

**Circulating File**

**EDEMA: LEGS AND FEET**

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

**Edgar Cayce Readings Copyrighted by  
Edgar Cayce Foundation  
1971, 1993-2011  
All Rights Reserved**

**These readings or parts thereof may not be reproduced  
in any form without permission in writing from the  
Edgar Cayce Foundation  
215 67th Street  
Virginia Beach, VA 23451**

**Printed in U.S.A.**

## EDEMA: LEGS AND FEET CIRCULATING FILE

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

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

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

Library: Circulating File Desk  
A.R.E.  
215 67<sup>th</sup> St  
Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

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 swelling of the legs and feet. 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.

## Edema: Legs and Feet

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health and Healing	5
B. Extracts from the Edgar Cayce Readings	9
C. Case Studies from the Readings:	
1. Reading # 130-1, 40-year-old woman	14
2. Reading # 150-1, adult woman	19
3. Reading # 288-46, 35-year-old woman	23
4. Readings # 304-43 to 46, 83-year-old man	25
5. Reading # 470-18, 48-year-old man	34
6. Reading # 900-36, 29-year-old man	37
7. Reading # 944-1, 65-year-old woman	39
8. Readings # 1315-6, 8, 44-year-old woman	43
9. Reading # 1586-1, 77-year-old woman	50
10. Readings # 1628-1, 2, 31-year-old woman	54
11. Reading # 3666-1, 35-year-old woman	61
12. Reading # 3722-1, 36-year-old woman	64
13. Reading # 3746-1, adult woman	68
14. Reading # 4313-1, 22-year-old woman	69
15. Reading # 4485-1, 25-year-old man	72
16. Reading # 4570-1, adult man	75
17. Reading # 4585-1, adult woman	78
18. Reading # 4793-1, adult woman	81
19. Reading # 4889-1, adult woman	84
20. Reading # 5071-1, 39-year-old woman	87
21. Reading # 5482-1, adult woman	90
22. Reading # 5527-1, 45-year-old woman	93
23. Reading # 5566-1, 3-year-old girl	95
24. Readings # 5618-10, 14, 15, 59-year-old man	98
25. Reading # 5619-2, adult woman	107

(continued on the next page)

EDEMA: LEGS AND FEET CIRCULATING FILE

D. Related Circulating Files and Research Bulletins\*:

1. Appliances: Radio-Active
2. Chiropractic Reference Notebook
3. Circulation: Poor
4. Diabetes
5. Dropsy
6. Elephantiasis
7. Heart: Enlarged, Vol. 1 & 2
8. Hypertension
9. Osteopathy
10. Phlebitis
11. Toxemia
12. Varicose Veins

E. Baar Products

109

---

\* 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

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

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

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

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

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

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

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

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

Library: Circulating File Desk

A.R.E.

215 67<sup>th</sup> St

Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

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

## Extracts from the Edgar Cayce Readings

### 540-13, F 35, 2/24/39

As we find, we would keep the general manipulations osteopathically, making specific corrections as have been indicated in especially the coccyx area, RAISING this to a near normal position; relaxing those areas in the dorsals where there is the tautness in portions of the body.

And with the precautions as to the diets and activities, we should bring much bettered conditions....

(Q) The swelling in legs and ankles?

(A) Poor circulation; needing the correcting about the rectal and coccyx area, and the lumbar centers.

Do these things as we have indicated.

### 604-1, F 70, 7/4/34

(Q) What can be done to eliminate the leg swelling and soreness which has been troubling me for several years?

(A) As indicated, with the corrections in the lumbar and sacral area the circulation will be more perfected and the coordination between the arterial and the venous circulation will be better established, and overcome this tendency for the lymph to produce the swelling in ankle and in limb.

(Q) What about the head condition and blood pressure?

(A) This will be overcome through the correction of the dorsal area.

(Q) Will the treatment as suggested be too severe for her in the condition at the present time?

(A) Will not be too severe for her, because it would be gently done, you see. But unless these treatments or corrections ARE made, the general condition - with that which has existed - will make for very serious conditions; for we are creating more and more an unbalance in the heart's activity.

(Q) How many treatments would you suggest, and will she be normal?

(A) The treatments should be often; that is, every day for at least six to eight, then once to twice a week until about sixteen more are taken. This should bring to near normal the conditions that have been not acute, but as normal to the activities of the body itself, you see, [604].

### 4752-1, M ADULT, 3/13/25

(Q) The manipulations referred to, are they to be osteopathic treatments?

(A) Osteopathic or massage. Any of the nature that assists in the eliminations throughout the whole system, equalizing same, not letting them get overtaxed in any one portion of body....

(Q) What causes the swelling of the feet?

(A) Unequalized circulation, overtaxing of the kidneys, this producing swelling to the feet. Hence the equalization as would be brought to the body by the manipulation, getting the blood to flow back into its normal channels.

**2195-1 F ADULT, 10/28/22**

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....

(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.

(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.

**2534-2, M 49, 9/4/41**

The condition in the anus, where there is the tension as produced by the inflammation and the swelling there, - unless this responds to the manipulations, with the use of the violet ray, it may become necessary for operative measures to do away with this tendency for an extra vent or fistula there.

But with the proper osteopathic manipulations, AND the use of the violet ray gently over the area each time the application is made - or correction, you see - this should be able to be absorbed, or adhered, without causing such adherence as to cause disturbances in the system.

This will necessitate, of course, that all of this tissue - dead tissue that would form - be eliminated through the system. This CAN be done, but the choice as to whether to do it in this manner or to operate must be the choice of the body itself, and according to the trouble or disturbance it gives the body.

It is gradually being eliminated so as not to cause any great disturbance, save the inconvenience and tendencies in the lack of the proper eliminations there - which has been and is yet the basis of the disturbance.

(Q) What is the condition of the liver, gall bladder and caecum?

(A) This is improved, though - of course - not entirely cleared as yet.

(Q) Condition of the lymphatic system?

(A) This is greatly improved, but there are still tendencies for the pockets to form, even in the end of the lymph ducts through the intestinal system. But with the continued use of the Castor Oil Packs and the Violet Ray added, with the general treatment, it should be corrected.

(Q) The cause of the ankle swelling on right foot?

(A) The condition in the lumbar axis. Poor circulation; that is, the long standing on the feet and then when resting it causes the ankles to tend to swell. This might be reduced entirely if the fistula condition were removed.

**3122-1 F 35, 8/1/43**

The form of anemia in the blood supply needs also that which will cause the system itself - from the impoverishment produced by the subluxation in the areas indicated - to supply better and greater blood, rich in body-building forces, that may aid the body in becoming nearer normal....

At the same time we would begin adding to the chemical and assimilating forces of the body those elements in such measures as to aid materially in correcting those tendencies in the assimilating system. There is a deficiency in these elements, so that the activity of some of the glands is stirred to excess preparations without the ability to supply those forces to maintain the resistances through the body itself.

Add excess quantities of fish and lamb in the diet, which - with the correction of the subluxations and the weakened blood supply - may add those forces purifying same.

Once each day, preferably late in the evening or just after the evening meal, take a teaspoonful of ACIGEST stirred in a glass of raw milk.

About twice each week - but have regular days to do this, and preferably at the noon meal - eat a whole wheat cracker spread thinly with CALCIOS (which is calcium in a form easily assimilated, and in which the body is deficient - as to the activity of same in assimilation, that is).

Take beef juices for strength and vitality, as well as the calves' liver.

Have plenty of green vegetables, preferably those of the yellow variety. Hence certain forms of turnips would be well (as the rutabaga, that is soon to be as a part of the general building up of the body), as well as carrots and all vegetables that are yellow in color.

Eliminate any quantities of sweets.

Often take raw vegetables, which now will be found to agree and to assimilate with this body, when heretofore such things may have brought only anxiety to the activity of the alimentary canal.

Have beets cooked and raw, carrots cooked and raw; all of the raw vegetables, including lettuce, celery, radish, and especially watercress.

And as these are added, and the corrections made osteopathically, we should find not only a clearing of the disturbance from the superficial circulation but the better ability to use the body's abilities to the glory of the Creative Forces.

Ready, then, for questions.

(Q) What can I do to stop the swelling at my ankles?

(A) The corrections osteopathically in those areas of the upper dorsals and in the 3rd cervical should aid in stimulating the circulation, at the same time, to the extremities. And as the adrenal glands are purified with the taking of the excess quantities of the acid and the calcium (in ACIGEST and CALCIOS), these effects should gradually be eliminated.

**5391-1, F 64, 8/29/44**

(Q) What caused my feet to swell this summer?

(A) The circulation which has been cut off by the pressures in 3rd cervical and in the reflex to the 4th lumbar. The corrections and the releasing of the tensions in these in the osteopathic manner will bring better conditions and better circulation for the body.

(Q) Is that what causes my extremely dry skin?

(A) Increasing the internal circulation and lack of the lymph through the superficial circulation. Yes, these contribute to this.

(Q) Is this also affecting the eyesight?

(A) There pressure in the brachial center or the sympathetic centers to the sensory organism. As you will find also that things don't taste just as they used to, neither does the hearing respond just as it used to, but with these corrections, stimulating the circulation, coordination established between sympathetic and cerebrospinal in brachial centers, the first, second and third cervical centers and in the dorsal areas and lumbar or more particularly in the lumbar axis, we will find bettered conditions for the body. Do that.

(Q) Is the osteopath preferable to the chiropractor?

(A) The osteopath rather than the chiropractor. There are good chiropractors; there are better osteopaths for corrections. While each has his place, here, as we find, is indicated the osteopath so that there may be the massage which goes with correcting along the segments in the cerebrospinal system and not stimulating the emunctory activity in the areas where cervicals and sympathetic produce coordinating centers. Such is better done usually by the osteopath. If he recognizes such it is well done - if he doesn't know where they are he isn't much good - choose a good one!

**INDEX OF READING 130-1 F 40**

Appliances: Wet Cell: Hypothyroidism	Par. 12
Asthenia: Hypothyroidism	Par. 6
Attitudes & Emotions: Fear: Hydrophobia Inoculation	Par. 16-A
Breathing: Shortness: Hypothyroidism	Par. 6, 7, 12, 20-A
Circulation: Poor: Hypothyroidism	Par. 6, 7, 9, 12
Diet: Hypothyroidism	Par. 13
Electrotherapy: Ultra-Violet Light: Rabies	Par. 15-A
Feet: Ankles: Swelling	Par. 10
Glands: Adrenals: Digestion : THYROID: HYPOTHYROIDISM	Par. 8
Good: Evil	Par. 11
Heart: Carotid: Artery	Par. 17-A, 20-A
Injections: Hypodermic: Inoculations: Rabies: After Effects	Par. 15-A
Lymph: Hypothyroidism	Par. 10
Mind: Conscious: Glands: Adrenals	Par. 8
Neurasthenia: Glands	Par. 4
Osteopathy: Hypothyroidism	Par. 12
Physiotherapy: Packs: Mullein Leaves: Varicose Veins	Par. 21-A
Pleurisy	Par. 21-A
Prescriptions: Ash, Medicated: Rabies	Par. 15-A
Prophecy: Prognosis	Par. 1, 14, 16-A
Psychopathic: Heart: Lungs	Par. 4, 7, 8, 12, 16-A, 17-A, 19-A
Rabies	Par. 15-A
Stomach: Glands	Par. 8
Varicose Veins	Par. 21-A

**BACKGROUND OF READING 130-1 F 40**

None.

**TEXT OF READING 130-1 F 40**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 31st day of October, 1930, in accordance with request made by self - Mrs. [130] through her sister, Mrs. [2750].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [130], [2750] (sister), [957], and Mr. L. B. Cayce.

R E A D I N G

Time of Reading 3: 45 P. M. Eastern Standard Time. Rocky Mount, N.C.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [130]. Now, we find there are abnormal conditions as may be corrected in the physical forces and functionings of this body. These conditions, as we find, are as of a complication of disorders or distresses as have been produced by VARYING causes in the physical functioning, and some are the result of applications as have been made for distresses, others the result of the COMBINATION; yet the vitality in the forces of the body may be so accentuated, so brought to coordinating vibratory forces, as to give many, many days of a nearer normalcy, as we find.
2. These, then, are the conditions as we find them with this body, [130] we are speaking of, present in this room:
3. IN THE BLOOD SUPPLY - This shows an unusual tendency toward normalcy, considering the variation of disorders. While there is too much acidity, and a lack in the red blood count, these may be increased or diminished as is necessary, with the proper vibratory forces being set up in the nerve IMPULSES in system, so that the assimilations - that make for plasm IN the blood supply - may be of a nearer normal reactory force.
4. IN THE NERVE FORCES OF THE BODY, in these, MANY of the disorders have had, and do have, their causes both by shocks to the system - as in times past, as have affected the plasm of energy in the nerve forces themselves - as WELL as later in pressures created by deficiency in an excretion from varied portions of the body, as indicated in the active forces of SOME of the glands, as we shall see. A deficiency in a gland functioning hinders the proper reaction, ESPECIALLY through the SYMPATHETIC system, and makes for that in a physical reaction of an expectancy that rarely fails to materialize, with a body under a high nervous tension from disorders, whether of a functional or an organic. This may be studied from that of a psychopathic condition existent in a physical body.
5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, brain forces are good, as are the impulses from the sensory system.
6. In the throat, bronchi, and lungs, we find the effect of disorders as have affected the circulatory forces in the system, and while the lungs in their whole activity signify the distresses, the CLARIFICATION of the blood supply is carried on above a normal reactory force of conditions. This produced by the reaction in

the nerves of the cerebro-spinal system being in near a normal reactory force, so that the body - while it may collapse easily at times, from depression or shortness of breath, fast palpitation or activity of the circulation - it will as easily recover from same, when sufficient OXYGEN is supplied to build for those of carbonization in the system.

7. Also in the thyroids we find the lack of sufficient of those secretions to meet an even balance with potashes in the system, so that the digestive system in same is easily upset, as is the heart's action - especially through the carotid artery.

These are not as of hardening of arterial circulation, nor of an organic heart disorder; a functional, produced by those depressions, or in the amount of lung AREA proper, as is in the clarification activity of the blood supply; so that, with undue pressure, either from overactivity - by the sudden pressure of gastric juices, or gas in the stomach - these will produce that shortness, that causes a filling or engorging of the heart's activity.

8. In the digestive system proper, we find here another BASIC force FROM which the disorders HAVE existed; that is, in those of excitement to the sympathetic nerve system - by outside influences, in expectancy of distresses as have come to the system - these have caused the contraction of the muscular forces of the stomach proper, until it is SMALL in its size and in the proportionate position offers an easy matter for easy fermentation of those properties that are not EVENLY balanced in their content as of digestibility for the conditions in system. These make for those pressures as occur there, as also the area through the duodenum - over which the juices and the forces from spleen, pancreas and liver, act in their manner of producing assimilations in the system. These, when their content becomes unbalanced, or an excess of the potashes or that of a hydrochloric rather than a lacteal - these bring those conditions as of gas first, pressure on liver, the hepatic circulation unbalanced, and then the pressure in throat, heart, lungs, and the loss of control of consciousness - for the seat of CONSCIOUSNESS is as of that SOLAR PLEXUS center to the brain of the body within itself.

9. In the liver, spleen and pancreas - these are very good in THEIR activity. In the hepatic circulation MOST of the time is seen to be of the slow or cold nature. Hence the variation as may be seen in the pressure of the blood supply.

10. In the lower digestive system, these we find show the effect of pressure as exists from conditions in the sacral and lumbar region. These cause that tendency of the inactivity, PROPERLY directed, of kidneys, bladder, and the eliminations through the lower portion of system; hindering the circulation, as is indicated there by the swelling as occurs at times in limbs and ankles, and feet. This is the lack of LYMPH circulation, or may be termed oppositely, in that the LYMPH is FULL without the PROPER amount of pressure IN the lower extremities to carry circulation BACK properly. Hence the variation in these conditions.

11. Rest at any period soon builds again for the body. Changes in the diet and the surroundings alter conditions almost immediately for the body. Susceptible, then, in those very conditions as BRING distresses - for the veil between good and evil is easily pierced, as from health or illness.

12. In meeting, then, the needs of the conditions as we would find for this body, there should be first considered that condition in the respiratory system, to use ALL as is available in the RESPIRATORY system, especially of the pulmonaries, to increase the characterization of an EVEN circulation of the hepatics, the heart, the lungs. These are the first to consider, so that these PRESSURES may be relieved, adding in the vibration TO the body such as will carry WITH the vibrations more of the iodines for the body, as to aid more in those of the thyroid activity, with also the thyroid taken INTERNALLY in small QUANTITIES, will be helpful in creating PROPER balance in digestive forces. These would be taken in the low form of wet BATTERY vibrations - that is, those of the iodine - charged IN same; these being added only a few minutes in the beginning - twenty to thirty minutes, then increased as the abilities of the body to retain same without producing a pressure in the hypogastric or the cardiac and hypogastric plexus; attaching same first to the ankle and to the other ankle, and the opposite pole or the negative CARRYING the iodine to the solar plexus center. This, we will find, will aid materially; the RESPIRATORY system may be used through the respirator, or through the manipulative forces - EASILY begun - that use the lungs AS the pumps to CLARIFY the whole of the blood supply in its activity, RELEASING those pressures as exist in the lumbar and sacral region. This we would do osteopathically, rather than through the osteopathic adjustments, for these do not NEED the ADJUSTMENT so much IN the beginning. To be sure, we should equalize same throughout the cerebro-spinal centers.

13. In the matter of diet, not too MUCH iodine foods - but those that carry plenty of iron, calcium, silicon, and ESPECIALLY those that carry the phosphorus - for these will aid in the bringing about of an equilibrium, WITH the vibrations set up in the system.

14. Plenty of rest, and a moderate amount of exercise - this measured first, in the beginning - and we will find that in three to five weeks there will be a sudden and a certain change in the physical abilities and forces of body. Ready for questions.

15. (Q) A mad cat bit the left ankle about four years ago. Treatment was given to prevent hydrophobia. The ankle is swollen and is colored. Has this any influence on the health and bodily organs now?

(A) This is indicated most in the effect that the serums used in this period have upon the sympathetic nerve system, and affects in the present the LYMPH circulation, WITH the pressures as exhibited in the lumbar and sacral. With the removal of the pressure, the circulation brought to a nearer normalcy, and clarification of the blood stream, an equalization in the hydrochloric content in digestion, an equalization between the iodine and potash content, WITHOUT too much potash and LESS acid - these conditions will disappear. Well were there taken, at least once each week, an eighth grain of medicated ash to PRODUCE oxygen, AS it is carried in the system. When this is taken, over the sacral and lower limbs apply the ultra violet ray. Apply same to the sacral region and the back portion of limbs, so that along the nerve impulses TO the limbs the whole of the ray is carried. Let this be at least thirty-eight inches from the body in the beginning, and not given over two and one-half minutes in the beginning - see?

16. (Q) How long will it take to bring the body to normal?

(A) In three to five weeks, as given, there will be the DEFINITE change for the betterment of the body. As to the responses from then on, will depend upon the conditions in the body itself - the mental attitude, the rate of vibration as is kept, and the activities of same. Don't eat too much - don't get scared - don't work too fast - don't think too hard!

17. (Q) What is the cause and remedy of the heart condition?

(A) This produced by that condition existent in the carotid artery itself. This NOT other than that of the LUNG condition, as given, through that area in lung NOT sufficient to CARE for the blood of the body. Hence the RESPIRATOR, or the USING of the lungs AS pumps to INCREASE that area through which clarification - and oxygen will be carried to same - this lessens the burden to the valvular forces in the heart itself.

18. (Q) Is there any tuberculosis in the lungs?

(A) Not active, nor even passive - at present.

19. (Q) What effect has this condition on the mind?

(A) This should be indicated from that as has been outlined, as to how the greater effect of those injections of those conditions has been THROUGH the sympathetic system, which is as the basis of the IMAGINATIVE forces; NOT that the body IMAGINES as its illness, but that it may be accentuated by suggestion or RELIEVED much by suggestion; for only in the lumbar and sacral, as given, do the nerve forces or cerebro-spinal centers show their repression, except through SYMPATHETIC centers along the spine. The mind is good! It's active!

20. (Q) Is there any leaking valve in the heart?

(A) Not leaking; it is overflowing at times, from the carotid artery CONDITION, allowing the blood to flow too quickly from lung into the heart without clarification. Hence the smothering spells.

21. (Q) What is the remedy for swollen side, caused by pleurisy and swollen veins? in abdomen, neck and side?

(A) Application here, for the local conditions - and for these - would be the mullein stupes. These are produced more from the condition in the RESPIRATORY system, as has been outlined, and when these are brought to a normalcy much of these will disappear. These, for the specifics, would be of the mullein stupes.

22. We are through for the present.

#### **REPORTS OF READING 130-1 F 40**

None.

**INDEX OF READING 150-1 F ADULT**

Appliances: Radio-Active: Edema: Legs	Par. 15, 16-A
ASSIMILATIONS: ELIMINATIONS: INCOORDINATION	
Blood: Corpuscles: Red: Excessive	Par. 3
Chiropractic: Assimilations: Eliminations: Incoordination	Par. 11, 15, 16-A, 17-A
Doctors Suggested: Bybee, Harry R.: D.C.	Par. 11
EDEMA: LEGS	
Healing: Consistency & Persistency	Par. 11
Heart: Lesions	Par. 8
HYPERTENSION	
LESIONS	
Prescriptions: Alcohol, Grain: Hypertension	Par. 12--15
: Buchu Leaves:	Par. 12--15
: Mandrake Root:	Par. 12--15
: Mullein:	Par. 12--15
: Sarsaparilla Syrup:	Par. 12--15
: Sugar, Cane:	Par. 12--15
: Tolu, Balsam of:	Par. 12--15
: Valerian Tinture:	Par. 12--15
: Water, Distilled:	Par. 12--15
: Wild Cherry Bark:	Par. 12--15
: Yellow Dock Root Extract:	Par. 12--15

**BACKGROUND OF READING 150-1 F ADULT**

B1. 4/28/26 She was present with a friend for the reading. No indication was given as to the nature of her health problem, except that she wanted to know the cause of the swelling in her legs.

**TEXT OF READING 150-1 F ADULT**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 28th day of April, 1926, in accordance with request made by self - Mrs. [150].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mrs. White and Mrs. [150].

R E A D I N G

Time of Reading 3: 30 P. M. Eastern Standard Time. ..., Va.

1. EC: Now, we find there are abnormal conditions in the functioning of the organism of this body. These have to do with the elimination and assimilation in the system and the effect that is produced on various organisms of the system, through this disarrangement or abnormal, or subnormal in others, in their functioning.
2. Now, these are the conditions as we find them in this body, Mrs. [150], we are speaking of, present in this room. First:
3. IN THE BLOOD SUPPLY, this we find above the normal in some respects, producing then, through this abnormality, the pressure as is brought about in the whole system, and the excess of the leucocyte in the system shows the excess produced in the blood count of the red blood. As to effects this condition produces with others on the whole system, these vary, as we shall see.
4. IN THE NERVE SYSTEMS, in this we find there are many conditions to be reckoned with, for there was produced in the cerebro-spinal system in times back a deflection that has brought many of the conditions that have become abnormal in the functioning of the system. This produced by a strain to the system in the lumbar region, that of the 3rd and 4th lumbar, and there is produced, from lesion formed there, a secondary condition in the 7th and 8th dorsal. This changing then directly the change of the system through the lacteal ducts. Hence the over supply of blood is received through these channels. The deflection from the lower portion, or the dorsal and lumbar combined, produces through the mesenteric system that strain as is brought to the trunk portion of the body. In the deflection from these conditions there is produced the full capillary circulation, yet producing through same that condition of the system producing the assimilation of all taken in the system and using same through deflections for the building up of the body.
5. IN THE FUNCTIONING OF THE ORGANS PROPER, brain forces very good.
6. Organs of the sensory system show there are the effects of the overdue assimilation. Hence the conditions as are produced in same at times through the leadened condition produced in some of the organs of sensory system in their functioning.
7. Throat, bronchials, lungs and larynx, these show the effect of over stimulation, yet not organic conditions.
8. In the heart's action we find the pressure as is produced; both by the blood supply and of the assimilated forces in system produce a pressure on same. Not a valvular condition; not a gurgular condition - a depression as is produced by the organ's functioning in itself, though not an organic trouble; overtaxed condition in the hypogastric and in the secondary cardiac plexus.

9. In the liver functioning, this we find subnormal in size yet in its functioning through the spleen, pancreas and those organs that furnish the rebuilding in the system show these are in the condition of plethora, while the liver itself shows the normal function in excretory and in secretions an abnormal or an excess.

10. Kidneys show the effect of the mesenteric disturbances and of the low hepatic and the high circulation through the system. Hence the taxation to this organ comes more from specific nature than of other organs in the system. Hence the disturbances as are produced by irritation, and the over acidity of the system through this excess of secretions brings distresses to the body through this.

11. Then, to bring about the normal forces for the body, we would of necessity have a consistent and persistent condition to be dealt with. First there must be, through the cerebro-spinal system, a correction of those subligations in the dorsal and lumbar region, preferably through that of the chiropractic forces that know to adjust conditions to produce the correct assimilated forces for elimination in the system. Such may be found in Bybee.

12. As for those properties to assist in the heart's action and in the blood force, we would take as these:

13. First we would take 1 gallon of distilled water. To this add 6 ounces of Wild Cherry Bark. Reduce by simmering to 1 quart. Strain. Then add 4 ounces of cane sugar, dissolved in four ounces of hot distilled water. Reduce then to the 1 quart again. THEN add:

Syrup of Sarsaparilla.....2 ounces,  
Tincture Valerian.....1/2 ounce,  
Fluid Extract Yellow Dock Root...1/4 ounce,  
Fluid Extract Mandrake Root.....30 minums,  
Fluid Extract Buchu Leaves.....10 minums,  
Fluid Extract Mullen Flower.....1/4 ounce.

14. Then cut 3 drams of Balsam of Tolu in 1 ounce pure grain alcohol. Add to solution. Shake the solution well before the dose is taken, which would be 2 teaspoonsful during each day, one preferably BEFORE arising, one just before retiring.

15. After adjustments have been made, and half the quantity of the medicinal properties taken, begin with the application of the Radio-Active Forces as would be applied to the right and left ankle, applying BOTH to the feet rather than one to the wrist and other to the ankle - both to the ankles, see? This we find will reduce this condition, as is produced by the strain on the portion of the body from that of the NOW lesion in lumbar, and produce a condition of the correct metabolism in the lower portion. After this has been used every day for one hour, preferably as the body retires, then it would be changed to that as applied to the left ankle, and then to the central portion of body, see? Do that. When these have been carried out in their full, in a systematic and in a consistent manner, we will find the body better prepared to meet the needs of the condition of the system. Then we would give further instructions for the correction of many other conditions as are to be met. Do that.

16. (Q) What causes the swelling in the legs?

(A) The condition as is produced in the lower portion of the spine deflects the circulation. Hence that as was given for the battery appliance to both limbs - lower limbs, for this correction, when treatments and adjustments have been made.

17. (Q) How many adjustments will be necessary?

(A) This should be corrected in this manner. Take 12 to 13 adjustments. Then rest a month before 12 or 13 more are taken.

18. We are through.

**REPORTS OF READING 150-1 F ADULT**

R1. 5/13/40 Last of several inquires through the years was ret'd marked ADDRESS UNKNOWN.

**INDEX OF READING 288-46 F 35**

Acidity: Alkalinity	Par. 3, 10-A
CIRCULATION: INCOORDINATION	
COLD: CONGESTION: AFTER EFFECTS	
Diet: Acidity & Alkalinity	Par. 5
: Vitamins: Adiron	Par. 6, 10-A
Edema: Circulation: Incoordination	Par. 13-A
Exercise: Hemorrhoids	Par. 7
Hemorrhoids	Par. 4, 7
Lumbago	Par. 12-A
NEURASTHENIA	
Physiotherapy: Applications: Pazo Ointment: Hemorrhoids	Par. 7
Prescriptions: Serutan: Eliminations	Par. 11-A

**BACKGROUND OF READING 288-46 F 35**

B1. 2/6/39 She obtained Ck. Physical 288-44 for severe cold caused from mental attitude.

B2. 2/26/40 She sought advice for hemorrhoids, lumbago and swelling of lower limbs, saying she had been ill with the "flu" for the past week. Her questions included cause and correction for: "Constipation? Hemorrhoids? Nail splitting? Graying hair? Mammary gland tightness on left side? Sickness while traveling? How may I keep my physical, mental and spiritual bodies better balanced and coordinating, cooperating?"

**TEXT OF READING 288-46 F 35**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of February, 1940, in accordance with request made by the self - Miss [288], 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.

R E A D I N G

Time of Reading 3: 55 to 4: 00 P. M. Eastern Standard Time. ..., Va.

1. GC: You will give the physical condition of this body at the present time, with suggestions for corrective measures; answering the questions as I ask them:
2. EC: Yes, we have the body here, [288]; this we have had before.
3. As we find, in the main, conditions are very good through the physical forces generally of the body. There is an unbalanced condition in the blood streams, from too much of alkalinity at times and excesses of acids at others, - by improper balancing in the diet.

4. And there are those effects, to be sure, of the weakening conditions brought about by the cold and congestion which has existed, as well as the effects with the nervous system and a general irritation from the hemorrhoids which have caused and do cause disturbances.
5. As we find, - keep the body well balanced in the diets. Not too much of sweets, yet not so much of the fruits or fruit juices as to cause a general strain through the alimentary canal.
6. These as we find will be materially aided with the use of ADIRON, which will add vitality, sufficient quantity of the vitamin forces as to make for a better balance, and a better assimilation of that taken; adding the vital forces of iron in a manner in which it may be assimilated, as well as the cod liver oil that is strengthening, and carrying certain vitamins that are needed.
7. For the hemorrhoids, - use Pazo's Hemorrhoid Remedy, with the tube, as a manner of application. Apply this when ready to retire. Also, just before it is applied we would take the exercise of rising on the toes and bending forward, as well as rising on the toes and bending to first one side, then the other.
8. Do these, and as we find we will make for a better balancing throughout the system.
9. Ready for questions.
10. (Q) What causes, and what may be done to correct, the following? General weakness, tiredness, nervousness?  
(A) As has been indicated, the lack of the vitamin forces in the body, the unbalanced conditions, and the condition in the blood supply.
11. (Q) Poisons thru eyes, nose, throat?  
(A) These are the effects of the congestions as indicated, and should be eliminated by the use of those things indicated.  
And we would keep the Serutan as an aid to better elimintions. But take consistently; teaspoonful at each meal for at least five days at a time. Don't take it one day and skip it for a part of the next day, and the next day a part, and the next; but take it consistently for at least five days. Then you may skip it for a couple of days. Then take it five days again.
12. (Q) Monthly lumbago?  
(A) Needs only the stimulating of the iron forces and a better blood supply.
13. (Q) Swelling of lower limbs?  
(A) Do as has been indicated! All of these have been covered!
14. We are through for the present.

#### **REPORTS OF READING 288-46 F 35**

R1. 12/16/40 She obtained Ck. Physical 288-47 for recurrence of lumbago, hemorrhoids, advising that she be more consistent with the exercises, taking osteopathic or chiropractic corrections for the anus, etc.

R2. 12/5/63 She reported: "Recently, having had the same symptoms and having tried everything I could think of, I looked up reading 288-46 and followed the treatments and got immediate results. Adiron no longer being on the market, I substituted Squibb's Vigran vitamins containing iron, cod liver oil, etc."

**INDEX OF READING 304-43 M 83**

Appliances: Radio-Active: Circulation: Poor	Par. 3
ASTHMA	
Breathing: Shortness: Circulation: Poor	Par. 6
CIRCULATION: POOR	
Dropsy: Tendencies	Par. 14-A
EDEMA	
Exercise: Circulation: Poor	Par. 2, 3, 10-A
Nephritis: Tendencies	Par. 14-A
Prescriptions: Nitre, Sweet Spirits Of: Edema : Watermelon Seed Tea:	Par. 4, 8 Par. 8
Rest: Position: Asthma	Par. 7, 11-A

**BACKGROUND OF READING 304-43 M 83**

B1. 1/16/37 He obtained 304-42 giving further advice for treating severe asthma attacks, swelling of lower limbs, etc.

**TEXT OF READING 304-43 M 83**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of January, 1937, in accordance with request made by the daughter - Miss [243], 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.

R E A D I N G

Time of Reading 11: 25 to 11: 35 A. M. Eastern Standard Time. ..., Tenn.  
(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. There are some improvements in the general physical forces. While there is a great deal to be desired, there is more strength. And as we find there needs to be as much as possible more activity for the body, to cause the circulation to be better equalized.
3. While the use of the Appliance will gradually change this, an activity either by the massage or better still by trying to walk a little bit about the house will be the more helpful.
4. We would find that two to three drops of Sweet Spirits of Nitre once or twice a week (not oftener) would also aid in making for a better activity in the drainage from the bladder, which is a portion naturally of the disturbance that is causing the accumulations.

5. We would keep those others as has been indicated, save the hot Epsom Salts. Use preferably the rubs for the limbs and for the abdomen and for the other portions of the body.

6. The shortness of breath is the natural condition from the poor circulation through the system and the shortness of the breath through the lung area. This tends, with the very small capacity of the lungs in the present, to produce smothering.

7. If the body will recline in about a half lying position it would be found to be much better, see? raised so it is not entirely sitting up, neither is it entirely with the body level. This would be the better.

8. Also we would find that the use of a little Watermelon Seed Tea would be well; that is, take the seed, crush and make into a tea; about half an ounce of same given once or twice a week. This will agree also - and while carrying properties as in the Nitre, it has an active force with the rest of the system that is not obtained in Nitre, see? and these should not be given the same days, you see. Not too much of these, or that to produce irritation.

9. Ready for questions.

10. (Q) Why the acute pain in the heels at times, first one then the other?

(A) The poor circulation. Hence as much as possible a little moving about the room will be seen to help this.

11. (Q) Why can't the body lie down?

(A) As just indicated, the small area through which there is the activity of the lungs; thus it produces the smothering with the circulation overflowing there.

12. (Q) Why the extreme red or inflamed places on legs?

(A) Of course, that inflammation from the lymph-producing accumulations as has been indicated.

13. (Q) Are the treatments outlined being followed in the proper way and manner?

(A) These are very good. And if we would keep these, we will find the better conditions for the body.

14. (Q) What can be done to reduce swelling in feet and legs? [Dropsy? Nephritis?]

(A) As indicated, the activity of that from which there is produced (naturally the kidneys) the accumulations. The massage and the movements about the room of the body - all of these tend to reduce rather than external applications.

15. (Q) Any other advice?

(A) We would keep these, and be as quiet with the other activities as may be in keeping with the general conditions.

16. We are through for the present.

### **REPORTS OF READING 304-43 M 83**

R1. 2/1/37 Daughter [482]'s ltr.: "He is becoming more patient. You know his suffering is hard to bear. His legs are so swollen, then those places on them look so angry. His kidneys are functioning better now. He still has such a time getting his breath. We felt so uneasy yesterday, since he seemed so drowsy. Yet about seven-thirty or eight he seemed to rouse himself up."

R2. 2/5/37 He obtained 304-44 indicating better conditions, advising Mullein Stupes for the swellings, body-building diet, etc.

**INDEX OF READING 304-44 M 83**

DEBILITATION: GENERAL

Diet: Debilitation: General Par. 4

EDEMA

PELLAGRA

Physiotherapy: Packs: Mullein: Edema Par. 3, 7-A

**BACKGROUND OF READING 304-44 M 83**

B1. 1/27/37 He obtained 304-43 giving further treatment for severe chronic asthma, swelling of lower limbs and feet, etc. [dropsy? nephritis?]

**TEXT OF READING 304-44 M 83**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of February, 1937, in accordance with request made by the daughter - Miss [243], 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.

R E A D I N G

Time of Reading 10: 50 to 10: 55 A. M. Eastern Standard Time. ..., Tenn.  
(Physical Suggestion)

1. EC: Yes. Some better are the conditions in many ways.
2. We would keep most of that which has been indicated, adding these:
3. For those places on the limbs and the body where there are swellings, we would prepare Mullein Stupes. But do not have same too hot nor too cold; just a little above body temperature. Prepare same in hot water and then put leaves on a very thin cloth, like dressing cloth. Then put a heavier cloth over same and apply to the body.
4. Keep body-building forces in the diet, that make for the better resistances; as beef juices and the like, and those things that are easily assimilated. A little fish occasionally will be helpful. And a good deal (that is, several meals a week of mornings) of whole wheat crushed, but cooked very, very thoroughly.
5. These as we find are the better for the body in the present.
6. Ready for questions.
7. (Q) How long at a time should the Mullein Stupes be applied?  
(A) Until they become cold, you see, and then take them off and after resting an hour or so, or two to three hours, apply again. Or apply them once, twice, three times a day, dependent upon the reactions they produce.
8. We are through for the present.

**REPORTS OF READING 304-44 M 83**

R1. 2/6/37 His letter: "The first in a long while... I think and hope I am much improved, but suffer a great deal, and the constancy of it day and night, no let up, makes it very bad, and seeming such very slight improvement. I have had wonderful care, and I think the readings have been tried to be carried out fully. If circumstances will permit, give me a ck. rdg. once each week. Would like to know why I can't lie down? Why don't I improve in walking faster? Walk very little, but can't. No strength or breath...

"Do we get any more Ash? Are you making it now?"

"Been sitting here almost six weeks, I think it is."

R2. 2/24/37 He obtained 304-45 giving more detailed advice as to the mullein stupes, etc. to improve the circulation and prevent the accumulation of fluids in swellings.

**INDEX OF READING 304-45 M 83**

ACIDITY

ASTHMA

CIRCULATION: POOR

EDEMA

Exercise: Circulation: Poor Par. 17

Names: Organizations Mentioned: Penick,  
S.B. & Co. Par. 19-A

Physiotherapy: Applications: Glyco-Thymoline:  
Abrasions Par. 14  
: Packs: Mullein: Edema Par. 5--7, 19-A, 20-A

Prescriptions: Alcohol, Grain: Asthma Par. 8--12, 19-A, 20-A  
: Honey: Par. 8--12, 19-A, 20-A  
: Horehound: Par. 8--12, 19-A, 20-A  
: Mullein Tea: Par. 8--12, 19-A, 20-A  
: Rhubarb, Syrup: Par. 8--12, 19-A, 20-A  
: Water, Distilled: Par. 8--12, 19-A, 20-A

Psychosomatics: Healing Par. 20-A

Rest: Position: Asthma Par. 16

**BACKGROUND OF READING 304-45 M 83**

B1. 2/5/37 He obtained 304-44 giving further advice for severe asthma, swelling of limbs and feet [dropsy? nephritis?].

**TEXT OF READING 304-45 M 83**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 24th day of February, 1937, in accordance with request made by the self - Mr. [304], 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.

R E A D I N G

Time of Reading 11: 40 to 11: 55 A. M. Eastern Standard Time. ..., Tenn.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [304]; this we have had before.

2. The progress of the physical forces, while slow, is in the correct directions for the alleviating of the disturbances that hinder the better or nearer normal activity.
3. As we find, the inability of the body to throw off the poisons is that tendency for the very nature of the disturbance using energy, using vitality, to be as first given - the creating of the greater amount of acidity in the blood supply and the circulation than can be nominally or normally cared for owing to the inability of the body to exercise sufficiently to use up energies to distribute to all portions of eliminations the nominal amount as should be carried through those channels.
4. Hence we find in the respiratory system those tendencies for the very small portions of the lung areas that are clear to sufficiently carbonize or oxygenize the blood supply; and the tendency for disintegrating parts to become portions to be thrown off. And the slowed circulation, tendency for coagulation, produces the shortness of breath, the tendencies for the cough, the asthmatic reactions, and all in the body. As well as at other times the slowing circulation causes in the lower extremities the superficial circulation to become surcharged with these same characters of poisons.
5. As we find, then, we would make a little change in the manner of application of the Mullein for the limbs, the heels and those portions of the body.
6. First, in the preparing of the Mullein Stupes - put the Mullein into lukewarm water and let come almost to a boil; not on a fast or hot boil but rather a slow fire. When prepared for the Stupe, do not wring it too dry but place between a thin layer of cotton, so the cotton becomes moist with the fluids as come from the Mullein by the Stupes as well as from the wet Mullein itself. And this should become, of course, thoroughly heated, thoroughly saturated - that is, the Mullein in its preparation - or should come to a boil and yet allowed to set after turned off until it is sufficiently cool to put the hands in same, see?
7. Then this upon a gauze cloth; that is, the thin layer of cotton, then the cotton over same, see, and this applied. This allows the moisture (not too much of same, but the heat or the moisture) to take up the poisons or to act upon the exterior portions of the body.
8. Now take the rest of the Mullein Stupe Tea. Strain and reduce by boiling to about half the quantity, but keep this in a container that is glass (in boiling) or enamel, and covered not with tin but either enamel or glass, see. Use the Mullein Tea then as a part to prepare in a cough syrup, or as an expectorant and as an active force with the system itself - in this manner:
9. First, to 2 ounces of Strained Honey as the carrier, add 4 ounces of Distilled Water (not tap water but distilled water). Let come to a boil. Skim off the refuse. Set this aside as a carrier, see?
10. Then to 4 ounces of water (tap water for this may be used) add 1 ounce of Horehound. Let this come to a slow boil. Set aside; and may be kept, of course, for future use.
11. Now in preparing same, add 2 tablespoonsful of the Horehound Tea to 2 tablespoonsful of the stronger solution or the Mullein Tea, see? Then add to this:  
Syrup of Rhubarb..... 1/2 ounce,  
GRAIN Alcohol..... 1 1/2 ounces.

12. The dose would be a teaspoonful. Do not drink it from the bottle or guess at the quantity taken. And this be taken about three to four hours apart - teaspoonful, see? And when taken not gulped but sipped, so that it may be active upon not only the mucous membranes of the throat but of the whole way to the system itself.

13. Keep the body warm.

14. As the antiseptics for the limbs, we find those as being used are very good, but they are hardly efficient or strong enough to keep down the tendency for irritation. WE would use rather Glyco-Thymoline, for this is also an alkalin antiseptic, while that as being used - though efficient - has a tendency not to be other than acid producing.

15. The rest we would keep much as has been indicated for the strength.

16. And we would incline to allow the body, while not being able to lie down wholly, to recline as much as is possible.

17. And exercise not too much but the walking, the standing on the feet little by little will be helpful.

18. Ready for questions.

19. (Q) Is the Mullein being used all Mullein?

(A) We would prefer having that as may be supplied from the Penick organization, rather than the others. [S. B. Penick & Co.]

20. (Q) In preparing the Mullein Stupes and Tea, what proportion of Mullein and water should be used?

(A) Sufficient of the Mullein, as has been used, to make the Stupe sufficiently large to cover the area, see? And as has been given in the preparation, put this on in not too cold or not too hot a water, just tepid; allowed to come to a boil and then this set aside until cool or sufficiently cool to put the hands in same easily, see? Do not squeeze all of the juice out of same, for it should be sufficient to dampen the cotton that is laid upon the gauze, see?

Strain the rest of the Tea, allowing this to boil very slowly until half when reduced to be used as the Tea in the other solution.

21. Do these for the better conditions for the body.

22. Keep the mental attitude proper, "THY Will, not mine, be done."

23. We are through for the present.

### **REPORTS OF READING 304-45 M 83**

R1. 3/9/37 Daughter [243] wired for 304-46, saying "Dad's legs seem much worse."

**INDEX OF READING 304-46 M 83**

EDEMA

PELLAGRA

Physiotherapy: Applications: Tolu In Solution:  
Pellagra Par. 5, 8-A  
: Packs: Mullein: Edema Par. 5

Prescriptions: Castoria: Toxemia Par. 4, 9-A  
: Simmons' Liver Regulator: Par. 4, 9-A

TOXEMIA

**BACKGROUND OF READING 304-46 M 83**

B1. 2/24/37 He obtained 304-45 for severe asthma and dropsical swelling of legs, etc.

B2. 3/9/37 Daughter [243] wired: "Dad's legs seem much worse. Please give reading at once."

**TEXT OF READING 304-46 M 83**

This psychic reading given by Edgar Cayce this 9th day of March, 1937, in accordance with request made by the daughter Miss [243], Member of the Ass'n for Research & Enlightenment, Inc.

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: 45 to 3: 50 P. M. Eastern Standard Time. ..., Tenn.  
(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. As we find, in the main the conditions are improving; while specifically those disturbances where there is the swelling and where there are the inclinations for the system to eliminate through broken tissue in the lower limbs become somewhat more inflamed.
3. This is an effect of excesses of poisons in the system.
4. We would cleanse the alimentary canal with first the Simmons Liver Regulator, and then follow same with the Castoria in not too broken doses but not too much; rather as a flushing, or a teaspoonful about every hour until the bowels move and flush good. After there has been the flushing with the Simmons Liver Regulator, of course, begin with the Castoria.
5. Also we would find it most helpful to keep the Mullein Stupes but in between bathe off the portions with a tuft of cotton and Tolu Solution, so as to heal and to make for assisting the circulation to absorb and not cause so much irritation.
6. The rest we would keep much in the manner as has been indicated.

7. Ready for questions.
8. (Q) What proportion of Tolu in Solution?  
(A) It is just the regular Tolu in Solution, or the Fluid Extract.
9. (Q) How much of Simmons Liver Regulator?  
(A) This will have to be governed by the body, as it has taken same at times, but enough to act upon the system even though it may require the second dose, have the activity from the Liver Regulator before - and do not begin for at least six to eight hours after with the Castoria.
10. We are through with this reading.

Wired also:

"Flush system with Simmons Liver Regulator, even though necessary for two doses. Then begin with teaspoonful Castoria every hour until thorough action. Continue Stupes, but between these bathe affected parts with tuft of cotton and Tolu Solution. Continue rest as indicated."

### **REPORTS OF READING 304-46 M 83**

R1. 3/16/37 Daughter [635]'s ltr.: "A note from sister [340] a few days ago said Papa was better in a way but a queer oozing from legs down from knee - had to keep it bandaged. I never heard of such a thing. What is that?"

R2. 3/20/37 EC's ltr.: "I had felt that [304] was getting on fair, but this last spell last Sunday doesn't sound so good. [GD's note: No correspondence indicates what spell he is referring to on 3/14/37; there must have been a telephone call.] "It is a breaking up and I'm afraid his organs will refuse to function."

R3. 3/30/37 He obtained 304-47 giving further advice for broken tissue and exuding from dropsical leg condition, and for heavy breathing from asthma and bronchitis.

**INDEX OF READING 470-18 M 48**

CIRCULATION: IMPAIRED

Dermatitis: Eliminations: Incoordination Par. 13-A, 14-A

Diabetes: Tendencies Par. 5, 8, 11-A

Diet: Artichoke: Jerusalem: Diabetes: Tendencies Par. 8

ELIMINATIONS: INCOORDINATION

FEET: ANKLES: SWELLING

Osteopathy: Spine: Subluxations Par. 6, 12-A, 15-A

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 470-18 M 48**

B1. See 470-17 on 1/9/37.

B2. 9/1/37 Wife phoned questions, saying his ankle was very swollen and painful.

**TEXT OF READING 470-18 M 48**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 1st day of September, 1937, in accordance with request made by the self, through wife, [1100], 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.

R E A D I N G

Time of Reading 4: 20 to 4: 35 P. M. Eastern Standard Time. ..., N.Y.

(Physical Suggestion)

1. EC: Yes, we have the body, [470] this we have had before.
2. As we find, there are many various changes in the physical forces of the body since last we had same here, and in most respects we find conditions very good.
3. But as we find there has within the last three moons been something of - not an accident but a jarring of the body in such a position, as from jarring or stepping too heavy, that has caused in the lumbar and in the coccyx area a pressure to the lower circulation that prevents as fast return of the circulation to the torso portion of the body as it should.
4. Hence we find periods when there is the inclination through the feet and ankles for there to be slowed circulation that produces some swelling.
5. This as combined with the old inclinations for those tendencies for the activities of the lower hepatic circulation, as combined with inclinations of the activities of the pancreas, unless corrected may cause some disturbance that would become much more aggravating than in the present and much harder to combat.

6. As we would find, then, we would have - osteopathically - those corrections made in the lumbar axis, in the sacral, and remove the pressure in the coccyx area; carrying same through the lower portion of the sciatic centers, especially under the knee and to the feet and the bursa of the feet themselves.
7. This should not require a great number of these to see a vast difference.
8. Then, for the period of some three to four weeks, once or twice a week add to the diet the Jerusalem artichoke; that there may be the reaction to the upper hepatic circulation and through the liver and the pancreas; those reactions of the assimilated properties from same that would aid in correcting these inclinations and tendencies.
9. Do these and as we find for these particular disturbances the conditions will be much improved.
10. Ready for questions.
11. (Q) Please review all organs of body, and give condition of same.  
(A) As we find, the brain forces are very good.  
The activities of the glandular system are very good save as related to those inclinations that have been indicated through the pancreas and the activities of the kidneys or the adrenals - or those glands above the kidneys.  
The heart's activity is very good, though this change in the pressure makes for a hardness upon the circulation; and there needs to be those activities as indicated.  
Lungs, throat, bronchi, larynx are very good.  
Digestive system, the assimilations of the body, we find very good.  
The activities of the liver and the relationship to the organs of the lower hepatic circulation are disturbed as has been indicated.
12. (Q) What should be done for dry hard skin on right side of right foot?  
(A) Let's change the circulation by the manipulations as indicated, and correct those pressures in the lumbar axis, the sacral and the coccyx area. Then also the stimulation from the ganglia or centers along the sciatic nerve, especially those associated with the knee and the bursa of the feet.
13. (Q) What can be used on forehead to clear up skin condition?  
(A) When we change the activities of the liver and the kidneys, we will find much of this condition will clear.
14. (Q) Does the small red mark over the right eye come from the same cause?  
(A) Comes from the same cause.
15. (Q) How often should the manipulations be given?  
(A) About twice a week until there is the perfect alignment, or six to eight to ten such adjustments and manipulations. To be sure, coordinate the upper portion of the system, or set up drainages to the whole of the alimentary canal; but make the corrections in the feet, ankle, knees, the coccyx and especially in the lumbar axis.
16. (Q) Any other suggestions?  
(A) These we would do for this body in the present. We are through.

**REPORTS OF READING 470-18 M 48**

R1. 9/7/37 Wife's letter: "The rdg. arrived Sat. and we want to thank you for taking it so promptly. My, but the information certainly goes direct to the trouble

and again [470] has been warned of impending conditions. [470] thought he had jarred himself but he wasn't sure. He is getting started on treatments today. Dr. Pike was out of town over week-end. I tried all over town Sat. to obtain Jerusalem artichokes but there aren't any in ..., N.Y. A fruit and vegetable dealer will let me know today whether he can get them for me or not. If he cannot, will wire a friend in Calif. to send some." [She requested Ck. Physical for herself.]

R2. 9/10/37 "Message from Calif. says that Jerusalem artichokes will not be in season before Dec. or Jan.\* Will it be possible to ask if anything can be substituted for them, or if there are any canned ones anywhere in the country that you know anything about will you please let us know? [470]'s ankle is much better."

R3. 9/14/37 See his wife's reading 1100-17, Par. 12-A giving a substitute for the Jerusalem artichokes until he was able to get them. [Clary Water, Garden Sage, Honey, Ambergris, Grain Alcohol, Gordon's Gin, Cinnamon prescription, etc.]

R4. 9/21/37 Wife's letter: "Talked to Mrs. [601] after talking with you the other evening and she was going to get the re-distilled gin out to us yesterday. It has not arrived yet, but am sure it will by tomorrow. The ambergris is ordered also, so expect to get it compounded as soon as all ingredients are here. Have the sage, stick cinnamon, honey and distilled water here now.

"A fruit man here tells me that Jerusalem artichokes are grown here by a man who specializes in them and that they will be ready soon. They are dug out of the ground like potatoes but not until after frost. We were supposed to have frost last evening but I do not believe it arrived. If we can get some (artichokes) while we are here will also have some sent to [480], as they are using canned or bottled ones, and I do not believe they are the Jerusalem variety...

"Dr. Pike found conditions in [470]'s spine exactly as described."

"P.S. A letter sent by special air-mail just arrived from Mrs. [601]. She cannot get the gin re-distilled, as the chemist is becoming suspicious, so she advised us to write

\* [GD's note: Sometime later Mr. [470] and Mrs. [1100] sent us some Jerusalem artichoke tubers for planting. We found that they do develop such that they can be dug and obtained, some of them, in early September - in Virginia, at least.] the Gordon Gin Co., at Linden, N.J. I am writing them immediately and do hope they can send it to us. If not, [470] will have to buy equipment and re-distill it himself."

**INDEX OF READING 900-36 M 29**

CIRCULATION: INCOORDINATION

Diet: Eliminations Par. 4

ELIMINATIONS: POOR

FEET: ANKLES: SWELLING

Osteopathy: Eliminations Par. 3, 7

Physiotherapy: Packs: Cold: Feet: Ankles:  
Swelling Par. 4, 7

: Hot Salt: Par. 4, 7

**BACKGROUND OF READING 900-36 M 29**

None.

**TEXT OF READING 900-36 M 29 (Stockbroker, Hebrew)**

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 17th day of February, 1925, in accordance with request made by self - [900].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. Linden Shroyer

R E A D I N G

Time of Reading Room ... .. Hotel, 3: 00 P. M. Dayton Time.  
New Orleans, La.

1. GC: You will give the physical and mental reading for this body at this time, giving the cause of the existing conditions, with suggestions for the improvement of any or all of these.
2. EC: Yes, we have the body here. We have had this before, you see. Now, we find there is a vast deal of difference in the physical and the mental body since we had it here before. There are some abnormal conditions for the body at the present time. Especially is this shown in the lower portion of the right limb. In this we have the effect of poor eliminations, as is produced by conditions as have existed through the digestive tract, affecting the circulation and especially to the lower extremities, when we have had a lapse of the equalizing of the circulation through the body. This, as we see, has brought to the body those conditions wherein the poisons as should be carried through the correct channels, allow the body in the change in circulation, from the end of the venous circulation and arterial circulation, where these connections are brought about, we have brought these disturbances to the capillaries, making then an exaggerated condition in the amount of lymphatic fluid necessary to produce the perfect coagulation.

- Hence infection and swelling as is produced from the knee down. Then this brings the distresses to the body through those channels. This has not, as we see, wholly incapacitated the body, either physically, and has accentuated the body in many ways mentally, bringing about, however, these exaggerated extravagant forces in a literal manner in the imagination of the body toward mental and physical conditions, as compared to many conditions that have been brought in various ways to the attention of the mental development in the body.
3. Then, to bring the normal conditions to the body, it will be necessary that the eliminations be carried in their proper channels by the deep manipulation in the trunk portion of body, and by the taking of properties in the system in the form of those lactics that will bring the action to the digestive system and the eliminations through the alimentary canal in such forms as will give the proper eliminations through the system.
  4. The diet should be that of the coarser and not of high seasoned foods. No white bread of any character, rather that of whole wheat or of corn meals and of the preparation as would be found in warm salts, or in ice as would be applied to the lower portions of the body in the forms of pack about the swelling. These we find will soon relieve that condition in the body.
  5. In the mental, we find these will be through these channels as has been outlined for this body in its development through mental forces, [and] when kept in that channel [will] bring much of the physical and mental equilibrium in the system. The nearer the mental equilibrium is kept in that manner wherein there is not an excess of mental forces expended in any manner, that the subconscious forces may develop the fuller, may be accentuated the more when necessary.
  6. Do this and we will find we will bring the better developments, the better eliminations, the better assimilations, the better mental forces, the better mental development for this body, [900].
  7. Taking the manipulations at least once each day, taking the salines as would be given by such prescription as would be given in conjunction with the deep osteopathic manipulations, osteopathically given; applying the cold applications, or the hot salt applications, when the body rests from walking, or keeping off of feet, keeping the body, then, elevated at such times; that is, that portion of the body, changing these at least two or three times each evening.
  8. Do that. We are through for the present.

**REPORTS OF READING 900-36 M 29**

None.

**INDEX OF READING 944-1 F 65**

CIRCULATION: POOR

Diet: Phlebitis Par. 18

EDEMA: LEGS

Electrotherapy: Violet Ray: Circulation: Poor Par. 17

ELIMINATIONS: POOR

Injuries: Bruises: Varicose Veins Par. 28-A

Intestines: Colonics, High: Eliminations Par. 12

Kidneys: Urine: Acidity Par. 27-A

Muscles: Cramps: Circulation: Poor Par. 26-A

Neuritis: Tendencies Par. 29-A

Pelvic Disorders: Adhesions: Lesions Par. 7, 26-A

PHLEBITIS

Physiotherapy: Applications: Cuticura Salve:  
Phlebitis Par. 22

: Massage: Ash: Animated: Phlebitis Par. 21

: Benzoin, Compound

Tincture of: Phlebitis Par. 13, 15, 27-A

: Camphor: Par. 13, 15, 27-A

: Iodex: Par. 21

: Mutton Tallow: Par. 13, 15, 27-A

: Turpentine: Par. 13, 15, 27-A

: Packs: Epsom Salts: Circulation: Poor Par. 14, 15, 27-A

Prescriptions: Alcaroid: Eliminations Par. 9, 16

: Caroid Bile Salts: Par. 10, 16

Readings: Applications: Reports: Phlebitis: Cured Par. R1

Supports: Elastic: Phlebitis Par. 23

Varicose Veins Par. 28-A

**BACKGROUND OF READING 944-1 F 65**

B1. 6/20/35 Mr. [333]'s letter: "Our cook, Mrs. [944], is in bad shape and about ready to quit [due to swelling of limbs, inability to stand on feet so much - open sores that won't heal - burning urine, cramp in thigh and leg, black-blue mark on back of right leg, neuritic pain in right shoulder]."

**TEXT OF READING 944-1 F 65**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 2nd day of July, 1935, in accordance with request made by the self - through Mr. [333], 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. L. B. Cayce.

R E A D I N G

Time of Reading Sun Air Farm, 3: 25 to 3: 45 P. M. Eastern Standard Time. Oak Ridge, N.J.  
(Physical Suggestion)

1. EC: Yes, we have the body and those conditions as disturb the better physical functioning of the body, [944].
2. As we find, these are of a very definite nature. And in some respects the effects that are produced are the nominal or normal result of such disturbances. In other respects we find these conditions vary from the ordinary condition as is called of this - phlebitis!
3. These, then, are the conditions as we find them with this body, [944], we are speaking of:
4. The BLOOD SUPPLY indicates congestion in portions of the system, and a very definite hindrance in the circulation to the lower extremities especially. So there are those creations in the blood supply of a heaviness that produces the toxic forces in other portions of the body, from that as afflicted or caused by the poor circulation through the lower limbs and in the knee, or those portions where distresses are indicated by the swelling, as well as those tendencies for the open sores that are indicated from the poor circulation at times.
5. As to the effect this creates upon other parts of the body, it takes from the abilities for the body to maintain a great deal of activity upon the feet at times. And tiredness is experienced by the forcing of those small portions of the perfect circulation to function or cause the activities throughout; producing a heart disturbance, an overtaxed condition where the nervous forces of the body prevent normal rest.
6. These all arise from this condition that exists.
7. As we find, in the beginning there were causes or those pressures and lesions and adhesions in the organs of the pelvis, and ESPECIALLY to the organs that are functioning - or suppose to function - from the ileum plexus. So, on the coccyx end of the spine we find adhered portions where the leading of the nerve and muscular forces to the lower portions of the body produce such taxations there.

8. In meeting the needs, then, in the present (for these are the general conditions), it will become necessary that first there be begun those things that would make for an increasing of the eliminations without producing too great a strain upon the body - and to turn those eliminations through the alimentary canal.
9. For this we would first use the Al-Caroid after the meals; half a teaspoonful dissolved in a small quantity of water, then a full glass of water added, and drink another full glass of water following same. Take this AFTER each meal for two days. Then leave off two days.
10. During the two days when the Al-Caroid is left off, take two of the Caroid and Bile Salts Tablets after each meal.
11. Continue in this manner for about a week, or until about two rounds of each have been taken and the thorough eliminations have been set up.
12. Then we would begin by the use of the high colonics to CLEANSE the colon area.
13. And also, after the first week of increasing the eliminations, begin with massaging the body each evening when it goes to rest - with an equal combination of Mutton Suet (or the oil from same), Turpentine, Spirits of Camphor and Compound Tincture of Benzoin. Massage this thoroughly across the lower portion of the cerebrospinal system; that is, across the sacrum and the lower portion of the spine itself to the lower lumbar regions. Then immediately FOLLOWING same apply the hot Epsom Salts Packs.
14. This will RELAX these portions and allow that which has been begun by the increased eliminations to carry the poisons from the system.
15. Continue such massages and packs for three days, to four days. Then leave off three or four days. Then do it for three or four days more. And then leave off for a week.
16. THEN begin again with the rounds of the Al-Caroid and the Caroid and Bile Salts Tablets; repeating same three to four times, gradually allowing a longer period to elapse between each period of the treatments.
17. Throughout the activities be mindful that each evening, for the nerve forces, there be a five to ten minute application of the electrical vibrations from the violet ray. However, use only the rod or the static force which is not felt, rather than the bulb or glass anode. Let such a vibration be obtained by HOLDING the rod or pole, see?
18. Be mindful of the diet, that we do not have too great a quantity of starches or meats. Rather keep the body-building forces, as plenty of the fruits and vegetables. Use plenty of citrus fruit juices, fruits and nuts and the like.
19. Keeping these, we will find we will bring a much better condition for this body, and not retard the body from its activities; but be consistent with same.
20. Over and round those affected portions, where there have been the abrasions (not directly over the portion that show infection, but around same or around the edge of same) we would massage with a mixture prepared in this manner:
21. To 1 ounce of Iodex add 10 grains of Animated Ash, and work well into same; that is, mix the two ingredients thoroughly together.

22. OVER the places themselves we would preferably use the Cuticura Salve. Such places should be kept dressed most of the time, see?
23. Of course, the elastic hose or very tight bandages for the lower portion of the body will be very much better.
24. A general massage given occasionally will be helpful.
25. Ready for questions.
26. (Q) What causes cramp in thigh and leg?  
(A) Poor circulation, and those lesions and adhesions in the areas as we have indicated.
27. (Q) What causes burning from urine?  
(A) The over amount of acidity in the system, from poisons attempting to be eliminated through these areas. Hence the application of the oils and the hot Epsom Salts Packs, and the reducing of the acidity by the use of those properties indicated.
28. (Q) What is the black and blue mark on back of right leg?  
(A) Congestion of blood, or the breaking of veins - or varicose veins.
29. (Q) Is pain in right shoulder neuritis?  
(A) It's a neurotic [neuritic?] condition; the effect of poisons carried through the system, as indicated.  
Do those things as we have indicated, and we would bring the better conditions for this body of [944].
30. We are through for the present.

**REPORTS OF READING 944-1 F 65**

None

**INDEX OF READING 1315-6 F 44**

Alcohol: Not Recommended	Par. 18-A
Appliances: Radio-Active: Circulation: Poor	Par. 5, 7, 11-A, 14-A
CIRCULATION: POOR	
Clairvoyance of E.C.: Discretion	Par. 22-A
Diet: Acidity & Alkalinity	Par. 15-A, 16-A
: Combinations	Par. 15-A--17-A
: Eliminations: Poor	Par. 15-A--18-A
Ears: Deafness: Circulation: Poor	Par. 14-A
ELIMINATIONS: POOR	
Feet: Ankles: Swelling: Circulation: Poor	Par. 12-A
Intestines: Enemas: Eliminations	Par. 8
: Salt & Soda	Par. 8
Menopause: Tendencies	Par. 20-A
Names: E.C. Named	Par. 23-A
: Organizations Mentioned: Bonwit-Teller Company	Par. 19-A
Osteopathy: Spine: Subluxations	Par. 6, 11-A, 14-A
Physiotherapy: Massage: Ipsab: Gums	Par. 21-A
: Spine: Subluxations	Par. 19-A
SPINE: SUBLUXATIONS	
Teeth: Toothpaste: Pyaim	Par. 21-A, 22-A
Tonsils: Eliminations: Poor	Par. 13-A

**BACKGROUND OF READING 1315-6 F 44**

B1. See 1315-5 on 11/20/36.

**TEXT OF READING 1315-6 F 44**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of January, 1937, in accordance with request made by the self - Mrs. [1315]... 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 4: 00 to 4: 20 P.M. Eastern Standard Time. New York City.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [1315]; this we have had before.
2. As we find, there are a great many improvements in the general physical forces of the body from that as we last had same here.
3. However, there are still some disturbing conditions; as naturally arise from disturbances such as has been indicated that have found expression in the physical functioning of the body.
4. And thus from the drosses of these disturbances there are at times the reactions shown as in the system's attempting to eliminate same; as in the slow circulation through the lower limbs, from a pressure as indicated in the lumbar and sacral area as well as in the same area from which - there not being the whole or perfect activity of the lower portion of the hepatic circulation - there are those disturbances with the kidneys or the eliminations of the bladder.
5. These are but the outward effect then of such disturbance. This anxiety as thus produced needs then the corrective forces, and the vibrations as we find from the Radio-Active Appliance for the body will be most beneficial.
6. We would have then occasionally, once a week or once in two weeks, a thorough osteopathic massage, with specific reference to the lumbar and sacral areas.
7. We would have periods of the Radio-Active Appliance. Here, do not allow the Appliance to be submerged in the ice or water - and it should be at least in same five to ten minutes before the attachments are made to the body. Keep the plates or anodes clean each time before being used. When attached, attach to the right wrist, left ankle; the left wrist, right ankle. The inside of the wrist, of course, as well as the inside of the ankle - just above the knuckle bone and below the wrist bone - these the manners of application. Use same when resting, for thirty to forty minutes each day, for a week to two weeks. Then rest from same a week. This will be found to give the body more pep, allow it to rest easier, and make for a better circulation; removing this stress upon the lower limbs, especially if the manipulations are given as indicated.
8. When necessary for a cleansing of the system to keep the eliminations, as we find rather than using cathartics or laxatives the enemas will be much preferable. Have same the temperature of the body, and a soda-saline solution; that is, to each quart of water put about half a teaspoonful of Soda and a level teaspoonful of Salt - thoroughly dissolve same and have the water the temperature of the body. Retain same as much as possible, that we may cleanse the colon with less irritation to the organs in the area of the lower portion of the alimentary canal or the end of the colon area itself. But let sufficient water be taken that the colon is cleansed.

9. In the diet keep close to those things that have been indicated.

10. Ready for questions.

11. (Q) Why do I have a little bladder irritation at times?

(A) As has been indicated, from the lack of the full or proper eliminations of drosses from the system, from the affectations of conditions as heretofore indicated. Thus the necessity for not only keeping the circulation balanced but the manipulative forces for keeping corrections in these directions.

12. (Q) Why do my ankles swell, especially in warm weather?

(A) This especially as indicated arises from those disturbances. But if these things are carried forward we will find that when warm weather comes this will not be so disturbing.

13. (Q) In what condition are my tonsils?

(A) These as we find only as an activity of a glandular force show an irritation. But if the rest of the system is kept proper, we will find these will become in a healthy, normal reacting condition as they exist.

14. (Q) At times I do not hear well. What causes this?

(A) This disturbance as indicated for the circulatory forces, and with the manipulations and especially the vibrations from the Radio-Active Appliance we will aid in creating a balance in this direction.

15. (Q) What is the best diet for me?

(A) An eighty percent alkalin to twenty percent acid reacting diet. The combinations are those things that make for too great a disturbance. Then, leave out these from the diet as combinations.

Do not take tomatoes either cooked or raw WITH other green cooked or raw vegetables; though tomatoes by themselves (preferably the canned) are very good as a portion of the noon meal, or an evening meal.

Leave off potatoes of any kind at ANY time, and especially no fried potatoes ever! Do not combine white bread especially at any time when wines or strong drinks are taken.

Do not use too much of or too great quantity of alcoholic drinks, though Red Wine is very good for the body, or light wines - NOT in excess.

Spaghetti or macaroni or great quantities of cheese, do not combine these too much with breads or sweets; but rather as indicated keep the twenty percent acid to eighty percent alkalin reactions.

16. (Q) Are figs and dates good for me?

(A) These are very good. Do not combine these, however, with starchy foods.

17. (Q) Does pumpnickel bread contain starch or anything that is bad for me?

(A) Pumpnickel is of many varied characters or kinds. That which is properly made pumpnickel is VERY good for the body. But we would find rye bread or Ry-Krisp as a better bread than too much pumpnickel - as has been mostly used by the body.

18. (Q) Is liquor bad for me?

(A) Strong drinks as indicated are bad.

19. (Q) Are the massage treatments good for me that I've been taking at Bonwit-Teller Co., 56th St. & 5th Ave.?

(A) These are very good, provided there are not too many of same taken.

But to keep the body in a normal balance, these are very good.

20. (Q) Am I going through any physical changes now?

(A) Just previous to same.

21. (Q) Is the Pyaim tooth powder I have been using for nearly a year beneficial?

(A) Very good, and is a stimulant to the secretions of the mouth and is very helpful.

As we find for the gums and for the mouth, the use of Ipsab as a MASSAGE would be most stimulating, most invigorating.

22. (Q) Does the Pyaim contain any substance which would prove harmful after its usage? What is it made of?

(A) It does not contain substance harmful. As to its make, this is a secret formula.

23. (Q) Why was the name Stella mentioned first in one of my readings [See 1315-2, Par. 1], and then [1315]?

(A) This was the name that the body came near being called; it was considered before and at the time of its birth. It was in associations with these.

24. We are through with this reading.

#### **REPORTS OF READING 1315-6 F 44**

R1. 10/5/37 She requested first Physical Reading for her cook, Mrs. [1453].

R2. 10/13/37 See 1315-7.

**INDEX OF READING 1315-8 F 45**

Apparel: Shoes	Par. 19-A
ARTHRITIS: TENDENCIES	
Childbirth: After Effects	Par. 21-A
Circulation: Incoordination	Par. 13
Dermatitis: Circulation: Incoordination	Par. 13
Doctors Suggested: Dobbins, Frank P.: D.O.	Par. 17-A
Feet: Ankles: Swelling	Par. 18-A, 20-A
Glands: Adrenals: Spine: Subluxations : Thyroid:	Par. 6 Par. 14
Osteopathy: Spine: Subluxations	Par. 11, 15
Physiotherapy: Packs: Epsom Salts	Par. 18-A
SPINE: SUBLUXATIONS	

**BACKGROUND OF READING 1315-8 F 45**

- B1. See 1315-7 on 10/13/37.
- B2. 5/23/38 She submitted questions.

**TEXT OF READING 1315-8 F 45**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of May, 1938, in accordance with request made by the self - Mrs. [1315] through Active Membership of husband in Ass'n for Research & Enlightenment, Inc.

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: 50 to 12: 05 A. M. Eastern Standard Time. New York City. (Physical Suggestion)

1. EC: Yes, we have the body here, [1315]; this we have had before.
2. Now as we find, conditions in a main or general manner are somewhat better than we have had here before.
3. However, there are disturbances; and these would be less, or there would be nearer normal conditions if there had been corrections in some of those areas as indicated heretofore - from which pressures arise upon portions of the system as to prevent the normal functioning of the glandular forces as related to portions of the circulation.
4. These then are conditions as we find with this body in the present, [1315] we are speaking of:
5. First, in the blood supply we find a very good condition save at times when there are those cycles of a reaction from pressures that exist along the cerebrospinal system in the areas that have been indicated; from the 9th dorsal to the end of the spine.
6. These pressures produce deflections between the sympathetic or vegetative nervous system and the cerebrospinal system, as to deflect the activity of the glandular system as related to the adrenals - or THEIR relationships to the circulatory forces from the 4th lumbar downward.
7. These HAVE been areas where such deflections, as indicated, have caused - from the pressures created - the inclination for the formation of reflexes called arthritic reactions.
8. Through the massage, the hydrotherapy AND the treatments that were indicated through such periods, much of the CAUSE was eliminated; but not sufficient was there of the removal of pressures as to prevent the deflection of the locomotary centers as related to the lower limbs and through the lower portion of the abdominal area.
9. Then as these exist, we find that in their cycle - owing to the change in atmospheric pressure as related to the activity of the body in the various forms of conditions or seasons - these become as it were rather that inclination for seasonal disturbances.
10. In the nervous system, then, we find the source or the basis of such disturbances - in the areas indicated.

11. Then as we find, we would have two or three series of treatments osteopathically. Have these about twice a week for two or three weeks, then leave off for ten days or two weeks, then take them again for another series; continuing in this manner until at least the third series has been taken.
12. This should, with the proper adjustments and relieving of the pressures, overcome those tendencies through the areas.
13. The effect as we have upon the organs of the system as related to these pressures: At times we find there would be deflections to the assimilating system; the body becomes easily upset. At others we will find the deflection (that is, from these pressures) coming more to the cycle of the circulatory forces as related to the superficial circulation; and there is the inclination for a light rash - or portions of the body, torso as well as limbs, have periods of not only swelling but areas where there is the inclination to rub - though there is little or no abrasion save deep under the SECOND cuticle or the epidermis itself.
14. In the activity to the rest of the system, we will find the clearing of these as indicated will make for better relationships as to activity of the kidneys, better relationships for the activity of the glandular forces as these connect with the thyroids, and a better activity throughout.
15. Then as we find, have those corrections in the areas indicated; gently given, with the stimulation occasionally of the low form of electrical vibratory forces. Not that the hydrotherapy would be left off, but there are the needs for specific adjustments in the areas indicated.
16. Ready for questions.
17. (Q) Who would you suggest to give these treatments?  
(A) Dobbins as we find would be well.
18. (Q) When swelling occurs in right ankle, what can I do to alleviate it at the time (until the cause of it as indicated is corrected)?  
(A) The application of saturated solution of Epsom Salts in packs over the lumbar and sacral area will relieve same; hot, you see - not applied to the limb itself but on the back. But these effects should disappear with the first series of the treatments.
19. (Q) Is there any form of footwear that would be best?  
(A) Any of those for this body that carry the cushion sole would be the preferable.
20. (Q) Is the swelling a glandular condition or from faulty circulation?  
(A) As we have indicated, it is partly both.
21. (Q) Can this condition be the result of a pregnancy 23 years ago?  
(A) As was formerly indicated, and as has been given, it is the effect of the pressures produced by abnormal conditions arising FROM SUCH conditions as these. These (the pregnancy results) were contributory to it, as we find.

**REPORTS OF READING 1315-8 F 45**

R2. 6/8/38 See 1315-9.

**INDEX OF READING 1586-1 F 77**

Cancer: Tendencies	Par. 15
CATARRH	
CHEMICAL IMBALANCE	
CIRCULATION: IMPAIRED	
Diet: Citrus & Cereal	Par. 24
: Cooking Utensils: Patapar Paper	Par. 28
: Menu: Toxemia	Par. 23--28
: Toxemia	Par. 23--28
Edema: Legs and Feet	Par. 8
Environment: Atmosphere: Edema	Par. 9
Eyes: Kidneys: Puffiness	Par. 31-A
Glands: Incoordination	Par. 10
Healing: Consistency & Persistency	Par. 14
: Magnetic: Spine: Subluxations	Par. 18, 19
Intestines: Lacerations	Par. 15
Kidneys: Infections	Par. 7
Liver: Kidneys: Incoordination	Par. 10
Nervous Systems: Incoordination	Par. 10
: Sensory: Spine: Subluxations	Par. 31-A
Neuropathy: Spine: Subluxations	Par. 17—19
Physiotherapy: Packs: Camphor: Kidneys	Par. 20
: Mutton Tallow:	Par. 20
: Turpentine:	Par. 20
Prescriptions: Water, Drinking: Kidneys	Par. 22
Psychosomatics: Healing	Par. 31-A
SPINE: SUBLUXATIONS	
Streptococcus: Tendencies	Par. 13
TOXEMIA	

**BACKGROUND OF READING 1586-1 F 77**

B1. 4/21/38 What causes puffs under eyes? Is there a growth in my abdominal region? Is there diseased condition of kidneys?

B2. 4/26/38 Will the eyes and ears be restored and will it require special treatment to do it? What causes the feet to be so numb and dead feeling? Is the rectal trouble a malignant condition?

**TEXT OF READING 1586-1 F 77**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of April, 1938, in accordance with request made by the self - Miss [1586], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [1010].

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: 45 to 4: 10 P. M. Eastern Standard Time. ..., Alabama.  
(Physical Suggestion)

1. EC: Yes, we have the body here, Miss [1586].
2. As we find, there is rather the complication of disturbing influences in the physical forces of the body.
3. Some of these as we find have received very drastic reactions, and thus irritated the disturbances more.
4. These as we find, from their incipency, arise from an unbalanced chemical reaction in the system; thus producing an overcharging of portions of the organism.
5. Hence, combined with subluxations that have caused and do produce taxation or lack of circulation, because of lack of impulse in portions of the body, these have allowed organs and reflex actions to produce quite a disturbing reaction.
6. These are the conditions as we find them with this body, Miss [1586].
7. The blood supply as we find indicates the poisons and toxic forces from the improper activity or coordination with the lower hepatic circulation. And we find, as in reference to this, indications - from the blood stream - of there being an accumulation of a pus nature in the kidneys.
8. Thus we have a reflex wherein there are disturbances even WITHOUT taxation, as to swelling in the lower limbs and feet.
9. These come especially of evening, and at times we find the weather or the atmospheric pressure having a great deal of effect upon the condition.
10. Also we find there is an incoordination between the glandular forces as related to the balance between the upper and lower hepatic circulation, as related to the coordination between the cerebrospinal and the sympathetic - in the last dorsal and a portion of the lumbar conditions.
11. Hence there come those reflexes to the functionings of the sensory forces, through the coordinating activity with the plexus from which the vagus center receives its impulse.
12. Thus we find the inclination for the lack of sufficient circulation or flow through the centers from which the secondary cardiac portion receives its impulse; or a

portion of the vibrations to the auditory forces and to the optic centers - or from the 2nd, 3rd cervical, as well as the 1st, 2nd and 3rd dorsal areas.

13. Hence the inclination for a catarrhal reaction, which is a natural accumulation from a system, of course, where there is the effect in the blood of such a nature; or where there is the fighting in the blood stream against an inflammatory or a pus reaction, or a strep of the nature that produces a part of the infectious forces throughout the bodily functions themselves.

14. All of these as we find may be materially aided, but it will require TIME, patience, persistence, and - most of all an adherence to a diet and to activities that do not produce a great hindrance upon the conditions themselves.

15. As for those activities that we find through the lower portion of the abdominal area, or about the 1st, 2nd and even to the 3rd sphincter center in the lower end of the colon itself, we find these in the present are rather lacerations - affected by reflex conditions from the general disturbance in the system; and not NECESSARILY should they become malignant in their natures.

16. These then as we find are the manners in which the greater aid or benefit may be brought to the bodily forces here:

17. The gentle stimulation by neuropathic manipulations should be to set up drainage in the lower lumbar and the lower dorsal areas more specific. Also we would stimulate the areas from the 3rd and 4th dorsal and throughout the cervical area; this will be most helpful. Give this in a rotary motion but downward in its activity. And necessarily the correction is needed and would be made in the last dorsal, the 11th and 12th.

18. Also after the manipulations are given, we would set up the vibrations by the magnetic treatment - given in this manner: Sit on the left side of the body (the patient, you see). Place the right hand on the lower portion of the back, across the area from which the kidneys receive their impulse - which would be about the 10th, 11th and 12th dorsal center, you see. Then place the left hand on the front of the body, just above the area where there begins the descent of the activities from the colon to the eliminating channels - or through the sphincter center; which would be about a hand's breadth (not span, but hand's breadth) from the left point of the hip bone, see - or toward the center of the body. Holding the hands in these positions for six to ten to fifteen minutes, for the magnetic vibrations from same, would be most beneficial and restful to the body.

19. Such magnetic treatments would follow the neuropathic manipulations, you see; and it would be well that these be given each day.

20. When there is a great deal of pain - which comes at times, or this heaviness or stiffness through the kidney area - it would be well that there be applied across the area an equal combination of Mutton Suet (or Mutton Tallow, dissolved to a liquid), Spirits of Turpentine and Spirits of Camphor. Put this mixture on a heavy flannel and apply across the area, and then HEAT applied.

21. In the matter of the diets, these as we find would become rather specific. And these will make for greater changes in the activities, though naturally - these working through natural sources or activities, through assimilation and the building up of the body in the directions by the assimilations - results will be a bit slow; but these must be kept properly.

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

23. Then as to the diet:

24. Mornings - citrus fruit juices, or whole or crushed wheat. But do not eat cereals AND citrus fruit juices at the same meal.

25. Do not eat fried foods of any kind, EVER; especially NOT fried eggs, nor cakes - though buckwheat cakes may be taken if they are fried in butter and then NOT any butter used on same, but these should not be eaten with syrup. Honey - a little may be taken if so desired.

26. Whole wheat toast, not too much butter. Coffee may be taken, or tea, but NOT with milk or cream in same.

27. Noons - ONLY raw vegetables. These may be combined in many varied ways: Celery, lettuce, tomatoes, radish, peppers, cabbage, spinach, mustard, leeks, onions. Any or all of these may be combined. These may be taken with an oil or salad dressing, but not that which has very much of any vinegar or acetic acid in same.

28. Evenings - do not take fried foods morning, noon OR evening! especially not fried potatoes, nor fried ham, nor fried meats - even fried chicken! But the meats - if any are taken - should be preferably fish, fowl or lamb; and these boiled, broiled or baked. The vegetables should be cooked in their OWN salts, and these juices preserved - NOT thrown away! The broths or juices from the cooking of any of the vegetables in their own broths (or cooked in Patapar Paper) may be saved and taken as a portion of the noon meal, or as a change from the diet outlined for the noon meal. Do not cook the vegetables with meats to season them; only use a little butter, with pepper or salt or such. And preferably use the sea salt entirely, or iodized salt - this is preferable.

29. If these are kept consistently, as we find, we will bring relief; not a cure entirely, but we will bring relief, and much nearer normalcy for this body, Miss [1586].

30. Ready for questions.

31. (Q) Will the eyes and ears be restored?

(A) As indicated, all portions of the system will be materially benefited; especially the eyes and ears - if there is the release from those pressures in the areas indicated for the correction of these.

These may need some local attention later, but if these applications indicated are kept - and the attitude kept as it should be - it will be some time before they will need even local attention.

32. We are through for the present.

### **REPORTS OF READING 1586-1 F 77**

R1. 7/12/38 Mrs. [1010]'s letter [neuropath]: "Miss [1586] returned to Indianapolis. She hated to go and leave my treatment, as I followed the suggestions and straightened the lady out. She was so much better, as the doctors had been trying to straighten her back for 30 years and they failed, then 'little old me' came along and 'done it'".

**INDEX OF READING 1628-1 F 31**

ANEMIA

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Constipation Par. 26-A

DEBILITATION: GENERAL

Diet: Debilitation: General Par. 28-A

Electrotherapy: Diathermy: Spine: Subluxations Par. 21, 24-A, 26-A, 29-A

Heart: Spine: Subluxations Par. 13, 29-A

Osteopathy: Spine: Subluxations Par. 18, 19

Prescriptions: Calcios: Debilitation: General Par. 20, 26-A

Psychosomatics: Healing Par. 29-A

Rest: Debilitation: General Par. 27-A

Sensations & Symptoms: Swelling: Feet: Spine:  
Subluxations Par. 24-A

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 1628-1 F 31**

None.

**TEXT OF READING 1628-1 F 31**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of July, 1938, in accordance with request made by the self - Mrs. [1628], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [...] and Mrs. [1100].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1628] and Husband, Mr. [470] and Mrs. [1100], Mrs. [...] and a Dr. and Mrs. Carter.

R E A D I N G

Time of Reading 3: 30 to 3: 50 P. M. Eastern Standard Time. ..., Va.  
(Physical Suggestion)

1. EC: Yes, we have the body here, Mrs. [1628].

2. Now as we find, there is something of a complication of disturbances in the physical forces of this body.
3. The causes are rather specific, while the effects are not so specific. And these without correction, as we find, may grow to be greater disturbances, as more of the activity of organs becomes involved reflexly in the disturbances.
4. These then are the conditions as we find them with this body, [1628] we are speaking of, present in this room:
5. First, with THE BLOOD SUPPLY, this we find shows an anemia, of a nature arising from the lack of clarification through the lung supply as well as purification as it were through the activities of the liver and circulatory forces as related to eliminations through the system.
6. These as we find form then the combinations of disturbance to the assimilating and eliminating systems. Thus the involvement of the activity of the organs through the purifying and rebuilding or replenishing forces of the body-systems' functioning.
7. IN THE NERVOUS SYSTEM, here we find the base, or the cause of the first disturbances. This as we find is in the areas between the 2nd and 3rd to the 4th and 5th dorsal areas, or the secondary cardiac plexus areas; where deflection of impulse to the lungs and to the activity of the upper digestive forces is the basis or the cause of the conditions.
8. Thus the activities of the organs affected from this particular portion or area become involved with the disturbances in the body.
9. Hence, affecting the upper hepatic circulation, we have a deflection through the lower. Therefore, with a sympathetic condition through the alimentary canal, from reflexes, we find a general nervous debilitation in the sympathetics. Thus the activities through the eliminating system become a part of the disturbing influences for the body.
10. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, brain forces and reflexes are in order with the activities of the body, as show in disturbing influences through the system.
11. The organs of the sensory system show weaknesses from the impoverishments, yet these are only sympathetic conditions through the areas of infection or reaction.
12. In the throat, bronchi, lungs and larynx we find conditions that have been effected through repressions, through sympathetic as well as direct pulsations.
13. Heart's activity is irregular, being a natural condition arising from an anemia in the blood stream or force itself.
14. The digestive forces for the stomach and the activities of same show quite a deficiency in the calcium through the system, which would be a natural effect from a disturbed metabolism as well as the conditions or influences from the activities of the liver and the lungs with the repressions through eliminations in the system.
15. The gall duct and those areas of the activities from same show the lack of their proper drainage and eliminations at times. These only become a portion of the disturbing forces.

16. The activities of the organs of the pelvis, as related to the general conditions in the system, we find become a part of a reflex force; and with the corrections of the subluxations that exist in the dorsal area, with the stimulation to the activities of the circulatory forces as connected with assimilation and eliminations, we may remove those disturbances through these portions of the body.

17. THEN, IN MAKING APPLICATIONS FOR IMPROVEMENT OF THE CONDITIONS IN THIS BODY - AS WE FIND:

18. First we would correct, through osteopathic adjustments, the subluxations through the dorsal area.

19. These treatments would be taken first about twice each week for three to four weeks; then rest from same a week or two weeks; and then another series of two weeks should be sufficient.

20. We would add to the system a greater amount of free calcium for the activity of the bodily forces, as may be found through the use of Calcios. Take about half or quarter teaspoonful once each day, preferably spread on bread.

21. About twice a week, until eight or ten have been taken, we would make for drainages through the alimentary canal through the deep therapy electrical forces throughout the vibratory forces of the system - that is, the diathermy treatments.

These would be taken, of course, under the supervision of one who may give same, with the LOW forces - NOT the high vibrations or the high voltage, see? These vibrations are not to be given too heavy, you see - these should be the mild, but should be the direct.

22. Do these and, as we find, we may bring the nearer to normal forces for this body.

23. Ready for questions.

24. (Q) What causes and what should be done for the swelling in feet?

(A) As we find, this is only a reflex condition from the disturbances that exist in the upper dorsal area. With the correction of these impulses that cause the reflex pressures upon the lumbar axis, and with the application of the deep therapy or diathermy as indicated, we would change the vibratory forces of the body in such a manner as to remove these disturbances.

25. (Q) Why do I have a temperature?

(A) The effect of this disturbance in the liver and the heart and lung activity.

26. (Q) What causes constipation and what should be done for it?

(A) There is the lack of the peristaltic movement owing to the sympathetic conditions as indicated, through lack of DRAINING of the gall duct and its relationships to the alimentary canal.

With the corrections of the impulses for the nerve flow through the system, and especially these areas - as from the 1st dorsal to the 4th and 5th dorsal; of course, coordinating the rest of the centers with same; with the diathermy and the increased amount of calcium in the system as indicated, we would find these conditions disappearing.

27. (Q) How many hours a day should I rest?

(A) This would be a very good rule for the body as to the manners of resting: After the morning meal, work a while. After the noon meal, rest at least an hour to an hour and a half. After the evening meal, walk.

28. (Q) Any suggestions about the diet?

(A) Of course, through those periods especially when corrections are being made, and especially the deep therapy, we find that fruit juices and vegetable juices and vegetables should form rather the basis of the diet - than meats. Do not combine white breads or potatoes or spaghetti for this body, no two of these at any one meal. Keep away from fried foods as much as possible. Have at least one portion of a meal each day of raw vegetables.

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

(A) As indicated, the sublaxations - as they affect the secondary cardiac reaction - CAUSE irregularity. When those corrections are made, and the vibrations set up by the electrical forces - if they are not given too heavy - these should bring about near to normal activity.

Do that.

Keep a POSITIVE yet constructive mental attitude towards those conditions about the body. This will be helpful also. We are through for the present.

### **REPORTS OF READING 1628-1 F 31**

R1. 7/7/38 Husband's wire to Mr. [470] and Mrs. [1100]: doctors report tallied perfectly with reading one treatment has been given and have arranged to have them twice weekly [1628]'s mental attitude greatly enhanced by the findings many thanks to you as i believe this the only thing yet that is going to bring results will give you more details of progress later regards=

R2. 7/9/38 Extract from Dr. Irvin's letter: "Mrs. [1628] came to the office yesterday; in checking over your Readings with examination of the patient, I find that there is no organic heart condition; hemoglobin is down to 50, blood pressure 100, fecal impaction in the descending colon, gall bladder slightly enlarged; a very rigid dorsal and lower cervical spine. I believe that your recommendations in this case will get results."

R3. 8/10/38 Dr. C. W. Irvin's ltr. to EC:

Dr. C. W. Irvin Osteopathic Physician 507 Bankers Trust Building Norfolk, Va.  
Dear Mr. Cayce;-

Mrs. [1628], who came to me with your reading on July 7th, and about whom I reported soon afterward, has improved greatly. I found only one thing that you had not incorporated in your reading, namely, her hemoglobin was down to 55%. Last week, this had gone up to 85%, there have been no heart symptoms since her first treatment, and the gall bladder condition has steadily improved from the very start. She is highly pleased with the results, and I feel that she will be entirely well within short time.

It has been a genuine pleasure to work with these people, and especially since each one has been so highly pleased with the results obtained. I shall also be very glad for you to drop into my office anytime you are in the city.

Thanking you for referring these patients to me, and assuring you of my cooperation at any time, I am

Most sincerely yours, [signed] C. W. Irvin

**INDEX OF READING 1628-2 F 32**

ANEMIA

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Constipation Par. 7, 10-A

Diet: Constipation Par. 10-A

Osteopathy: Assimilations: Eliminations:  
Incoordination Par. 6, 7

Pregnancy Par. 11-A

Prescriptions: Calcios: Debilitation: General Par. 12-A  
: Psyllium, Seed: Eliminations Par. 7

Sensations & Symptoms: Swelling: Feet: Spine:  
Subluxations Par. 12-A

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 1628-2 F 32**

B1. See 1628-1.

**TEXT OF READING 1628-2 F 32**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of May, 1939, in accordance with request made by the self - Mrs. [1628], 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. Mrs. [1628].

R E A D I N G

Time of Reading 10: 40 to 10: 50 A. M. Eastern Standard Time. ..., Va.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions which she submits, as I ask them:

2. EC: Yes, we have the body here, Mrs. [1628].

3. As we find, there are great improvements in the general physical forces of this body. There are a great deal better conditions in the blood supply as related to the balance in the red and white corpuscles. This has naturally made an improvement in the regularity of the heart's activity.

4. Those inclinations that at times still arise, for periods of flushes, and the feeling of anxiety through the pulsations, as well as sometimes the digestive system, - when inclinations for the poor eliminations still cause some disturbance, - these are the natural inclinations for the body to revert to the conditions that once existed in relationships to these.

5. Then, as we find, we would keep rather the regular, normal activities.
6. And occasionally - when there is the feeling of some depression, or the reactions that cause same - we would have the general osteopathic manipulations for keeping up the drainages through the system; and thus we would make for the keeping of bettered conditions. As to how often these should be given, - say, in the present we would have about two or three taken regularly - that is, every other day until two, three, four are taken - until the system has started to react to not only such manipulations but to the other properties which we will indicate here to be taken; and then they may be taken one or two every two or three weeks apart, to KEEP the system in general in a TONED condition, see?
7. The eliminations may be greatly improved with the taking of those properties in the diet that tend not so much toward roughage (as Bran, or the like), but Psyllium would be very well to be occasionally taken (the Blond Psyllium, preferably). Not regularly, but occasionally - especially at the periods when the general osteopathic manipulations are given, you see; to form not only sufficient of the weight through the alimentary canal but to supply the effluvium necessary for the stimulating of peristaltic movement through the alimentary canal. This would be taken more at those periods following the general osteopathic manipulations, for STIMULATING the drainages, you see; which would be then a teaspoonful in hot water allowed to jell, and this taken with or at the meal, once or twice a day for a period of two or three days at the time, see?
8. Doing these, as we find we should keep near to normal influences and forces for this body.
9. Ready for questions.
10. (Q) What causes me to be bothered with constipation?  
(A) As indicated, this lack of activity or peristaltic movement of fecal forces through the colon, - the tendency for some little inflammatory forces. This is the reverting to former disturbances; hence the better stimulating through the general osteopathic manipulation AND the form of the foods as would be taken. Eat plenty of the pie plant, and plenty of those foods such as figs and the like, see? These are well for the system.
11. (Q) Would it be advisable for me to have children within the next two years?  
(A) The body is in such a condition that it would be really beneficial to the body!
12. (Q) There is still a slight swelling in my feet. What should I do to eliminate this condition?  
(A) If the eliminations are bettered, and there is the stimulating of the activities of drainages not only for the upper portion of the alimentary canal but for the kidneys also, we will relieve these disturbances.  
Occasionally keep up the Calcios also, see, - this will aid in making for the better influences and forces in the activity of the lower hepatic circulation.  
Do these, and we will keep better conditions for this body.
13. We are through with this Reading.

**REPORTS OF READING 1628-2 F 32**

R1. 4/1/40 Husband referred Mr. [2158] for a Physical Rdg.

R2. 5/27/40 Baby son was born to Mrs. [1628] and husband.

R3. 6/30/40 See 2294-1, Par. 46-A indicating his former associations with her.

R4. 7/3/40 They referred Mr. [2297] for a Physical Rdg.

R5. 7/11/40 Husband's reply to Questionnaire:  
ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia

Beach, Virginia

**INDIVIDUAL CASE REPORT**

Date of Reading July 4, 1938 Case No. 1628-1

**PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY**

(1) In your opinion did the analysis of the Reading cover the condition? Yes.

(2) Give symptoms of condition described correctly? Anemic - Gall bladder not functioning properly - swelling in feet - constipation and heart irregularity.

(3) What was the physician's analysis of this condition? Same as Reading.

(4) Have the suggestions given in the Reading been followed exactly as outlined? Yes.

(5) For how long? - 10 weeks.

(6) Describe the extent to which improvements have resulted? Anemia disappeared and general condition improved such as heart, Gall Bladder and Swelling Feet.

(7) Comment. [No response]

Date 7/11/40. Signed Mr. [...]

R6. 9/24/40 Husband referred Mr. [2366] for a Physical Rdg.

R7. 10/15/40 They referred Mrs. [2382] for a Physical Rdg.

R8. 10/26/43 Letter from Mrs. L.A.N. to EC: "I am very anxious to have children and have spent a lot of money going from one doctor to another... My husband was talking with a former client of yours [...] who took his wife [1628] to you after having tried everything else and they had very satisfactory results, and has suggested that I get a reading from you..."

**INDEX OF READING 3666-1 F 35**

ASSIMILATIONS: POOR

CALCIUM DEFICIENCY

Childbirth: After Effects Par. 5

CIRCULATION: POOR

Environment: Arizona: Tucson Par. 16-A  
: California Par. 16-A  
: Florida Par. 16-A

Feet: Arches: Swelling Par. 13-A

Glands: Thyroid: Assimilations: Poor Par. 5

Life: Balanced: Recreation Par. 17-A

Physiotherapy: Hydrotherapy: Circulation: Poor Par. 10

Prescriptions: Calcios: Assimilations: Poor Par. 7  
: KalDak: Par. 9

Relaxation Par. 17-A

Teeth: Toxemia Par. 14-A

**BACKGROUND OF READING 3666-1 F 35**

B1. 2/17/44 Husband, Dr. [3211], submitted questions.

**TEXT OF READING 3666-1 F 35**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of February, 1944, in accordance with request made by the self - through husband - Dr. [3211]....

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 10: 40 to 10: 50 A. M. Eastern War Time. ..., New York.

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, [3666].
3. Now as we find, while there are many conditions that are very good, there are tendencies the correction of which would make much better conditions in the general physical forces of the body.
4. These, then, are the conditions as we find them with the body:
5. The blood supply indicates those tendencies for lack of elements in the chemical forces in assimilation. This has particularly or partially been brought about by diet and partially by the lack of sufficient elements - and with childbearing. This has decreased, then, the amount of calcium necessary in the body-forces as to give not so much the quickening to the pulsation, but inability to supply at all times normalcy in the activity of some of the glands, especially as related to the thyroids, to give sufficient elements for the fingers, the hair, the teeth.
6. These are sources, then, that have caused some anxiety for the body.
7. Then, these may be materially aided, if certain characters of diet are changed, or if there is the supplement of calcium as to be easily assimilated by the body, thus gradually adding to the efficiency in the supply of these elements for activity through the body. With the supplying of this, we find that the tiredness would, to a great extent, be eliminated.
8. The calcium we would add in the form of Calcios. Eat a whole wheat cracker spread thinly with Calcios at least three times a week, as it will be much better assimilated in this manner. Take this preferably at the noon meal, say on Mondays, Wednesdays and Fridays.
9. Also we would add B-1 or the B complex, niacin and iron. The combinations of these may be had best in the form of Kaldak. Take a level teaspoonful each day, in milk - for this body.
10. Occasionally, once a week, have a good, thorough hydrotherapy treatment. Do this once each week for three to four to five weeks, especially during the periods that these properties are being taken - or as these properties are begun. Then leave off for three to four weeks (the hydrotherapy) and then take again. These should include a mild sweat, not too much, but sufficient to enliven the activity of the superficial circulation to eliminate poisons and to carry better circulation throughout the body.
11. These, then, would be the applications for making better conditions for this body, [3666].
12. Ready for questions.
13. (Q) Will this treatment correct the swelling of the feet over the arches?  
(A) As indicated, when the massages are given, pay particular attention to the areas of the lumbar and sacral and with these we will find better conditions.
14. (Q) Are the devitalized teeth in my mouth harmful to my general health?  
(A) Not if sufficient elements are added to the body that these do not make a drainage upon the system.
15. (Q) What is the ideal diet for me?  
(A) This depends upon where the body is living. It should be a well balanced diet with plenty of the supplementary elements for the body at this time.

16. (Q) What climate is best for me to select for a rest?

(A) Arizona, southern Florida, southern California - but if Florida the west coast, rather than the east coast, if California the southern portion. If Arizona, around Tucson or the like.

17. (Q) How may I best obtain mental relaxation in order to be of greater benefit to my children and my home?

(A) By relaxing! This should be a preparing of self for a physical relaxation and then physical stimuli. Have sufficient recreation and sufficient stimulation in recreation. This allows the body to react in a nearer normal manner.

18. We are through with this reading.

**REPORTS OF READING 3666-1 F 35**

None.

**INDEX OF READING 3722-1 F 36**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Diet: Hyperglycemia Par. 12

Feet: Swelling: Hyperglycemia Par. 3

HYPERGLYCEMIA

LESIONS

Osteopathy: Lesions Par. 5--11, 13, 15-A

Prescriptions: Alcohol, Grain: Hyperglycemia Par. 11  
: Ambergris: Par. 11  
: Cinnamon Stick: Par. 11  
: Clary Flower: Par. 11  
: Insulin: General Par. 15-A  
: Insulin: Hyperglycemia Par. 15-A  
: Juniper, Oil of: Par. 11  
: Medicines: Par. 5--11, 13, 15-A  
: Water, Distilled: Par. 11

Rest: Hyperglycemia Par. 6, 9

**BACKGROUND OF READING 3722-1 F 36**

None.

**TEXT OF READING 3722-1 F 36**

This psychic reading given by Edgar Cayce at his office, 105th St. & Ocean, Va. Beach, Va., this 27th day of January, 1932, in accordance with request made by self, Mrs. [3722], through her brother, Mr. [437]; both Associate Members 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, Hugh Lynn and L. B. Cayce.

R E A D I N G

Room of the Park West Time of Reading Hospital, 170 West 76th  
11: 20 A. M. Eastern Standard Time. Street, New York City.  
(Physical Suggestion)

1. EC: Yes, we have the body here, Mrs. [3722] and those conditions that surround the body. In this particular case or condition we will find a very interesting study of physical conditions as produced by physical disorders affecting nerves, as prevent the proper functioning of organs, that with those conditions aggravated produce disorders in other portions of the system that are (as in this) called or classed a condition that has become constitutional. True, will the conditions be left or allowed to continue to function UNDER these strains, it - the condition - will BECOME constitutional, the nature of the disorders become more specific and apparent, and with the breaking down of those functionings of the organs so disturbed in or from a normal functioning, will make for more violent and specific disorders in those organs so affected.

2. These, then, are the conditions as we find them: First, IN THE BLOOD SUPPLY - This shows that sluggishness in its activity from carrying those properties or specific matter not wholly prepared for assimilation in the system, with the resultant effect upon heart's action, as well as upon the kidneys and their functioning.

3. IN THE NERVE SYSTEM, OR SYSTEMS, do WE find the basis or the elemental cause of the disorder. In the 8th and 9th (sympathetically, 6th and 10th) dorsal area do we find those lesions of the nature that have affected, do affect, the functioning of the spleen and the pancreas. Hence with an over amount of stimuli in the nature of carbohydrates, or of that in any nature that produces an excess of the alcoholic effect upon a digestive system, do we have these lapses of activity of the system in reducing the sugars, and of producing the proper amount of those elements IN the blood supply to eliminate the poisons. An excess of hyperglycemia, then, is a result in the system from this continued pressure, and from those periods of excesses of those within the system either in the form of the carbohydrates or proteins in some form, or the excesses of that producing alcohol in the system as to make for slow activity upon that taken as food within the duodenum proper, and the activity of the pancreas juices or fluids UPON that to be assimilated. An excess then arises in the lacteal glands, and the urea and the inflammation of such produce those engorgements in the hepatics and the kidneys, producing an excess of urine - with those of sugar in same, those of casts, and heaviness in the activity. This produces CORRESPONDING effect upon the circulation to the brain and throughout the SYMPATHETIC system that of nerve exhaustion. At times there would later come this more excessive, but apparent in the present of a heaviness in the lower lumbar regions - as if the whole system were bearing down a bit, and the feet, ankles, lower limbs, become heavy, especially with long on the feet - when some swelling shows in ankles and feet, or a fullness there, at least. Soreness along some portions of the muscles on the inner side of lower limbs and groin, and an unusual tendency for the appetite in those directions that cause more excesses in system.

4. The effects are apparent upon the whole ORGANISM, while the body suffers (when suffering at all) more from inertia, or nervousness and irritation, than from particular pain - except from the worry of the general feelings in system.

5. In meeting the needs of the conditions, as WE find - here is an interesting condition, where that the combination of schools or practices would be the most beneficial to the body, where there may be combined those of specialists' efforts in eradicating these these conditions from the system. That known as osteopathic adjustments AND manipulations, combined WITH MEDICATION that will ASSIST in relieving the activities of organs already affected by the excess impulse given in the regions that affect these organs involved; not only by the pressure produced in that particular area, but from the excesses of those elements created in system BY the pressure, affecting the organs that show irritation.

6. The activities of food values must also be seriously considered, and the amount of rest and the amount of activities must be taken into consideration.

7. With these, as we find, being considered together, this PARTICULAR case here - as we find - may be relieved entirely; while either ONE alone MIGHT NOT! and, as we find with the existent conditions, WOULD not relieve the condition wholly! but would be rather a temporary relief, with the tendencies and inclinations still existent, either in those regions from which the pressure EMANATES that HAS produced this condition, or the excess of impulse and irritations in the organs already affected - see?

8. We would change as to that where these treatments might be combined in the manner as to relieve the system, in a way as to eradicate both the pressure and the impulses in the disorders of ORGANS being affected by that produced from the pressure.

9. Then: Correct osteopathically those pressures that exist in the dorsal region, as indicated. Rest considerable physically.

10. We would take internally that as would be combined either from THIS, or that may be made from the extracts of pancreatic juices and from duodenum juices - that may be taken internally; or, preferably, as we find, this:

11. Put 6 ounces of clary flower in 16 ounces of distilled water. Reduce by slow boiling, or simmering, with a glass or enamel cover over same, to 1/2 the quantity. Strain, and while STILL warm add:

Ambergris (dissolved in 1 ounce of pure grain alcohol).....15 grains,

Oil of Juniper.....1/2 dram,

Alcohol (85% solution).....1 ounce,

Cinnamon (preferably in the stick).....1 dram.

Cut or shake well before the dose is taken. The dose would be a teaspoonful 20 to 30 minutes before the meals are taken.

12. Beware of any carbohydrates. Preferably this as an outline: Those that are not stimulating to the lacteals, or that are excessive in sugars or too high in proteins.

13. We would have at least two treatments osteopathically each week, ONE of these being an ADJUSTMENT treatment followed with a general manipulation - the other rather the massage over the whole system, KEEPING the coordination of nerve impulses from the ganglia in this area of the cerebro-spinal with the cerebro-spinal ganglia in the locomotory areas and the sympathetic areas.

14. Ready for questions.

15. (Q) Would you recommend the use of insulin in this case?

(A) As we find, as has been given, the better procedure would be the combination of the correction of impulses from pressure and the effect OF the impulse BY the creating of disorders in the gastric forces of the system, and in the blood supply, and its effect UPON organs themselves. Insulin, as we find, does not cure, is not a preventative - but does relieve, and does act as an assimilant in many disorders of the nature of this disturbance in advanced stages. Under the PRESENT condition, and the stage of the disorder with this body, that as given would be the better - or the manipulative forces, with those preparations by such dispensaries that make the combination compound FROM pancreatic juices and duodenum juices.

16. We are through.

### **REPORTS OF READING 3722-1 F 36**

R1. 1/29/32 Mr. [437]'s letter: "My wife [1315] just phoned me that the readings on her sister [3722] and the little [5448] girl came in this morning and I want to express my thanks and tell you that, from what I gathered over the phone the readings are miraculous."

R2. 2/2/32 Mr. [437]'s letter: "I want to say here that all of the readings that I have seen to date have been marvelous. I will say also that it is not always possible to have people follow suggestions. In the case of my sister, Mrs. [3722], her doctors advise very strongly against the use of any medicine that contains alcohol. According to their contention, the introduction of alcohol into the system, in any form, would be highly dangerous to her in her present condition and I explained that the alcohol was necessary in order to dissolve the ambergris and that I felt certain that some of the other ingredients no doubt would counteract the effects of the grain alcohol. I was unable to convince them and, for the time being, she will proceed with the osteopathic treatments and take whatever medication they have been giving her, which so far has given a very satisfactory result."

R3. 2/9/32 EC's letter to Mr. [437]: "Yes, we occasionally have the experience of doctors disagreeing with some of the formulas for conditions. We have had this same objection raised in other cases, somewhat similar to Mrs. [3722]'s. I recall just now at least three. I am sending to you a report of one such case. While this man has not gotten entirely well, [953] he commenced rather at a late day - as you can see from this letter. [12/17/23] He was given practically (though not indentially) the same treatment as suggested for Mrs. [3722], that containing the alcohol. His doctors at that time told him if he took this he wouldn't live a month. I have heard him say quite often that the other cases these specialists were treating at the same time (for the same disorder) are none living except him."

**INDEX OF READING 3746-1 F ADULT**

Appliances: Battery, Wet: Childbirth: After Effects Par. 3

**CHILDBIRTH: AFTER EFFECTS**

Digestion: Indigestion: Childbirth: After Effects Par. 2

Electrotherapy: Vibrator: Childbirth: After Effects Par. 3

Feet: Swelling: Childbirth: After Effects Par. 2

Headache: Childbirth: After Effects Par. 2

Home & Marriage: Parenthood Par. 1

Will: Motivation Par. 2

**BACKGROUND OF READING 3746-1 F ADULT**

None.

**TEXT OF READING 3746-1 F ADULT**

This Psychic Reading given by Edgar Cayce at the Hotel McAlpin, N.Y.C., in 1921 (?).

P R E S E N T

Edgar Cayce; G. K. Nicodemus (?), Conductor; (?), Steno.

R E A D I N G

Time of Reading Unknown.

1. EC: We have a body here that has been in the present time a body good physically, mentally and spiritually. One especially given to motherhood, motherly intuitions. A specially endowed body for special reasons within the sphere within which she has been brought up. She has changed her dwelling place once or twice in her life. She is broad of vision for those that are near and dear to her. One that is especially endowed to give to the world some of the best that the world will have in this day and generation.

2. The physical condition that we find has existed since the birth of the last child to this body, caused by some treatment that was given to the body at that time. There are pains in the head. At times the digestion is bad. The feet will swell at times and the body feels racked with pain, but forces itself on in spite of this condition.

3. To relieve this body and bring it to a normal condition, as near as can be done, there should be applied to the body a low form of electroid or that that we find in a wet cell as used for electrical force in the telegraph office. These are applied with plates to the ankles one evening and to the wrist the next evening and allowed to remain for an hour at the time. This should be done every evening for the first few evenings and then every other evening. The spine should be treated with a vibrator, especially along the hips and up as far as the solar plexus nerve cells. Then we will find that there will be much more easiness and rest for the body. In a wet battery, when applied to the physical body, there is no apparent force, but there is an inhibit force that is applied to the body.

**INDEX OF READING 4313-1 F 22**

ANKLES: SWELLING: TOXEMIA

Digestion: Indigestion: Toxemia Par. 9

Feet: Arches: Toxemia Par. 10

OBESITY

Osteopathy: Toxemia Par. 11

Prescriptions: Water, Drinking: Toxemia Par. 11

Sciatica: Toxemia Par. 10

Sensations & Symptoms: Appetite: Toxemia Par. 9

: Asthenia: Par. 5

: Irritability: Par. 5

Spine: Subluxations: Toxemia Par. 5, 11

Spiritual Advice Par. 13, 14

TOXEMIA

**BACKGROUND OF READING 4313-1 F 22**

B1. 9/14/24 [900]'s letter: "...Miss [4313] would appreciate a reading on herself as she has not been at all well, and is actually afraid of having doctors examine her ankles which are swelling dangerously. Miss [4313] is a very fine young lady, being the daughter of a former international banker, and I am sure you'd enjoy meeting her if you could arrange to come east. I know she is interested in your type of work and could help if the thing were properly put to her. I would greatly appreciate your helping her if you found it within your power to do so... I am sure Miss [4313] will be grateful and will look forward to your reading in reply to her questions. Enclosed please find her own request and questions..."

**TEXT OF READING 4313-1 F 22**

This psychic reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 29th day of September, 1924, in accordance with request made by self, [4313], via Mr. [900].

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  
New York City.

... Madison Avenue, 3: 00 P. M. New York Time.

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 give the cause of the existing conditions, also the treatment for the cure and relief of the body.
2. EC: Now we find this body very good in many respects. There are some abnormal conditions in the body that at the present time cause some distress, and if not corrected in the proper way and manner will produce in the physical in the days to come those conditions which will bring much distress to the body.
3. In the physical, these conditions we find in this body, [4313] we are speaking of.
4. IN THE BLOOD SUPPLY, this we find very good save for the over supply, and the pressure this produces with the dross that should be eliminated in a normal, nominal, way, and at times this excess, especially after the body has eaten heavily, especially of certain foods, this distress is more susceptible, and the show is more emphatic than at other times; this produced, as we see, from specific conditions and brings about certain conditions in the circulation in the body. The coagulation very good. The circulation very good, save as these conditions arise in the body, and until the system adjusts itself gives some distress in the capillary circulation, also in the lower hepatic circulation.
5. IN THE NERVE SYSTEM, this we find is the condition that brings, and that is, the center of the condition being in distress in this body. This especially do we find in the 9th and 10th dorsal center. The segments there show an impingement, that the nerve supply from these to the organs of the lower portion of stomach are deflected in the assimilation in the system, and affect direct the operation or the secretions as supplied in the system by the pancreas. This then is the reflex condition as we find in the kidneys and in the lower limbs at times, as produced from this condition existing in the system. Produce this also at times in the body: Languidness, easily irritated, the mental faculties seem to be dulled at times, when they should be alert. For the mental forces, as we shall see, are especially active in this body, and the body is gifted in many ways. The reflexes then should be corrected here, correcting the major condition first, then those reflexes as come to the lumbar and to the upper portion of the body, in the reflex of this condition in the sympathetic system, and in the sensory system, do we see the reaction of this condition as exists in this dorsal, as given.
6. IN THE ORGANS OF THE BODY, brain forces very good.
7. Reaction through the sensory organism perceptible at times, giving the incentives for easy congestion in portions of the body.
8. Lungs, throat and larynx very good, yet the reaction of this condition through the pneumogastric shows the effect of the lower bronchials at times.
9. Digestive tract shows how the condition affects the digestion, for there are times when the body finds that it has an abnormal appetite either way. At times no desire for food, at others an abnormal desire, which at times is easily satisfied, at others is not. The system attempting to create that within the body to meet the needs of the deficiency, and of the over supply in the lower digestion,

which produces the conditions that cause distress in the body, and if not corrected would bring on further distresses and make the body susceptible to many other ailments of the functioning of the lower hepatic circulation, bringing distresses, weakening the muscular tissue in the pelvic organs and about the kidneys, bringing on conditions that would be distressing in later life, as well as bringing to the body those conditions as we find in muscular forces, especially about tendons by the reaction of poisons assimilated rather than eliminated in proper channels.

10. Lower portions of the body, as given, under the condition. The conditions in lower limbs, along the sciatic nerve, a reflex condition, as also the condition in the arch and in the portions of the feet.

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

12. Do that, and we will find we will bring the normal conditions to this body, [4313].

13. That of the spiritual and mental forces in this body, we find one who has, as we have given, exceptional qualities and abilities when applied in the correct manner. There is not sufficient attention given to the mental abilities of the body as applied to the spiritual forces and elements; that is, not making application of those truths as the entity itself knows in itself is the correct way at all times. While hindrances come to the entity, it should with its mental and spiritual status know that so long as the effort of self is within keeping of His laws all is well.

14. Follow closely in that straight and narrow way, ever keeping that injunction that the meditation of the inner self at all times be holy and acceptable to Him.

15. We are through for the present.

**REPORTS OF READING 4313-1 F 22**

R1. 10/21/24 See 4313-2.

**INDEX OF READING 4485-1 M 25**

Clairvoyance of E.C.: Characteristics Confirmed	Par. 7, R1
Doctors Suggested: Lydic, L.A.: D.O.	Par. 16
Electrotherapy: Ultra-Violet Light: Toxemia	Par. 13
Feet: Arches: Weak	Par. 11
Injuries: Spine: Coccyx: Toxemia	Par. 11
Lesions: Spine: Toxemia	Par. 11
Osteopathy: Lesions	Par. 12, 13
Physiotherapy: Heat: Wet: Injuries: Spine	Par. 12
Prescriptions: Petrolagar: Toxemia	Par. 14
Prophecy: Prognosis: Toxemia	Par. 15
Sensations & Symptoms: Swelling: Feet: Toxemia	Par. 6
TOXEMIA: INJURIES	
Work: E.C.: Readings: Physical: Not Followed	Par. R1

**BACKGROUND OF READING 4485-1 M 25**

B1. 8/18/47 Mr. [5540]'s letter to Mr. [165]: "...Since hearing of your interesting association with Mr. Cayce, I have a proposition to put to you. You probably remember having met the young man who is my factory superintendent, [4485]. He has been suffering for some weeks with some trouble with his feet, has tried several doctors now all of whom have done him no good at all. He went to a foot specialist in Dayton who fitted him with shoes supposed to remedy the situation, and one or two local doctors have had him on a milk diet for a week at a time, but with no improvement. He not only suffers a lot of physical pain in trying to work with his feet in this condition, but I am fearful that it will get him down before long which would be a serious calamity for him and to me too, and I was wondering if it would be possible to put his case before Mr. Cayce and get his diagnosis, all expenses connected with which I of course will be glad to defray...."

"Hoping to hear from you soon as to what you think could be done about [4485], and with the writer's kindest regards..."

**TEXT OF READING 4485-1 M 25**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 1st day of September, 1927, in accordance with request made by Mr. [5540].

P R E S E N T

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

R E A D I N G

Time of Reading ... Company, 11: 00 A. M. Eastern Standard Time. Richmond, Indiana.

1. LBC: 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.
2. EC: We have the body here.
3. Now, we find there are those physical conditions with this body that cause the distress through the physical functioning of the body. These are of rather the subtle nature, considering the results or effects of conditions in the body. Hence we find the greater portion of that as has been applied for relief of body has been applied to the effects rather than to that causing or producing the disturbance in the body of [4485] we are speaking of.
4. These are the conditions as we find them. First:
5. IN THE BLOOD SUPPLY, this shows the effect of the disturbed circulation, both as to nerve supply to portions of body and of the capillary or return circulation, or to the trunk portion of body from extremities. In the manner this is shown in blood supply is the lack of eliminations being carried on in the perfect manner. Hence drosses or ashes, as it were, of used forces in the system are shown in various portions of the body, clogging up the eliminating centers through the action of quantity, as it were, thrown into the system when these are forced through their eliminating channels.
6. IN THE NERVE SYSTEM, this we find shows the effect of being disturbed also, and there arises times when this becomes almost acute, from the effect rather than the direct cause of disturbance - for with nerve ends in various portions of the body becoming so irritated by the inflammation set up by the poor elimination, the body suffers from swelling, and from the effect OF the poisons left in the centers. This is seen most in the lower limbs, but is felt also in the trunk portion of body, and affects sympathetically those conditions as are producing distresses in the mesenteric and in the hepatic circulation.
7. IN THE PHYSICAL FUNCTIONING OF THE BODY, brain forces are good, very active - though very one-lined [in] thought.
8. In the organs of the sensory system, these show the effect as impediments, rather than as distinct conditions in this portion of system.
9. The lungs, bronchials, larynx, are very good.
10. Digestive system affected, as is seen, sympathetically.
11. The condition then that produces the disturbance is found in the sacral and in the lower lumbar. Here we find lesions have been produced by an accident where the body was caught between two pressures. This did not cause much disturbance at the time, but the constant condition of irritation has caused a

curvature in the coccyx, and also a lesion that affects directly the return flow of the nerve supply and of blood supply to the locomotaries. Hence we have this condition in the feet. The arches show their weakness, through the inability to sustain same with the poor circulation and poor amount of blood supply as is carried to this portion of the body. The disturbance reflexly, as given, causes distress in the region of the kidneys, and the inflammation as is produced there is from or caused where the generatory system has been involved in conditions. This [is] not the seat, not the cause; rather an effect as is produced by the other disturbances, and the COMBINATION of both makes the condition so subtle in this body.

12. To meet the needs, then, of the condition in this body, [4485] we are speaking of, we would first, osteopathically, correct those conditions in the coccyx, sacral, and lower lumbar. This will be found necessary to apply heat - wet heat - to the body, so it will be perfectly relaxed, before adjustments are made. Adjustments should be made osteopathically, for the muscular conditions, the nerve centers, shall be followed out, as well as the vertebrae themselves set aright.

13. Apply, after such treatments - after every other treatment - that of the ultra-Violet Ray, that we may CLARIFY the blood stream and electrify the nerve centers that are stimulated and corrected by the changes necessitated by the adjustments in the body. Follow these out, through the whole of the circulation, from the 4th lumbar downward, throughout that of the locomotory centers, through the limbs, and through the feet, with this manipulation.

14. Take internally those properties in Petrolagar, using that of the ALKALINE nature, taking at least two tablespoonfuls each day.

15. Do that, and we will find in six weeks the body near normal.

16. These corrections, as we find, would be WELL made by Lydic, near here.

17. We are through for the present.

#### **REPORTS OF READING 4485-1 M 25**

R1. 1/15/30 Letter from [5540]: "...So far as I can find out neither of these people [4485] and [2258] followed out the instructions given in their readings and will have to be checked off as a total loss..."

**INDEX OF READING 4570-1 M ADULT**

Attitudes & Emotions: Anxiety : Worry	Par. 13 Par. 3--5
Diet: Eliminations	Par. 11
Edema: Legs	Par. 10
ELIMINATIONS: INCOORDINATION	
LESIONS	
Mind: The Builder	Par. 4
Osteopathy: Lesions	Par. 9, 12
Physiology & Anatomy: Eliminations	Par. 7
Physiotherapy: Massage: Myrrh: Lesions : Oils, Olive: : Packs: Epsom Salts: Edema	Par. 9 Par. 9 Par. 10, 12
Prescriptions: Water, Drinking: Eliminations	Par. 11
Psychosomatics	Par. 3--5, 12
Surgery: Nasal: After Effects	Par. 8

**BACKGROUND OF READING 4570-1 M ADULT**

B1. 3/20/27 Questions submitted by wife: 1. What is causing the swelling of legs and ankles? 2. Do you think it is result of operation for nose, and what cure would you suggest? 3. Do you think it result of worry caused by business troubles? 4. Do you think Mr. [4570] will make a success in the clothing business here? 5. Do you think he will succeed in paying off indebtedness? 6. What is your advice?

**TEXT OF READING 4570-1 M ADULT (Merchant)**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of March, 1927, in accordance with request made by his wife, Mrs. [...], via his cousin, Mr. [2901].

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 4: 30 P. M. Eastern Standard Time. ..., N.C.

1. GC: You will give a physical, mental and financial, reading on this body, and you will answer the questions regarding same that I will ask you. You will give suggestions for the improvement of any or all of these conditions.

2. EC: Yes, we have the body here, [4570].
3. In the physical forces of the body we find there are those physical conditions to be met, and that the mental and the financial has much to do with the action OF the physical condition of the body; yet, would the body bring about the better normal conditions for self, in the physical, mental, and financial way and manner - the body should first take stock of self, and separate these conditions one from another, and in that way and manner as is befitting to each meet that necessary in the whole for each to be taken care of in the right way and manner.
4. First then, to be considered, is the mental, for the MIND is the builder, whether of the physical or material structure.
5. Then, that physical conditions beset the body - let not the worries of the physical overshadow those conditions in the financial. Neither let financial conditions worry the body to the extent that the results of same are seen in the physical reactions in the body.
6. In the physical conditions as are to be met, we find as these - [4570] we are speaking of:
7. We find the circulation and eliminations have become so unbalanced as to produce that condition wherein the full expression of each is as draught in the functioning of the body - that is, the physical body is made up of many atomic cells, and in the action of each we carry out its function in the way and manner as is to bring about the rebuilding in self of those conditions necessary to propagate that portion, or that functioning of the organism of the system. In eliminations we have more than one center - as is seen through the excretory system (the larger functioning of this being through the hepatic circulation of the liver), that of the capillary circulation, or the sweat glands, or pores of epidermis or dermis, or the cuticle and the epidermis, see? These throw off their portions of poisons - in the circulation to that of the pulmonaries throw off THEIR portion, and the kidneys and the regular dross.
8. Now, in conditions as have arisen in the system, we find the mucus producing glands have become affected through infection, especially in the face and nasal portions of the body - these being attacked in such a way and manner as to be operated upon and portions of the structure part removed. We find with the worry of the conditions physical and financial, the body brings about such a condition in the centralized portions of the body that the reaction is to the capillary circulation, and to those portions of the system that become as extremities, by the slowing up of the circulation through such conditions as to bring re-infection to the various mucus glands in such portions of the body, and we find the portion becomes swollen so that inflammation is apparent, or another form do we have of improper elimination, improper assimilations, brought about by physical conditions existent, and by the action of the mind reproducing through cellular forces in the system, misdirected by the construction of mental abilities of the forces to mis-direct in the way and manner as to bring detrimental conditions to the physical forces of the body - physically, mentally, and NECESSARILY in financial ways and manners.

9. Now, to meet the needs of the physical conditions of the body, we would, then, remove or relieve that condition as PRODUCES this - which is that of the impingement as is produced in the 9th, 8th, 7th, and 6th, dorsal centers - by the natural inclinations and over stimulation to the digestive system, so that the lesions as are formed along this portion of the system - through the reaction of the hypogastric and pneumogastric plexus centers, in connection direct with the sympathetic and cerebro-spinal system centers, and in the ganglia of the cerebro-spinal - these produce, then, this action. These should be stimulated, osteopathically, but applied WITH - or, after such treatments, it would be well to apply those of equal parts of Tincture of Myrrh and Olive Oil, that these centers may be so stimulated as to bring the proper reaction.

10. As for those portions of the system that show swelling at times, apply saturated solution of Epsom Salts heated, see?

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

12. When these are corrected in the way and manner here given (and it will require at least thirteen such adjustments, osteopathically given, and using those of the Epsom Salts only when it's necessary to relieve the pain), we will find the mental will react more uniformly.

13. As for the financial conditions of the body - these kept separated from the worries of the physical and the mental forces, and abilities of the body applied to these conditions as are necessary to build that in this place (Hendersonville), will bring about and around the body that NECESSARY to meet the needs of the body, and more. Be not overcome by anxiousness, as to expend body OR mind in such. Rather use that anxiousness in service to those that will merit to the body that confidence, that ability of service, that will bring and draw about the body that necessary to make the financial success, IF applied correctly in well doing. Ready for questions.

14. (Q) Will the body make a success in the clothing business here?

(A) Make a success, applied in the way and manner as given.

15. (Q) Will he succeed in paying off indebtedness?

(A) Will succeed.

16. That is all the questions.

17. We are through for the present.

#### **REPORTS OF READING 4570-1 M ADULT**

None.

**INDEX OF READING 4585-1 F ADULT**

Chiropractic: Spine: Subluxations	Par. 8
Dermatitis: Uricacidemia	Par. 14-A
Edema: Legs: Spine: Subluxations	Par. 7, 13-A

**KIDNEYS**

Osteopathy: Spine: Subluxations	Par. 8, 11
Pelvic Disorders: Menoxenia: Spine: Subluxations	Par. 7
Physiotherapy: Packs: Mullein: Kidneys	Par. 10
Prescriptions: Saffron Tea: Kidneys	Par. 9
: Usoline: Eliminations	Par. 11
: Water, Lithia:	Par. 11
Rest: Spine: Subluxations	Par. 8, 9

**SPINE: SUBLUXATIONS**

Uricacidemia	Par. 14-A
--------------	-----------

**BACKGROUND OF READING 4585-1 F ADULT**

B1. 6/27 She wrote for a Life Reading - later changed to a Physical Reading.  
B2. 8/30/27 Questions were submitted - she hoped to have the reading before leaving on her vacation 9/10/27.

**TEXT OF READING 4585-1 F ADULT**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 7th day of September, 1927, in accordance with request made by self - Miss [4585] via her sister Miss [4586].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce.

R E A D I N G

Time of Reading 3: 30 P. 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 the treatment for the cure and relief of this body, and you will answer the questions which I will ask you regarding same.
2. EC: We have the body here, [4585].

3. Now, we find there are those conditions that give distress at times through the physical forces of the body. These in their reaction cause some distress, yet in that which causes or produces same is rather of subtle nature, and needs the attention - for, without some corrections it would be hard for the body-physical to adjust itself so that a perfectly normal reaction would occur in the physical functioning.
4. These, then, are the conditions as we find them with this body.
5. We find there has been in times back a condition that produced a pressure that causes the inactivity in the full and complete sense of the kidneys. This is found in the last lumbar and in the last dorsal. This the region. The reaction in the system is to produce a slowing up of the functioning of the organ, or organs, yet their activity at times is near normal, but the functioning of the organ is NOT normal, or that that it should eliminate from the system. Hence the reflexes from these conditions are seen in various portions of the body.
6. IN THE BLOOD STREAM there is produced rather a heaviness, and an extra count in the heart's action occurs every fifteen (15) beats.
7. IN THE NERVE SYSTEM irritation is produced in the functioning of the locomotaries, especially toward the lower portion of the body. This producing the swelling as is seen in lower limbs, and a TREMBLING sensation at times in the UPPER portion of body, and this is as of the reflexes, rather than that direct cause of the conditions produced in the eliminating centers in the mesenteric system. The uneven flow in menstrual periods, and these conditions need correction, for - with the continuation of these - the organs themselves will become such an extent disordered as for the condition to become organic, and also of the nature of a chronic condition. Then, with the specifics in this condition, with the acute condition arising, there would be dire results in the physical functioning of the body.
8. In the correction of these conditions, we would first REST (as the body contemplates here), and before the body starts for such rest or recreation, have at least three (3) adjustments made CHIROPRACTICALLY, if done properly. Osteopathically would be better, but would take longer, see? Make the adjustments first, then after returning from such a rest take the osteopathic treatments, see? This will correct the inclination of the functioning of the organs of elimination, especially that in the region of the kidneys and the mesenteric system.
9. Take - while the body is at rest - Saffron Tea every other day, at least once during every other day. Prepare in half an ounce to six ounces of water and let steep, like tea, see? Taking as a draught about two (2) teaspoonsful in half a glass of water. The water may be cool or taken as the body sees fit. Prepare at least every other day, see?
10. We would also use as a poultice, about twice a week, that of stupes of mullein; that is, take the green leaves of mullein - put them in water (warm water) and let them steep or soak for two to two and a half hours. Lay same between thin cloths and lay across the small of the back, or in the region of the kidneys, see?

11. Well that LITHIA tablets be taken by the body, as also keeping intestinal tract clean; that is, not OVER stimulating the excretory system, but rather as the laxative for the whole mesenteric system. This may be done by the diet, or by the taking of those properties that act as a lubricant - such as Usoline, or of that nature. PREFERABLY that with the least amount of paraffin base, and this will be found in Usoline - tablespoonful at least every other day, until the full osteopathic adjustments are made, of at least thirteen (13) treatments.

12. Do that, and we will find the better conditions for the body. Ready for questions.

13. (Q) What causes swelling in the feet, particularly around the left ankle - more noticeably in warm weather?

(A) Those conditions as have been given respecting the kidneys and the conditions there, and the effect as is produced on the locomotories - hindering circulation, and the extra beat as is seen in the heart, and the forces not returning from the extremities - slowed up circulation, by pressure on the lumbar and sacral region.

14. (Q) What causes blotches on both arms, particularly the left arm, more so on the upper arm and elbow?

(A) The circulation as is being hindered in the body and non-eliminations - this is the effect as is seen of the slowed up action of the kidney and the uric acid as is assimilated in the system, and the nature of the blood supply causes this in the capillary circulation to become as these conditions in the epidermis or outer portion of the body.

Take these conditions as have been given apply these in the way as outlined, and we will correct these conditions for this body. Do that.

15. We are through for the present.

### **REPORTS OF READING 4585-1 F ADULT**

R1. GD's note: She sent Thank You note from Bermuda, saying she would follow the treatments as soon as she returned to N.Y. Subsequent letters from her sister, Miss [4586], indicated that she did get results.

**INDEX OF READING 4793-1 F ADULT**

LOCOMOTION: IMPAIRED: EDEMAS: LEGS

Physiotherapy: Massage: Soda: Edema	Par. 11
: Packs: Hot Salt:	Par. 11
Prescriptions: Alcohol, Grain: Toxemia	Par. 9--11
: Black Snake Root:	Par. 9--11
: Buchu Leaves:	Par. 9--11
: Gilead, Balm of:	Par. 9--11
: Mandrake Root:	Par. 9--11
: Sarsaparilla Bark:	Par. 9--11
: Sassafras Root:	Par. 9--11
: Tolu, Balsam of:	Par. 9--11
: Water, Rain:	Par. 9--11
: Wild Cherry Bark:	Par. 9--11
: Yellow Dock Root:	Par. 9--11

SPINE: SUBLUXATIONS

TOXEMIA

**BACKGROUND OF READING 4793-1 F ADULT**

None.

**TEXT OF READING 4793-1 F ADULT**

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 12th day of February, 1925 in accordance with request made by her husband, Mr. [...], via Mr. Frank E. Mohr.

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 3: 30 P. M. Dayton Time. ..., Ohio.

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 relief and cure of this body.

2. EC: Now, we find the abnormal conditions in this body have to do with conditions that have been of long standing, and the seat or beginning of the troubles was of the nature that, with the development of abnormal forces, has brought about constitutional conditions and some conditions that have to be reckoned with before the seat or cause of troubles may be corrected, that the body may be brought to normal conditions.

3. Now, we give those conditions through which the troubles are produced and how to begin with those affections that the body may be brought to normal conditions, though will be found necessary to change the conditions and vibrations for body as conditions develop in the system, [4793] we are speaking of.
4. Now these are conditions as we find them at present:
5. IN THE BLOOD SUPPLY, this we find shows both the effects of the condition producing the condition, or causes, and the effect as these conditions have had on the functioning of the organs under this strain and under the change as produced in the body.
6. IN THE NERVE SYSTEM, we find in cerebro-spinal nerve forces specific conditions, yet not altogether cause or seat of the troubles to be met at present time; yet much of the trouble may be assisted towards correction by the correction of the subluxed nerve centers.
7. In the sensory and sympathetic system we find the body under the strain, or being the taxing force of the body at the present time.
8. We find, in the functioning of the organs, there are many of these that have so become imbued with the conditions as are left, or carried, and in some conditions we find both conditions existent in the system, until organic conditions have arisen in a form and manner, but these may be corrected by the correct vibrations being accorded system and gradually bring those conditions necessary for the body to be brought to normal conditions.
9. Then, to bring these, we would first give this for the system:
10. To one gallon of rain water, add:
  - Sarsaparilla Bark.....2 ounces,
  - Wild Cherry Bark.....2 ounces,
  - Yellow Dock Root.....2 ounces,
  - Black Snake Root.....2 ounces,
  - Sassafras Root.....2 ounces,
  - Mandrake Root.....30 grains,
  - Buchu Leaves.....15 grains.Reduce by simmering (not boiled) to one quart. Strain while warm and add 4 ounces grain alcohol, with 2 drams Buchu Leaves (Juice. See, these prepared in the second form) added with 2 drams Balsam of Tolu and one dram Balm of Gilead.
11. The dose would be teaspoonful four times each day. For those pains that come in the body, where there is the loss of the use by swelling, or by the contraction in muscular forces, rub with saturated solution of Bicarbonate of Soda, leaving the refuse on the body and then applying hot packs of salt to these parts for fifteen to twenty minutes. When necessary use these. When the quantity has been taken, then we would give that necessary for further conditions for this body, [4793].
12. We are through for the present.

**REPORTS OF READING 4793-1 F ADULT**

R1. 2/12/25 EC's letter to [4793]'s husband:

Dear Mr. [...]

Enclosed, herewith, you will find a copy of the reading as gotten this afternoon for Mrs. [4793]. You will see, among the suggestions, that it will be necessary after she has taken the first quantity of medicine for her to have another reading to outline what should be done for the body at that time.

From the experience of others, and from what you perhaps already know of the work, and will see by the reading at hand, it would be very wise I think for you to follow out these suggestions given here.

Should certainly be very glad to hear from you from time to time, as I desire very much to be of service if it's possible to do so.

You will please fill out the enclosed form and return as early as possible, and also let me know when you are ready for the other reading.

Hoping to have been of service, and thanking you for your contribution, I am  
Yours very truly, Edgar Cayce EC: GD

R2. 4/25 Mrs. [4793]'s letter in answer to questionnaire: "I followed the directions of Edgar Cayce, can not see that I have obtained any results."

**INDEX OF READING 4889-1 F ADULT [edited]**

ANEMIA

CIRCULATION: LYMPH

Clairvoyance of E.C.: Action & Places	Par. 2
Diet: Anemia	Par. 5
Edema: Legs: Circulation: Lymph	Par. 6-A
Emunctories: Kidneys	Par. 2, 4
Exercise: Circulation	Par. 5
Nervous Systems: Circulation: Lymph	Par. 3
Prescriptions: Calisaya Elixir: Anemia	Par. 5
: Capsici, Tincture:	Par. 5
: Celerina Elixir:	Par. 5
: Potassium Bromide:	Par. 5
: Potassium Iodide:	Par. 5
: Syrup, Simple:	Par. 5
: Valerian, Tincture:	Par. 5
Psychosomatics	Par. 5

**BACKGROUND OF READING 4889-1 F ADULT**

B1. 7/4/23 Wire:

WESTERN UNION TELEGRAM

HA32 49 BLUE K TORONTO ONT 4 135P

DR EDGAR CAYCE - HOTEL PHILLIPS DAYTON OHIO

WANT SEE YOU EARLIEST POSSIBLE DATE IMPOSSIBLE LEAVE HERE  
BEFORE SATURDAY HOW LONG WILL YOU REMAIN IN DAYTON WHERE  
YOU WILL BE NEXT IN CASE I CANNOT REACH DAYTON IN TIME WIRE ME  
KING EDWARD HOTEL ROOM FIFTEEN SEVENTY ONE COLLECT AT THIS  
END LEARNED OF YOU THRU BUTLER [A. D. Butler] [4889]

**TEXT OF READING 4889-1 F ADULT (Psychologist)**

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Dayton, Ohio, this  
7th day of July, 1923, in accordance with request made by self - [4889], through  
Mr. A. D. Butler. P R E S E N T

Edgar Cayce; Linden Shroyer (?), Conductor; Fay Autry (?), Steno. Miss [3797],  
sister of [4889].

R E A D I N G

Time of Reading 10: 17 A. M.

1. EC: Yes, we have the body here. Now, we find there are some abnormal conditions in this body that may be corrected. They have to do with the circulation, especially, in the lymphatic forces that that which produces the over-secretions that are carried in the system through this condition.
2. Now these are conditions as we find them in this body, [4889] we are speaking of, Apt. 1571 & 1572, King Edward Hotel, Toronto, Ontario, Canada, we are speaking of at present: First in the blood supply in the physical forces in the body we find the body below the normal in numbers of red blood supply, for the strain on the system takes of the elements necessary to produce, hence we have that bordering on the, (now the body is still again) anemic condition in portions of the body as far as the red blood forces are concerned. In the white blood supply we find an abundance of the lymph forces being carried in the circulation and especially in the emunctories in the eliminating forces of the body. This shows, more especially, do we find this in the kidneys so that the emunctories there secrete to the extent that the strain is made over the whole system reaching then in the circulation to the parts of the body that reach through physical forces to those portions, especially, in the extremities do we find this condition showing in the body. The lymphatic force produce then along the circulation between the arterial forces, and veins until within the ligaments themselves and tissue there is the dross from the blood forces left in the system, producing the gathering of these elements attempting to be eliminated throughout the system.
3. In the nerve system we find the body very good, tends to be tense, analytical in the elemental forces between sympathetic and cerebrospinal, capable of discerning, rather discreet towards others and not so much towards self. The forces of the sympathetic system are balanced within the body, so the body keeps itself well under control, sympathetically, though to the detriment at times to the better forces of the cerebrospinal nerve energy as expended in the system, hence the localizing of conditions rather in that produced than in that producing the condition in the physical, as we would find in this body, that which is to be corrected rather the condition produced than that producing the condition, for the correction must lie within the scope covered by the conditions, for is reached through the nerve forces with the circulation and the tissue involved.
4. In the functioning of the organs themselves we find the body very good in most of the organs; the functioning of the sensory organs very acute. There is some show in the throat and larynx at the present time of some congestion produced by cell force retarded by congestion in elimination - rather a roughness to the throat. This is only a temporary condition. The lungs, very good, the effect of the blood supply being shown. Digestive tract, very good. The organs of the hepatic circulation show the strain on the physical forces, especially, through the kidneys with the reflex of the forces as attempting to be eliminated, the over-excretory forces expended, attempting to carry from the system the elements that give in the circulation as shown we have produced the condition in the organ itself, not organic, functional.

5. To overcome these forces in the body to prevent this retarding of the elements we would take that in the system that will give the balance and equilibrium of all the forces necessary to supply the blood elements. Diet for this body will be the greater force, those that carry as much of iron as possible, principally, of fruits in this character and nature such as would be found in berries, especially, those that grow on the ground, close; pears; some kind of peaches, though not all. The medicinal properties would be as this:

Tincture of Valerian.....1 ounce,  
Iodide of Potassium.....1/4 grain,  
Bromide of Potassium.....1 grain,  
Elixir Calisaya.....1 ounce,  
Elixir Celerina.....1 ounce,  
Tincture of Capsici.....1 minim.

Sufficient simple syrup to make six (6) ounces. The dose would be teaspoonful once each seven days. The exercise of a specific nature would be the circular motion of the body from the trunk portion. Do that, and we will remove these conditions. Keep the mind forces well in attune with the developing physical force and lift up the body to this element. Do that.

6. (Q) What causes this body's legs to swell?

(A) The circulation is as we have given here, lymphatic forces separating themselves between the arterial or venous circulation. When it gets to portions of the body, then with the body standing, this produces the inability of the condition to be brought back to eliminate, same as the facial portions here, you see. This is reflex, one from the other, you see. Give the forces to the system as we have outlined, and we will overcome this condition, you see, permanently....

#### **REPORTS OF READING 4889-1 F ADULT**

R1. 7/7/23 See P.M. reading for husband [4888].

R2. 7/8/23 See sister's personal reading continued next morning, 3797-1, a Physical Reading with questions re their joint efforts.

R3. 5/20/26 Her other sister, Miss [3796] requested EC's help.

**INDEX OF READING 5071-1 F 39**

Breathing: Shortness: Nervous Systems: Incoordination	Par. 5
Circulation: Lymph: Kidneys	Par. 3, 9
Dermatitis: Toxemia	Par. 16-A
Diet: Kidneys : Sugar: Honey	Par. 14 Par. 14
EDEMA: LEGS	
Glands: Kidneys	Par. 17-A
KIDNEYS: INACTIVE	
Lesions: Circulation	Par. 3
Osteopathy: Lesions	Par. 7, 8, 10, 12, 18-A
Physiotherapy: Applications: DDD Cream: Dermatology	Par. 16-A
Prescriptions: Nitre, Sweet Spirits Of: Kidneys : Thyroid: Not Recommended	Par. 8, 9, 13 Par. 18-A
Sensations & Symptoms: Swelling: Feet: Kidneys	Par. 10, B5
Surgery: Thyroidectomy: After Effects	Par. B5
TOXEMIA	

**BACKGROUND OF READING 5071-1 F 39**

Born 6/9/05 in New York; married, 2 children; religious preference not indicated. 5/9/44 Questions orally submitted to GD in addition to those at end of 5071-1, and remarks: "(1) What causes and what may be done to overcome swelling of feet? Had 2 operations for thyroid condition, took out too much and now I have to take 10 thyroids a day. Retain water, don't pass water very well, and this possibly causes the feet to swell; been to many doctors, they can't seem to do anything."

**TEXT OF READING 5071-1 F 39 (Housewife)**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 9th day of May, 1944, in accordance with request made by the self - Mrs. [5071], Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Coronet Magazine.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Gussie W. Millaway, Stenos. Mrs. [5071].

R E A D I N G

99 LaFayette Time of Reading Avenue, Set bet. 10: 30 to 11: 30 A. M. Eastern War Time. ..., N.Y.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [5071], present in this room.
3. As we find, there are disturbing conditions which are causing disorders and thus preventing the better physical functioning of the body. These, as we find, primarily arise from a pressure which exists in the area of the 9th dorsal which has been brought by a strain which existed some time back in the lumbar axis. This, with the lesion gradually forming, hinders the circulation in the extremities and thus the activities of the blood flow and the lymph circulation causes the disturbance in the limbs and feet especially.
4. These, if allowed to go on, will gradually effect the bladder more than it does in the present, and it will cause greater aggravation through the pelvic organs.
5. These reflexly cause the uneasiness in the coordinating areas between the sympathetic and cerebrospinal systems so that at times if there is overactivity, the body gets the feeling of smothering, or shortness of breath and it needs air or the like.
6. These, as we find, are the sources and the causes of the disturbances with this body.
7. As we find, we would through the osteopathic manipulations remove the pressures which exist in the 9th dorsal, throughout the lumbar areas and the sacral, coordinating the upper dorsals and the cervical with same.
8. After there has been about six or eight treatments, take internally small quantities of Sweet Spirits of Nitre. This would be about ten drops in a half a glass of water. This would be taken about twice each week for four weeks.
9. Then leave off these, which will be found to cause greater activity of kidneys, but we should eliminate the poisons which are accumulations through this slowed circulation.
10. The feet, ankles and knees should also receive attention when the osteopathic adjustments are made.
11. Do this and we will save the body from a great deal of trouble later, and have a great deal better physical reactions.
12. Some ten or twelve adjustments and corrections should be sufficient.

13. It should not be necessary for a greater quantity than the four weeks of the Nitre taken.

14. The diets should be: Keep away from too much sweets though there will be times when there is craving for same. Honey may be taken in moderation if taken in the honeycomb or with honeycomb. White bread or starches such as white potatoes, macaroni, should be very, very little, if any taken. Very little or rarely take red meat of any kind, like roast or ham. Cut these entirely out of the diet.

15. Ready for questions.

16. (Q) The very bad rash the last week or so?

(A) These are parts of the eliminations which are being hindered, and the outward circulation through the incoordination between the sympathetic and cerebrospinal, and these turn into the rash in the superficial circulation. These will be gradually eliminated. But it would be well, where these conditions are disturbing the body, to use the prescription known as DDD, until there has been some of those eliminations set up.

17. (Q) What may be done to help the glandular condition?

(A) There's very little disturbance in glandular conditions. These are from those pressures which have been indicated that disturb the glandular forces and not the glandular forces disturbing the other conditions.

18. (Q) Should I continue to take the ten thyroids a day?

(A) These are not necessary if the osteopathic corrections are made, but we would gradually leave them off - not all at once.

19. We are through with this reading.

### **REPORTS OF READING 5071-1 F 39**

8/20/52 No record of verbal or written contact on this case since 1/4/45.

**INDEX OF READING 5482-1 F ADULT**

**CANCER: TENDENCIES**

Electrotherapy: Infra-Red: Cancer: Tendencies : Ultra-Violet Light:	Par. 7, 8, 10, 13-A, 14-A Par. 8, 10, 13-A, 14-A
Hospitalization: Health Room Laboratories	Par. 1
Injections: Hypodermic: After Effects	Par. 11-A
Osteopathy: Not Recommended	Par. 14-A
Physiotherapy: Massage: Not Recommended	Par. 14-A
Sensations & Symptoms: Swelling: Leg: Circulation: Impaired	Par. 11-A

**BACKGROUND OF READING 5482-1 F ADULT**

None.

**TEXT OF READING 5482-1 F ADULT**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 12th day of September, 1929, in accordance with request made by self, through Mr. [417] and Mrs. [1192], via husband Mr. [2917].

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [417] and Mrs. [1192] and Mr. L. B. Cayce.

**R E A D I N G**

Time of Reading 3: 50 P. M. Eastern Standard Time. New York City.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [5482]. Now, we find there are those conditions that exist that may be aided, that the body may function the better; yet these are hard conditions to combat or to overcome entirely, for so much of the general physical functionings are involved in the condition, and the condition has reached those conditions or stages where the very VITAL forces are also involved; not immediate, no - but these may be aided, and here is where the health ROOM [see [165] series] would be of EXCEPTIONAL assistance and aid to this body, for not only could those portions wherein the very vitality as comes from new blood BUILDED, that is good, pure, strong, be materially aided for this body, but also tissue - that has been involved - would be assisted towards renewing. These, however, have not been developed to where both conditions may be met as yet. These WILL be, however, as we see.
2. These, however, are conditions as we find them with this body, [5482] we are speaking of. First:

3. IN THE BLOOD SUPPLY, this we find, through the tissue that has become involved in that of destructive forces in the cellular force itself in portions or places in system, as effect the body directly - these are necessarily kept high, and at an unbalance, through the attempt to ward off or to meet the needs of the conditions in system.

4. In the action of the NERVE SYSTEM, or systems: Here again we find the sensory system, especially, involved - where in the conditions as are seen, that tissue becoming involved, through the attempt of system to cast off those conditions where the refuses of the system - these show their effects in this, and produce a strain on the very vital forces of the body.

5. In the effect as produced in the ORGANS THEMSELVES - that is, as related TO the conditions: These, as we find, show the EFFECT of distresses as have been produced in the system, and in their various phases of retarding the condition.

6. In bringing that as is necessary for the rest of the body, these become so involved that - unless there may be builded in the system that wherein, as has been seen or given, as to where the very vital forces themselves may be aided - these, we find, must gradually be ON the decrease, until all become involved.

7. In meeting the needs of the conditions, then, at the present - those, we find, that would be the most beneficial under existent conditions, would be the application of the Infra Red ray to the body, especially in the centers through which the vitality may be the better restored in the body. As is seen through the solar plexus center, through the plexus of the upper portion or brachial, and through the lumbar plexus. These we would apply alternately; that is, first one and then the other, in the application of same.

8. We would also ALTER these, in the changes, in applying those of the ultra violet - but using same opposite to that of the Infra Red. One being an active principle for the very vital forces of the internal system, the other for those of the nerve and central blood supply of the body.

9. In the taxing of the system through these conditions, as is seen from the organs as are affected, through the digestion, the application of these to the system - through the properties as have been given for same - is only to extend the condition; while those of the vital forces, in changing the blood supply, will aid in bringing recuperative forces.

10. When those of the applications of the health LIGHTS, as come from reflected rays, may be applied - these would prove of more assistance in this condition. Ready for questions.

11. (Q) Why is one leg swollen?

(A) From the lower lumbar plexus, wherein those of the tissue that become involved in locomotion are in activity through that of the serums as applied to the conditions of the body, GATHER in centers or pockets and produce the pressure that prevents the circulation from coming back nominally, which produces swelling.

12. (Q) Will this clear up after the treatment?

(A) This will assist and prevent from spreading, until we may apply those conditions through the REFLECTED rays as are being prepared or builded, and then we may aid to much better conditions.

13. (Q) How often should the rays be applied, and how long at a time?

(A) The Infra Red should be applied at least twice each week. These, at the brachial center, the solar plexus center, and the lumbar plexus - or that radial force as comes to the lower limbs, see? to the pelvic organs. Those of the ultra violet may be applied only ONCE each week, coming between the two applications, see? and only for five minutes, and that sufficiently far from the body that the live tissue is not injured, and not over five minutes at the period.

14. (Q) How long for the Infra Red at the time?

(A) The Infra Red may be applied until there is sufficient relaxation to the system, see? This may be required longer at one period than another. The operation of these on the body are entirely different. At first we would begin with - say, from the brachial plexus, from one to two minutes - in the lumbar plexus should be from three to eight minutes - solar plexus should be from one to six minutes - BEGINNING. These may be increased as the body is able to respond to same.

This condition, as we find, is one where medicinal properties would be needed at times, (but these are being used properly) but where the manipulations or masseur would NOT aid materially, until we have CHANGED conditions.

Apply these, then, as given - [5482]. We are through for the present.

#### **REPORTS OF READING 5482-1 F ADULT**

R1. 9/14/29 Her husband [2917] obtained a Life Reading.

**INDEX OF READING 5527-1 F 45**

Acidity: Adhesions: Lesions	Par. 3, 6
ADHESIONS: LESIONS	
Electrotherapy: Short Wave: Adhesions: Lesions	Par. 4
: Sinusoidal:	Par. 4
Feet: Swelling: Lesions	Par. 2
INTESTINES: COLON: PROLAPSUS	
: Colonics:	Par. 3
LESIONS: PELVIC DISORDERS: ADHESIONS	
Osteopathy: Adhesions: Lesions	Par. 3
PELVIC DISORDERS: ADHESIONS	
Physiotherapy: Heat: Adhesions: Lesions	Par. 3
Prescriptions: Petrolagar: Acidity	Par. 6
Rest: Adhesions: Lesions	Par. 3

**BACKGROUND OF READING 5527-1 F 45**

6/20/30 Letter: "...Thank you for your appointment of June 24th... I shall be at ... Apartments at ..., Virginia, from 3: 00 to 5: 00 on that day. I desire a physical reading, and am most anxious to learn the cause of my suffering in left side of abdomen and poor health in general..."

**TEXT OF READING 5527-1 F 45**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 24th day of June, 1930, in accordance with request made by self - Mrs. [5527].

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 3: 55 P. M. Eastern Standard Time. ..., Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here. Now, we find there are specific conditions as cause distresses in the physical forces of the body, and the effects as these conditions produce in system have much to do with the general disturbance as is exhibited at times in various portions of the body. By the application of things, or of CONDITIONS, to or FOR the EFFECTS, only bring temporary - or little relief positive for the body.

2. The conditions, as we find, have to do with disturbances as have been produced by congestion in the organs of the pelvis, and the pressure produced there more by that of adhesions, and the results have been those of a form of prolapsus and of congestion in the descending colon. These are RESULTS from those contractions and lesions forming, for with thickening of tissue through adhesion, LESIONS - that PRODUCE irritation - are the result in THIS condition, Mrs. [5527] we are speaking of.

The effects are those at times of distresses to the lower extremities, when the limbs - especially if body on feet much - as of some swelling, especially in the late evening; of the feeling of a pulsation along the inside, or along the inferior nerves as follow the sciatic; the nausea as comes at times after eating. These are reflexes, and NOT causes.

The headaches and dullness, in feeling stretchy through the shoulders, with pains through the lower portion of the right shoulder blade at times, and up to the back of neck. These are also reflexes from the pressure as produced in the ganglia of the lumbar and lower portion of the dorsal region.

3. In meeting the needs of the condition, to make for PERMANENT relief, would require that the body - for at least some WEEKS - rest considerable, WHILE those lesions and adhesions are BEING broken up; using those of the osteopathic manipulation and adjustments FOLLOWING the application of HEAT to the lumbar and dorsal and sacral region; also using those of the colonic irrigations as to remove the distresses as occur in colon; using some LOCAL applications in those conditions existent in rectum, also through the pelvic organs. These would only be a PORTION of the applications - the local ones.

There should be the relieving of the acidity as forms from irritation, especially in the lymphatic circulation, and of the vegetative system - nerve system. These, as we find, would RELIEVE those distresses, and bring for a nearer NORMAL condition of the body.

4. We would also apply, at least TWICE each week, those of the short ray or vibration of the sinusoidal, that makes for contractions in nerve plexus; using same - one anode in the 5th to 6th dorsal, the other in the 3rd and 4th lumbar.

5. These, we find, would bring the nearer normal conditions for this body. Do that.

6. For the acidity, we would use those in the form of oil and agar, or Petrolagar - the non-acid, or the alkalin character. Also we would use those in the food values that are rather of the muscular and of the nerve building. We are through for the present.

#### **REPORTS OF READING 5527-1 F 45**

None.

**INDEX OF READING 5566-1 F 3**

Circulation: Lymph: Toxemia	Par. 9-A
Diet: Stomach: Small	Par. 6, 9-A
Feet: Swelling: Toxemia	Par. 9-A
Glands: Digestion: Indigestion	Par. 2
Heartburn: Stomach: Small	Par. 4
<b>INJURIES: BIRTH: AFTER EFFECTS</b>	
Intestines: Enemas, High: Toxemia	Par. 7
Liver: Kidneys: Incoordination	Par. 1
Prescriptions: Blackothermalin: Toxemia	Par. 3
: Cascara:	Par. 4
: Licorice:	Par. 4
: Life Everlasting Tea:	Par. 5
: Nitre, Sweet Spirits Of:	Par. 5
: Rhubarb:	Par. 4
: Saffron, Yellow, Tea:	Par. 5
: Water, Drinking:	Par. 3
Prophecy: Prognosis: Stomach: Small	Par. 6

STOMACH: SMALL

TOXEMIA: STOMACH: SMALL

**BACKGROUND OF READING 5566-1 F 3**

B1. 5/27/27 See EC's letter under 5566-4 Reports indicating birth injury causing kidney-bowel condition.

**TEXT OF READING 5566-1 F 3**

This psychic reading given by Edgar Cayce in Selma, Alabama, this 29th day of July, 1922.

P R E S E N T

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

R E A D I N G

Time of Reading Unknown.

1. EC: Yes, we have the body here, we have had it before. [No copy of earlier readings in A.R.E. files.] Now we find as much of the same condition in the seat of the trouble within this body here at present as when we had it before, though there are some changes at present time from what we had it before; those especially that have to do with the reflex conditions that lie between the action of the negative and positive poles within the body - that is - hepatic circulation. There is not much trouble or congestion shown through the lower portion of the body as there was when we had it before, you see. Yet as the condition about the stomach or about the duodenum acts in the pancreatic juices in the body, we find the same seat of the trouble producing now as did then, though we find that some of the body has been relaxed in such conditions in some portions to assist some parts in the body to gain its growth and equilibrium.
2. We find, of course, still the condition in the stomach where the viscera is small, the stomach still being too small for the action of the food in the stomach, that of passing into the duodenum from one to be acted on by the pancreatic juices and by the excretions and secretions from the liver in those that lie torpid in the upper portion of the body. We still have the same trouble in this portion, lack of enough mucus to carry out through the colon the feces from the system, so that we have intestinal indigestion and autointoxins or autointoxication in the system from things taken into the body. This is we find is produced from the seat of the glands or the condition of the glands that effects digestion and all of the digestive tract throughout supplying and resupplying the reflexes as their action is shown over the intestinal tract.
3. To bring about a normal condition in this body we would give this into the system: this should be the dose that should be given, and we will find that it will be necessary to give different things to produce a balance in the system at different times. First we would have all of the water that is given to this body to drink - we would carry an intestinal antiseptic and one that is of a lactic state in such as is found in Blackothermalin, just small quantities of this water when it is taken in half glass of water, it will be 2 drops of Blackothermalin in this much water.
4. For the medicinal properties we would give this system:  
    Cascara.....2 grains,  
    Licorice.....1 grain,  
    Rhubarb.....1/2 grain.  
    This will be given only when it is necessary to allay the condition arising from the stomach or when we have sour stomach or congestions shown in this way, to make it pass from one to three times each week here.
5. We would give in the evening, Tea made from Yellow Saffron carrying with it one to two drops of tea that is made from Life-everlasting - here it is called - Goldenseal. It will be necessary from time to time that there be given small quantities of Sweet Spirits of Nitre to this body. Watch carefully the difference here.

6. Do not with this condition in the system, with the trouble we are having in the stomach, allow much sugar to be given this body at this present time. Cereals with milk that has been scalded, not boiled, not much sugar. As much fruit as is possible without sugar, but not at anytime, but at regular intervals should this body be fed. Crisp bacon is good, but it must be very crisp. This body will need to be watched carefully of course with this condition for some two or three weeks. Then we will find that the body will begin to get enough then within the stomach to make it expand and act from within itself. These are only given in small quantities to those that are given in active principles of those to the system.
7. It will be necessary at times here that we use the enema with this body so as not to allow much of the feces to remain long in the colon - the higher the enemas the better it will be for this body, and will not produce so much irritation as we have sometimes before.
8. This we will find will bring this body of [5566] to a normal condition.
9. (Q) Mr. Cayce, what causes the swelling in the feet?  
(A) The reflex condition as we find in the action of the hepatic circulation with its active forces to the locomotion is why we should keep sweets out of this body, because we are taking it in the lymphatics which causes much of these portions in the blood supply to go to the lower extremities, that is it goes into the feet.

**REPORTS OF READING 5566-1 F 3**

R1. 8/4/26 See 5566-2.

**INDEX OF READING 5618-10 M 59**

Ears: Deafness: Nervous Systems: Incoordination Par. 4-A

Eyes: Nervous Systems: Incoordination Par. 4-A

Feet: Ankles: Swelling: Nervous Systems:  
Incoordination Par. 4-A

**NERVOUS SYSTEMS: INCOORDINATION**

**NEURASTHENIA**

Occupational Therapy: Neurasthenia Par. 2, 5-A

Osteopathy: Nervous Systems: Incoordination Par. 5-A

Prophecy: Prognosis: Neurasthenia Par. 5-A

**BACKGROUND OF READING 5618-10 M 59**

None.

**TEXT OF READING 5618-10 M 59**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 13th day of September, 1926, in accordance with request made by self - Dr. [5618].

**P R E S E N T**

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. [5618].

**R E A D I N G**

Time of Reading 4: 20 P. M. Eastern Standard Time. ..., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the further improvement of same. You will answer any questions regarding same that I may ask you.

2. EC: Yes, we have the body here. This we have had before. The physical conditions in the body still show those improvements in the resistive forces, as has been outlined, and these are being kept in that manner wherein these are continuing to produce more stored energy. Much of it needs to be put in action at present, see? Then we would find that all the vibratory forces in the system would respond more to the reaction as is necessary to keeping the balance in the body, see?

3. As for those conditions as show through the high vibrations as are set in motion by those conditions along the cerebro-spinal system (wherein those vibrations as have been given regarding the system before), these will, with this reaction, bring about that of the necessary elimination from used tissue to assist the body in gaining its normal equilibrium through the vibratory forces of the nerve system, see? An assistance to that would be to STIMULATE the centers along the nerve system (cerebro-spinal), especially those that are in connection with the sensory system, in sacral, lumbar, upper dorsal, and cervical, see? Ready for questions.

4. (Q) What causes the soreness of the eyeballs?

(A) The improper connection between the cerebro-spinal, sympathetic and sensory organism, especially from that of the 2nd and 3rd DORSAL centers - dorsal centers - these direct connections as are seen in the secondary nerve supply to the sensory system. Same as is seen from the lumbar and sacral, that produce that inactivity of circulation in the lower extremities, causing swelling there - in the sensory system causing burning and dimness to the vision the dullness to the hearing, the action to the sensory of taste, see?

5. (Q) What would be the mode to relieve that condition?

(A) That of the massage through the osteopathic adjustments and corrections and stimulation, to bring about the normal equilibrium between cerebro-spinal supply (nerve, see?), sympathetic nerve supply, and their juncture to the sensory system, in the various portions of body as given. These applied once to twice a week - six to eight such adjustments - would bring the body near normal, with full activity of the body, see? See, the digestion is better - the whole nerve system is better. All we need is equilibrium, and this put in action, see?

6. We are through for the present.

### **REPORTS OF READING 5618-10 M 59**

R1. 4/11/27 Niece [569]'s letter: "My! You never saw such a change in anyone. He looks ten years younger, has no use for a cane now, steps quick and holds himself so straight."

R2. 9/5/27 Dr. [5618] secured a business reading re. affiliation with Virginia State Board to practice medicine in State of Virginia. See 5618-11. He had recovered his health sufficiently to resume practice, which he had done in Ky. in the fall of 1926.

R3. 5/15/29 He secured his next physical, re. kidney deterioration. See 5618-12.

**INDEX OF READING 5618-14 M 62**

Air: Exercise	Par. 5-A
Blood: Oxidization	Par. 4, 5-A
Breathing: Shortness: Spine: Subluxations	Par. 1, 3, 4, 5-A
Circulation: Poor: Spine: Subluxations	Par. 1
Electrotherapy: X-Ray: Diagnosis	Par. 3
Feet: Ankles: Swelling: Nervous Systems: Incoordination	Par. 3, 5-A
<b>HEART: BLOCK: TENDENCIES</b>	
Locomotion: Impaired: Spine: Subluxations	Par. 1, 5-A
Nephritis: Tendencies	Par. 3
<b>NERVOUS SYSTEMS: INCOORDINATION: SPINE: SUBLUXATIONS</b>	
Osteopathy: Spine: Subluxations	Par. 3, 4, 5-A
Physiology & Anatomy: Heart: Block	Par. 1, 5-A
Prescriptions: Iron, Muriated: Heart	Par. 3, 5-A
: Quinine Sulfate:	Par. 3, 5-A
: Rhubarb:	Par. 3, 5-A
: Spirits Frumenti: Circulation	Par. 3
Rest: Heart	Par. 4, 5-A
<b>SPINE: SUBLUXATIONS</b>	
Spleen: Spine: Subluxations	Par. 1, 5-A
Teeth: Infections	Par. 1, 3

**BACKGROUND OF READING 5618-14 M 62**

None.

**TEXT OF READING 5618-14 M 62**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of July, 1929, in accordance with request made by self - Dr. [5618].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. [5618], [1005], Miss Helen Lincoln, Gray Salter, and Mr. L. B. Cayce.

R E A D I N G

Time of Reading 12: 10 Noon - Eastern Standard Time. ..., Va.

(Check Physical Suggestion)

1. EC: Yes, we have the body here, Dr. [5618]. This we have had before. Now, we find in some respects the physical conditions are bettered from that as we have had here before. While there has been the re-occurrence of those conditions wherein the sympathetics of the hypogastric centers have caused the reaction to the active forces in the breathing, and the reaction from those centers in the 2nd and 3rd dorsal, also those in the lumbar and sacral show how the reaction of the blood in its circulation through the inactivity of nerve energy is hindered in its circulation. Now we find, with the nearer correction of the alleviations, the conditions have shown some improvement, yet there must then be a cause or a seat of re-infection in the system that prevents the body's reacting to the alleviation of pressure and of the sympathetics' reaction in the system. These, we find, come in a great measure by the alleviation becoming sympathetic with those conditions as exist in face, head, through that as absorbed by the sympathetic forces through that condition existing in teeth and gums. In this reaction, then, we do not PRODUCE a heart block, though we have SYMPATHETICALLY that same reaction in the system, produced by those conditions existing in the secondary cardiac plexus, or the 2nd and 3rd dorsal, as also in the affinic plexus in that of the 2nd and 3rd lumbar, for with the alleviating of pressure the natural flow is for eliminations to be carried from the system through their nominal or normal channel. Then we find the pressure redoubled in and through the sympathetic plexus, both in the sympathetic centers about the action of the center to the sympathetic plexus of the cardiac, and this causes then the FULLNESS as is reacting to the heart; also sympathetically does the reaction come to that of the lower end of the cerebro-spinal reaction in the solar plexus, to the splenic plexus, which affects the locomotion, or the inability of the blood supply as carried to the lower extremities to return in its nominal channel to the upper forces of the body.

2. Then, to meet the needs of the conditions:

3. As is seen, the diet's reaction good. As has been seen from that as has been given, the necessary stimuli must be given to the system, as has been seen in that as has been reacting for the body. Then, we would, with the continuation of the alleviation of the pressures as are created in the sympathetics of the hypogastric and pneumogastric plexus, both to the head and to the centers radiating from that of the 1st, 2nd, 3rd and 4th dorsal, as well as the cervical, alleviate those pressures also in the lower dorsal and lumbar region, SYMPATHETICALLY reacting, through that manipulation OSTEOPATHICALLY

given. Not so much for the ADJUSTMENTS as of the STIMULATING of the MUSCULAR forces and fibre about the plexus as governs the system from same, correcting or alleviating or removing from the system those conditions that produce or form pus in the system through the teeth and gums; also adding then, in that of the stimuli, not only of the Spirits Frumenti - which is as a stimulant TO the system, as is used occasionally in the body - these assist, but these react with the CHARACTER of that that produces a poison IN the lower portion of the system, affecting then directly the activity of the kidneys, as is seen at times. Then, with the use of that in moderation, use those stimuli in that of THESE, as WE would find:

Sulfate Quinine.....25 grains,  
Muriated Iron.....25 grains,  
Rhubarb.....10 grains.

Make into capsules, or pellets - twenty-five (25) of same. One taken only at the periods when the depressions, either for swelling or for the condition in lungs, or the cardiac plexus. Once, twice, or three times a day. THESE will NOT disturb the digestion; neither will they disturb the forces of assimilation. But we would first X-Ray the gums, removing those that show pus formations. Do that. Ready for questions.

4. The manipulations should be given at least ONCE each day. The deeper manipulations may be given every OTHER day. These will continue to assist the body in gaining its NORMAL coordination throughout. These come, of course, from shock in system. These are produced by the forces now being attempted to be brought back to their NORMAL reaction, and the reaction becomes then in the nature of good days, bad days - the system attempting to adjust itself. Rest, quietude, well - but not enough of open air is taken by the body. More carbon and deep breathing are required in the system.

5. (Q) Are the manipulations being given properly?

(A) As outlined here, these are more in accord with the condition as we have outlined. Not so much adjustments as manipulation of muscular tissue about the ganglia from which the radiation is effected; for we have both sympathetic as WELL as the cerebro-spinal plexus and cerebro-spinal ganglions to deal with. When there is relief from pressure created by the stem of a nerve trunk, or a nerve END as comes from the cerebro-spinal system, ALSO that connection with the ganglion about the sympathetic system needs attention - hence that of the manipulation in the manner as is given. Using the MUSCULAR forces AS the levers, more than that of the FRAME or bone itself. While osteopath forces imply BONES as levers, the greater or broader sense implies the alleviation of pressure, even in the centers FROM which MUSCULAR forces are applied. These, too, are the reactions from those properties as are given here for the active forces, or that are to act in the system as medicinal properties - in the MANNER given:

The Quinine acts as a strainer for the blood supply. Hence eliminations through all channels must be kept high, or full. No cold or congestion must be allowed in the system, for we are opening the pores of the capillary circulation. We are aiding the liver and producing a stimuli in the excretory functionings. The

blood supply receives more iron, and necessitating then more carbon for blood building in muscle and in bone. Acting directly with the splenic forces of the system in destruction of those cells that have lived or acted to their full capacity, and ELIMINATING same through the forces of the alimentary canal through the action of the Rhubarb with the Iron and Quinine. These, then, will operate to reduce pressure, and will PREVENT any action as towards heart block. No heart TROUBLES, as ORGANICALLY speaking. Sympathetic reaction from the splenic centers and from the sympathetic cardiac plexus. Hence the breathing, and the pressure in the locomotories of the lower portion of the hepatic circulation, SYMPATHETICALLY, and blood supply of same.

To relieve pressure and to form the normal coordination without relieving or removing that that continues to pore [pour] INTO the blood stream the POISONS to the system, is merely to shift the responsibility of one portion to another, and ANY condition may arise from same. Indigestion, gas, swelling of feet, temples purple, circulation in extremities left out, as it were, and NATURALLY a heart block becomes the result. Remove the cause, keeping the condition as we have given for the removal of pressure, stimulating the system both through those properties as we have given in medicinal properties and of those that carry the blood to the hypogastrics, and we will find we will get relief. Keep in the air - rest occasionally - but exercise in the open.

6. We are through.

**REPORTS OF READING 5618-14 M 62**

R1. 9/6/29 See 5618-15.

**INDEX OF READING 5618-15 M 62**

Breathing: Shortness: Spine: Subluxations	Par. 4-A
Circulation: Poor: Spine: Subluxations	Par. 1
Diet: Heart: Block: Tendencies	Par. 5-A
Doctors Suggested: Lydic, L.A.: D.O.	Par. 3-A, Reports
Feet: Ankles: Swelling: Nervous Systems: Incoordination	Par. 1
HEART: BLOCK: TENDENCIES	
Inhalants: Ammonia: Breathing: Shortness	Par. 4-A, 6-A
Lungs: Plethora: Breathing: Shortness	Par. 4-A
NERVOUS SYSTEMS: INCOORDINATION: SPINE: SUBLUXATIONS	
Osteopathy: Spine: Subluxations	Par. 2
Prescriptions: Camphor: Heart	Par. 2
: Digitalis:	Par. 2, 6-A
: Iron, Muriated:	Par. 2
: Rhubarb:	Par. 2
: Spirits Frumenti: Circulation	Par. 6-A
Psychosomatics: Nervous Systems: Incoordination	Par. 1
Rest: Heart: Block: Tendencies	Par. 2
SPINE: SUBLUXATIONS	
Ulcers: Stomach: After Effects	Par. 1

**BACKGROUND OF READING 5618-15 M 62**

B1. See 5618-14.

**TEXT OF READING 5618-15 M 62**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 6th day of September, 1929, in accordance with request made by his wife, Mrs. [760].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [5618]'s wife [760], Mr. S. J. Benstock, and Mr. L. B. Cayce.

R E A D I N G

Time of Reading 11: 25 A. M. Eastern Standard Time. ..., Va.

(Physical Suggestion)

1. EC: Yes, we have the body, Dr. [5618]. This we have had before. Now, we find there are accentuations of many of the disturbances as have been given as concerning physical conditions of the body. Those wherein the pressure as produces those paroxysms of the short breath, coming from that distress as has been apparent in the upper dorsal regions, or that receive impulses to the cardiac portion of the system. Hence the cardiac plexuses are most involved. This reaction causes the fullness of the heart's action, as has been given, producing the tendency towards plethora, and the NECESSITY of the body being erect - which, acting WITH those pressures, as produce from such conditions that fullness in the lower extremities, HINDERING the circulation, and the swelling as indicated in feet and limbs comes from this, as WELL - as is seen - those conditions as HAVE been apparent in the stomach proper. The mental depressions as come from same, keeps the body from the proper reactions.

2. For the betterment, we would change the surroundings, the environs - for the pressure is such that this will CONTINUE to produce depressions until this relief can be accomplished, through the changing of the pressures in this region - which would require, as we find, complete rest - cool - not too high, not too low - an altitude, and with those properties as have been given in those of the iron, the camphor, and those of the rhubarb. THESE will prevent the heart's pressure, as will be necessary for small quantities of Digital, or those that will keep the system cleansed and aid in keeping the nerves in accord one with another. The manipulations should be to RELIEVE the pressure, and NOT cause the strain to remain in this direction. Ready for questions.

3. (Q) Where would the body go to have the manipulations given properly?

(A) Either in such a place as Dayton, or Nashville, or in Atlanta, or in Macon.

4. (Q) What should be given at the time of the paroxysms of hard breathing?

(A) Any condition or element that carries sufficient of the ammonia, or of those properties that will relieve pressure in the bronchia and lungs; for it is the over fullness of the blood to same which FLOODS, rather than leaving lungs, see?

5. (Q) What specific diet should the body have at this time?

(A) Those of alkalin reactions, and especially blood and nerve building.

6. (Q) Should any stimulant of any kind be taken?

(A) This has been given, what should be the stimulant - Digital. Ammonia is a stimulant, also the Digital, or Spirits Frumenti - very weak, and not too much, but just enough to stimulate the circulation to other portion, rather than to these;

would be better if they were of the BRANDIES, rather than of those of other character of the Frumenti.

7. We are through with this reading.

**REPORTS OF READING 5618-15 M 62**

R1. 9/17/29 Wife's letter indicated they had arrived in Dayton, Ohio, for [5618] to be treated by Dr. L. A. Lydic.

R2. 9/25/29 EC gave reading 5618-16, of which we have no copy.

R3. 9/18/29 Wife's letter: "Breathing better since Dr. Lydic's treatment yesterday...terribly stirred up, no appetite."

R4. 9/20/29 Wife's letter: "Dr. Lydic talked so discouraging - says his heart is as bad as it can be, with the least exertion is likely to go out like a candle...such sick stomach."

R5. 9/23/29 Wife's letter: "He is so exhausted after such hard breathing. Dr. Lydic says he has lost ground daily since he got here. He advised [5618] this morning to go to the Osteopathic Hospital, but he doesn't want to go - said he would be guided by your check reading. So despondent, looks so bad, so thin...last night it seemed minutes between breaths."

R6. 9/25/29 See 5618-16 correspondence, Reports.

**INDEX OF READING 5619-2 F ADULT**

Ash: Animated: Cancer	Par. 3, 5-A, 6-A
CANCER: STOMACH	
Cankers	Par. 7-A, 10-A, 11-A
Electrotherapy: Ultra-Violet Light: Cancer	Par. 4
Feet: Ankles: Swelling	Par. 8-A
Physiotherapy: Applications: Atomidine: Cankers : Warnings	Par. 7-A, 10-A, 11-A Par. 10-A
Prescriptions: Atomidine: Cankers : Warnings : Elm, Ground: Ulcers	Par. 7-A, 10-A, 11-A Par. 10-A Par. 6-A
Prophecy: Prognosis: Death	Par. 2

**BACKGROUND OF READING 5619-2 F ADULT**

B1. See 5619-1.

**TEXT OF READING 5619-2 F ADULT**

This psychic reading given by Edgar Cayce at his office, 105th Street and Ocean, Virginia Beach, Virginia, this 12th day of September, 1931, in accordance with request made by her son, Dr. [...] - through Miss [307].

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 11: 40 A. M. Eastern Standard Time. ..., New Jersey.

(Physical Suggestion)

1. EC: Yes, we have the body here, [5619] - this we have had before. As has been given, the conditions are serious in the physical forces of same, yet these show some betterment than when we last had same.
2. Would there be the enabling of the system to function in the direction of normalcy without the breaking up of tissue in those directions as seen, we would find betterment and bettered conditions for the body, more easiness; yet these, as we find, must break sooner or later.
3. We would add, then, to that being taken, those of the animated ash - in at least one-eighth grain as the dose two to three times each day. Best that this be taken loosely from the capsule, on tongue, and a half a glass of water taken with same.

4. We will find also that the ultra violet light applied to the solar plexus center, at least once a day, will relieve this burning sensation, this pain as becomes so severe at times. This would not be for more than two to three minutes in the beginning, and best were this from the CARBON light than from those as may be raised in the spiral form. Ready for questions.

5. (Q) How can the stomach condition be improved?

(A) By the taking of those properties given, as we give here, or this added to those. This, as we find, will bring much more easiness to the body. We would do that.

6. (Q) Should the water that she takes with the ash carry the elm also?

(A) No.

7. (Q) How can sores in mouth and alimentary canal be relieved?

(A) This, as we find, would respond better to those of Atomidine than in ANY; this WEAKENED in a solution, see, to be applied locally - and taken internally.

8. (Q) How can the swelling of ankles be relieved?

(A) This will be relieved most from the use of the light in the solar plexus region.

9. (Q) How can the body be given more physical strength?

(A) By giving those things we have given and outlined for it!

10. (Q) To what extent should the Atomidine be diluted for the condition?

(A) Applied locally, internally, as in the mouth, would be one part to five parts water. Must all be used at the time it is diluted, though - see; and not kept over in diluted form.

11. (Q) If taken internally, what proportion?

(A) Five drops to a half a glass of water.

12. (Q) How can the weight be increased?

(A) Do the things that's given!

13. That is all the questions.

14. We are through with this reading.

#### **REPORTS OF READING 5619-2 F ADULT**

R1. 12/26/61 GD's note: My memory is that Mrs. [5619] died within a three to four month period after 5619-2 was given. The treatment did relieve her suffering.

## Baar Products

<http://www.baar.com>

By Telephone: Orders: 1-800-269-2502 [24 hours/7 days a week]  
Customer Support: 1-610-873-4591 [Mon -Fri: 9 a.m. - 4:30 p.m. EST]

### Mullein Leaves, 4 oz

*Herbal Tea*



- Edgar Cayce Product
- Make As a Tea or Poultice
- Ease the Discomfort of Varicose Veins
- Supports Healthy Circulation
- Supports Vein Health

Mullein tea was typically suggested by Edgar Cayce for supporting healthy circulation, especially through the urinary tract and lower limbs. From the Cayce Health Care Philosophy:

*"Also we would take internally a tea made from mullein. Pour about a pint of boiling water on a dram of the tender leaves of the Mullein and let steep. Make fresh each time. Do not try to keep over a 2 day period."*  
Edgar Cayce 2772-4

#### **Suggested Use:**

As a Tea: -Pour 2 cups of boiling water over a teaspoon of mullein leaves and allow to steep as a tea for 15-20 minutes. Strain, serve and enjoy. Use 2-3x/week.

As a Poultice (stupe): - Follow instructions for preparing tea. Allow to cool to body temperature. Stain and remove leaves and place on gauze or thin cotton cloth. Allow leaves and liquid to saturate cloth. Place heavier cloth on top and apply to desired area 1-3x per week.

#### **Supplement Facts:**

Serving Size: 1g

Carbohydrates: 0.7g, Mullein leaf cut: 1.0g