; yet disturbances occur through these at times.

14. Organs of the pelvis and intestinal digestion - these, under the existent conditions, are better than would NORMALLY be seen.

15. Now, the condition that the body should be warned concerning, is as to the continuation of these improper eliminations and disturbances as occur.

16. To rid the body of these, and to bring the body to the perfect condition in elimination, would be to add that vibration to the body that sets the metabolism and katabolism of the body near to normal vibration, giving to the solar plexus ITS proper reaction, giving to the blood supply a clear stream - as it were - and aiding the liver, the kidneys, in their normal functioning for the body.

17. Use then, each day, that electrically driven vibrator for the body that will set anew the internal and external action of nerve and blood supply through the centers along the cerebro-spinal system, see? using the hard applicator - the ball preferred, see?

18. Applying every second day, when the body rests - either in afternoon or evening - those vibratory forces as would be found in the Radio-Active Appliance, applying the applicator to the body alternately to left and right wrist, to left and right ankle, see? using plenty of ice in the crock when applicator is attached, see? seeing that connections are in proper shape and polished well before they are applied - applying the positive to the ankle first, and to the wrist last - the negative, see?

19. Do that. Ready for questions.

20. (Q) What causes the pain in the right leg?

(A) This produced from that pressure on the locomotary center from the improper eliminations, and the muscular tissue finds the contraction - produced by nerve impulse, see?

21. (Q) What will relieve this?

(A) The appliance of the vibratory forces in this particular center along the sacral, see? will relieve this, by starting the circulation and eliminations in their proper course through the body. See?

22. (Q) Is there anything out of place in the knee?

(A) No. Only the strained muscular forces that are hindered - by the conditions existent in the body - from carrying the full healing forces to the injured portion of tissue. No portion is out of place or in that way that will not correct itself, with the proper blood supply and nerve energy centered to same from the radiating center in the sacral region that will be increased and brought to normal by this application of the vibratory forces, see?

23. (Q) Why do the hands swell so?

(A) This same as is seen in the brachial center - we find the radiation from same is such that the circulation does not return to body as promptly as it should. Hence the tendency to fill up, see? and swelling ensues from same.

24. (Q) Should any more of the teeth be removed?

(A) Rather use the local applications for corrections of conditions, for this is not a SOURCE of supply of poisons, but RATHER a STORAGE of the poisons by improper eliminations. With local applications, and with corrections of eliminations, these conditions will disappear.

25. (Q) What applications should be used?

(A) Those as found in Ipsab, massaging the gums well with this solution at least twice each week, cleansing mouth with pure water after the use of same. There are some teeth that need local attention by the dental surgeon. Do that. Those on the left side, near the lower molar, see?

26. (Q) Should the body take any medicinal properties along with the electrical treatments? for these eliminations?

(A) Only that which will keep the intestinal tract clear, as would be found in mild cathartic - such as is found in the Petrolagar - that of the non-acid kind, see?

27. (Q) How often should the vibrator be used, and for how long at a time?

(A) Every day, and used for at least twenty to thirty minutes, see? used along each center in the cerebro-spinal system. This is best applied just before the body retires, as the body will rest well from same.

28. (Q) Can the body use this itself, or will it have to be done by an expert?

(A) The body may apply this itself, or HAVE applied to itself by one that is near the body. Not necessarily an expert. Only follow out the cerebro-spinal centers, and the vibrator will FIND OUT each center when it is found, see?

29. GC: That is all the questions.

30. EC: The Petrolagar may be taken when NECESSARY for the proper eliminations to be set up, see? so this may be taken twice to three times each day until the system shows the full action from the agar, see? Then this may be taken one spoonful a day. The body should find perfect elimination set up in thirty to sixty days, following these suggestions given. No other properties medicinal NEEDS be taken by the body, if these are carried out properly.

31. Do that. We are through for the present.

### **REPORTS OF READING 4511-1 F ADULT**

R1. 9/27 [4511]'s letter to GC:

My dear Mrs. Cayce: -

Both [4512] and I would like to have a check up, from Mr. Cayce - on our physical condition. I wrote Mr. Thos. B. Brown, Dayton, Ohio, regarding the Radio Active Applicator, suggested for me in my reading. He replied that he had none of these made up and had not put them on the market, but could make me one, if it had been recommended by Mr. Cayce. In having the check up for me, please ask if the XX Radium pad would be just as good for me as this Radio Active Applicator which Mr. C suggested. Also ask if this soreness and pain in the knees can be cured and if there is any other suggestion for my treatment. I hope your family is well and you are not having the terrible heat that we are here. With kind regards - Hoping to hear from you soon, I am  
Sincerely, Mrs. [4511]

R2. 9/20/27 See 4511-2.

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Colitis	Par. 9
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SCIATICA

TOXEMIA

Uricacidemia	Par. 11
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VARICOSE VEINS

**BACKGROUND OF READING 4928-1 F ADULT**

None.

**TEXT OF READING 4928-1 F ADULT**

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

P R E S E N T

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

R E A D I N G

Time of Reading 3: 15 P. M. ..., Indiana.  
(Physical Suggestion)

1. EC: Now we have conditions in this body, many of them have become normal conditions for existing conditions in the system, yet not normal for this body. When correct incentives are given to the circulation in its eliminating forces and through the proper channels for same, but with the inertia of the body, as has grown with the age, stature and condition of the body, these conditions producing this abnormal force in the system, show and exert themselves through the physical forces, this being produced as we see by the absorption of toxins in the system and their effect upon the nerve tissue and its effect upon the circulation, and circulation in carrying these conditions, produce in functioning organs this abnormal force.

2. Now, these are conditions as we find with this body. First:

3. IN THE BLOOD SUPPLY, there is an over abundance of the red blood forces in the system. Hence the pressure; yet circulation is low and strong. Especially does this show in the lower extremities and to the lower trunk portion of the body. Capillary circulation subnormal, the hepatic circulation above the normal, hence the pressure and the distress caused in the tissue where circulation is diverted from the arterial to the veins in their return to the portions of the system where the system is to eliminate from the blood the poisons in the system as created by the functioning of those portions through which this circulation has passed.

4. NERVE FORCES, in the nerve forces of the system the body is very good, when the conditions are taken into consideration, though far from being normal conditions of the body. The cerebrospinal nerve centers, especially those branches come from the lower end of the cerebrospinal nerve proper, show this distress in the system more than others. Those of the sciatic nerve show how this strain upon the system, in the pelvic region especially, have impressed the nerve centers as to make them, as it were, under subjugation of the poisons and their effect upon the centers direct. Inflammation created at times, you see, pains, swelling of the limbs, swelling of the body about the lower portion of the abdomen, across the hips. Again the dead, dull, or tingling feeling comes to these portions of the body.

5. ORGANS OF THE BODY, in the functioning of the organs themselves we find this: Brain forces very good. Lymphatic circulation through the head and organs of the head, in the normal forces of physical body proper. We find over-secretions at times, again a tendency to be an exaggeration of the dryness created there. Organs of the sensory system sympathetically active and overactive from the same force, this being produced we see from the nerve pressure and condition in the lower lumbar region, and again reflex.

6. Lungs good.

7. Heart action normal, below normal and above normal. All are manifested in the body, though not from organic conditions. An enlarged heart in the organ itself.

8. Liver torpid.

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

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

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

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

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

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

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

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

#### **REPORTS OF READING 4928-1 F ADULT**

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

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

**INDEX OF READING 5062-1 F 31**

AMEBIASIS: UTERINE

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: Pelvic Disorders	Par. 8, 15-A

EDEMA: FACE

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OVARITIS

PELVIC DISORDERS: VAGINAL DISCHARGE: LEUCORRHEA

Physiotherapy: Douches: Atomidine: Pelvic Disorders	Par. 4, 6
: Glyco-Thymoline:	Par. 4, 6
: Massage: Camphor: Eczema	Par. 7
: Mutton Tallow:	Par. 7
: Turpentine:	Par. 7
Prescriptions: Mullein Tea: Eczema	Par. 9
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**BACKGROUND OF READING 5062-1 F 31**

2/14/44 Husband's letter: "I received the application blanks and booklet a few weeks ago. My wife has been sick for a number of years. We have tried every doctor that we thought could help her, but no luck; she has been doctoring with one doctor since last April; in January 1944, the doctor informed us there wasn't anything medical science could do to help her..."

3/44 Case History: "Sickly as a child, had poor resistance and got all the children's diseases that came along. At the age of 16, a whitish discharge started. So far to the present time, medical science claims they cannot cure it.

"At 18 a rheumatic condition developed; was unable to walk for several months. So far to today, the soreness is still in my body.

"At 19 I had albumin in the kidneys, but checked this after a few months with diet.

"At 24, I got infection of the kidneys and was hospitalized. At 25 years, not feeling any better, had a complete kidney examination and doctors found a dropped right kidney.

"At 28, was very sick, I was losing weight - discharge very bad - menstrual periods very irregular and close together - and to sum everything up, was just sick. Doctor said I needed an operation of appendix, another said I had lung trouble, etc. Discouraged, I went to another, who said most of my trouble was an ovarian condition - treats me for that, but if I miss taking a treatment, the trouble flares up and hard to get into control again. My face swells nearly every morning, and the doctor said he didn't know why - am very tired most of the time - nervous - have severe headaches - pain in my back and up thru my shoulders and back of my neck - feel nauseated after eating. In January, the doctor said there wasn't much medical science could do for me, only temporary relief from the treatments."

(1) What can be done for the eczema on my nipples? (2) Why am I hourly changeable? One hour I might feel good, and the next hour, feel and look terrible. In October 1943, I was hospitalized for inflammation of the tubes and ovaries - treated me with sulfa drugs. [The additional questions submitted are at end of 5062-1.]

#### **TEXT OF READING 5062-1 F 31**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of April, 1944, in accordance with request made by the self - Mrs. [5062], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

#### **P R E S E N T**

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

#### **R E A D I N G**

Time of Reading Set bet. 3: 30 to 4: 30 P. M. Eastern War Time. ...., III.

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

2. EC: Yes, - sad conditions here, as a result of prenatal disturbances. The affection to and in the organs of the pelvis has gradually spread through the system.

3. We find that these may gradually be eliminated. It will require long periods of applications, because the organs of the pelvis, the ovaries, the organs that are in sympathy - as in soft tissue through other portions of the body - have become affected by the conditions.

4. First, we would give that the body have at least every other day a vaginal douche; one time using Glyco-Thymoline a tablespoon to the quart of water, body temperature; the next time using Atomidine - or, preferably, we would use

every other day the Atomidine - say, on Tuesdays, Thursdays and Saturdays - at least a teaspoonful of the Atomidine in a quart of body-temperature water. Then once a week, say on Sundays, we would use the Glyco-Thymoline, almost commercial strength; that is, in the proportions of three ounces of Glyco-Thymoline to each six ounces of water, body temperature.

5. At least once each week we would have the short wave electrical treatment.

6. Do not use the douches through the menstrual periods, of course, but after using them for a month, use the Glyco-Thymoline douche twice right after the periods - or two times in succession before beginning the Atomidine douches for the next month.

7. Twice each week do massage over the areas of the lungs, the ovaries, the soft tissue about the pubic bone as well as in the groin, with an equal combination of Mutton Tallow (melted), Spirits of Turpentine and spirits of Camphor. Preferably this should be massaged not only into the areas of the soft tissue, but through that period in the evening when it is massaged into the areas, cover with a flannel that has been saturated in this combination. Do this in the temple, in the throat, in those areas wherever the emunctories and soft tissue come closer to the surface; as under the arms, around the breasts and the mammary glands especially.

8. Doing these, with the douches taken, and the taking internally of the properties we will indicate, we find that we may rid the body of the eczema that occurs on portions of the body, as well as gradually eradicating the condition from the system.

9. Each day, preferably in the evening, drink cup of Mullein Tea. This should be made fresh daily. Put a pinch of dried Mullein (as between the thumb and forefinger) in a cup, and fill with boiling water, allow to stand for thirty minutes, strain and drink.

10. Do not take fats or butter or much of meats. A little fish occasionally may be taken, and occasionally fowl, but never any of this fried.

11. Plenty of raw vegetables, especially water cress, carrots and lettuce.

12. Being consistent, being persistent, we will bring better conditions eventually - we can eradicate this from system.

13. Ready for questions.

14. (Q) Why does my face swell?

(A) The circulation from affected areas. After about two to three months, gradually we will find - if we use the short wave as given - we should have no more of this trouble, but we will still have trouble with the other portions; as of the discharge, as of the areas that have to be cleansed from the system.

Do keep eliminations through alimentary canal rather high. Use vegetable compounds that have a senna base, as the eliminants. Do use these especially right after the menstrual periods.

15. (Q) Should there be any local application for eczema on nipples?

(A) No local application yet. This should come a little bit later, but not as yet. After at least six months of following these treatments, we will give further instructions. Do as indicated. We are through with this reading.

**REPORTS OF READING 5062-1 F 31**

R1. 6/1/44 Letter: "First of all I want to thank you from the bottom of my heart for the wonderful psychic reading... What a relief it is to know what is the matter with me, after all of these years and better still, how it all can be eradicated from my system. I have absolute faith in your work, and may you never lose your power. My husband and I had some difficulty in finding the Atomidine, which you suggested that I use, but finally found it, and it is wonderful. You also asked me to use the short wave electrical treatments and you wanted the name of the doctor whom I would choose to give me the treatments. My husband gives them to me, and he has bought the short wave set, as he is so anxious for me to get well. He also gives me the massage treatments, as massage any way is his life work. Already I feel like a different person from what few treatments I have already had. I know that in 6 months time I will be almost completely well. Again, I thank you."

[Note: Three months later, the final reading, a Check Physical, 5062-2, was given.]

**INDEX OF READING 5430-1 M 56**

BLOOD: CLOTS: BRAIN

Circulation: Lymph: Edema Par. 1

Dermatitis Par. 1

Diet: Eliminations Par. 4

Edema Par. 1

ELIMINATIONS: INCOORDINATION

Hypertension & Hypotension Par. 1

LOCOMOTION: IMPAIRED: ELIMINATIONS:  
INCOORDINATION

Physiotherapy: Massage: Balsam of Sulphur:  
Nervous Systems: Incoordination Par. 4, 6

Prescriptions: Petrolagar: Eliminations Par. 5  
: Russian White Oil: Par. 5

**BACKGROUND OF READING 5430-1 M 56**

None.

**TEXT OF READING 5430-1 M 56**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 21st day of August, 1930, in accordance with request made by self - Mr. [5430], via Mr. [378].

P R E S E N T

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

R E A D I N G

Time of Reading 11: 20 A. M. Eastern Standard Time. ..., New York.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [5430]. Now, we find conditions abnormal for this body. These, we find, are rather of the subtle nature, involving the nervous system, the functioning organs, and the whole of the locomotory system as related to the brain's reaction to same. The conditions, as we find, were first of minor nature; then causing only that of improper eliminations, and the functioning and coordinating of the eliminating systems were involved. Then, under stress or strain as came through overtaxation, physically and mentally, there was the giving away of the equilibrium as related to the central nervous

system, as related to the solar plexus and the raising of the spiritual and mental forces to an even balance in the system; the result being not WHOLLY, as has been termed, a clot; but rather the shattering, by that of starvation, to a nerve plexus, as causes those of improper distribution of the centers in the brain of the nervous system, and that of locomotion from that of the brain itself. The results, as has been seen, are those of improper distribution, first of forces as related to reflexes in the nerve system. Then we have had those of disturbance in the blood supply, where, with the overtaking as first caused the condition, the attempt of the system to eliminate through that of the lymphatic circulation many of the poisons as should have been eliminated through alimentary canal and through the kidneys and bladder. In this condition we have found that of the swelling of the extremities, of pains in portions of the system, of abrasions in the cuticle itself, the epidermis becoming rather that of an inflammation as carried by that of the lymph's circulation. A low pressure as related to heart's action, a high pulsation, and then a high blood pressure.

2. In the activities to the ORGANS themselves, all become over active or sluggish. These, then, representing that of the extremes in the attempt to keep an equilibrium in the system.

3. In the activities as may be had for the betterment of the conditions of the body, we will find - while these would be SLOW, were these taken in their proper relations one to another, we may aid materially in reestablishing an equilibrium in the system, where that the reflexes will be nearer normal, and where we may build for a blood supply that will not be exaggerated in its activities - whether for lungs, heart, or digestive system. Neither will there be an excess of those forces as call for the creating of a plethora condition, through inflammation created in the organs themselves, whether from that of the activities of the glands as build for those portions of the system that add to the resuscitating forces of the body, or whether those of the replenishing of the nerve plasm itself, or brain's reaction.

4. First, we would begin with those of a massage of the cerebro-spinal system, THROUGHOUT, from the end of the spine to the base of the brain, every other evening, with those properties of Balsam of Sulphur. This not to be made too wet nor too dry, but is to be massaged into the centers along the cerebro-spinal system, being mindful that the whole time these are being kept there is not the reaction from too much of any forces that may be taken within the system in food properties that would not coordinate with the creation of the change in vibrations in the body itself. No MEATS, but rather those of the vegetable, nuts and fruits - but beware of apples. In those of the raw fruits, of the raw vegetables, nuts may be added. No oils or grease should be taken, save that as will aid in the eliminations through the alimentary canal. These we would take - of the oils - as act only as lubricants, and as will aid in cleansing the colon - that needs attention - particularly later on.

5. These, we will find, by the use of those of the alkaline Petrolagar, with that of the Russian oil - alternate the doses of these - which would be tablespoonful of each once each day. Take two, then, together, of the oil - two of the Petrolagar, but alternate each day, see?

6. Do that. Then, when these have been given for fifteen treatments; that is, massages - then we may give further instructions for the corrective forces for the body of [5430]. We are through for the present.

**REPORTS OF READING 5430-1 M 56**

R1. 9/24/30 Letter: "I have noticed considerable improvement since taking these treatments, and am anxious to follow them up."

R2. GD's note: He requested a check-up reading. Apparently the first reading fitted his condition, mentioning correct symptoms, although there were no questions submitted nor any personal contact - just the mailed request for the reading, referred by Mr. [378].

R3. 10/27/30 See 5430-2, appointment for which he verified but still submitted no questions nor any details about his condition.

**INDEX OF READING 5431-1 F 79**

CLIMATE: ALTITUDE: EDEMA

EDEMA

ENVIRONMENT: MEXICO  
: NEW YORK: NEW YORK

PRURITUS

**BACKGROUND OF READING 5431-1 F 79**

B1. 9/29/30 Daughter [428]'s questions submitted: "...Give cause and cure for itch; for pains in feet. Give as much advice as possible to prolong her life with comfort. Has the altitude or climate anything to do with her present ill health? Would it be better for her to return [from Mexico] to ..., N.Y.?"

**TEXT OF READING 5431-1 F 79**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 27th day of October, 1930, in accordance with request made by her daughter, Mrs. [428].

P R E S E N T

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

R E A D I N G

Time of Reading (..., N.Y.) 11: 30 A. M. Eastern Standard

Time. ..., Mexico.

(Physical Suggestion)

1. EC: Yes, we have the body, [5431]. Now, we find there are conditions as cause physical disorders with this body. There are several contributing causes to the disorders; one as affects the pressure or heart's action, and in that manner the characterization of the circulation is the rarefied atmosphere or altitude. These conditions contribute to the disorders. Naturally, from such disorders, the **ORGANS** - or the **FUNCTIONING** of organs (and in this case both) of elimination - become involved; for while the altitude produces for the system a condition in the pulmonaries, as is helpful in **SOME** conditions, in the effects as the circulatory forces - through this condition - produce upon the hepatic circulation, or the liver and kidneys, the pressure then produced causes a tendency - and an accumulation at times in the system - as to produce pressure in locomotory centers. In the nerve plexuses as regulate same, in the muscle and the action of tendons as produce reflexes from same, all suffer under this stress. Hence the variation in the system. In the same manner do we find at times an accentuation in the **SENSORY** nerve system or centers, as to accentuate the functioning of hearing, seeing, speaking, and the respiratory system - as related to feeling. Hence a tendency of swelling, in portions of face, limbs, and in portions of the body. These, of course, are not **ALL** the contributing causes - that is, the altitude

- but the change FROM the altitude TO one of a nearer NORMAL or NOMINAL pressure would be better; for then those applications made - in either medication, vibratory forces, or the manipulative forces to REMOVE pressures IN centers - as is of accumulations FROM the surroundings - would BECOME more effective in the administration. Then, first we would change from that. When changed to an altitude that would not be more than fifteen hundred, or even less - to where three or four hundred - yet the change should be made GRADUAL, rather than sudden - see? Then we would administer changes for the system, but to give those - even effective measures under the present condition FOR a change - would only be to make them rather that of guess work, or of trying OUT. Let the changes be made FIRST; THEN we may GIVE that as will be effective and beneficial. Ready for questions.

2. (Q) Would it be well or better for her to return to ... [N.Y.]?

(A) Would have to be made by degrees, but would be better.

3. That is all the questions.

4. We are through for the present.

#### **REPORTS OF READING 5431-1 F 79**

R1. 11/1/30 Daughter [428]'s letter to EC:

"I have received my mother's reading; also your letter and wish to say, that, considering all the conditions and all the circumstances, it is most successful. It may not be a very long one, as you say, but it will be very, very far-reaching in its effects, for my mother had definitely decided to stay permanently in Mexico.

"No doctor down there thought of the climate, neither my sister, although she is well familiar with conditions down there. Even when I sent her a copy of my second letter to you to ask about mother's return to S.I., she answered in return that that would not have been necessary, as it could not possibly be the climate. So, you see, with the utmost of devotion my sister would have nursed her to death.

"Words simply fail me to tell you how happy I am, that you gave us this particular reading, and I am quite sure with your additional help, once she is back to Staten Island, we can add many years to her life.

"With kind regards to you and all the members of your family..."

"P.S. I appreciate very much the extra copy of the reading."

R2. 12/8/30 Daughter [428]'s letter to EC:

"I know you will be glad to hear that my mother arrived safely yesterday morning.

"Very briefly her reaction to your reading, is that she considers it a real Godsend. My sister and brother-in-law felt the same way about it.

"While mother is not dangerously ill, this itch, or swelling, as it is called in the reading, (practically all over her body) is most pernicious and tantalizing, that she can only sleep in snatches. It is especially bad at bedtime and during the night. My sister practically wore herself out to the point of nervous collapse trying to get mother comfortable, she certainly could not have kept up much longer, much

though she hated to see mother go. This is much as I had surmised it, and that is why I told you in my first letter, 'though the reading may be short, the results are FAR-REACHING.' My mother herself is so anxious for another reading, that already twice this morning she has said to me: 'Aren't you going to write to Mr. Cayce?' So, while we do not wish to press you, but if you could give a reading for her soon, she will greatly appreciate it. You may take any time that is convenient for you. Send us a telegram collect, and mother will be at home any time you say. The questions will be about the same.

"1. Give cause and cure for itch. 2. Give cause and cure for pain in right arm. 3. Give general directions to prolong her life with comfort. (If this question is covered in her cure for the itch, no need to ask it again) but the reason why I ask it is, that mother has sclerosis of some sort, as her finger joints are deformed and at her age, this may be incurable, but nevertheless there may be something in general to arrest this process somewhat and thus add a few years to her life with comfort. 4. Can she take a cold rubdown in the morning? She likes it, but doctors have forbidden it. 5. Also, if it is possible, ask for some spiritual advice. I know she will cherish it much, just as we all do. It is such a comfort to have a message like that from the Great Beyond..."

R3. 12/22/30 See 5431-2.