

**Circulating File**

## **RAYNAUD'S DISEASE**

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

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## RAYNAUD'S DISEASE CIRCULATING FILE

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

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

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

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

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

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

Blessings,

A.R.E. Member Services Team

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

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### Raynaud's Disease

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

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## 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.

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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

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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.

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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

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## **RAYNAUD'S DISEASE CIRCULATING FILE**

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

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

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

Blessings,  
A.R.E. Member Services Team

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### BACKGROUND OF READING 3533-1 F 45

B1. 6/25/43 Letter: "...I have just read a review of your biography THERE IS A RIVER in the Christian century, and it called to my attention some of the remarkable things I heard about you while we were living in ..., Kentucky. My husband and I came to know Miss [528] and her treatment received of you. I am therefore emboldened to write to you about my case. I will state my trouble and if there are any further questions that you need to ask feel free to do so. Please state in your reply the fee.

"I am 45 years of age and a minister's wife for about 25 years. I am the mother of two children and have been reasonably strong until last spring a year ago. I noticed unusual tenderness and blanching of my hands. I have suffered for years from cold hands and feet and the winters were almost unbearable. I consulted my physician, and he sent me to a Louisville clinic, and then in October I went to the Mayo Clinic. All concurred in the diagnosis of Raynaud's Disease plus Acrosclerosis.

"Raynaud's disease is the blocking of the circulation of the hands and feet, resulting in a gangrenous condition which may necessitate the removal of hands and toes.

"Acrosclerosis means a hardening of all tissues, skin, blood vessels, muscles, and perishing of nerves. All doctors consulted say the cause is obscure but is believed to be the result of shock and high nervous tension, and there is no known cure. It's nature is progressive though sometimes it is arrested, though cause unknown.

"My hands are now badly drawn resembling arthritis, they are greatly discolored and spotted and have only limited use of them. I now suffer much in chest and knees are stiffening and cannot get about without assistance. Lips, nose, and cheeks, are swollen and hard as also legs and ankles. Cold weather and emotional tensions are said to be the aggravating factors. I'm also having trouble with my digestion. I have now had a year of rest and inactivity but for certain mild exercises, however, my case seems to grow worse. I have no fear of death and please be frank and tell me what you think of my condition. The physicians have been very honest with me so you cannot startle me.

"I believe in the ministrations of the Great Physician when others fail, and I think of you as being one of His assistants. I trust He will use you to help me, if not I shall make the best of it.

"Trusting I will hear from you soon and praying for your continued success, as you minister to ailing humanity, I am sincerely."

B2. 7/12/43 Letter: "...If my disease makes as great progress the next six months as it did in the last, I will be beyond help..."

B3. 8/5/43 Letter: "...my trouble is making rapid advancement and I suffer such great discomfort that my courage and hope is cracking up. However, if that is the earliest date available I shall accept it, hoping there will be a cancellation making it possible for an earlier reading. I was advised at Mayo Clinic to go to Arizona but I felt it impossible to do so and be that far from home. I'm now so crippled up I would have to have someone with me and I doubt that the benefit from the climate would justify all that the trip would entail..."

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B4. 12/13/43 Letter: "...This is just to remind you that I am counting on January 5 for the day of my reading... I am looking forward to my reading with great hope, for I am counting on you helping me..."

B5. 12/28/43 Letter: "...Herewith I send you a list of questions: My case have been diagnosed as Raynaud's disease and Acrosclerosis. Is this a correct diagnosis? If not, what is it? What caused this condition? Is a cure possible for me? What treatment do you recommend? Tell me all you can about my case. How may I recover the use of my muscles? Would any of the new drugs be helpful? Such as prostigim or histamin? Or other drugs? My stomach gives me much trouble. Would you recommend a special diet? Will more readings be essential?..."

### TEXT OF READING 3533-1 F 45

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of January, 1944, in accordance with request made by the self - Mrs. [3533], new Associate Member of the Ass'n for Research and Enlightenment, Inc.

#### P R E S E N T

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

#### R E A D I N G

Time of Reading 3: 55 to 4: 10 P. M. Eastern War Time. ..., Ky.

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: Snow here!

3. Yes, we have the body here.

4. As we find, these are serious disturbances. The body is beyond being helped by all the shots or medicines. There must first be those determinations in self that there are those things in God's creation that may be used for benefits to the body. There have been many things left out, in the body-developments that are sometimes called too material for this body to consider. These have left the chemical changes so that the nerves and muscles have lost the control between the sympathetic and cerebrospinal system; so that the incoordination brings not only tremors but has taken away the elasticity of the muscles themselves - through lack of sufficient energies in the nerve forces to produce the white and gray matter in its coordinant force through the body.

5. Should these continue, to be sure senility will be the result, as well as the inability of the body to be other than bedridden or in a chair. For it will reduce the ability to control any of the muscular forces of the body.

6. But as we find the body may be aided. It won't be done overnight. The body must grow in grace and in knowledge and in understanding - the body and the mind, as well as the spiritual growth. These are not a mis-application either, in the mind and body of an individual who has lived what it pretended to preach or to minister.

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7. Begin with the daily use of the Wet Cell Appliance carrying the vibrations alternately of Chloride of Gold, Nitrate of Silver and Spirits of Camphor into the body; one being used one day, one the next, and one the next, and so on.
8. Do not use the same plates for all solutions, to be sure, but have separate connections for each solution - for these set up varied vibrations.
9. Each day the Appliance would be attached for thirty minutes. The larger nickel plate would always be attached to the lacteal duct center - which on this body will be four fingers from the navel center to the right and two fingers up from that point.
10. The first day, when attaching the Chloride of Gold Sodium (in the proportions of one grain to each ounce of distilled water), attach the small copper plate at the 9th dorsal. This should be firmly attached, but not so as to be binding on the body - and it will not be if it is made to adhere by the use of a cord or adhesive tape.
11. Next day, when using the Nitrate of Silver (in the proportions of twenty drops of a two percent solution to two ounces of a twenty percent solution of water - distilled water and alcohol - using three ounces of this), attach the small plate to the 4th lumbar.
12. The third day, when using the Spirits of Camphor (commercial strength), attach the small plate to the 4th dorsal center.
13. Now don't vary these, but make the attachments correctly each day for thirty minutes, alternating the Solutions and attachments in the manner indicated.
14. Clean the attachment plates thoroughly when taking them off and just before being applied to the body, using the sandpaper or emery paper for that purpose. Disconnect the Solutions when not in use, and connect to the Appliance at least twenty minutes before being attached to the body - that is, the "U" connection that goes into each bottle.
15. Use normal strength charging solution for the Appliance.
16. Each day following the Appliance treatment, immediately upon removing the attachments, you see, give the body a massage with this combination of oils, adding these in the order named:

Nujol or Usoline.....6 ounces,  
Olive Oil.....2 ounces,  
Peanut Oil.....1 ounce,  
Lanolin.....1/2 ounce,  
Pine Needles.....1 ounce,  
Oil of Sassafras.....1/2 ounce.

Shake them together, because they will separate. Pour from the bottle into an open container and massage. Don't pour what is left back into the bottle. Massage from the toes through the feet and heel, through the ankle, under the knees to the thighs, across the sacral area and up the spine - rather on each side of the spine than the spine itself, across the diaphragm or around the body, then up to the base of the head - all that the body will absorb. Don't hurry to get through with it. It should take twenty to thirty minutes every day to do this, and let whoever applies it PRAY - as well as the body to whom it is applied - pray about it, and we will get help.

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17. Ready for questions.

18. (Q) What about diet?

(A) That which is easily assimilated. And do keep up good eliminations. It is well occasionally to have a good colonic irrigation, once in six weeks or such a matter.

19. (Q) Would it be advisable to have a check reading later?

(A) If you do what we have given you won't need a check reading! You can check on yourself, for if you are not doing it you won't get help! But commence in the right direction by prayer.

20. We are through with this Reading.

### REPORTS OF READING 3533-1 F 45

R1. 2/15/44 Husband's letter: "...On January 5 you were kind enough to give a reading for my wife [3533].

"Soon thereafter we bought the appliance from Mr. Godfrey. We have been trying to secure the oils for massaging before beginning treatment as per your reading. We cannot secure the peanut oil, either from the local druggist who has tried through regular sources in New York and elsewhere, or from Mr. T. R. Wirsing as you directed by recent telegram to me. Mr. Wirsing tells me that he also is unable to secure peanut oil.

"Shall we proceed with the treatment without the oil? The delay has been long. Please advise by collect telegram, at once..."

R2. 2/17/44 EC wrote advising him not to start the treatment before he had secured the peanut oil, stating that Mr. Wirsing [a druggist in Roanoke, Virginia] was trying to locate the peanut oil and would send it to him immediately upon locating some.

## RAYNAUD'S DISEASE CIRCULATING FILE

### **Mind provided his cure –**

by T. R. Van Dellen, M.D.

*Ledger-Star Newspaper Article, August 20, 1974*

A 31-year-old victim of Raynaud's phenomenon (a circulatory disorder) recently demonstrated the importance of mind over matter. He has been able to increase the flow of blood into his fingers by combining hypnosis and operant technique. For the more than seven months he has done this it has worked.

Suffers of Raynaud's usually develop bluish or white fingers which feel numb and cold whenever they are exposed to the cold or they become emotionally upset. Warmth and relaxation bring relief. The skin gets cold and discolored when the small arteries clamp down and shut off the circulation. When the tissues warm up, the vessels relax and open up. Between these attacks, the fingers look and feel normal.

Several Boston psychiatrists were consulted by this 31-year-old man. During the last three years, he had had attacks of coldness, accompanied by blueness and tingling of all his fingers. The symptoms were brought on by exposure to the cold, smoking, and especially anxiety. One of his aunts had Raynaud's and this worried him because she lost the tips of some of her fingers.

When the usual treatment failed, he requested hypnosis, even though tests showed that he was not a good subject. During the first hypnotic spell (which failed), he was told to imagine sunbathing on a warm day. Then he was taught autohypnosis and asked to create his own images. When this method failed, he was instructed to relax via self-hypnosis. The physicians told him to try to increase his hand temperature by whatever method he thought most feasible.

A sensitive feedback device which gave off an audible signal when finger temperature increased was attached. Within 15 minutes, the finger temperature went up 8 degrees Fahrenheit (3.9 to 4.3 Centigrade). In time, he learned that concentrating on increasing the sound emitted by the feedback device created a feeling of warmth in his fingers. Ultimately, he mastered the technique and now is able to control the circulation to his fingers...

## Raynaud's Sufferers Warm To Acupuncture

*Nutrition Science News, November 1997, Vol. 2, No. 11*

A recent study indicates that acupuncture surpasses drug treatment for Raynaud's disease, a vascular disorder that causes the small arteries of the hands and, less commonly, the feet to spasm during exposure to cold or stress. The appendages go white and sometimes hurt due to insufficient blood flow.

Raynaud's affects twice as many women as men, and its cause is unknown. Conventional treatment is limited to avoiding the cold and taking nifedipine, a drug that dilates small arteries and is more commonly used to treat angina. Although nifedipine reduces the severity of attacks by up to 90 percent, many patients discontinue therapy because of undesirable side effects.

The study, conducted by R. Appiah and colleagues at the Medizinische Hochschule Hannover department of angiology in Hannover, Germany, randomized 33 people with Raynaud's disease into treatment and control groups. During the course of 23 winter weeks, the treatment subjects received seven acupuncture sessions. Control subjects received no sessions. All patients kept a diary chronicling the daily frequency, duration and severity of attacks. At weeks one, 12 and 23, subjects underwent a "cooling test" that exposed their appendages to cold.

Eleven of the 17 treated patients reported a subjective improvement in symptoms. After acupuncture, the frequency of Raynaud's attacks fell significantly from 1.4 per day to 0.6 per day. When attacks did occur, however, duration and severity did not change significantly. Changes among control subjects were not significant.

Overall, acupuncture reduced attacks by 63 percent. When patients' hands were exposed to cold, the mean time of no blood flow through the nail-bed capillaries decreased from 71 to 24 seconds. Follow-up questionnaires showed that the benefits lasted beyond 10 months, and there were no adverse effects.

These results suggest that traditional Chinese acupuncture can induce long-lasting reduction of Raynaud's attacks.

*-J of Int Med 241: 119-24, 1997*