

Circulating File

**MENSTRUATION: PAINFUL
(Dysmenorrhea)**

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

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MENSTRUATION: PAINFUL CIRCULATING FILE

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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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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 painful menstruation. 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.

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**Menstruation: Painful
(Dysmenorrhea)**

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The Basic Edgar Cayce Diet:

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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.

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.

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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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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

Overview on Dysmenorrhea

Dysmenorrhea is painful or difficult menstruation. Primary dysmenorrhea is diagnosed when no obvious underlying cause is found. Secondary dysmenorrhea is associated with an identified cause. Secondary dysmenorrhea is most often linked to gynecologic disorders such as endometriosis.

Primary dysmenorrhea is more common than secondary dysmenorrhea and usually starts during adolescence. Either form of dysmenorrhea can be severe enough to interfere with daily activities, disrupting school or work. Primary dysmenorrhea often becomes less severe with age and after pregnancy. Although the cause of primary dysmenorrhea is unknown, the pain experienced is thought to result from contractions of the uterus that occur when the blood supply to its lining (endometrium) is reduced.

Dysmenorrhea can cause pain in the lower abdomen, extending to lower back or legs. The pain may manifest as cramps that come and go or a constant dull ache. Often, the pain starts shortly before or during the menstrual period, peaks after 24 hours, and subsides within two days. Other common symptoms include headache, nausea, constipation or diarrhea, irritability, nervousness, depression, abdominal bloating, and an urge to urinate frequently. When the pain is severe, vomiting may occur.

Standard medical treatment for primary dysmenorrhea usually involves nonsteroidal anti-inflammatory drugs, such as ibuprofen, naproxen, and mefenamic acid. The treatment of secondary dysmenorrhea depends on the cause. Surgery may be utilized to widen the cervical canal, or in extreme cases, to sever the nerves to the uterus.

Edgar Cayce's Perspective

Edgar Cayce discussed the causes and treatment of dysmenorrhea in approximately 90 readings. Many of these cases would likely be diagnosed as dysmenorrhea by current medical criteria. The most frequently cited factor in the causation of dysmenorrhea as described by Edgar Cayce was nervous system dysfunction. Most often, pressure on nerves along the lower spine was the source of the problem. The twelfth dorsal (thoracic) vertebrae, and throughout the lumbar, sacral and coccyx (tailbone) areas were specifically mentioned in many readings. Nerves from these centers provide impulse to the organs of the reproductive system. Disruption of nerve impulse can disrupt the natural elimination process during menstruation:

(Q) Can the Forces suggest a remedy or cure for the painful and excess flowing during the menstrual period?

(A) Correct those conditions in the lower dorsal! (2261-1)

(Q) How is it that I suffer so during the first day of menstruation? Please give correction.

(A) This is according to the position of the organs of expulsion. This may be best aided by the use of hot salt packs, you see, during the first day; and then the general corrections osteopathically may overcome the condition entirely.

(Q) What specific osteopathic treatments would be necessary (to correct the position of the organs and prevent painful menstruation)?

(A) Those for the correction of subluxations existing in the last dorsals - 11th and 12th, and in the lumbar axis. (1431-2)

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In several instances, pressure on the reproductive tract was traced to the colon. Poor eliminations through the lower bowel (constipation) was a direct influence on the menstrual process. Reading 911-6 seems to be describing a pre-menstrual component associated with poor eliminations through the alimentary canal:

(Q) What can I do to avoid severe body disturbances at the periods before menstruation, and pain at that time?

(A) If the colon is kept cleansed at or before such periods, this will relieve the greater part of the distresses that are usually indicated. There is pressure on the organs of the pelvis before such periods. It is well that there not be too much mental or physical exercise for the body at that time. (911-6)

The after-effects of cold and congestion was mentioned in several readings as a cause of dysmenorrhea. Reading 467-1 describes how cold and congestion, combined with nerve pressures along the lower spine, alters the position of the womb resulting in painful menstruation.

At a time back, during a period of menstruation there was cold and congestion in the body, so that the effect to the body was for a contraction in the pelvic organs, for the turning of the womb itself in such a position that the nerve influences have tended to keep the organ in this position by the manner of the affectation that has existed and does exist in the body itself.

This, then, produces a severe pain at the periods, and makes for the effect upon the activity of the kidneys, the organs of the pelvis, and the character of headaches experienced. Also there is the effect produced which is contributory to the digestive disturbances in body, the inability for the activities of normalcy through the periods, and the bearing down pains in the lower extremities when being long on feet; the ineffectiveness in creating proper digestive forces for the system, or for the body to be normal in its diet or desire for diet... (467-1)

The treatment plan for this woman included osteopathic treatment, hot packs, electrotherapy, a medicine (Tonicine) to work with the glandular system, and an alkaline diet to improve assimilation and eliminations.

Reading 288-38 contains some excellent suggestions for utilizing exercise, diet and positive mental attitudes for treating dysmenorrhea:

(Q) Should I MAKE myself take the evening exercises of the lower limbs, even when I'm so tired and heavy that I can't put any pep into it?

(A) The best way to acquire the correct amount of pep is to take the exercise!

(Q) When I don't walk during the day, are the evening exercises sufficient to equalize the circulation to the lower limbs?

(A) Provided the exercises are of sufficient duration and sufficient character to insure the activity in these portions of the system. Well that there be the riding of the bicycle; that is, the exercise of same from the shoulders and the limbs, upward, and movements as of riding, see?

(Q) Why do I always suffer menstrual pains?

(A) Owing to the incoordination as we have indicated in the adrenals and the caecum areas, making for pressures during the periods. These, then, require that the exercises and that the positions of the body in its activities make for the proper coordinations.

Through diet and exercise the greater portion of all disturbances may be equalized and overcome, if the right mental attitude is kept. (288-38)

The exercise is intended to relieve pressures much as the osteopathic manipulations recommended in other cases of painful menstruation. Diet and positive mental attitude were consistently emphasized in the readings for women suffering from dysmenorrhea.

Basic Treatment Recommendations

Conceptually, the Cayce approach to dysmenorrhea focuses on assisting the body in healing itself by the application of a variety of therapies intended to provide symptomatic relief while also addressing the underlying causes of the condition. The mental and spiritual aspects of healing are emphasized from the standpoint of working with a spiritual ideal.

Here are some general therapeutic guidelines intended to address the underlying causes of dysmenorrhea:

1. **MANUAL THERAPY (SPINAL MANIPULATION):** Cayce often recommended spinal manipulations to correct specific problems which may be a primary cause of dysmenorrhea. It is difficult to obtain the osteopathic adjustments specified by Cayce. However, a chiropractor may be of some help. The frequency of the adjustments will depend on the recommendations of the individual chiropractor or osteopath. The use of an electric vibrator may also be helpful for individuals unable to obtain regular spinal adjustments.
2. **DIET:** The Basic Cayce Diet is intended to improve assimilation and elimination. The diet focuses heavily on keeping a proper alkaline/acid balance while avoiding foods which produce toxicity and drain the system. Essentially, the diet consists mainly of fruits and vegetables while avoiding fried foods and refined carbohydrates ("junk food"). Certain food combinations are emphasized.
3. **INTERNAL CLEANSING:** Because dysmenorrhea was often linked with poor eliminations, hydrotherapy is recommended to improve eliminations through the colon. Hydrotherapy includes drinking six to eight glasses of pure water daily and obtaining colonic irrigations to cleanse the bowel. Following the diet should also assist with internal cleansing. Abdominal castor oil packs used prior to the menstrual period assist with cleansing the alimentary canal.
4. **ELECTROTHERAPY:** Although various forms of electrotherapy were recommended for problems associated with dysmenorrhea, the Radial Appliance is suggested in this protocol because it is safe and easy to use. Regular use of the Radial Appliance may be helpful in balancing circulation, increasing relaxation, and improving sleep. Radial Appliance sessions provide an excellent opportunity to meditate and decrease stress.
5. **EXERCISE:** Moderate regular exercise is suggested (such as walking or riding a bicycle). Specific stretching exercises taken morning and evening may be helpful in relieving pressures on the nerve centers, pelvic organs, and the alimentary canal.
6. **ATTITUDES AND EMOTIONS:** The mental and spiritual aspects of healing are frequently discussed in the Cayce readings. Particularly, an attitude of desiring and expecting to be healed is important. A positive mental and emotional attitude can be created and maintained by focusing on a high purpose (spiritual ideal) for being healed.

Special Recommendations for Symptomatic Relief

The above general recommendations should be helpful for addressing the causes of dysmenorrhea. However for symptomatic relief, here are some specific recommendations which may help to relieve some of the numerous complaints which can be associated with dysmenorrhea:

MENSTRUAL PAIN: Edgar Cayce often recommended hot Epsom salts packs over the lower abdomen or lower back for acute menstrual pain. Sitz baths may also be helpful in relieving pelvic pain associated with dysmenorrhea.

BREAST FULLNESS AND PAIN: Gently massage cocoa butter into breast. Also spinal adjustments to the upper cervical vertebrae (especially third cervical) may be helpful.

INSOMNIA: Use of the Radial Appliance and/or the electric vibrator along the spine should improve the quality and quantity of sleep. Taking a glass of warm milk with honey in it at bedtime was also recommended by Edgar Cayce to help individuals get to sleep.

CONSTIPATION: Cayce recommended a variety of laxatives for relief from constipation. As a principle, Edgar Cayce typically advised that the same laxative not be used continuously because the body can develop a dependence upon that form. Alternating laxatives is recommended.

Extracts from the Edgar Cayce Readings

64-1 F 23, 1/29/30

(Q) Are there any adhesions, caused from an operation for appendicitis?

(A) More from the conditions as have existed, do exist, in the depletion in the blood supply. With the correction of those subluxations existent, and the manipulations - these adhesions, that are the NATURAL result of EVERY operation of the nature, will be broken up.

(Q) Is there anything wrong with the right kidney?

(A) Strangulation produced by the effectiveness of the circulatory system.

(Q) Can anything be done for painful menstruation?

(A) When the body has sufficient of the blood supply, and the normal activities of the eliminations are set up in system, we will find relief will come from this; as will be found the straightening of the organs in their proper position, by the manipulations, would assist also in bringing these about.

(Q) Has patient fallen stomach?

(A) No!

(Q) How many osteopathic treatments are required?

(A) That will depend, as has been given, until this full quantity is carried out - and THEN we would give instructions. How will the body respond, and how will they be taken. That depends upon the reaction of the body to the administrations, and how the administrations are given. We are through for the present.

275-34, F 20, 9/21/22

(Q) Should body continue taking Atomidine?

(A) Occasionally; that is, four or five days each month we would take small quantities of Atomidine. When taken, take for four or five days in succession, then rest nearly a month, see - calling a month the twenty-eight days, see?

(Q) How can body relieve discomfort and pain felt at beginning of menstrual period?

(A) With the proper manipulations that should be given just before these periods, for the general activity of the system, this should be relieved.

288-38, F 29, 9/19/34

(Q) Why do I always suffer menstrual pains?

(A) Owing to the incoordination as we have indicated in the adrenals and the caecum areas, making for pressures during the periods. These, then, require that the exercises and that the positions of the body in its activities make for the proper coordinations.

Through diet and exercise the greater portion of all disturbances may be equalized and overcome, if the right mental attitude is kept.

(Q) Is it natural for me to menstruate around every twenty-three days?

(A) Near to normal.

540-15, F 35, 7/21/39

(Q) What about scanty menstruation? Is this natural?

(A) This is natural at this particular period. After there has been a little more healing, there should be a better stimulation through the areas from the lumbar axis to at least the upper portion of the dorsal centers, - osteopathically.

(Q) What may relieve suffering from menstruation, the last few months?

(A) Hot packs of heavy salt.

1140-2, F Adult, 4/21/36

(Q) What may I do to ease the terrible discomfort of menstrual period?

(A) Use a douche of Atomidine; that is, of this combination: A teaspoonful of the regular strength Atomidine to a quart of water. This will not only allay the irritations but will make for a cleansing that will aid in the circulation being able to become more and more normal. This should be taken two or three times; that is, once a day just before such periods, and it may be taken once a week at other periods, see?

(Q) How many fibroid tumors have I on uterus and where are they, inside or outside?

(A) At the mouth there are two. On the outside there is one. NONE INSIDE.

These are NOT fibroid; they are, as indicated more of the lymph accumulation; for fibroid becomes centralized or there is an affixation with which there gathers those of the nature that gradually builds to same. THIS, as you find, makes for a giving and then expanding again, or a rising and falling, owing to the irritations or owing to the general activity.

Hence when the douches are taken, let these be rather as of the Fountain Douche, so as not to make for great quantity of irritation but RETAIN the solution for as long a period as is comfortable in taking same, see?...

(Q) Are exercises advisable for me?

(A) Exercises in the open, but not such natures that the body strains itself. Walking, riding; but straining as in tennis or even in golf would be irritating to the pelvic organs. But the stretching, in the open - swimming, such natures, would be advisable.

1431-2, F 18, 3/24/41

(Q) How is it that I suffer so during the first day of menstruation? Please give correction.

(A) This is according to the position of the organs of expulsion. This may be best aided by the use of hot salt packs, you see, during the first day; and then the general corrections osteopathically may overcome the condition entirely.

(Q) What specific osteopathic treatments would be necessary (to correct the position of the organs and prevent painful menstruation)?

(A) Those for the correction of subluxations existing in the last dorsals - 11th and 12th, and in the lumbar axis.

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2261-1, F 28, 7/22/31

(Q) Will the Forces explain the dizzy spells which come to the body, and a cure for same?

(A) Do these things that we have given!

Hasn't it been outlined where the dizzy spells come from? those of the 4th dorsal to the head, operating through the nose, diaphragm, to the activities of the body! Correct these, and these effects will be removed!

(Q) Will the Forces advise what should be done about the painful callous on the sole of the foot?

(A) Correct those conditions in the lower dorsal region and these will disappear!

(Q) Can the Forces suggest a remedy or cure for the painful and excess flowing during the menstrual period?

(A) Correct those conditions in the lower dorsal!

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

First, then, - there would be the consideration of the corrections necessary, which would aid in eliminating those tendencies that are as accumulations from disturbances through the body-building forces, in the cerebrospinal system as related to the circulatory forces, or segments that show subluxations. These exist through the lumbar and sacral area, as well as in the upper dorsal and portions of the cervical area.

Hence we find that from six to ten thorough osteopathic adjustments, with special reference to these areas indicated, would be MOST beneficial....

(Q) What causes pains in lower part of stomach?

(A) The indigestion and the lack of proper assimilation, as well as the tendencies for adherence - or the taut conditions. Thus the need for the corrections in the cerebrospinal system, in the lumbar and sacral areas.

In taking the treatments, - the osteopathic adjustments, - take two each week for three weeks, you see; then let the rest of the eight to ten treatments be taken once a week for the period necessary, see.

These should enable the corrections to be made. Then, if there is not the relief of those tendencies through the abdominal area and through the organs of the pelvis, they may be taken again after a rest period from same - for two to three weeks.

(Q) What causes the severe pains during menstrual period?

(A) These are the lack of the proper amount of the blood supply to supply the natural conditions of the body. Hence those corrections as we have indicated.

When there is the severe pain, rather than sedatives, use the hot salt packs (coarse salt heated and used in a bag, you see) over the pubic center. This as we find will relieve the tension.

BACKGROUND OF READING 2418-1, F 26

12/7/40 Letter: "I am extremely nervous inwardly. My food seems to sour and gas forms. Bowels do not function properly. I am nauseated quite a lot and have a hard time in eating. Have trouble at menstrual period."

TEXT OF READING 2418-1, F 26, 12/11/40

For, the deeper conditions - as the subluxations in the lumbar, sacral AND the coccyx area, as well as a lesion in the lower portion of the 9th dorsal area - cause a suppression periodically, or pains at the periods of menstruation.

For, we find, from such - combined with the effects from a period some time back when there was some neuralgic pain in same - the womb is in such a position as to cause a filling without the inclination to empty properly. Thus the needs at such times for the helpful influences, or sedatives, to "get through, " as it were, the tendencies for all those aggravations which arise, or the reflexes in the nervous system that upset other portions of the body....

In making for corrections, - we would first give that there be taken a series of osteopathic adjustments; with special reference first to the conditions existent in the sacral, lumbar, coccyx and 9th dorsal areas; with GENERAL treatments combined with same at times, for the general nervousness.

As we find, these should be taken in periods of about three weeks, then rest from them two weeks, then another series of same.

These as we find SHOULD correct those tendencies for this curvature that exists, by the lesions in the cerebro-spinal system in the areas indicated, - unless there are other conditions that arise. THEN there would be the necessity for the application of local packs to correct same.

Begin immediately with the adjustments, then; particularly for the lumbar, sacral and lower areas of the body; coordinating in a GENERAL way - about every other treatment - the upper portions of the body, where the better eliminations or drainages are to be set up.

Once a week or more, if there is greater irritation, during the period that the osteopathic adjustments are being made (though NOT during the menstrual periods, of course), we would use a vaginal douche of an Atomidine solution. To a quart and a half of water, body temperature, use a teaspoonful of Atomidine - mixed thoroughly; and only use in the Fountain Syringe. This will tend to act as the antiseptic for the increased circulations through these areas during the periods of treatments.

2946-1, F 48, 3/31/43

(Q) I have terrific trouble with menstrual cramps.

(A) As indicated from the accumulations or tendencies for activities in the pelvic organs, with the correction in the 9th and 10th dorsal, with the vibrations from the violet ray, these will gradually disappear.

When there are the periods of the cramp, use a heated salt pack (or salt heated and put in a bag or pad, you see) over the pubic center. This will allay the disturbance.

And the osteopathic corrections will ELIMINATE the causes of these disturbances.

Do these things, and we will bring better conditions for this body.

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

(Q) Why do I have such terrible cramps when I menstruate?

(A) This is part of the conditions that exist in the glandular reactions. When such cramps arise, apply heated salt on which there has been dropped (while hot) about five drops of Atomidine. This used with an electric pad, over the areas of the pubic center, will relieve the tension. When the adjustments in the coccyx end of the spine are coordinated with the adjustments in the dorsal and the cervical areas, these cramps should disappear - or any disturbance with the organs of the pelvis.

2803-3, F 24, 2/20/43

(Q) How may I overcome severe monthly cramps?

(A) A corrective osteopathically in the 8th and 9th dorsal should overcome these conditions.

When the periods come, apply oil packs AND salt packs over the pubic center; these, of course, not too hot, but as hot as the body can well stand, will tend to relieve tensions.

691-2, F 34, 2/10/35

In the NERVOUS SYSTEM, or systems, do we find in the cerebrospinal system what may be said to be a contributory - yet a direct - cause of much of the nervous disturbance; while those reactions to the SYMPATHETIC nervous system, as just indicated in the manner it affects the superficial and capillary circulation, may be said to be the result of the disorder in the cerebrospinal nervous system. We find there are subluxations in the 12th dorsal and in the 2nd lumbar which arise from a congestion in the pelvic organs, that have made for an improper position of the organs of the pelvis. Thus an irritation has been produced, and the effect of a great deal of disturbance and suffering at the menstrual periods. This, from the lack of nerve energy and those reactions to same, causes an impediment in the circulation to the lower portions of the extremities. Thus there is caused a disturbance in the feet and limbs, making for that heaviness in the head, at times cramping across the lower portion of the abdomen, and upsetting the digestive system specifically. These, as indicated, then, make for causes and also for effects upon the general system, especially in the nervous system. To be sure, if they are not corrected they will gradually make for strains upon the sympathetic and sensory nervous systems; as indicated at times through these nervous reactions, when there are such pains through the eyes, such fullness in the throat, as to interfere not only with the vision but also with the voice's proper reaction - and this to the sensory system continues to become a strain.

2899-2, F 31, 10/7/43

(Q) What can be done for distress at menstrual period, which still disturbs me quite a bit?

(A) Use Glyco-Thymoline Packs over the pubic center - with salt heat; not an electric pad, but salt heated in a bag and laid over the Pack, see?

3221-1, F 16, 9/18/43 (epilepsy)

By the time there has been the eighth to tenth adjustment we find that the body should be rid entirely of these disturbances. But keep up the Packs after such adjustments have been made.

Should there come painful menstruation, from the first few treatments, apply a Glyco-Thymoline Pack over the pubic center. Use two to three thicknesses of cotton cloth well saturated in the Glyco-Thymoline. This should be warm, but do not apply an electric pad here. Keep the Pack warm with heated heavy salt, put in a bag. This will be beneficial and make the Periods easier for the body - until the full corrections are made.

5610-3, F Adult, 5/11/31

(Q) What causes cramps just prior to menstruation period?

(A) The position of the uterus itself.

(Q) Do you find any reason for non-pregnancy?

(A) The position of the uterus and of the CONDITIONS existent, see?

(Q) Should I see a doctor? If so, who and what treatment?

(A) These SHOULD be taken care of by the whole general treatment as has been outlined for the body, for with the correction of conditions in the lower dorsal and lumbar should make for a correction of these conditions. Some local treatment may become necessary, but not until these have been fully carried out - see?

INDEX OF READING 136-34 F 21

Exercise: Not Recommended	Par. 3
Neuropathy: Pelvic Disorders	Par. 3
Osteopathy: Pelvic Disorders	Par. 3

PELVIC DISORDERS: DYSMENORRHEA

PREGNANCY: MISCARRIAGES: AFTER EFFECTS

BACKGROUND OF READING 136-34 F 21

B1. Had miscarriage around first of Feb. or last of Jan. 1926.

B2. 3/12/26 Husband [900]'s wire: "[136] feeling poorly. Please ask if exercises she is taking too strenuous and should be discontinued or cut down, also ask cause of other irregularity."

TEXT OF READING 136-34 F 21

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 14th day of March, 1926.

P R E S E N T

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

R E A D I N G

Time of Reading 11:40 A.M. Eastern Standard Time. N.Y.C.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the improvement of same.
2. EC: Now, we find there are many physical and (and mental) changes in the body since last we had it here. The conditions in the general way and manner are very good. There are those specific conditions in the equalizing or metabolism of the system that is unbalanced. This gives rise to the conditions that produce the distress to the physical body at present. This, we see, is especially true at the time of the menses, when the distress, as is produced by the nerve strain or pressure from this unbalanced condition, brings pain and distress to the mental and physical body.
3. Then, to bring the more normal condition, we would not use so strenuous an exercise for the body, but rather that exercise for the muscle and tissue that involve the functioning of this portion of the body, through the neuropath, or the masseurs' operation. That is, the exercises should be applied TO the body, rather than body applying exercise to SELF - IN THIS DIRECTION; not that the body should not exercise in its normal way and manner, and MORE so under the stress, but these special conditions of the pelvis, and of the system from the 9th and 10th dorsal to the sacral, should be massaged, or neuropath, or the osteopath using neuropath adjustments, see? Should be at least sufficient of these to cover a period of two to three periods. These need not be given more than once - twice a week, see? but should cover at least that period, so that the equalizing of pressure in the various centers of the whole organs be brought to the normal intuitive action in each. Not that there is derangement in the general system, as given, but of specific conditions, from nerve strain, from physical reaction. These have produced, DO produce the condition in the system. We are through with this reading.

INDEX OF READING 301-1 F 22

Air: Sun: Neurasthenia	Par. 8
Anemia: Tendencies	Par. 3, 10-A
Diet: Neurasthenia	Par. 7
Hospitalization: Cayce Hospital	Par. R2
NEURASTHENIA	
Osteopathy: Spine: Subluxations	Par. 6, 11-A
PELVIC DISORDERS: DYSMENORRHEA	
Prophecy: Prognosis: Confirmed	Par. 13, R2
SPINE: SUBLUXATIONS	
STERILITY	

BACKGROUND OF READING 301-1 F 22

B1. 5/26/30 She sought advice for general debility [neurasthenia], dysmenorrhea, and sterility.

TEXT OF READING 301-1 F 22

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of May, 1930, in accordance with request made by self - Mrs. [301], via her mother-in-law, Mrs. [255].

P R E S E N T

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

R E A D I N G

Time of Reading 11:00 A.M. Eastern Standard Time. . . ., Va.
(Physical Suggestion)

1. EC: Yes, we have the body here. Now, we find there are conditions of which the body should rather be warned, than of EXISTENT conditions other than that as would lead to disorder and disruption in the physical functioning of the body, unless altered or corrected. These have to do with some SPECIFIC conditions that are UNDER stress in the system, and of the conditions produced by the disturbance.
2. These, then, are conditions as we find them with this body, [301] we are speaking of, present in this room. First:

3. IN THE BLOOD SUPPLY, here we find some evidences of the conditions as are produced by repressions, or by pressure in the system; so that in the matter of the functioning of the lacteals - where the change in the assimilations to that of the various characters of CIRCULATION, THESE are disturbed. Not, as YET, to the extent that there are unusual DISORDERS from same, but rather as the DISORDER is FROM the repression as exists in the 2nd LUMBAR plexus, FROM which the radial activity are to the functioning of the organs of the pelvis, as WELL as reflexly to those of the upper portion of the system, or that coordination as is made between the hypogastric and pneumogastric plexuses. These coming from those in the region of the lower portion of system, and those from the UPPER portion where the plexus from the 3rd and 4th cervical cause at times those depressions to the head, and the headache and the dullness as is felt in throat, and as is felt in the sensory system. These are as INDICATORS - and are a result, NOT a cause, of the condition. This produces, then, for the blood supply, the tendency for the system to create more of the white than of the red blood supply. Not that the functioning of the blood supply as related to the red blood is deficient; yet the very CHARACTERS of same produces for the system a tendency to INCREASE numbers IN the white blood, while the RED are deficient at times.

4. IN THE NERVE SYSTEM, here we find some of those conditions as causes. These are NOT that there is an over activity in the nerve supply as for the body to become NERVOUS; yet the body at times feels as if shaky, unstrung. These are merely PASSING conditions at present, but with the pressure as exists in the lower portion of the cerebrospinal, or in the lower plexus - or flexor muscular forces of the solar plexus center, or that radiating from the 10th and 11th dorsal and that in the 2nd lumbar. These produce those repressions, or the lack of the full incentive to the system for the functioning NOMINALLY throughout its own forces as related to the eliminations from the system. So as, the repressions as may be produced from this condition may cause those functionings in the organs OF the pelvis themselves to become reactive and non-active as to those conditions as should be NOMINAL for the body.

5. In meeting, then, the needs of the conditions:

6. We would find that there SHOULD be those reliefs from pressures existent in the lumbar, sacral, dorsal AND cervical region. These may best be done by manipulations, so as to cause the COORDINATION throughout the system, and by ADJUSTMENTS to REMOVE the pressure. These, then, would be made at least ONCE each week, and the MANIPULATION every other day.

7. There should be mindful that the diets of the body are kept for a nerve AND blood building, and in that coordinating manner as to keep down acidity through the system.

8. Keep in the open air. Keep in the sunshine as much as may be possible, that the respiratory system - also the capillary and lymphatic circulation - may take on of the oxygens FOR the replenishing of the blood supply itself.

9. Ready for questions.

MENSTRUATION: PAINFUL CIRCULATING FILE

10. (Q) What is cause of pains in lower left part of chest?

(A) This produced by the lack of the activity of the blood supply through the pulmonary regions, and is a reflex condition.

11. (Q) Following the treatments given, will the pains from menses be relieved?

(A) This is as has been outlined here. Relieving of the pressure in this region will make an adjustment for the proper eliminations through these periods, and RELIEVING the pressure by that of the proper adjustments THROUGH the manipulation and THROUGH the ADJUSTMENTS made for the conditions, and for the organs of the pelvis.

12. This is all of the questions.

13. Do this, and we would find that the near normal physical conditions of this body will ensue; for the body in its MENTAL abilities has been much associated WITH those THROUGH whom the information comes, in its sojourn in the physical plane. The life forces have BEEN thrown MUCH together through their association and activity. [See her Life Rdg. 301-5 on 6/20/31.]

14. We are through for the present.

REPORTS OF READING 301-1 F 22

R1. 6/10/30 She obtained Ck. Physical 301-2. [See subsequent readings.]

R2. 5/3/33 EC's ltr. to Mrs. [2457]: "Some yrs. ago a young couple were at the Cayce Hospital; in fact, practically all of the family (his parents, brothers and sisters) were there off and on. The doctors had told them [[301] & [282]] they would not have any children, and they were considering adopting one, but the reading told them that certain corrections could be made so that they might have a child of their own. She stayed there for several weeks at the hospital. Their oldest little girl [299] will be 2 yrs. old in Aug. and the second child [314] was born April 18th. The readings have named both these children. I suppose they are both Cayce babies? The Life Rdg. was what they had for each one, and it told what should be the correct name. The older is [299], the younger [314]. Very pretty names."

R3. 1/30/37 Mr. [257] referred Mrs. [1335] for a Physical Rdg., saying: "She is a similar case to Mrs. [301]. She wants a baby."

INDEX OF READING 301-3 F 22

Bible: Books Of: Acts 17:28	Par. 7
: John 15:1, 4, 5	Par. 7
: Luke 1:28	Par. 7
: Luke 12:25	Par. 7
: Matthew 6:27	Par. 7
: Matthew 11:30	Par. 7
Exercise: Pelvic Disorders	Par. 10-A
Ideals	Par. 5, 6
: Home & Marriage	Par. 5, 6
Mind: The Builder	Par. 7
Oneness: Forces	Par. 6
Osteopathy: Pelvic Disorders: Dysmenorrhea	Par. 2, 10-A
Pelvic Disorders: Dysmenorrhea	Par. 2
Physiotherapy: Packs: Hot Salt: Pelvic Disorders: Dysmenorrhea	Par. 2
Prophecy: Prognosis: Confirmed	Par. 7, Reports
: Sterility	Par. 7
Supports: Abdominal: Pelvic Disorders	Par. 10-A
Teeth	Par. 3
Womb: Packing: Pelvic Disorders: Dysmenorrhea	Par. 2

BACKGROUND OF READING 301-3 F 22

B2. 11/26/30 She wrote: "I would like very much to have a ck. rdg. soon. In my last ck. rdg. I was told I was not able to have a child, and now I would like to know if I have corrected the conditions; and I would also like to ask if I am mentally and physically able to have a child....

"What is the condition of my teeth? Should I have teeth x-rayed? Am I physically, mentally, spiritually ready for a child? What can I do during menstruation to relieve pain? Would it be beneficial to wear a support to keep organs in position? If so, what kind?

"I would also like to ask you to add [my husband, Mr. [282]'s] name for a Life Rdg. We have all decided that we must keep step with [sister-in-law, Miss [275]], so we all are looking forward to our Life Rdgs."

B3. 12/1/30 She wrote: "Another question to ask in my rdg: Would it be advisable for me to adopt a child? If so, where and when?"

TEXT OF READING 301-3 F 22 (Housewife, Protestant)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 4th day of December, 1930, in accordance with request made by self - Mrs. [301].

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 A.M. Eastern Standard Time. . . ., N.Y.

1. GC: You will have before you the body and the enquiring mind of [301] at her home, . . ., N.Y. You will give a physical, mental and spiritual reading for this body, and answer the questions which I will ask you regarding all phases of the body's life.

2. EC: Yes, we have the body, the enquiring mind, [301]. Yes, we have had the physical conditions with this body. In many respects conditions are bettered. There should be, however, physically, those applications locally in the pelvic organs for the position of the uterus and for the organs of generation themselves. These, as we find - if the medicated packs were used, with the proper manipulative measures as to strengthen the muscular forces as hold same in position - will bring about that proper relief for the body as respecting the menstrual periods. When these are severe, the use of hot packs - especially of heated heavy sea salt - would be the greater relief for the body.

3. Also, physically, there should be local attention to the teeth - on the right side, particularly the first lower molars; on the left side, the upper eye teeth and the first molars. These, as we find, may be treated locally; not necessarily the removal of same, if taken in time and there is sufficient of the added forces of calcium in the system for the creation of that characterization in the blood supply as to replenish or rebuild forces in same.

4. In these, physically, we find those conditions as need attention.

5. In the mental abilities and forces of the body - these, as we find, are capable, and there may be much added to an understanding of self and of the physical relations, as well as social, and relations with individuals - in marital and in everyday life - if those tenets of the individualities of each will be studied as in relationship to an ideal.

6. In the study of ideal and idealism, as it may be termed, well that the ideal be outside one's self - rather than for the motives of same be as added, in any manner, to the pleasure, satisfaction, gratification, contentment, ease, or such. Rather in humbleness, drawing a comparison of self's own activities as related to the ideal as is set or held, then individualities and the application of the things of life may be gained or attained. These, then, will be as of results in an activity of

MENSTRUATION: PAINFUL CIRCULATING FILE

an individual, or the individual, rather than the seeking for sources of ease, pleasure, gratification, self-indulgence, or such - but when these have conceived they will bring forth that love as is all inclusive; for each individual should know that all forces as are manifest in material worlds are of ONE source; all power, all time, all space, is of ONE source. THAT source should be the ideal consciousness of each and every individual. In this entity same may be approached in any activity physically or mentally that the entity would make as a portion of its experience, whether in building for the home for the loved one, in the manner of approach, entertainment, satisfaction, gratification of others rather than self's own interests - which brings for self an understanding that will surpass all medication, meditation, understanding; for in the applications of one's forces or one's talents - does one gain that insight, that consciousness of well-being, of being in accord with those forces as build for that as is a continuity of destructions and of continuity of CONSTRUCTIVE influences; for - to surpass, one builds CONSTRUCTIVELY. To bring sorrow, tears, sadness, discontent, disillusionment, is to use a force, an activity in life, without the replacement of that as makes for same.

7. Then, with the application of the physical forces as for the physical body, these will bring that desire of the heart - and conception may take place; for these in ITS creative forces - are the GIFTS from creation as constructive measures are builded, and ever has it been "Blessed is she whom the Lord smiles upon in a life of usefulness in propagation of species, that comes with an understanding."

[Luke 1:28?] In this the spiritual life opens; in this manner do the material affairs become eased - even as He gave, "My yoke is easy for he who contemplates and understands", for simply by taking thought (as some would, in meditation) one may not add one cubit to the stature, neither may one's hair be turned white or black, but in the APPLICATION of the thought - that consciousness held OF that divine force as makes FOR continuity of constructive life - THIS brings the activity in THAT manner in which the individual becomes the channel through which the Lord's forces - gods of the universe - the Master Himself - may MANIFEST that living water, that way, that life. For he being the vine and we as the branches, should we lord [laud?] self - when our strength of body, mind AND soul rests in Him? for He is the light of the body. If one has lost that light, or so shaded self's own influences as to make - either in the physical body or the mental body - that which is shaded from that light, one LOSES its abilities to function in the proper way and manner - whether a spiritual force, a mental force, or a physical; for all is in Him. In HIM we live and move and have our being.

8. Keep the light before thee, knowing that, "Not MY will, but THINE, be done!"

9. Ready for questions.

10. (Q) What physical exercises would be beneficial for body?

(A) Any that is of a nature as would strengthen the organisms. These would BEST be made in accord with the MANIPULATIONS [osteopathically] as would be given for the STRENGTHENING of the organs of the system, just as it will be found necessary to use a support in the PLACEMENT, as it were, OF the organs of pelvis. This may BEST be done in accordance WITH those applications MADE

by mechanical means, as would the exercises be in keeping with that being attempted to be done in and for the body.

11. We are through for the present.

REPORTS OF READING 301-3 F 22

R1. Other questions submitted which did not arrive in time to get asked: "What can be done to save hair from coming out? What causes this all of a sudden? What can be done to keep two little toes on left foot from slipping out of joint?"

R2. 12/4/30 GD's ltr.: "Your rdg. was, in some places, the most beautiful I have ever heard. I do wish you could have been here. It was like a benediction. "There isn't much to say, for the rdg. speaks for itself - but I hope it has answered all of your questions and that in reading it you will feel the beauty and inspiration that I felt while listening to it.

R3. 12/15/30 Mrs. [301] wrote: "The rdg. has certainly fascinated all of us. In fact, I have read it over so much that I forgot to look inside the envelope for the bill. I only hope my delay in paying this bill has not inconvenienced you any. "Thank you again for my lovely rdg. The more I read it over the more anxious I am to have a Life Rdg....

R8. 5/11/31 She obtained 301-4, answering questions submitted about the baby. [Apparently she was five months pregnant, since she stated she expected the baby in Sept.]

EXTRACT FROM 308-4, F 13, 8/31/37

2. As we find, the nervous disturbances of the body are those effects of the changes in the activity of the system in relation to glandular secretions and the pressures and the effect of same upon the general system.
3. We would first keep precautions as to activities of too strenuous a nature.
4. And we would have SEVERAL (this means at least five or six) thorough, gentle but deep manipulations osteopathically to adjust and relieve the pressures along the whole of the cerebrospinal system.
5. As a tonic we would take Tonicine for a period of at least thirty days. Do not take as the directions are upon the bottle, but as this: Take about eight to ten drops in a little water twice a day, before the morning meal and before retiring.
6. Thus we should find the nearer to normal conditions in most respects will come for this body.
8. (Q) Will this regulate her menstrual periods?
(A) This will regulate these conditions, for it is the disturbance here and the pressures that are causing many of those disturbances in the glandular system and thus affecting the organs of the body.
17. (Q) What should be done to improve her posture?
(A) Only her own mental attitude, and her own activity. Of course, to remove the pressures in the cerebrospinal system will assist, but there must be thought taken by the body.

REPORTS OF READING 308-4 F 13

R1. 6/14/38 Mother reported: "The reading 308-4 did cover her condition in every detail. Her menstrual periods were very irregular, accompanied with much pain and discomfort. I did not consult a physician at this time. We have not followed the reading suggestions exactly, due to financial conditions, but as near as possible, through a period of several months.

"Her general health is much better; more regular menstrual periods, with less pain; not as nervous as she was.

"Up to the present time she has not had the osteopathic adjustments needed for the pressures."

R5. 7/30/40 Dr. F.C. Hudgins, Jr., D.O. reported that he had been treating Miss [308] for dysmenorrhea for six months, according to the readings, and had gotten good results.

BACKGROUND OF READING 308-7 F 15, 11/22/39

11/20/39 She submitted questions, saying: "I'm having a terrible time at school this year. I can't seem to concentrate. Latin is the only subject I'm not having trouble with. Changing from the county to the city school has knocked me all to pieces. There's a break I haven't been able to bridge over."

EXTRACT FROM READING 308-7 F 15

3. As we find, there still continues to be disturbances in the coordinating of the activities of the organs of elimination, as related to the Periods as well as the pressures and reflexes upon the nervous system at such times.
4. These as we find should respond better if there were taken those adjustments osteopathically as we have indicated, with special reference to conditions which exist in the lumbar and sacral area, and in the 8th and 9th dorsal center. [See 308-4.]
5. Also it would be well to take, just before the time for the Periods, the sitz baths.
6. And take also the Tonicine, in the manner as has been indicated.
7. These as we find should bring the bettered conditions for the body.
8. The adjustments should be rather specific in the areas indicated, as well as coordinating the vagus center AND the 1st and 2nd cervical WITH the adjustments made in the lumbar, sacral, and 8th and 9th dorsal.

INDEX OF READING 340-1 F 23

Air: Exercise: Healing	Par. 5-A
HEADACHE: LESIONS	
LESIONS	
Osteopathy: Relaxation	Par. 6-A
PELVIC DISORDERS: DYSMENORRHEA	
Prescriptions: Pepsin: Acidity	Par. 5-A
: Water, Drinking:	Par. 5-A
Relaxation: Lesions	Par. 2, 3-A-- 6-A

BACKGROUND OF READING 340-1 F 23

None.

TEXT OF READING 340-1 F 23

This psychic reading given by Edgar Cayce at Hopkinsville, Kentucky, this 1st day of June, 1911, in accordance with request by self, [340].

P R E S E N T

Edgar Cayce; L.B. Cayce, Conductor; Katherine Faxon, Steno. Miss [340].

R E A D I N G

Time of Reading 12:00 Noon. Hopkinsville, Kentucky.

1. LBC: You have before you Miss [340], who is in this room, before you now. Go over her carefully, examine her thoroughly and tell us what is the matter with her, if anything.

2. EC: Now, we begin here with the body, from the head and go over the body from here. We have from the 2nd cervical, too much flow of blood to the head at times. Lesions of a floating character formed there from the blood supply to the muscular force being increased by these, increasing pains to the head which extend down to the 6th, 7th and 8th dorsals, producing at times pains, - not all the time - along the spine, the head, then seems to gather as it were, across the base, on the back, a sort of creepy feeling around over the head, to the top of the head, the frontal part of the eye, the muscular contraction of the blood force supplying to these coming from the condition we have here at the lesion formed at the 7th to 8th dorsal, produced there from the condition we have supplying to the muscular forces, upper part of the stomach to the diaphragm, in themselves, and they in turn produced from condition of pressure produced on to the lower, or floating attachments here to the 11th, 12th dorsals. The pressure up of the stomach in itself, toward the diaphragm, producing then, an overtaxation to the muscular forces to the upper portion or supplied by those of the solar plexus, from the 9th dorsal, producing over-stimulation to the supply to the blood forces to the diaphragm in themselves proper. They, in turn, effect the upper cardiac plexus here to the forces governing the upper orifice of the stomach, or the secretions of the gastric juices in the stomach themselves, producing, as we

have here, an overtaxed, or excess of lactic acid in the stomach. That, in turn, of course, produces the condition we have through the sympathetics of the lower intestinal tract, producing then, through the kidneys an overtaxed condition, bearing down pains here through the pelvis at the time of menses, producing and over-taxed condition to the whole system, or a straining of the system in itself, through the condition produced on the body by a pressure through the governing nerve supply to the cardiac plexus, and solar plexus coliac plexus in the body. That is, we lessen the amount of nutriment supplied through these ganglia to the nerve force in the system, or producing to the system nervous rack, or creeping feeling comes over the whole body, as we have through the head. It ain't sick all the time. Just nervous, weak, tired, sick at the stomach.

3. (Q) Any other conditions you see?

(A) Have some few reflexes, of course, and the posterior portions show some signs through the lymphatics, and little bit through the blood in itself. Nervous conditions, some few strains on the muscular force and through portions of the body, to the limbs, and arms, tired feeling to the emunctories in the arms and legs themselves.

4. (Q) What treatment would you prescribe to relieve these and bring the body back to a normal condition?

(A) Relaxation of the body.

5. (Q) What would that be?

(A) Nature. Outside. Let the body relax itself to the whole condition. Keep in the air as much as possible, and take into the stomach that of a peptone state, or pepsin in itself, after thoroughly filling the stomach with water first. Fill the stomach with water until we float out, or produce to the system an action from the water in itself to the kidneys or supplying force to the drainage of the system. Then produce into the system the peptone state or that of the same nature we have through the alkaline into the first, or the saliva in the mouth. We then produce to the gastric juices in the stomach a new supplying force to the hydrochloric state in the stomach. Overcome the lactic condition; remove the strain to the duodenum, the supplying forces to the blood forces of the pancreas and liver. Remove the strain on all these portions of the body by letting the body relax.

6. (Q) Should there be any treatment along the spine for the lesions along there?

(A) Relaxing of the condition of the body will produce a thorough drainage of the stomach in itself. A relaxation of the muscular force of the system and relaxation then of the nerve tension of the body, then we will treat along the spine, that is, from the 9th dorsal, and the whole spine, as we produce, when we relax this condition, a tautness along the lumbar at the solar plexus. Relax the whole condition of the spine by manipulation of the spine with the hands. Not necessarily rotary motion, but relax.

7. (Q) Any other treatment?

(A) No, that is all.

REPORTS OF READING 340-1 F 23

R1. 7/22/24 See 340-2.

INDEX OF READING 409-31 F 25

PELVIC DISORDERS: DYSMENORRHEA

Physiotherapy: Applications: Aconite:

Dysmenorrhea Par. 3

: Laudanum: Par. 3

: Douches: Atomidine: Par. 4

: Heat: Wet: Par. 3

Womb: Packing: Womb: Tipped Par. 6-A

BACKGROUND OF READING 409-31 F 25

B1. See 409-30 on 9/28/34 for condition of hip bordering on erysipelas.

B2. 5/15/35 A.M. Her family phoned for ck. rdg., saying she was suffering terribly from congestive dysmenorrhea.

TEXT OF READING 409-31 F 25

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of May, 1935, in accordance with request made by the self - Mrs. [409], 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 4:25 to 4:30 P.M. Eastern Standard Time. . . ., Va.

(Physical Suggestion)

1. EC: Yes, we have the body, [409]; and this we have had before.
2. As we find, there are rather acute conditions that disturb the physical forces of the body in the present. These, as we find, are in the nature of congestion in the organs of the pelvis, particularly in the ovaries; causing such congestion as to produce those pains that are indicated in the abdomen and through the organs of the pelvis. Thus there are the irritations which have arisen in the activity during the menstrual periods.
3. In making applications in the present, then, we would bathe same with a combination of Laudanum and Aconite across the lower portion of the abdomen, and across the lower portion of the spine, see? just above the hips and the lower portion of the sacrum; one part of Aconite, three parts of Tincture of Laudanum. Then apply wet heat to same, as hot as may be stood by the body. This will relieve the pain.
4. When there has been sufficient of the stoppage of the flow, well to begin with a douche that would be a combination of the Atomidine and tepid water. This should be very warm; not so hot as to be disturbing, you see; but to a quart of water put a tablespoonful of the Atomidine. Retain same as long as possible

MENSTRUATION: PAINFUL CIRCULATING FILE

before ejection from the vagina. These will tend to make for the relieving of the pressure, the aching, the infectious forces that naturally arise from the congestions through the portions of the system. And these would be continued for periods of twice a day for three to four days. Then rest or leave off for a day or two. Then take three to four days again, until the condition has subsided.

5. (Q) Are the ovaries infected?

(A) As indicated; congestion.

6. (Q) Is the womb twisted?

(A) Bent backward. Be well that there be used local applications by packs to straighten same.

7. (Q) What causes menstrual period before time?

(A) The congestion, as indicated.

8. We are through with this reading.

REPORTS OF READING 409-31 F 25

R1. 4/23/37 She obtained Ck. Physical 409-32.

R2. See subsequent notations under 409-1 Reports.

INDEX OF READING 562-1 F 19

Air: Exercise: Anemia	Par. 20-A
ANEMIA	
APPENDICITIS: TENDENCIES	
Diet: Citrus & Cereal	Par. 20-A
: Menu: Enteritis	Par. 20-A
: Minerals: Iodine	Par. 20-A, 23-A
: Iron	Par. 20-A, 23-A
: Silicon	Par. 20-A, 23-A
ENTERITIS	
Intestines: Colon: Prolapsus	Par. R6
Life: God	Par. 27-A
Liver: Torpid	Par. 4, 8--11
Nausea: Enteritis	Par. 18-A
Osteopathy: Spine: Subluxations	Par. 13, 21-A
Pelvic Disorders: Dysmenorrhea	Par. 21-A
Physiotherapy: Massage: Myrrh: Enteritis	Par. 10
: Oils, Olive:	Par. 10
: Packs: Epsom Salts:	Par. 11, 21-A
: Pelvic	
Disorders: Dysmenorrhea	Par. 21-A
Prescriptions: Ragweed Tea: Enteritis	Par. 8, 9, 25-A
: Water, Drinking:	Par. 24-A
SPINE: SUBLUXATIONS	
Stomach: Tipped	Par. 6, 15, 20-A, 25-A
Supports: Abdominal: Stomach: Tipped	Par. 15, 20-A

BACKGROUND OF READING 562-1 F 19

B1. 5/29/34 Miss [562] and her mother were present for the reading, saying that [562] had been having attacks of appendicitis and the doctor wanted her to have an operation.

TEXT OF READING 562-1 F 19

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 29th day of May, 1934, in accordance with request made by the self, through Study Group #3 of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [562] and Mrs. [573], Esther Wynne, Helen Ellington, Mildred Davis and L.B. Cayce.

R E A D I N G

Time of Reading 11:15 to 11:40 A.M. Eastern Standard Time. . . ., Virginia.
(Physical Suggestion)

1. EC: Yes, we have the body here, [562], present in this room.
2. Now, as we find, there are disturbing conditions in the general physical forces of the body. These, as we find, are some of a specific nature, some of a reflex nature. Hence, while there may not as yet be said to be complications, the reactions will eventually produce complications unless there are changes made in the manner in which the body functions.
3. There has been in times back a lack of the proper distribution of elements necessary in the anatomical reactions in the body. This has produced in portions of the eliminating system the distresses that have become in the nature of a neurotic condition; and the effect upon the eliminating system - especially in the area of the caecum and ascending colon - is to bring spasmodic conditions that cause inflammation in the intestinal tract itself. So, these conditions result in the body as reactions in the activity of the nerve forces and organs themselves.
4. The BLOOD SUPPLY, being depleted by a poor hepatic circulation, forms an anemia that has taken from the system not only the abilities to create the proper balance in the coagulating forces but has caused inflammation to arise within many of the ganglia along the system. The cerebrospinal system becomes aggravated, disturbing the digestive system, so that there is a burning in the pit of the stomach, pains through the lacteal duct area; the bile duct in its activity shows secretions or excretions that have produced - and do produce - irritation. The slowing of the hepatic circulation, then, brings those reactions in the right side and in the caecum or appendicial area, such as to make for a distress to the whole body.
5. The NERVE SYSTEM, being under this extreme reactory condition from a subluxation that exists in the 8th and 9th dorsal area, brings this into the sympathetic reaction; thus making for conditions that exist throughout the activity of the organs of the body.
6. The position of the stomach, from the relaxed conditions in the body, prevents the proper digestion taking place normally; for foods at times, we find, are in the nature of fermentations without sufficient of the hydrochlorics to carry on the proper digestion. This reflexly also causes further irritation in the colon, the caecum, and in the area where there are the distresses at times.
7. Then, in meeting the needs of the conditions in the body, all of these conditions - both contributory and of the more specific nature - should be taken into consideration, and there will necessarily, then, be the addition to the body of

those influences that will create a more normal balance in elements for the body itself.

8. Begin then, first, with a tea made from either the dried leaves of the Ragweed or the fresh - that may be gathered at this period.

9. To 16 ounces of distilled water add 6 ounces of the Ragweed, or in this proportion. Let steep for thirty to forty minutes, with boiling water poured over same and it covered during the time of steeping. Drain or strain this off, adding to it sufficient quantity of pure grain alcohol or spirits frumenti to preserve same, which would be four parts of the solution to one part of the alcohol or spirits frumenti - that is, ninety percent proof, see? The dose would be half a teaspoonful four times each day, before the meals and upon retiring.

10. Each evening on retiring, with equal parts of olive oil and tincture of myrrh (heating the oil and adding the myrrh), we would bathe off the body through the groin area, over the caecum and lacteal duct area, on the right side, you see, extending to the lower lobe of the liver, and massage the body thoroughly with this solution.

11. Then we would place over this area a saturated solution in packs of Epsom Salts, that we may relieve the tension in the area and act as a counter-irritant to the properties added internally.

12. And we will find we will relieve these distresses.

13. After these treatments have been taken for five to six days, there should be begun the adjustments in the dorsal area (and we would have at least six to eight), with a general manipulation to coordinate the rest of the organs as related to the centers along the cerebrospinal system; but specific adjustment in the 8th and 9th dorsal area.

14. As to the diet, this should be of the nature that is blood and nerve building, and more alkaline than acid.

15. After the treatments have been begun, there should be worn about the body a heavy girdle or belt to hold the stomach in its proper position for activity.

16. Do these, and we will find we will bring to this body, [562], we are speaking of, present in this room, NORMAL conditions.

17. Ready for questions.

18. (Q) What causes nausea from which I frequently suffer?

(A) The nerve reactions, as has been indicated, from the conditions in the lacteal ducts and in the caecum and appendicial area.

19. (Q) Why am I so weak?

(A) As indicated, from the poor quality and so little of the red blood - or vitality that is stored as energy in the red blood supply.

With the addition of these conditions to cleanse the system and to build up the body, we will find the strength will increase - and that the body will gain in weight.

20. (Q) Please give me a diet that will build me up.

(A) Mornings - citrus fruit juices or dry cereals with milk. Do not take these at the same meal. They may be changed at times with stewed fruits or fresh fruits, with a coddled egg - but only use the yolk of same.

MENSTRUATION: PAINFUL CIRCULATING FILE

In the middle of the morning take the dried milk in which an egg is beaten with spirits frumenti or beer.

Noons - preferably entirely green or raw vegetables, or the meal may be changed to only the juices of vegetables, or again only to the juices of meats - but NOT the meats; as beef juice, or mutton broth, or chicken broth, or the like. In the middle of the afternoon take again a stimulant as of milk that is not heated, but well beaten with the spirits frumenti, or a malt, or the like.

Evenings - all cooked vegetables, especially with those that grow above the ground.

Take plenty of rest, but have a normal amount of exercise in the open. And we will overcome these conditions. There is a tendency for the lack of blood supply.

Do not OVERLOAD the stomach, though we are giving something to eat every three or four hours, unless the stomach is kept in position by the girdle or belt. The better would be that which holds TIGHT, but that keeps the body in its correct position, see?

21. (Q) How may menstrual pains be prevented?

(A) Use Epsom Salts packs at the time, or during the period. However, when the body is builded to a nearer normal condition with the blood supply and the corrections are made in the 8th and 9th dorsal, we will find these will disappear.

22. (Q) Are my kidneys diseased?

(A) Only reflex conditions from the disturbance in the hepatic circulation, as we have indicated.

23. (Q) In what minerals am I lacking, and how may these be supplied?

(A) These may be supplied through those properties that have been indicated, as to the style and type of the food values for the system. The body is lacking in iodine, silicon and iron.

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

(A) From six to sixteen tumblers full.

25. (Q) Why is my appetite so poor?

(A) The stomach is already full, you see, from its position and from the character of fermentation. Make these changes, cleansing the whole system with the use of the juices given in the Ragweed - or the activities from same, and with the use of those properties as indicated all this will change - and won't be long about it! [See 562-2 Reports for headaches, shortness of breath, dysmenorrhea.]

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

(A) Blue; the various shades of same.

27. (Q) Any further advice for my better well-being?

(A) The physical forces, as indicated, need the corrections that there may be the better channel for the activities of the mental and spiritual forces of the body. Keep in that attitude of expectancy, knowing that the Creative Influences that are manifested in the earth in their various ways and manners are of that which is worshiped as God. Know that Life itself is that manifestation of Him. Keep the mind, keep the body, in accord with that thou would present to thy Maker.

28. We are through for the present.

MENSTRUATION: PAINFUL CIRCULATING FILE

[Following the reading Miss [562] remarked that she felt the reading fitted her case perfectly. Her mother, Mrs. [573], was puzzled over the Ragweed tea, not being familiar with ragweed. EC went out into the yard and brought back a specimen, roots and all. Mrs. [573] said her feelings about EC were more akin to those she had toward the Master than any she had about any other human being. Later Mrs. [573] had readings for herself and other members of the family.]

REPORTS OF READING 562-1 F 19

R1. 8/16/34 See 562-2 for headaches, shortness of breath, and dysmenorrhea.

R2. 3/11/35 She obtained a Life Reading, 562-3.

R3. 3/37 HLC used [562]'s case in a study of appendicitis, saying: ". . . This young woman was completely relieved and is today in the best of health. There has been no return of the attacks of appendicitis and no operation was necessary. . ."

R4. 7/14/38 See Check Physical reading, 562-4.

R5. 11/7/38 See Check Physical reading, 562-5.

R6. 9/40 Dr. M.L. Richardson, D.O.'s report on Miss [562]:

Q-1a. Did the reading presented to you describe the condition of the patient?

"Yes." Q-1b. Explain any variation. [No response] Q-1c. Give technical diagnosis."Gastroenteroptosis obstipation - dysmenorrhea."

Q-2. Were the suggestions for treatment in your opinion proper for this condition?

"Yes, although case should have had some treatment over several more weeks."

Q-3. For what period of time has the patient followed directions given in the reading under your care? "From June 5, 1934 to June 22, 1934 and from March 29, 1935 to April 3, 1935, total of 11 treatments."

Q-4. What results have you observed? "Excellent response from few treatments and short period."

Q-5. Comment."The patient was young, the opportunity great: I have always regretted that I did not have a full opportunity to give her the full physical benefits of sustained treatment."

INDEX OF READING 562-2 F 19

Appendicitis: Cured	Par. R6
ASSIMILATIONS: ELIMINATIONS: INCOORDINATION	
Doctors: Fogel, David H.: M.D.	Par. R6
Headache: Assimilations: Eliminations: Incoordination	Par. 9-A
Intestines: Enemas: Assimilations: Eliminations: Incoordination	Par. 3
: Glyco-Thymoline	Par. 3
: Salt & Soda	Par. 3
PELVIC DISORDERS: DYSMENORRHEA	
Physiotherapy: Packs: Epsom Salts: Pelvic Disorders: Dysmenorrhea	Par. 7
Prescriptions: Alcaroid: Assimilations: Eliminations: Incoordination	Par. 5
: Caroid Bile Salts:	Par. 6
Prophecy: Prognosis: Assimilations: Eliminations: Incoordination	Par. 12-A

BACKGROUND OF READING 562-2 F 19

B1. See 562-1 on 5/29/34 for appendicitis.

B2. 8/16/34 Miss [307] phoned saying that Miss [562] wanted a Ck. Physical - She was suffering with headaches, a shortness of breath and a pain in the region of the heart, also severe dysmenorrhea at the moment.

TEXT OF READING 562-2 F 19

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of August, 1934, in accordance with request made by the mother, Mrs. [573], through [307], Active Member of the Association for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11:10 to 11:25 A.M. Eastern Standard Time. . . ., Virginia.
(Physical Suggestion)

MENSTRUATION: PAINFUL CIRCULATING FILE

1. EC: Yes, we have the body here, [562]; this we have had before.
2. Now, as we find, there are many changes in the physical conditions of this body from that we have had here before. In the corrections for those conditions that disturb the body through the caecum area and through the general assimilating system, there has been the tendency to neglect the eliminations and the balancing of those forces for that which might be assimilated by the body for its better condition. Thus the system has been overloaded to such an extent as to prevent the liver, the spleen, the pancreas, from supplying the necessary elements for the assimilating of that taken into the system; thus producing a heaviness in the whole of the abdominal area, and with the periods this makes for such a stress and strain on the system; for the vitality being used up has made for the attempts of the system to adjust itself to this overcrowded condition, and prevented the eliminations in their normal manner through these channels. Hence the pains, the swellings in portions of the body, the activities even to the reflexes in the cardiac plexus area and the shortness there of breath when the body moves about. All of these are the effects, you see, of an overcrowded system without there having been sufficient period given for the system to have accumulated the necessary forces for the body that would carry on the activities in the system for the assimilations of the forces that were created by this excess.
3. In the present, then, we would find that there should be a high enema of sufficient quantity, carrying those properties of salt and soda in the proportions that we have outlined; that is, for each gallon of water used add a level teaspoonful of salt and a heaping teaspoonful of soda, and in the rinsing or last water use a tablespoonful of Glyco-Thymoline to a quart and a half (quart and a pint) of water - as an intestinal antiseptic. Take two of such irrigations at least three days apart; not just enemas but colonics, but they may be done at home if the colonic tube is used - or they may be done by one that gives colonics. And if it becomes necessary later have others. The water should not be too warm, but body temperature - 98.
4. We find that the diet should be well-BALANCED; not too much, but a well-BALANCED diet leaning towards the alkaline nature.
5. Half an hour after the noon and the evening meals, for TWO DAYS, take a quarter teaspoonful of Al-Caroid in a full glass of water; of course, dissolving the dose first in a small amount of water and then adding to the full glass.
6. Each evening of the same two days, before retiring, take TWO Caroid and Bile Salts tablets; TWO of them, that we may stir the liver to activity.
7. As the pain becomes severe across the small of back or hips, apply a saturated solution of Epsom Salts in packs across the back and over the area. And at the PERIODS when the pain is severe, then add a pack across the pubic area - which will relieve the pressure there.
8. Ready for questions.
9. (Q) What causes the headaches?
(A) The pressure!
10. (Q) Was the Ragweed tea prepared properly?
(A) It was prepared very good, and has had the desired effect; but there has been stress and strain on the system by the overclogging from eating.

MENSTRUATION: PAINFUL CIRCULATING FILE

11. (Q) Have the spinal adjustments been made?
(A) Spinal adjustments have been made. There should be further massage as there is improvement from the present condition, you see.
12. (Q) When should I be able to go to work?
(A) September 3rd!
13. (Q) What should be done now to bring the body to normal and keep it that way?
(A) Do like we have given, and be consistent with it!
14. We are through with this reading.
(Alkalin-Reacting Diet List was enclosed.)

REPORTS OF READING 562-2 F 19

R1. 8/16/34 P.M. GD phoned the rdg. The mother said [562]'s appetite had improved so much, and so quickly, as 562-1, Par. 25-A said it would, that [562] hadn't seemed to be able to get enough to eat. No wonder she was all clogged up.

R2. 3/11/35 See 562-3, her Life Rdg.

R3. 8/30/35 She had 671-3 for little sister.

R4. See subsequent Ck. Physical Rdgs. 562-4 & 562-5 on 7/14/38 - 11/7/38.

R5. 9/40 See Dr. M. L. Richardson's report on 562-1 & 562-2 under 562-1 Reports, saying he treated her 11 times from 6/5/34 through 4/3/35: "Excellent response from few treatments and short period."

R6. 10/18/52 Comment by Dr. David H. Fogel after studying 562-2: "562-2 Physical Rdg. No appendicitis."

INDEX OF READING 578-1 F 19

ASSIMILATIONS: POOR

DEBILITATION: GENERAL

Diet: Nervous Systems: Incoordination Par. 16

Electrotherapy: Vibrator: Spine: Subluxations Par. 12, 20-A, 21-A

Glands: Adrenals: Assimilations: Poor Par. 9, 18-A

NERVOUS SYSTEMS: INCOORDINATION

Pelvic Disorders: Dysmenorrhea Par. 20-A

Physiology & Anatomy: Circulation: Lymph Par. 23-A
: Liver: Kidneys Par. 23-A

Prescriptions: Alcohol, Grain: Assimilations: Poor Par. 13--15
: Atomidine: Glands Par. 11, 18-A, 22-A
: Elder Flower: Assimilations: Poor Par. 13--15
: Ginseng, Wild: Par. 13--15
: Olive Oil: Par. 16
: Sarsaparilla Root: Par. 13--15
: Tolu, Balsam of: Par. 13--15
: Water, Rain: Par. 13--15
: Wild Cherry Bark: Par. 13--15
: Yellow Dock Root: Par. 13--15

Prophecy: Prognosis: Nervous Systems:
Incoordination Par. 20-A

Psychosomatics: Healing Par. 19-A

SPINE: SUBLUXATIONS

BACKGROUND OF READING 578-1 F 19

None.

TEXT OF READING 578-1 F 19

This psychic reading given by Edgar Cayce at his home in Pinewood on Lake Drive, Va. Beach, Va., this 7th day of May, 1932, in accordance with request made by her mother, Mrs. [413], Active A 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. [578] and her husband, Mrs. [413], and Mrs. [2501].

R E A D I N G

Time of Reading 3:15 P.M. Eastern Standard Time. . . ., Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [578]. Now, as we find, the body is very good in many respects. There are disturbances, however, in the physical functioning of the body as related to the nerve plexus, or the nervous system. These corrected in the beginnings of the disorders would prevent many a trouble later on. These, as we find, cause those of a disturbing nature in the way of the rest, in the way of the activities of the body, and some acute conditions that arise at times from this same disorder where portions of the organism are affected as related to the assimilations in the body.
2. These, then, are the conditions as we find them with this body, [578] we are speaking of, present in this room:
3. IN THE BLOOD SUPPLY, this we find somewhat deficient in quantity, and in some respects in the quality. This, as we find, is affected, and affecting the nervous condition as related to the assimilating system. That as affects most of the central portion of the supply makes those irritations that come to the lymph and hepatic circulation. These, as we find then, are the results of conditions, and are not disorders that are as yet of a nature that may be called the causes, but are the results in the blood supply.
4. IN THE NERVOUS SYSTEM, then, do we find the seat of the causes for those conditions as WE would correct for a more normal, nominal, functioning of the whole system. These, as we find, are produced not so much by impingements in the cerebro-spinal system as from the lack of those elements necessary in the system to meet the needs of the supplying of forces to make for an even balance in the nerve energy, and in the activity of same in the system. Hence the conditions affect the portions of the blood supply, as well as affecting sympathetically those organs of the system. While it will be necessary for a stimuli to many of the centers in the cerebro-spinal system, to keep an equal balance as the conditions are corrected in the system, these are not the primary causes of the debilitation in the nerve system of the sympathetic condition in organic functioning of the system, or of those specific conditions as find their activity in portions of the blood supply, or in the circulation itself.
5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, these we find very good, as has been indicated.

MENSTRUATION: PAINFUL CIRCULATING FILE

6. The brain forces, and the impulses as received from same, are well. Very well balanced, and make for a reaction in same that keeps a normalcy in the reflexes.

7. In the throat, bronchi, lungs and larynx - these show the effect of the nerves' reaction in the system, as makes for those conditions in the body respecting these, but organically these are very good.

8. Digestive system, or the assimilating portion of the digestive system, shows the effects that are created from those conditions that have been outlined. As does also the capillary circulation, in the irritations that are produced in the system at times, and on portions of the body. These also make for those conditions which produce weakness, fatigue, and the tiredness that occurs either from mental or physical activity, or any exertion of a kind that calls for the using of energies within the system itself.

9. The liver, spleen, and the organs that make for assimilation, these are very good - and very good in their functioning; while the glands - as the glands of assimilation - do not function normally; neither do those in the adrenal glands - which make for the disturbance indicated in the hepatic circulation, affecting at times the kidneys and the organs of gestation, through the pelvic activity of the organs. These are from glands, rather than the organs themselves, but not a gland CONDITION - as yet; rather a sympathetic, from the inability of the system to supply the proper nutriment for the functioning of the glands and their relation to the organs in a normal way and manner.

10. Then, in meeting the needs of the conditions in the present, we would find it necessary to supply the system with those elements that will create an equal balance within the system, as to produce a near normalcy in the functioning of the glands, in the activity with the nervous system, as to create a normal equilibrium in the body. As we would find, then, we would add these:

11. We would begin first with Atomidine in small quantities. This is to be taken two or three drops at least three times each day for the first eight days. Then we would reduce the quantity; that is, the number of doses, and take an even or equal amount in TWO doses for at least eight days. Then rest from same for a period, and begin with this at that time:

12. We would also, during the whole period, each day, in the evening as the body is ready to rest, have the electrically driven vibrator along the whole length of the cerebro-spinal system - that the body may rest the better, that the body may have the better reactions from the organs of the body following same. These, as we find, would be given with the cup or sponge applicator, and give at least ten to fifteen minutes to such an application. Do not hurry over same, but rather that the whole of the system may receive those impetuses from the exercising of the ganglia along the cerebro-spinal system, as to make for a better coordination with the sympathetic and cerebro-spinal system, and a stimuli from the ganglia especially in the upper cervical, or 3rd and 4th cervical, the 3rd and 4th dorsal, or the brachial center, and those of the lumbar - in the 3rd and 4th lumbar, that the whole of the body may REST the much easier. These would be taken each day, from ten to fifteen minutes each day.

13. In the end of the period of taking the Atomidine, we would prepare or make as this:

MENSTRUATION: PAINFUL CIRCULATING FILE

14. To 1/2 gallon of rain water, or distilled water, add:

Wild Cherry Bark. 2 ounces,
Sarsaparilla Root. 2 ounces,
Wild Ginseng. 1/2 ounce,
Yellow Dock Root. 1 ounce,
Elder Flower. 3 ounces.

Reduce this by slow simmering to 1 quart. Strain, then add 2 1/2 ounces grain alcohol, with 2 drams Balsam of Tolu cut in same.

15. The dose of this would be half a teaspoonful before each meal. This will be as a tonic for the whole system, and will make for a clearing of the whole digestive system, and a stimulation to the capillary circulation, making for a quietness in the activity of the nerves themselves.

16. As for the matter of diet, these should be - while not as strict as in some conditions, should be - well balanced for nerve reactions in the system. Do not eat too much of sweets, or candies - but rather those that carry a great deal of nerve energy, as well be found in lettuce, celery, carrots, potato jackets - more than the potatoes themselves; radishes, beets, onions - cooked and raw also - and especially the tops, if they are not prepared with too much greases in the them - and the like. Do not over burden the stomach with greases or fried foods. All sea foods are well, provided they are cooked with milk in same. As much of the Bulgarian or buttermilk as agrees well with the body. Take olive oil regularly, with the food and separate - all the body will assimilate, but if same is belched - or causes a regurgitation - then reduce the quantity, but keep on taking it!

17. Ready for questions.

18. (Q) What effect does the attitude of those surrounding the body have upon the physical condition.

(A) As would be indicated from the character of the condition that makes the body nervous, and - as for specific - makes an overactivity of the adrenal glands.

19. (Q) Please outline some plan for change.

(A) If the body will make itself busy at getting well, it will change!

20. (Q) Will the cramps at menstruation cease with this treatment?

(A) As has been indicated, these are affected by the nerve reactions in the system, and we will find these will be materially aided, especially with the vibrations that should be given each day - for they make for a more normal activity, and will make for an activity of the glands of the system with the properties first taken, and act more regularly with the organs when the tonic is taken; for we should find, with the carrying out of these suggestions that have been outlined, in eight weeks there should be a much better condition for the body mentally AND physically. Do that.

21. (Q) What is the cause of the trouble and complaining so much with the eyes?

(A) The nerve condition in the system, as has been indicated that those centers especially in the 3rd and 4th cervical area are to receive those electrical vibrations from the electrically driven motor, for the treatments of that which will aid in making a better circulation through that portion of the body, and will quiet the condition, as will be seen, from almost the beginning.

MENSTRUATION: PAINFUL CIRCULATING FILE

22. (Q) How long should the rest period be between the Atomidine and the other medicinal properties?

(A) Not over three days.

23. (Q) Please outline or describe the lymph and hepatic circulation.

(A) Hepatic circulation is that between the liver and the kidneys, and the organs of the pelvis and false pelvis. The lymph circulation, of course, goes through the whole system, and is that which is exercised most through the activity of the sympathetic nervous system, or as is GOVERNED by same - for this makes for that reaction to the body, as is seen, by the sympathetics' act with the sensory system, as we find in viewing of - or in the odor of that which is especially palatable, the lymph circulation begins to function immediately, and the body desires or tastes that which is desired. So, in all portions of the system does this function - only when it has its stimuli from the sympathetic nervous system, which aligns - or is aligned - along the cerebro-spinal system - twice; while the cerebro-spinal nerves entwine with same.

24. We are through for the present.

REPORTS OF READING 578-1 F 19

R1. 12/19/33 See personal message in Group #3 Rdg., 473-1, Par. 16-A.

R3. 6/9/34 She obtained her Life Rdg. - 587-2.

R4. 8/14/34 She obtained a Ck. Physical - 587-3.

Extract from 578-4, F 22, 9/30/35

13. (Q) What caused the disturbances in menstruation during the last period?

(A) Congestion.

14. (Q) Please explain fully the reason for cramps at menstruation.

(A) Contraction of the uterus. And this is caused by the muscular forces that supply nourishment to the ovarian channels and the Eustachian valve or the Fallopian tubes. Hence those relaxations and the general conditions as indicated that would be the necessary applications for correction.

15. (Q) Is it possible to give me in detail a sure cure for these?

(A) We have just given it!

16. (Q) Are these cramps a physical suffering brought over from one of my past appearances?

(A) The conditions have come from that as we have indicated heretofore; that during a period there were those indiscretions which caused the taking of cold, so that a congestion has been produced - or those conditions that have made adherences, see?

18. (Q) Would having a child cure these?

(A) There wouldn't be much chance of having a child in the present condition! For, as indicated heretofore for the body, until there is such a condition in the uterus itself that it may contain and retain inwardly - not outwardly - and be in proper position, it would not maintain.

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BACKGROUND OF READING 578-5 F 22

B1. See 578-4 on 9/30/35.

TEXT OF READING 578-5 F 22

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of January, 1936, in accordance with request made by the self - Mrs. [578], 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. Mrs. [578] and Mrs. [413].

R E A D I N G

Time of Reading 11:35 to 12:00 A.M. Eastern Standard Time. . . ., Va.

(Physical Suggestion)

1. EC: Yes, we have the book here, [578]; this we have had before.
2. As we find, there are some improvements in the general physical forces of the body. While there is still that improper position in the organs through the pelvis, and these still produce at periods distresses, as we find, if there are the applications in the persistent manner as indicated - in making for the corrections and in the use, under stress, of the conditions that have been indicated - these would gradually be overcome.
3. Or these may through operative forces be made for corrections, of course, in a more unusual manner; but these would be the harder upon the system and upon conditions arising from the general bodily functionings later.
4. We would follow, then, those suggestions that have been indicated.
5. Ready for questions.
6. (Q) Just how should the uterus be straightened?
(A) As indicated, through the manipulative forces that make for corrections in the flow and through the impulse of the nerve forces and blood supply. In the lumbar, in the coccyx, and through the lower dorsal area; this may be done through those corrective measures and adjustments that may be made there.
7. (Q) Were the correct amount of osteopathic treatments given, and were they given correctly?
(A) So far as the MANNER is concerned, these were partially begun - but not wholly carried through. For under the existent conditions, as will be found, it will be necessary to take sufficient for not only the breaking up of the tendencies for the twisting but for the correcting of the position; for it is pulled in the improper direction (as it is turned upward). We find that these should be given for periods and then rest periods, and then again.
8. (Q) How long should these periods be?
(A) About two and a half to three weeks, and then a rest period of a week to ten days to two weeks, and then begin again. Of course, these would NOT be given - save for relaxation - during the regular menstrual periods.
9. (Q) Is it natural for me to menstruate every 28 days, or every 30 to 32 days?
(A) Twenty-eight days SHOULD be the natural. In the POSITIONS that are occupied, and the stress and strain, these at times are extended to greater periods.

MENSTRUATION: PAINFUL CIRCULATING FILE

10. (Q) If I get a treatment on the 28th day, would that cause me to menstruate?

(A) This will, as soon as there is a greater or better position; not in the beginning or in the immediate. But after there has been a sufficient relaxation of those tautnesses in those centers, in the abdomen and, of course, those centers along the cerebrospinal system.

11. (Q) What causes me to grit my teeth while sleeping, and what can I do to stop it?

(A) This is from the general contraction that exists through the system at the attempt for perfect relaxation. And with the more and more relaxing of the body, this will gradually be overcome. A small piece of gum kept in the mouth would prevent same so much.

12. (Q) What is the cause of the wearing away of the front tooth and the crumbling of the jaw tooth? What can be done to save these teeth?

(A) Drink more of lime and orange juice, and make correction locally of those conditions existent there. Lack of proper amount of Calcidin [calcium?] in the system. [See Par. 23-A below.]

13. (Q) Is smoking harmful to me?

(A) In moderation, not harmful.

14. (Q) Why is there pain at times of sexual intercourse?

(A) The position of the uterus is disturbed and makes for this condition to become acute.

15. (Q) Should this relation cease for a length of time? If so, how long?

(A) This depends upon the general physical conditions of the body, and the more there is the relaxing of the body so that there is the more proper position taken of the organs of the pelvis, more and more will this be less irritating to the body. And there are others to be considered rather than self alone!

16. (Q) What can I do to obtain an appetite and to gain weight?

(A) Create a better balance in the taxations throughout the system. And make for a nearer cooperative activity of the gastric flows through the system. These will make for the proper balance in the weight and in the assimilations and in the general health of the body.

In making for those corrections along the spine, in the lumbar and the coccyx area, and as well as in the abdomen, do not neglect the feet and lower limbs also; for the stress there makes for a disturbance in the activities. The relief of the nerve pressure and of the nerve tension will make for better health, or a normal balance.

17. (Q) How much rest is necessary for my body? and what schedule would be best?

(A) The couplet as ordinarily given is very good to follow; i. e., after the morning meal or breakfast to work a while, after lunch to rest a while, after the evening meal to walk a mile.

The general rest should be at least seven and a half to eight hours of sleep.

18. (Q) Should any treatments given in the first reading [578-1] be carried out now?

(A) Those only that are indicated that lap or overlap one with another. For, as given, the corrections and the use of those properties that will enable the body to

prevent those periods of distress through the natural menstrual period, these should be kept.

19. (Q) What is the cause of the discharge?

(A) This is a tendency from the lesion, as in the position of the uterus itself.

20. (Q) Will douches help this? If so, what solution should be used?

(A) The Atomidine solution is better, in a ratio of a teaspoonful of the Atomidine to a quart of water. Do not use the spiral douche; rather the Fountain douche is the better.

21. (Q) Regarding conception, please explain what is meant by "When the body physically is in attune or accord with that, when it feels PHYSICALLY fit for those influences that may appear to the body." [578-3, Par. 10-A]

(A) When the body-physical forces are in accord with physical, mental and bodily functionings, then there are the natural associations mentally of creative forces that are associated with the activities which bring about conception. Thus the first proper relationships are made for a physical manifestation through which a soul may manifest that would be in accord with those purposes, those aims, those desires of the body itself. And those procreative activities are then a portion of the whole.

22. (Q) If I follow the treatments suggested, how soon should this be?

(A) In six to nine months.

23. (Q) Please give in full a blood building diet for my body.

(A) Those as indicated that have a quantity or an excess of the calcium, and those that will make for a balance in the iodines with the potassiums of the system itself.

Or in the use of Atomidine, or - more preferably - occasionally Calcidin added as the medicant or medicinal properties that make for addition of elements to the system. Not taken haphazardly, yet not in such a manner that they become routine. But those manners in which they are adding to the system the necessary elements and influences for corrective measures throughout the body itself. Quantities, then, of the orange, the lime, the lemon, the grapefruit. These should form a portion of the diet at most ALL times. DO NOT combine cereals or starches of a great nature with the citrus fruit juices.

Liver, tripe, pig knuckle. Such are those that will be body and blood building. Salsify, turnips, rutabaga, sweet potatoes, tomatoes, and such natures are those that carry the vitamins necessary for body-building with THIS body. Seafoods in moderation, but sufficient to keep a balance. Beef juices. Wine taken as a FOOD, not as a drink. An ounce and a half to two ounces of red wine in the afternoon, after the body has WORN itself out; that is, two, three, four o'clock in the afternoon - or cocktail time. Take it as a food, with brown bread. Not beer or ale, nor any of the hard drinks - but RED WINE!

These, as we find, taken in combination with the regular foods - and have three leafy vegetables to two of the pod nature, or that ratio.

24. (Q) What can I do to relieve the cramps when they come again?

(A) The applications of the heat, as we have indicated.

MENSTRUATION: PAINFUL CIRCULATING FILE

25. (Q) Must I continue with the Tonicine?

(A) This is well to take JUST before the time for the menstrual periods; not too great a quantity, but taken as in combination with the treatments or the manipulations would be well.

26. (Q) What should be the dosage?

(A) Teaspoonful twice a day.

27. (Q) Any further advice for this body at this time?

(A) Be patient, be persistent. Keep the feet dry. Do not be overexposed in the activities, especially with the FEET getting damp or wet. These are hardships upon such conditions, especially.

Hence the necessity of using, in the manipulative forces, corrective measures to not only the limbs but to those bursae in the heel, in the instep and the toes. These should be a part of the treatments.

Keep the mind CONSTRUCTIVE, keep the balance mentally and physically; and we will make for a NORMAL physical body, giving an opportunity for a real expression through same.

28. We are through with this reading.

REPORTS OF READING 578-5 F 22

R1. 7/18/36 She referred Mrs. [1223] for a Physical Rdg.

R2. 5/6/37 She requested 413-7 for her mother.

R3. 9/28/37 She obtained Ck. Physical 578-6.

INDEX OF READING 854-1 F 24

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BACKGROUND OF READING 854-1 F 24

B1. 3/8/35 Mrs. [854]'s mother, Mrs. [848] had a Physical Rdg.

TEXT OF READING 854-1 F 24 (Beautician)

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 11th day of March, 1935, in accordance with request made by the self - Mrs. [854], through Study Group #2 of the Ass'n for Research & Enlightenment, Inc., via Mrs. [379].

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 3:50 to 4:10 P.M. Eastern Standard Time. . . ., Va.
(Physical Suggestion)

1. EC: Yes, we have the body here, [854].
2. Now, as we find, conditions that disturb the better physical functioning of the body are the excess and the lack of gland secretions, and the effect these produce upon the general physical forces of the body.
3. These, as we find, with the proper precautions and with a consistency in the activity, may be eliminated, and bring the near normal conditions of the body; though in some respects these conditions are rather of a serious nature.
4. Then, these are the conditions as we find them with this body, [854] we are speaking of:
5. The BLOOD SUPPLY indicates a very poor assimilation through the digestive system, as well as very diffused in the secretions from the glands; so that the metabolism of the system is very much disturbed. There is a lack of the numbers in the white AND red blood, and those tendencies for the improper coagulations in the system arise from these tendencies in the blood stream as produced by incoordination in the functionings of the system, the lack of elements in the body itself to produce or cause the functionings of these glands - as indicated in the thyroid, as indicated in the lacteal ducts where we have something of an adhesion or cohesion of the glands themselves. Also there is very poor assimilation; the activities to the glands of the pelvis in the adrenal, those that work for the activities in the functioning of the organs of the pelvis, in and during the menstrual periods, these do not function normally or properly; making for at times a very scant and at others very irregular elimination in these directions, and other periods when there is a great deal of continued pain and suffering at such periods, nausea and headaches as occur, pains in the right side as well as in the left along the diaphragm area, and especially about the lacteal ducts in the right portion do we find disorders. Or these are the effect of disorders that have gradually grown from improper assimilation, improper activity, poor activity through the digestive system and the blood stream itself. At times the very disturbing condition in the assimilating forces of the digestion make for the improper circulation through the lungs and throat and head, giving rise to a fullness in the soft tissue of the face; which makes for disagreeable feelings across the eyes, head, the base of the brain, and through those activities of the system as indicated.

6. As to the NERVOUS FORCES of the body, these are naturally unbalanced from these conditions that arise; because we have periods when the body is rather morose, when it becomes very sorry for itself and at other times when it feels as if everyone and every condition is against the body in its activity; ready to make for condemnations and irritations at periods when these conditions arise in the body, and it becomes very morose. This naturally produces in the nervous forces a very poor ability for the natural rest for the body.
7. In the ORGANS themselves of the body, we find:
8. The activities of the brain and the regular forces through the sensory organism are very good, save as their reflex through the nervous reactions to most all of the organs of the sensory system. This makes for the fullness in the throat, through those activities to the vocal box itself; the drumming or the humming at times in the ears, the inability for the proper odors to be experienced - or odors that are unnatural arise in the experience of the body. The emotions become aroused such that the body takes sudden likes and dislikes to conditions and to peoples and to things. These are all nervous reactions to the system itself, you see.
9. From the very poor assimilation, naturally the digestion is very poor in the digestive areas of the body.
10. And as we find, these would be the better applications for the PRESENT; though we find necessarily that there may be changes, and should be a change after these applications had been taken for thirty-six to forty days, you see:
11. First we would have a period of two weeks at a time regularly when the body would take two minims of Atomidine morning and evening; that is, two minims in half a glass of water before breakfast and two minims just before retiring.
12. Also we would use the electrically driven vibrator. This would be better in this portion of the application that even adjustments or manipulations; the electrically driven vibrator each evening over the whole of the cerebrospinal system for at least fifteen minutes.
13. Every other day use the violet ray AFTER the vibrator treatment. This would be applied directly from the open bulb, you see, or the large bulb, for three to five minutes; and let at least two minutes of this be along the head, the neck, over the thyroids, over the face, over the head and eyes and the soft tissue as along the antrum and along the sinus.
14. We would take internally at least twice a week the extract of liver - Valentine's, preferably, in the evenings.
15. Also we would take Ventriculin about twice each week in the evenings, the regular dose indicated, but use that WITHOUT iron in the beginning.
16. We would also use each day the Radio-Active Appliance. This we would use on the extremities of the body; right wrist, left ankle; left wrist and the right ankle. About four days before the regular time for the menstrual period, make the application of the anodes to the 4th lumbar area and to the frontal bone of the body; so that the periods will be less severe, more regular, carrying the vibrations from the 4th lumbar to the puba or frontal puba bone, so that the nerve forces react through these. The plain vibrations to the extremities would be taken every

day, while those in the lumbar and frontal bone would be taken extra for the three or four days previous to the periods.

17. We would be very mindful of the diet. Adhere to an alkalin-reacting diet. This would be as an outline for the body, though, to be sure, this may be altered to suit the tastes of the body at times:

18. Breakfast - do not take cereals and citrus fruit juices at the same meal. Citrus fruit juices OR cereals may be taken. If cereals are taken, they should be preferably of the whole wheat or the puffed wheat or the rolled wheat, or the wheat with barley in same - these would be the more preferable. At times there may be taken the yolk of egg with whole wheat bread.

19. During the morning hours, about ten or eleven o'clock, we would take a malted milk with egg and a few drops of spirits frumenti in same.

20. Noons - preferably raw green vegetables, or soups from same. Or the salad may be made of a combination of fruits.

21. Evenings - cooked vegetables, preferably cooked in their OWN salts; NOT in water, you see, but preferably in Patapar paper. Whether these are dry beans or fresh beans, or cabbage or what not, cook them in their OWN juices and take the juices of same WITH same as they are eaten! The meats should ONLY consist of broiled or boiled fish, fowl or lamb.

22. Do these in a very consistent way and manner, as we have given, for a period of thirty-six to forty days; and we would then give further instructions.

23. Ready for questions.

24. (Q) What causes my thyroid glands to swell?

(A) Lack of proper secretion in the gland activity.

25. (Q) What is the cause of pains in my back just below my waist line?

(A) A heaviness of the activities of the glands to those secretions for the functioning of the pelvic organs, and for the activities of the glands or secretions to the lacteal duct area. Those vibrations and applications as indicated should relieve these pressures.

26. Do these as outlined for thirty-six to forty days; and then we would give further instructions. We are through for the present.

REPORTS OF READING 854-1 F 24

R1. 5/13/35 Mrs. [854] secured a Physical Rdg. See 854-2.

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WOMB: TIPPED

BACKGROUND OF READING 921-1 F 21

B1. 5/1/35 Mother, Mrs. [922]'s letter: "The spiritual side of her is very dormant still - she is like a child in so many ways - undeveloped love sense - the periods are very painful. The doctors say the organs are very small. Advice is very unwelcome. She has to work out her own experience, yet she acknowledges often that mother is always right. Sometimes I am afraid I keep my 'hands off' too much, and then again not enough."

TEXT OF READING 921-1 F 21

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of May, 1935, in accordance with request made by the self - through her mother, Mrs. [922], new Active Member of the Association for Research & Enlightenment, Inc., recommended by Mrs. [255].

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 11:00 to 11:15 A.M. Eastern Standard Time.
Rest Room on 13th floor of the City Bank Farmers Trust Co. Bldg.,
22 Williams St., New York City.

(Physical Suggestion)

1. EC: Yes, we have been in this building before. [Rdg. 740-1 at 150 Williams St. ?]
2. Yes, we have the body here, [921].
3. Now, as we find, while many conditions-physical are very good with this body, there are those disturbances the correction of which in the present would prevent a great deal of disorder and distress; and make for a much different outlook upon the experiences in life.

MENSTRUATION: PAINFUL CIRCULATING FILE

4. These, as we find, have to do with specific conditions that exist in the physical functioning organs of the body. In the present they produce not only excruciating pains at times but a strain upon the nerve system that makes for periods of irritability, which are naturally UNNATURAL to the disposition or the temperament of the body. Yet if these are allowed to continue they will become more and more a portion of the make-up; causing a pessimistic outlook upon life and life's experiences, and more and more would the associations and activities become as a drudge - when, in a normal activity with a temperament of the nature or character as indicated with this body, each day, each activity should be as an experience from which there may be gained something that makes for life and life's activities in its associations with individuals more and more worth while.
5. With a balanced condition, as we find, such an outlook should really become a part, parcel or portion of the experience of the entity.
6. The activities of the nerve pressures that are impinged cause an abnormalcy, producing in the blood stream an effluvium that causes irritation; preventing at times the proper coordination in the acts of the NATURAL reaction from used energies in the system. And the digestive disturbances, the headaches, the pains through portions of the body, all arise from these. Thus there are those tendencies indicated in the general stature, in the general reaction, in the general regurgitations in the whole of the body's activities.
7. As we find, these conditions exist in the system:
8. In times back, when young (not that it's too old now!), there were those reactions in the ileum plexus that have made for an exaggeration of its extended activities, that forms a character of lesion - or a spreading - that produces, for the organs of the pelvis, the improper position of the womb itself; it being PULLED to the side and back. This makes for these periods when there is improper elimination through these channels, producing pain and slow activity, irregularity at times, coming too often at others; making at times too great a period between the times or the periods of the activity of the organs. This we find also is indicated in the last dorsal plexus, in the 12th dorsal, as well as in the 4th lumbar. These all make for centers where tautness is produced in the system.
9. As we find, then, in meeting the needs of the conditions in the present:
10. First we would have periods when there should be the proper adjustments made osteopathically (as by Dobbins), in the ileum plexus, in the lumbar plexus, in the last dorsal; COORDINATING the locomotory centers in the 9th dorsal, 1st, 2nd and 3rd dorsal, and through the cervical centers.
11. In making these corrections, they should be - as we find - in periods of two to three weeks, three treatments each week, or nine treatments during a period. Then rest or leave them off for two weeks. And let the rest period from the treatments come during the period for the activities in these portions of the body itself; that is, during the menstrual period. Continue in this manner until three ROUNDS of such osteopathic treatments have been given.
12. During the whole time we would use the Radio-Active Appliance. The application of the first anode (the small plate) would be at the 4th lumbar plexus, while the other anode (which would be made a little larger) would be attached last over the puba center, or over the frontal portion, see? The activity of this low

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vibration of electrical forces will tend not only to regulate but to EASE the flow of the circulatory forces through the body. This we would use for thirty minutes EVERY day, except during those periods when the flow has begun. After the flow has stopped, begin again. Preferably use this each evening just before retiring; preferably with the body lying prone as it is applied. This will tend to make for a much more irregularity at first, coming too often as it were, but as the adjustments are made and as the corrections in the activities are made these will bring about normalcy for the body, and periods when the activities are regular.

13. These we would take for at least THREE ROUNDS of the osteopathic adjustments. And then we would give further instructions.

14. Ready for questions.

15. (Q) Why are the pelvic organs small?

(A) This is from the natural inclination from an injury in the childhood, that has made for this tendency. Hence the necessity for those manipulations and adjustments to make for coordination in their activity.

16. (Q) Any further suggestions, physical, mental or spiritual, that will help the body at this time?

(A) Keep that which is of a constructive reaction, ever.

17. We are through for the present.

(See letter [which was enclosed] with directions to Osteopath; also letter to The Reilly Service with specifications for the Radio-Active Appliance. After the three rounds of osteopathic treatments as indicated, let us know so that we may make an appointment for a check reading. GD.)

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None.

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BACKGROUND OF READING 1161-1 F ADULT

B1. 5/5/36 Husband's letter to GD: "On Thursday, May 7th, Mr. Cayce is to give a reading on [1161] at the above address. I would like to have one question asked at that time and that is whether an operation is advisable."

TEXT OF READING 1161-1 F ADULT

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of May, 1936, in accordance with request made by the self, through her husband, Mr. [. . .], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [1113].

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 4:10 P.M. Eastern Standard Time. . . ., New York.
(Physical Suggestion)

1. EC: Yes, we have the body here, [1161].

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2. As we find, there are specific disturbances in the physical forces of the body. These produce effects upon the nervous system and in such reactions upset the body in many ways.
3. These we find have to do primarily with conditions existent in the pelvic organs.
4. Then, these are the conditions as we find them with this body, [1161] we are speaking of:
5. THE BLOOD SUPPLY, this indicates there is a great deal of anxiety manifested in the nerve forces of the body at times. Those tendencies for heaviness and bearing down pains through the lower portions of the body, tendencies for the slowing of the circulation through the lower extremities.
6. At times this with the reaction is the cause primarily of the headaches of the nature on top of the head, as well as those in the temple at other times.
7. IN THE NERVE FORCES OF THE BODY, as has been indicated, existent conditions produce the pressures upon the nerve system. Rather than the nerve system being the basis or cause of same, the effects through same make for taxations to the digestive forces, those reactions in other portions of the body as indicated.
8. THE ORGANS OF THE BODY, most of these become disturbed, but may be relieved through correction of the conditions in the pelvis and through the activity of the functioning of the organs there. Those suppressions arise from lack of proper elimination. The extreme pains through which the body passes at such periods of elimination, all of these make for those conditions that become disturbing, as well as the effect from those things that are used or applied at such times for bringing relief for the body.
9. Then, as we find, there is the adherence of tissue about the organs in the pelvis.
10. The uterus itself is in a condition where adherence and conditions of tissue become irritated to such measures that these cause or produce the greater disturbance for the body.
11. For these, as we find, it is not necessary that there be operative forces. However, unless there are some LOCAL applications and treatments and the applications necessary to reduce these disturbances, operative forces would be necessitated - but they would be of such a nature that they would NOT be very good, for such measures would only OPEN the way for greater disturbances through various portions, or the backing up of poisons to other portions of the system through the Fallopian tubes and through the ovaries themselves and through the functionings of the system where poisons would be collected then - if those conditions are to remain.
12. AS WE FIND, THEN, IN THE PRESENT, first we would begin with douches that would be warm, not too hot but warm, of the Atomidine solution - in these proportions: To a quart of tepid water add a tablespoonful of Atomidine regular strength. Use same rather in the Fountain douche than in the spiral or a forced douche, see? retaining the water as long as is possible; that is, for a few minutes, of course, at a time before expulsion of same.

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13. After these have been used once a day for five days, then we would begin with manipulative forces as would be given through osteopathic adjustments particularly in the sacral and the lumbar areas, though we would coordinate other centers in the 9th dorsal, the upper dorsal and throughout the cervical area with these, making PARTICULAR adjustments about the end of the cerebrospinal system - or in the coccyx area; for here the nerves or muscular forces as produce the contraction through the area become more and more in connection or association with those pressures produced in the body.

14. Then, after a month's treatment, twice to three times each week, if the condition is RELIEVED it may not be necessary even for LOCAL PACKS - that may be applied in making for corrective forces in the areas themselves.

15. Also we find that the clearing of these conditions will tend to correct those tendencies for the effect of sedatives upon the digestive system, where through the position of the stomach itself there tends to be the slowing of foods through same. Hence the applications of the adjustments will be for the correcting of these areas also, and we will find there will be a clearing of those conditions that tend to make for disturbing factors there.

16. Do these and, as we find, other disturbing forces that have been effective in the lymph circulation through face, head and neck and other portions where disturbances arise will be eliminated.

17. Then the conditions are to produce first a more equal coordination of all portions of the bodily functioning forces, removing the pressures that CAUSE these disturbances in the organs of the pelvis, as well as those that are of a sympathetic nature in the solar plexus center, the brachial and upper portion of the vagus centers. All of these would be clarified.

18. Do this.

19. In the matter of the diet, keep those things that make for rather an alkalin-reaction. Refrain from foods that are fried; in oils or fats. Not too great a quantity of starches, especially starches with sweets; that is, pastries and potatoes should not be taken at the same meal. If they are to be taken, let them be taken at separate or different meals, see? At least one meal each day should consist only of raw vegetables.

20. Do these and we will find better conditions for this body.

21. Ready for questions, [1161].

22. We are through for the present.

REPORTS OF READING 1161-1 F ADULT

None.

INDEX OF READING 1164-1 F ADULT

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BACKGROUND OF READING 1164-1 F ADULT

B1. 5/9/36 She and her mother and aunt were present, submitting questions.

TEXT OF READING 1164-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of May, 1936, in accordance with request made by the self - Mrs. [1164], new Active Member of the Ass'n for Research & Enlightenment, Inc., recommended by her aunt - Mrs. [413].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1164], Mrs. [2837] and Mrs. [413].

R E A D I N G

Time of Reading 3:15 to 3:55 P.M. Eastern Standard Time. . . ., Va.
(Physical Suggestion)

1. EC: Yes, we have the body here, [1164].
2. Now, as we find, there is rather the complication of disturbances in the physical forces of this body. The description of same may indicate or sound as if SOME are very serious, yet if these disturbances are taken in time these may be eliminated and the body function normally.
3. These, as we find, are the effects of incoordination in the assimilating and the eliminating systems; though the effects that have been produced and are being produced throughout the body make for same disturbances that misdirect, or give an inclination of disturbances that are in reality reflex conditions.
4. And if the causes or the bases of the disturbance are eliminated, then the functioning of the organs and the reactions in the system will become normal.
5. These, then, are conditions as we find them with this body, [1164] we are speaking of, present in this room:
6. IN THE BLOOD SUPPLY, we find this deficient in quantity as well as in the quality. In the divisions of same we find there are strains often put upon the circulation in the attempts to create sufficient amount of the leucocytes or polycytes to make for the proper coagulations. And to fill portions of the functioning organs at times draws upon the circulation until there are those tendencies for an anemia, that produces in the DIGESTIVE forces of the body the inclination for a drying, or a drawing upon tissue. This is indicated through the activity in the caecum area, as through the gall duct area and in the eliminations as to the organs of the pelvis themselves.
7. All of these in their functioning, then, show the DRAIN that is put upon the system in the attempt to keep a normal balance in the blood building forces.
8. Hence we find in the liver, the kidneys - yea, at times in the heart's activity itself as coordinant with the lung circulation to same - that drainages are not proper. Hence the body at times becomes conscious of the functioning of all, or one or the other of these portions of the system.
9. Hence we find periods when the body would WILL to do this or that, yet the very strength, the very vitality is taken from the system. And when the body attempts to function or to act in these ways or manners, that necessitates the activities of the body in the use of these organs, these become as a heaviness;

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dull headaches; pains through the eyes; pains through the throat and head that are the effect of the system being DRAINED, as it were, to produce in the deeper circulation sufficient of elements for an equal balance throughout the system.

10. IN THE NERVE FORCES OF THE BODY, here we find EFFECTS upon nerve forces rather than these being the source of the disturbance.

11. For there is the impulse for circulations in the organs themselves as well as to the extremities of the body. And this is a very good indication.

12. At times the whole lower limbs or the upper - the arms - feel as if they were disconnected from the body, when there are those activities that require the use of these; especially AFTER the body has been through the physical exertion for activities of the extremities. This is the nerve forces deadening or aware of the drainage or the strains upon the system, producing the drainage of the blood from these portions. Hence we have a disturbed circulation through these to the extent that they become, as it were, a drain more upon the body for its activity.

13. The nerve forces also, as indicated by the impulses and for activities of the system, naturally make for restlessness; yet at times inertia or inactivity makes just as much strain upon the nerve system as does the attempt to weary the body, as it were, by physical activity. For these also produce the inability for the body to rest nominally. For there will be periods when the body seeks for rest when these would appear to be abnormal; others when there is the desire for rest without the ability to rest as much or sufficiently for the recuperative forces to become more active in the assimilations for the bodily functions.

14. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, these, as we find, are under the stress and strain as may be indicated from the very disturbing conditions that arise from the digestive forces of the bodily functionings themselves and the unbalanced condition in the abilities for digestion to be carried on nominally.

15. Brain forces good; the reflexes from same are good, above the ordinary. Abilities of the body in discernment and in activity - well, these need special attention, in that they are above the normal.

16. The organs of the sensory forces - the eyes, the ears, the nasal passages, the activity of the impulses through the body, have suffered under the stress and strain that has been produced upon the system. And their activity at times, as indicated, becomes aware of their functioning by the body-activity itself.

17. The throat, the bronchi, the lungs: That there has been a strain and continues to be a strain upon the circulation makes for a tendency for the lung area to become aware of the filling, aware of the shortness of breath, aware of the fullness; especially in any unusual exercise. But organically these are not disturbed; only in reflex functioning.

18. Hence the correction in those areas or from those disturbing conditions will overcome these effects.

19. Heart's activity, as indicated at times, shows a slowness or a low blood pressure and at others - though tendency for the anemia exists - this rises above normal activity in its pressure.

20. In the digestive area or the stomach itself, this organ we find dipped; dipped in the lower portion, and thus making for an easy flow at times of the gastric

juices. It is abnormal in its size; that is, smaller than nominally should be. This causes the periods when foods as taken flow too easily through the system; others there is the tendency for fermentation and there arises a form of sick headache as from same, with an inactivity through the gastric flow from the duodenum, the pancreas, the spleen and those flows from the gall duct area itself.

21. Hence sediments are a tendency for accumulation in the gall duct area, though the heaviness in the right side is more from the strains upon the lacteals in their central realization or activity than upon the gall duct itself.

22. In those areas of the colon, here - too - we find those tendencies for the adhesions as we have indicated that make for a feeling of a fullness and a heaviness in the caecum portion of same.

23. The kidneys and the organs of the pelvis make for a strain upon the system SYMPATHETICALLY. And if there is the relieving of the digestive forces and the position of the stomach itself, as well as the allaying of the great strains upon the body, the other conditions in the system should adjust themselves. Slow at first will this be, yet if there will be the proper balance of the diets and the correct combinations for the disturbance, then the activities that make for such as to cause their proper reactions and coordinations, we should bring about the normalcy for this body.

24. THEN, IN MAKING THE APPLICATIONS, AS WE FIND:

25. First there should be sufficient of the manipulative forces osteopathically given as to make for the correction of the POSITION of the stomach itself, and remove a great deal of the pressure that is produced upon the liver area itself.

26. Then we will find that with the diets, with the correct electrical vibrations set up in the body, we will build to a normalcy.

27. The applications of the manipulative forces should be mainly in those between the 10th dorsal and the upper cervical area, to be sure; but be sure that occasionally in the manipulations the coordinations is set between the lumbar plexus and the brachial and the axis in the 1st cervical areas. This should not require more than twelve such treatments, or thirteen at the most. These should be in the beginning twice or three times a week, then gradually lessen same. Or have a period of a week and rest a week, then a period of two or three weeks when not so many are given.

28. Begin immediately when these osteopathic treatments are begun, with the use of the violet ray. These vibrations may be taken at home, or just before retiring. A small portion of same should be applied about the head, the ear, the brachial center, the dorsal center, the lumbar center, and then across the diaphragm area. Then for three to five minutes just take the plain applicator (rod applicator) and hold in the hand.

29. We would also use the low electrical vibrations from the body through the Radio-Active Appliance, each evening before retiring - or when retiring. Attach on opposite extremities of the body, for creating the equalizations through the system.

30. In the diets - these, as indicated, are the more important; and these would be rather strict for the first two or three months anyway. And then gradually may the

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change be made to a nominal diet. These would be as an outline, and rather stick to these:

31. Mornings - dry cereals about three times a week; cooked cereals once or twice a week. This should be WHOLE WHEAT, and with milk - or milk and cream preferably on all of these. Dry cereals take fruit on same; these may be orange, bananas or strawberries or peaches or any of the fruits or the berries.

32. Noons - nothing save raw vegetables.

33. About three to four o'clock in the afternoon drink an ounce of red wine with black bread.

34. Evenings - well-cooked vegetables of the leafy variety. Not a great amount of meats. Never any fried foods of ANY kind. Boiled onions should be in almost every evening meal. The meats would be fowl, fish or lamb.

35. Do these and we will find conditions will be near to normal.

36. Necessary to keep the eliminations nominal. This may be done preferably by the change in the fruits or vegetables and by the use of enemas, rather than cathartics or laxatives; though olive oil may be taken on all of the raw vegetables or taken separate.

37. Ready for questions.

38. (Q) Why is my resistance so low, which makes me so susceptible to colds, etc.?

(A) As has been indicated.

39. (Q) Is my wisdom tooth directly responsible for the severe ache in my right ear which, in turn, causes constant suffering from headaches?

(A) This is RATHER a GENERAL condition, though the condition with the tooth needs local attention. But if there would be the proper balance of the salts of the system (see, there are sixteen in number), or if these were supplied in their proper ratio, or had they been supplied, these would not have or would not be causing the trouble. These elements as we have indicated to be taken would be a long time changing these conditions, but the corrections osteopathically for the relief of pressures in the cerebrospinal system will AID these to act more quickly as they are applied.

But local attention there is preferable (with the tooth).

40. (Q) Did puncturing my ear when I was a child have anything to do with the condition now?

(A) The puncturing of the ear only allows this portion of the body under the general anemic condition to be more susceptible TO disturbances. This, to be sure, is not always well to be done; yet there ARE CONDITIONS that arise when it becomes necessary. But if those conditions are carried out as we have indicated, we will not only overcome many disturbances but we will build a resistance that will meet the needs and prevent MANY greater disturbances later on.

41. (Q) What causes the earache?

(A) The strain upon the system from those areas in the cerebrospinal system, because of the lack of flow of circulation to that portion of the body. Hence as may be seen by heat applications, relief may be had; and will be had, as will be carried by the electrical forces; for, as indicated, these should be applied (the

violet ray vibrations) about the head and neck as a portion, and about the ear, back of the ear, and on the neck below the ear. These will carry that which will alleviate the causes of these, as well as the manipulative forces correcting the pressures to same.

42. (Q) Why do I suffer so with painful cramps during menstrual periods?

(A) The lack of the circulation there. As indicated, if there is the relaxation in the lumbar area as we have given, and the application of the violet ray (the high electrical vibration) with the Radio-Active Appliance (the low electrical vibration) for the body-equalization, these will build to such an extent that soon there will be normal activity at those periods.

There must be builded in the body, though, sufficient activity throughout the glandular forces and throughout the assimilating forces that there may be sufficient of same to be taken at such periods.

This is reflex rather than organic, though - as indicated - the organs become involved through strains or drains upon the system in attempting to create balance in the forces of the body.

43. (Q) Is smoking detrimental to my health?

(A) In moderation, not detrimental; but moderation for this body would be not more than six or eight during any one twenty-four hour period! More than that would be harmful.

44. (Q) What about tea and coffee?

(A) No tea. Coffee may be taken WITHOUT cream or milk! Sugar, of course, may be added if it's preferable.

45. (Q) Where are the Radio-Active Appliance anodes to be attached on the body?

(A) To the opposite extremities of the body; left wrist, right ankle; right wrist, left ankle. Apply for one hour each day or longer.

46. (Q) In taking the violet ray, when should the anode to be held in the hand be taken, and how often?

(A) As indicated, first is the bulb applicator used, you see, to the areas about the head, the neck, the brachial center, the 9th dorsal, the lumbar area. Then across the diaphragm, see?

Then for three to five minutes hold in the hand the anode - not the bulb but the anode where just the current passes through the body.

47. (Q) Should it be taken each day?

(A) As given, each day.

48. (Q) How much rest should the body have?

(A) Six to seven hours is nominal. As the applications are given it will require at some periods eight to ten for the body. The body SHOULD rest an hour during the day, and especially the hour when a stimulation for the eliminations, for the blood, is being taken. We are through for the present.

REPORTS OF READING 1164-1 F ADULT

R1. 8/30/40 Mrs. [413] reported that Mrs. [1164] did not follow the reading.

R2. 10/29/42 Mrs. [1164]'s mother, Mrs. [2837], obtained a Physical Reading.

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BACKGROUND OF READING 1306-1 F 18

B1. 12/10/36 Mother [1690]'s letter: "A year ago [1306] had an attack of jaundice. We had Dr. Stone [Harvey Stone, M.D.?] once and he partially examined her and I'm not so sure that he decided what condition she was in. I know that there are several things wrong with her and that you can tell me the real conditions and treatment of her. [1306] is the only one of my children that you haven't given a reading and she has expressed a wish for a reading a number of times. I do hope that there will be no serious conditions and that we can carry out in detail whatever treatment is necessary."

TEXT OF READING 1306-1 F 18

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of December, 1936, in accordance with request made by the self - through her mother, Mrs. [1690].

P R E S E N T

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

R E A D I N G

Time of Reading 3:30 to 3:50 P.M. Eastern Standard Time. . . ., Ky.

1. EC: Yes, we have the body here, [1306].
2. Now as we find, while in the present the conditions are not so serious, the body is in that state where these easily might become very serious.
3. The disturbances are as we find the lack of vitality and resistance, especially as related to the respiratory system and the manner in which this disturbance impoverishes the organs of the rest of the body, accentuating the emotional system in a manner that is not good; thus producing an outlook mentally that must be changed as well as put to rather a constructive view.
4. These then are the conditions as we find them with this body, [1306] we are speaking of:
5. The blood supply indicates there is an impoverishment of same. Thus there is a form of anemia, lacking in a perfect oxidization. Or the lack of carrying sufficient of the oxygen for the system produces this result by the poisons, and an acid poison that makes for the body easily contracting cold; with pains, congestion at times through the portion of the lungs, the easily upsetting of the digestive forces, a languidness often takes on almost temperature; cold feet and chilly sensations at times - all become a portion of the condition.
6. These as we find arise from improper diet (that has long been a portion of the tendencies); those inclinations for the activities to be of such a nature as to cause disturbance rather than building up; poor eliminations and disturbances in the organs of elimination - all become a part of the disturbance in the body.
7. Naturally from these disturbances we have a drain upon the nervous system, the body becoming very nervous, very touchy at times, and yet at other periods with conditions that the body likes or builds as its material outlook, conditions may change - and for days or weeks may be very good.
8. This is a general and a constitutional disturbance. And as we find we would add this to the system:

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9. First we would begin by the taking of Halibut Oil with the Viosterol. This we would take at least twice each day, morning and evening. And when it is taken drink a large glass of malted milk.
10. These as the diet: Do not eat pork in ANY form, ever. A little breakfast bacon very crisp at times may be taken. A great deal of the meats that are of fowl, fish or lamb. Do not eat fried potatoes or fried eggs or fried ham, or ANY of the fried foods that are ordinarily considered as part of diet. Whole wheat bread preferably. Drink plenty of fruit juices, this preferably during the day rather than at the morning meal. But morning meals principally of whole wheat or crushed wheat, this well cooked - cooked for two to two and a half hours. This with plenty of cream, not too much sugar but sufficient to make it palatable.
11. Stay in the open by taking walks EVERY DAY!
12. Drink PLENTY of the water at ALL times!
13. And begin in the outlook upon the activities of life - Read again, or read "That Printer of Udell's," and then apply the story to thine own experience - and then do something about it!
14. And we will find we will bring health, strength, vitality.
15. Meet people, yet not as for any endurance for those but rather as companionship.
16. Increase the length of the walks each day.
17. Stay out of the night air, and refrain from every having damp feet for very long.
18. These as we find - and when there are the baths, have a massage THOROUGHLY with a very coarse towel the full length of the spine, following a cold shower or cold rub along the spine. Hot and cold. These should be the applications to the spine - a thorough rubdown with a very coarse towel.
19. Ready for questions
20. (Q) What causes pain in right bowel? Is it appendicitis?
(A) As we find it is rather the lack of eliminations, or from the poor eliminations. If the walking exercises are kept, if there are the diets as indicated, and if the eliminations are kept well by use of enemas rather than purgatives or laxatives, these should disappear. It is not inflammation, but rather poor circulation.
21. (Q) What causes awful cramping at monthly period?
(A) As has been indicated, the disturbance in the circulation. To be sure, no cold showers or cold rubs should be taken close to these periods - but if these are taken at other times, this will soon disappear. When these occur, an application of hot salt across the small of the back will bring relief.
Too long a walk or too tiring of the body at such periods, for the one or two days of same in the beginning, should not be indulged in to be sure. But consistency, with general hygiene and the conduct of the body will bring relief.
22. (Q) Is there any disease of throat?
(A) None that is infectious; rather a poor circulation.
As has been indicated, consistently, persistently for three months do as has been given; we will be rid of colds, of the sore throat, of those disturbances in most portions of the body.

And then seek further.

23. We are through with this reading.

REPORTS OF READING 1306-1 F 18

R1. 12/29/36 Mother [1690]'s letter: "[1306] started to work the next day after you gave the reading and worked up to Xmas and then the confusion and noise at Xmas made it hard to start her treatment, but she started it today. I hope to be able to carry it out to the dot. It is simple enough and doesn't carry much expense. I was really surprised to know that [1306]'s condition was not more serious and very glad to know it too. She had no energy, complained a good deal and she and I both felt sure that there was something serious wrong with her or I wouldn't have asked you to give this reading, but at that I know it is best to start now before things are more serious."

R2. 7/7/40 She [1306] wired for a Physical Rdg. for her baby son, [2299].

R3. 12/9/40 She submitted questions for her own second Physical Rdg., in her second month of her second pregnancy - See 1306-2 on 12/13/40.

INDEX OF READING 1389-1 F 24

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: Oneness	Par. 29
: Purpose	Par. 29
Osteopathy: Pelvic Disorders	Par. 18--22
PELVIC DISORDERS: CATARRH	
: Dysmenorrhea	Par. 10
Physiotherapy: Massage: Camphor: Pelvic Disorders	Par. 25
: Mutton Tallow:	Par. 25
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BACKGROUND OF READING 1389-1 F 24

B1. 6/16/37 Letter after she and her husband, [2793], visited EC in Va. Beach: "I would like to know why I suffer every month, why I haven't been able to conceive, also what I can do about my complexion. Again I will say, it was a pleasure meeting you and hope some day we will see each other again."

TEXT OF READING 1389-1 F 24

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 18th day of June, 1937, in accordance with request made by the self - Mrs. [1389], through her husband's Associate Membership in the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [257] and Mr. [619].

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 10:30 to 11:00 A.M. Eastern Standard Time.
Hotel Crillon, Atlantic City, New Jersey.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1389].
2. Now as we find, while there are disturbing conditions in the physical functioning of organs of the body, that upset the body at times and produce a great deal of distress and prevent the normal activities of the body, these as we find may be materially aided.
3. And if there is consistent application of those things suggested, this may be accomplished without a great deal of distress.
4. While there might be operative forces, these would be of such natures as to cause a local disturbance and the possible prevention of the full compliance with the purposes of a physical body in the material plane.
5. These then are the conditions as we find them with this body, [1389] we are speaking of:
6. IN THE BLOOD SUPPLY, we find there are indications of nerve tensions that prevent the body from keeping a normal equilibrium. These nerve tensions, as we find, arise from disturbances in the organs of genitivation, or through the pelvic organs.
7. As we find these arise from the tendency of the organ, or of the womb itself, to be pulled back; owing to a distress produced by a hurt or an injury in the cerebrospinal system.
8. This pressure, in its gradual change through those periods when there were cold or congestion contracted by the body, during a period of menstruation when there was rather the effect of cold or congestion, has produced something of a catarrhal condition there.
9. These conditions have been materially aided by some of the applications that have been made, and that have prevented the discharges that have been at times very disturbing to the body; but at the same time they have allowed the scar tissue or the tautening of the muscular forces to pull the organ out of position.
10. Thus we find, during those periods, a great distress. Beforehand the effects of same appear as dizziness, headaches, bearing down pains; and during the periods there are convulsive reactions - that is, of the organs; that is, in the tubes and the ovaries in their discharge from the system, owing to a depleted condition - and at times we have a variation as to the quantity of the flow from the system; at times scant, at times missing days, and at others we find an overflow.

MENSTRUATION: PAINFUL CIRCULATING FILE

11. These become very disturbing to the body. These present a condition where there becomes an upset with the digestive system, there is a feeling of depression through the lumbar areas, there is even a soreness, a heaviness to the lower limbs.

12. All of these arise from these disturbing factors. Then naturally their pressures upon not only the sympathetic nerve system but the cerebrospinal system, from which the impulse arises for the general activity of coordination of these portions of elimination activities to the body, bring about disturbance in the sensory forces; making the body supersensitive at times, making the body disturbed in its activities as to become irritable to self and to conditions about self - when the mien, the manner or the general disposition is beautiful, is lovely, is sweet! yet these are such disturbing forces as to produce burning in the eyes, headaches, upset digestion, dislike for anything and everything.

13. These are NERVE REACTIONS, and as we find all of these conditions may be eliminated from the system.

14. THE FUNCTIONING OF THE ORGANS is more or less attuned to the nerve pressures.

15. Thus the upsetting that arises.

16. AS WE FIND, TO MAKE FOR THE CORRECTIVE FORCES:

17. It will necessitate that the body take the time and be consistent; that is, following the periods of the applications for helpful forces in such measures, in such ways and manners as to make for the bettered conditions for the body.

18. First we would begin, then, with osteopathic manipulations and adjustments. These should not be made too severe in the beginning, but be given about twice each week for three weeks, or until the period occurs again.

19. The manipulations and adjustments will be through the coccyx area (that's the end of the spine), through the lumbar, through the lower dorsal; in the beginnings - that is, the first series of treatments, you see.

20. Then after there is the rest from same for the one week, the next series would be begun; with the coordinating of the lumbar axis with the lower limbs and the feet, and coordinating the upper dorsal and the cervical centers with the general activities of the body.

21. There should be at least three or four periods of three weeks each of the manipulative forces.

22. Then we would give further instructions or the changes that have been wrought, as to whether there is the necessity then for some other form of osteopathic adjustments or corrections, or as to the position then of the uterus and the womb as well as the relationship of same to the tubes and the ovaries.

23. Just a few days before each menstrual period, and during that period, we would use the Radio-Active Appliance. Attach one anode to the 4th lumbar plexus, the other anode to the pubic bone or center - just above the labium and on the nerve center as to same. This will produce rest, make for an easing of the period as well as an equalizing of the general circulatory forces of the body. This would only be used during the periods, you see, for the first few months - only the week of the period; beginning a few days before - two to three days before - and using throughout the period that there is the flow. Keep this on for an hour at

MENSTRUATION: PAINFUL CIRCULATING FILE

least at a time, or longer if necessary. Do not apply until the Appliance has been in the ice for fifteen or twenty minutes. Keep the plates very clean, polished, not binding upon the body but in perfect contact.

24. If there is pain, use Salicon as a sedative - one tablet at a period, or an hour apart until relief.

25. It will also be found during such periods that the massaging of the body with an equal combination of Mutton Tallow, Turpentine and Camphor, and then applying heat as with the electric pad, over the lumbar area, over the abdominal area, will relieve the condition.

26. In the matter of the applications, it is the natural functioning of the body for reproduction; but until there is better mental condition as related to reproduction and the physical ability to carry on - or to carry through with same, this would not be well.

27. But within six to eight months, with following these suggestions, conception should be possible with the body if so desired.

28. But as to the mental attitude of the body throughout the applications - whether the mechanical through means of the Appliance or the adjustments necessary:

29. Know that the help, the aid, must be first MENTAL and within self; and that all healing comes from CONSTRUCTIVE, spiritual forces within self; and that with the changes wrought, these are not to be made for self-aggrandizement, self-indulgences, but that the spirit of truth, of good, of love, of patience, of reproduction, may be fully accomplished; that the body, in mind, in body, in spirit, may fill that for which it came into the material experience in the present.

30. Do these, then, for the full three or four periods, as we have given.

31. Then we would give further instructions.

32. We are through for the present.

REPORTS OF READING 1389-1 F 24

R1. 6/16/38 Reply to Questionnaire: ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia
INDIVIDUAL CASE REPORT

Date of Reading: June 18, 1937 Case No.: [1389]

(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? Yes.

(3) What was the physician's analysis of this condition? The same as the reading.

(4) Have the suggestions given in the Reading been followed exactly as outlined? Partly, the osteopath gave me prescribed treatment, but did not invest in therapy machine.

(5) For how long? Aug. 1937 to Jan. 1938 - 5 months.

(6) Describe the extent to which improvements have resulted? Pregnancy.

(7) Comment. Mere words cannot express the gratitude I feel. Through this reading I have been able to fulfill our only dream and aim in our lives.

Date: 6/16/38 Signed: [1389]

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R2. 6/16/38 Reply to Questionnaire:

OSTEOPATH'S Report to

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia

Date of Reading: June 18, 1937 Case No.: [1389]

Note: As a research organization we are endeavoring to make a thorough study of psychic information in relation to human ailments. We will deeply appreciate your cooperation in securing a thorough report on this case.

Name: Mrs. [1389]

(1) (A) Did the Reading presented to you describe the condition of the patient?
(b) Explain any variation. (c) Give technical diagnosis. (A) [No response] (b) [No response] (c) Right Sacro-iliac Strain - Slight Scoliosis.

(2) Were the suggestions for treatment in your opinion proper for this condition?
Definite indication for manipulative treatment.

(3) For what period of time has the patient followed directions given in the reading under your care? January 1938.

(4) What results have you observed? Conceived after above condition was corrected.

Date: 6/16/38 Signed: Robert B. Thomas, D.O., R.C.O.S. (Of what school?)
(We will appreciate it if you will include a technical analysis of your findings.)

R3. 3/13/40 Husband [2793] referred his friend, Mr. [2345], for a reading for his daughter, [2153], saying: "I hope you will remember me as bringing my wife to see you in 1937 at Mr. [257]'s suggestion. Mrs. [1389] and myself are deeply grateful for your help as we now have a baby boy eighteen months of age and we are both very happy."

R4. 7/7/40 Mr. [257]'s letter [See under 2345-1 Background]:

"[2793] (and [1389]) has second Cayce baby on the way - seven years and none until he met you and so [2793] brings them in and I talk. We never sell furniture, only Cayce - the furniture is only incidental."

R5. 2/12/41 Mr. [2345]'s letter: "Dr. Thomas is the same man that treated Mrs. [1389] whose complete recovery was based on instructions contained in one of your readings with which he complied."

R6. 8/5/42 Husband obtained a Physical Rdg. for himself - See 2793-1.

INDEX OF READING 1532-2 F 20

ANEMIA

Apparel: Shoes: Locke Par. 25-A

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Attitudes & Emotions: Constructiveness Par. 26-A

Cycles: Body Par. 24-A

Dermatitis: Glands: Incoordination Par. 23-A

Diet: Assimilations: Eliminations:
Incoordination Par. 15

Doctors: Hudgins, Frank Curtis, Jr.: D. O. Reports

Eyes: Glasses Par. 20-A, 21-A

Feet: Spine: Subluxations Par. 18-A, 25-A

Glands: Adrenals: Assimilations: Eliminations:
Incoordination Par. 6

: INCOORDINATION
: Pineal: Assimilations: Eliminations:
Incoordination Par. 6, 19-A
: Thyroid: Par. 6

Healing: Purpose Par. 26-A

Injections: Hypodermic: Inoculations:
After Effects Par. 24-A

Osteopathy: Glands: Incoordination Par. 12--14, 18-A

PELVIC DISORDERS: DYSMENORRHEA

Physiotherapy: Baths: Cold: Glands:
Incoordination Par. 11, 14
: Massage: Salt & Soda: Gums Par. 22-A

Prescriptions: Atomidine: Glands Par. 10, 11, 22-A
: Watermelon Seed Tea: Glands:
Incoordination Par. 7--9, 11

BACKGROUND OF READING 1532-2 F 20

B1. 9/15/39 She submitted the questions.

TEXT OF READING 1532-2 F 20

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of September, 1939, in accordance with request made by the self through mother - Mrs. [379], 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. Miss [1532] and Mrs. [379].

R E A D I N G

Time of Reading 3:30 to 3:50 P.M. Eastern Standard Time. . . ., Virginia.

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

2. EC: Yes, we have the body here, [1532].

3. Now as we find, while the physical functionings are very good in many respects, there are disturbances that are inclined to grow upon the physical forces unless there are corrections, or disturbances removed; AS the body might be said to be developing in the full activities of the glandular forces of the body, especially as related to the circulatory forces and the eliminations as related to same through the periods.

4. These as we find in the present - this glandular disturbance - causing a form of anemia, which is as the lack of the ability of portions of the assimilating forces to reproduce sufficient numbers of those activities in the leucocyte AND in the white blood supply.

5. This, calling upon the activities of the system then through the circulation and the nerve forces, produces those conditions which become very aggravating; as the conditions through the throat and head, the tiredness and weakness, the conditions that are concurrent with the Periods, and the general activities in the body in its MENTAL desires for the retention of activities through the sensory forces.

6. These as we find, then, need those corrections as related to the glands as have to do with a portion of the thyroid, a portion of the adrenal, a portion of the pineal, - as related to the assimilating forces in the activity of the liver and the action of the hepatic circulation in relation to same.

7. In making administrations for this body in the present, then, we would take first those properties not in a regular form as we have indicated for some, but to set the body in preparation, it might be said, for activities as related to the glandular forces in same:

8. Hence we would take at least half an ounce of Watermelon Seed Tea each day for a period of at least three to five days, - or take for five days, see? This is to act upon the lower hepatic circulation.

9. Then leave this off for three days.

10. And then begin with Atomidine; one minim in half a glass of water each morning before any meal is taken, for ten days.

11. Another activity that would be the better for the body here would be to take each morning - early - as the body arises - a COLD bath; the colder the better, - with especially a thorough rubdown along the spinal system, see? Do this each morning for the five days the Melon Tea is being taken, and for the ten days the Atomidine is taken.
12. Then have the adjustments made as will be seen necessary in the 3rd and 4th cervical, the 9th dorsal and the 4th lumbar specific.
13. Eight to ten such treatments should be sufficient for the full correction here.
14. Even after these corrections have been made, we would keep up occasionally the cold shower. It will be found to be MOST beneficial for the body.
15. In the diets, - keep a normal diet, but keep away from too much sweets. Not that these are not to be taken at all, - but plenty of fruit, plenty of vegetables and vegetable juices. Not too much of meats, ever.
16. Do these, and we will find we will bring normal conditions for this body.
17. Ready for questions.
18. (Q) What causes condition on feet and what to do for it?
(A) Those adjustments especially in the lumbar area, and when the circulation is changed by the changes as we have indicated will come about, these conditions as we find will disappear.
19. (Q) What causes pains in back of head?
(A) The conditions indicated from the glandular disturbance in the pineal area.
20. (Q) Do I need glasses?
(A) Not unless there is a great deal of close work to be done.
21. (Q) If so, to whom should I go for same?
(A) Any good optometrist.
22. (Q) What is condition of teeth?
(A) The natural reaction from such a condition as indicated, which draws upon the blood supply. The use of Soda and Salt, equal portions, as a massage for gums and teeth will be most helpful, - as well as the changes as will be wrought by the effect of the Atomidine in the system.
Use this rather as the tooth brush, - not upon the brush but use the finger, - and this will be very helpful in strengthening same.
23. (Q) What causes breaking out on face, chest and back?
(A) The poor circulation, or poor coordination between the circulations owing to the glandular disturbance. With the special rubs as indicated, - the cold rub, - AND with the effect of those others as given, should make better changes for the system.
24. (Q) Does the toxin anti-toxin given about 13 years ago still affect my body?
(A) It requires about seven years for a change. This still, though, is indicated in a disturbance created in the glandular system.
25. (Q) Is there any special make shoe you would advise for this body?
(A) As we find, as the corrections are made for the general system, it will make a great deal of difference in the arch as well as the bursa of the feet. But any of those that are the more normal. The Locke Shoe would be especially good for this body.

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26. (Q) Any other advice for the body at this time?

(A) Keep the mental and spiritual attitude for constructive thinking; and the things that are done for the body not merely to be done to accomplish physically but as for the mental and spiritual significance as well.

27. We are through for the present.

REPORTS OF READING 1532-2 F 20

R1. 8/21/40 Reply to Questionnaire:

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia

INDIVIDUAL CASE REPORT

Date of Reading: Sept. 15, 1939 Case No.: 1532-1

(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? Condition through throat and head. Tiredness and weakness. The conditions that are concurrent with the Periods.

(3) What was the physician's analysis of this condition? Dr. Hudgins' analysis of the back coincided with that of the reading.

(4) Have the suggestions given in the Reading been followed exactly as outlined? Yes, with exception of one adjustment.

(5) For how long? About 3 months.

(6) Describe the extent to which improvements have resulted? There was a cleaning up of the face and chest. The tiredness in the morning left. The pains in the head also left for a while but occasional return.

(7) Comment. [No response]

Date: Aug. 21, 1940

Signed: [1532]

R2. 9/19/40 Reply to Questionnaire:

OSTEOPATH'S Report to ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia Beach, Virginia

Date of Reading: Sept. 15, 1939 Case No.: 1532-1

Note: As a research organization we are endeavoring to make a thorough study of psychic information in relation to human ailments. We will deeply appreciate your cooperation in securing a thorough report on this case.

Name: Miss [1532]

(1) Did the Reading presented to you describe the condition of the patient? (b) Explain any variation. (c) Give technical diagnosis. (A) Yes. Upper cervical, 9th dorsal and 4th lumbar. (b) None. (c) Dysmenorrhea.

(2) Were the suggestions for treatment in your opinion proper for this condition? Yes.

(3) For what period of time has the patient followed directions given in the reading under your care? Several months.

(4) What results have you observed? Excellent.

Date: 9/19/40 Signed: Dr. Hudgins [Frank Curtis Hudgins, Jr., D.O.]

(We will appreciate it if you will include a technical analysis of your findings.)

INDEX OF READING 1532-4 F 22

BOILS

Cold: Common: Preventive Par. 12-A
: Susceptibility Par. 12-A
: CONGESTION

Diet: Balanced Par. 14-A

Doctors Suggested: Richardson, Martyn L.: D.O. Par. 5

ELIMINATIONS: POOR

Feet: Ankles: Strains Par. 15-A
: Wet: Warnings Par. 8

GLANDS: INCOORDINATION

Osteopathy: Glands: Incoordination Par. 5

PELVIC DISORDERS: DYSMENORRHEA

Physiotherapy: Heat: Pelvic Disorders:
Dysmenorrhea Par. 3, 4
: Massage: Camphor: Injuries: Strains Par. 15-A
: Mutton Tallow: Par. 15-A
: Turpentine: Par. 15-A

Prescriptions: Cream Of Tartar: Boils Par. 7, 8
: Rochelle Salts: Par. 7, 8
: Sulphur: Par. 7, 8
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Readings: Application: Reports: Boils Par. R2

Rest: Pelvic Disorders: Dysmenorrhea Par. 3, 4

Surgery: Lancing: Boils Par. 9

BACKGROUND OF READING 1532-4 F 22

B1. See 1532-3.

TEXT OF READING 1532-4 F 22

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of October, 1941, in accordance with request made by the self - Miss [1532], 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. Marion White and Lelia Robertson.

R E A D I N G

Time of Reading 11:00 to 11:05 A.M. Eastern Standard Time.

In [. . .]'s office, . . . , Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: As we find, there are general upsets from the cold, congestion, and irregularities that have occurred with the activity of the glandular system, as related to the eliminations.
3. When there are the pains, we would use heat and remain quiet.
4. Beginning about four days before the time for the menstrual flow, take a teaspoonful of Tonicine each day; then leave it off after the period has begun. DO NOT take during the period when there are the eliminations through the menstrual flow. This would only be taken a few days before each period, you see, to regulate the general activity.
5. We would eliminate the pressures through the mechanical (osteopathic) adjustments, through the WHOLE of the cerebrospinal system. We would suggest Richardson.
6. As for the pimples and boils, - these are from the lack of proper eliminations at the periods, see? Hence the need of the adjustments, for the better conditions.
7. In the present we would take a compound to aid in better eliminations, and in establishing the better chemical forces. Combine these:
 Cream of Tartar. 1 level tablespoonful,
 Sulphur. 1 level tablespoonful,
 Rochelle Salts. 1 level tablespoonful.
 Stir these thoroughly - THOROUGHLY together. Best that they be mixed with a mortar and pestle, or ground together.
8. Each morning take a level teaspoonful of this mixture, either in water or dry, whichever is better adaptable to the body taste. Continue taking in this manner until the whole quantity has been taken, and we will aid the individual conditions in the present. Be careful not to get the feet damp while this is being taken.
9. For the boil under the arm, - we would see a doctor, rather than any local application being suggested; for it will need lancing. As to which doctor, - choose that for self.
10. Do these, for the better conditions in the present for this body.
11. Ready for questions.

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12. (Q) What causes me to take cold so easily? What preventative for same?
(A) The irritations and upsets indicated in the glandular forces. The osteopathic corrections, and keeping better or closer to an alkaline condition, will rid the system of these tendencies.
13. (Q) What is condition of teeth?
(A) These need local attention, but are very well in the main.
14. (Q) What would be best diet for morning, noon and evening meals?
(A) Keep close to an alkaline diet, though don't overdo it. Leave off any of those preparations carrying acetic acid. Otherwise, have a regular well balanced diet, with plenty especially of Vitamins A, B-1 and G; these from re-inforced grains or flour, or ANY of the yellow foods, or especially fowl - the bony pieces, fish, and liver, pigs' feet or pigs' ears, but not the rest of the hog.
15. (Q) What is the cause of pain in right ankle, and cure for same?
(A) This has been strained. Just massage with any good liniment; preferably an equal combination of Mutton Tallow (melted), Turpentine and Camphor.
16. We are through with this Reading.

REPORTS OF READING 1532-4 F 22

R1. 1/5/43 See 1532-5.

INDEX OF READING 1590-1 F 21

Doctors Suggested: Browne, Cornelia J.: D.C., N.D.	Par. 30-A
GLANDS: INCOORDINATION : Mammary	Par. 32-A
Gynecology: Pelvic Disorders: Adhesions	Par. 20--24, 28-A, 30-A
LESIONS	
Liver: Kidneys: Incoordination	Par. 18
OOPHORITIS	
Osteopathy: Pelvic Disorders: Adhesions	Par. 20--24, 28-A, 30-A
PELVIC DISORDERS: ADHESIONS : Dysmenorrhea : Neuralgia	Par. 10 Par. 13
Physiotherapy: Massage: Cocoa Butter: Glands: Mammary : Oils, Olive:	Par. 32-A Par. 32-A
Pregnancy: Not Recommended	Par. 27-A, 31-A
Psychosomatics: Healing	Par. 33-A
Sedation: Not Recommended	Par. 17
Stomach: Tipped	Par. 17
Surgery: Appendectomy: After Effects : Preventive: Pelvic Disorders	Par. 26-A Par. 20--24, 28-A, 30-A
Womb: Tipped	Par. 16

BACKGROUND OF READING 1590-1 F 21

None.

TEXT OF READING 1590-1 F 21

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of May, 1938, in accordance with request made by the self - Mrs. [1590], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [934].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [1590], Eleanor Plummer and Mrs. [934].

R E A D I N G

Time of Reading 3:10 to 3:30 P.M. Eastern Standard Time. . . ., N.J.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1590].
2. As we find, there are disturbing conditions which prevent the normal reactions and normal activities through the physical forces of the body.
3. These as we find are of rather a specific nature, though there are produced from some some complications.
4. Then, these are conditions as we find them with this body, [1590] we are speaking of, present in this room:
5. IN THE BLOOD SUPPLY, we find the indications of there being strictures or lesions, as well as inclinations towards an infectious reaction in the system as related to glandular activity.
6. IN THE NERVE FORCES OF THE BODY, here we, find greater effects of disturbing activities, especially at the Periods.
7. Hence we find the lesion or adhesion or misplacement in the organs of the pelvis; and this with the undue disturbance that arises at the Periods brings the disturbing conditions in the circulation as well as the greater disturbance in the nerve forces and the nervous system.
8. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, as has been indicated, then, there are the conditions in the organs of gestation, or in the position of the womb, as related to the activities of the genitive system. The position of same prevents normal activity; causing the disturbances that produce pressures upon the nervous systems themselves.
9. The indications are towards infectious forces, owing to the lack of the proper activity of the glandular force as related to the tubes, as well as to the ovary.
10. Hence the great pain that is produced, or HAS been produced at times, during those periods of activity - or of coition itself.
11. These have brought about then the disturbances.
12. We find that this began sometime back; when there was not only a pressure produced in the lumbar and coccyx area, but owing to cold, congestion that arose by indiscretion in Periods as combined with the period of elimination or menstruation.
13. This produced then a neuralgic reaction, and produced inflammatory conditions.

MENSTRUATION: PAINFUL CIRCULATING FILE

14. Then there was produced the adherence of the womb itself in its position, in the vagina.
15. Then the pressing upon the eliminations or the activity of the tubes that lead to ovary produced in the ovary the inclination for the gathering of inflammatory conditions.
16. These as we find have not as YET formed in cysts, neither have they formed into pockets, but have produced the inflammation such that, unless there IS the removal of the pressures and the STRAIGHTENING of the position of the organs in the pelvis, we may find these will produce such conditions as to cause or necessitate operative forces that would hinder - of course - from there being gestation or childbirth, and work upon the whole of the system a hardship - owing to the age and to the conditions, not only in the mental and desire of the body itself but in the physical forces themselves.
17. As to the activities upon the rest of the system: We find that at times the condition necessitates the use of those things that will act as a sedative or narcotic, and these of course become as a strain upon the activity of the digestive system, and to the POSITION even of the abdominal organs (not just the genital organs but the whole position of the abdominal organs!); producing great amount of refuse forces or drosses, so that the eliminations become disturbed.
18. These also at times cause such an amount of gestation as to produce in the kidneys disturbing factors, as well as in the upper hepatic circulation.
19. AS WE FIND, THEN:
20. There may be two means of correcting same; either by operative forces, by a gynecologist that would remove or clip the adhering portions and then place the organs in their proper position; thus allowing the natural forces of the system to react to their proper relationships as one to another; or there may be the use of the manipulative forces as would GRADUALLY release these activities of the body - as, then, requiring packing or the placing by the use of manipulative measures the organs in their proper position.
21. The latter method will require a longer period than the operative measures, but is safer - if that is desired to be undertaken by the body.
22. Necessity would demand too, then, that there be precautions as to the activities in all of those periods, whether these are to be operative or the manipulative corrective measures; in not having cold or congestion or being too long under great mental or physical strains, or attempting to be too active upon the feet - especially during those periods preceding or during the menstrual eliminations. All of these must be taken into consideration.
23. For with the inclination towards infectious forces, operative measures will require that there be at least sufficient hospitalization to cleanse the system or prepare the system for the operative measures.
24. In either of these ways, whether by the osteopathic corrective method - with the packing of the system or organs for their correction - or the operative method, the choice must be made by the body itself.
25. Ready for questions.

26. (Q) Could an operation I had cause this trouble, as I have adhesions (appendicitis), or interfere with childbirth?

(A) As has been indicated, the first cause of this came from a catarrhal condition as with those conditions outlined.

The operative measures for the corrections have only added to or made for a greater amount of scar tissue.

27. (Q) Is it possible for me to have children?

(A) Under the conditions it would be very unwise to even attempt to!

28. (Q) Is it true that there is a kink in my womb?

(A) As indicated, the position of the womb is the cause of the disturbances in same. This may be corrected in either of the manners indicated.

Owing to the fact that there is the great amount of the tissue, and scar tissue with the infectious forces, we find - as indicated - that the manipulative measures would be the safest; though operative measures would be the quicker. But it would require THEN that there be preparations OF the body for operative forces.

29. (Q) Was it a miscarriage or delayed menstruation which I had about a month ago?

(A) These as we have indicated are NOT the primary causes! They have only added TO the confusion of the conditions!

30. (Q) What doctor in East Orange, N. J., would you recommend to follow these suggestions?

(A) Browne would be very well if the adjustments or corrective measures osteopathically are chosen. Or if a gynecologist is chosen, any that understands the condition or position.

31. (Q) After corrections are made, how soon would it be wise to have a child?

(A) In about eighteen months to two years!

32. (Q) How may I normalize bust?

(A) Much of these conditions will be corrected with the strain taken off of the organs themselves; but then the use of Olive Oil with Cocoa Butter as a rub will make for corrective forces - but do not undertake such until after there is the correction of the organs of the pelvis! Do not massage upon the points of the busts themselves, you see, but the mammary glands that lead to same - directing the massage TOWARD the bust but not over same, see?

33. (Q) Any other suggestions for the body at this time?

(A) Be precautionous about the activities especially near to Periods, as indicated.

Keep the mental forces constructive, and much of the purpose and faith that is the basic influence of the inner self.

34. We are through for the present.

REPORTS OF READING 1590-1 F 21

R1. 12/6/38 Letter: "You gave me a reading sometime ago and I was very pleased with the results. . ." [She requested a Physical Rdg. for her father-in-law. EC wrote making appointment and saying: "I hope you will write us a complete history and experience of your own case."]

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BACKGROUND OF READING 2268-1 F 34

B1. 11/24/39 Twin sister [1789] asked about their associations in past incarnations. See 1789-7, Par. 55-A.

B2. 5/8/40 Letter requested a Physical Rdg., as she had been so sick all winter, dragging herself along; miserable; in fact in much pain for last two years.

TEXT OF READING 2268-1 F 34

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of May, 1940, in accordance with request made by the self - Miss [2268], 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.

R E A D I N G

Time of Reading 3:45 to 4:05 P.M. Eastern Standard Time.

. . . Street, New York City.

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

2. EC: Yes, we have the body here, [2268].

3. Now as we find, while there is rather the complication of disturbances, these primarily arise from one cause; a disturbance with the eliminations as related to glandular activity of the pelvic organs, - as combined with the disturbances which arise, partially from the same cause, in the soft tissue and glands of face, head and neck.

4. Then, these are conditions as we find them with this body, [2268] we are speaking of:

5. First, the blood supply indicates the disturbance to be of the nature as indicated by the very incoordination of the superficial and the deep circulation, - and the pores in various portions of the anatomical structure show accumulations, and poor coordination in elimination.

6. Also there is a fullness in the mucous membranes of the nasal passages, antrum, and about the head and neck.

7. Also there is the inclination for the body to easily take cold, and for periods when there is such an aggravating to the body; pains across the small of the back, and the effect that these produce upon the kidneys, and the activity of the slowed circulation through the lower limbs; cold feet and hands at such times; cramps and those conditions which accompany painful menstrual flow.

8. These as we find produce the combinations of disturbances with this body.

9. Then, there should be rather those administrations which will aid in bringing about near to normal forces as related to these conditions; and all of these as we find may be accorded to the body at home.

10. However, there should be a consistent application, and not one that would be adhered to for a little while and then left off, or done today and because of the activities of self or others delayed and not attended to at the regular periods.

MENSTRUATION: PAINFUL CIRCULATING FILE

11. First, we would begin with taking internally two drops of Atomidine, in half a glass of water, each morning before any meal is taken - about half an hour before the morning meal. Keep this up each day for five days. Then leave off five days. Then take again for ten days, then leave off five, then take again for ten, then leave off five. Continue in this manner until almost a whole quantity of an ounce has been taken; taking for five days at the first period, leaving off five days, then beginning with the ten day periods and leaving off five.

12. Each evening - after a hot bath, as well as a good sponging of the body, or a shower or bath (except just before or during the menstrual flow) - we would take the hot foot and limb-to-the-knee bath in a solution made from boiling coffee grounds thoroughly for a long time, - just about the quantity that would be used for a six cup meal, you see, boiled in sufficient water for a good foot bath. Such a foot bath would also be taken during the period of the menstrual flow, you see, but not the hot shower bath. Use old coffee grounds, you see; that is, those that have been used to make coffee.

13. Also each evening after the bath, massage the cerebrospinal system with an equal combination of Mutton Tallow, Spirits of Turpentine and Spirits of Camphor, - perhaps a tablespoonful of the Mutton Tallow (melted), and a tablespoonful of each of the other ingredients, mixed thoroughly together. Keep this on hand to use as a massage for the body; a sufficient quantity may be mixed for several usages, or it may be made new each time, but make in equal combination of the ingredients, as indicated.

14. When the pain is severe across the hips or the small of the back AND the hips, apply this as a massage, then moisten two or three thicknesses of flannel with the same compound and apply across the area; then apply a hot salt bag or an electric pad or a hot water bottle to keep hot. At various times there would be the various changes. If it is close to or during the menstrual period, then use the hot salt heat (that is salt - coarse salt - tied or sewed in a bag, after it has been heated) and the hot water bottle also low down upon the abdomen, or across the pubic center area. This will relieve pain, and relieve headache.

15. About three times each week, when ready to retire, or after there has been the massage and the procedure just indicated, - we would also use the electrically driven vibrator, with the knob or hard applicator; this particularly given about the face, the neck, the head, and DOWN either side of the cerebrospinal column. Begin at the face and head and go downward. Take at least twenty to thirty minutes to give this, gently - and thoroughly. This will have to be applied by someone else, of course, but may be done at home; and do not give same in a hurry! Give it for a PURPOSE; carefully, systematically, consistently!

16. Then, as to the diet: Do not take much of those foods that are of fats, or of meats.

17. A little fish, fowl or lamb may be taken once or twice a week, but principally fruits, fruit juices, dried fruits, combined fruits of all natures, both fresh as well as dried; peaches, prunes, apricots, raisins and the like. Then vegetable juices also, - these with regular vegetables cooked day by day, should form the principal part of the diet.

18. Drink plenty of water at all times.

19. Do these, and be consistent; we will find we will rid the body of the headaches, of the excess fat, of the excesses of the perspiration and the aching in the lower portion of the abdomen, along the spine and the limbs, as well as those disturbances with the kidneys and the bladder, also the fullness in the throat and head and nasal passages.

20. In giving the electrical vibrator movements, give them close about the nose and head, back of the head, the sides of the face, under the ear, and down the throat; and then along the cerebrospinal system. Occasionally this may be applied across the diaphragm area, - that is, the abdomen; gently, but not hard - on either side of the spine gently, from the head downward.

21. Do that.

22. Ready for questions.

23. (Q) Should I continue the osteopathic treatments with Dr. Scheele?

(A) Leave off all treatments but these as we have just indicated.

24. (Q) What's wrong with the eyes?

(A) All of these effects, as we find, arise from those disturbances indicated, and will find a great deal of help.

When the vibratory treatments are given, put on the sponge applicator and apply directly to the eyes, - of course, with the eyes closed, - gently, but for half a minute over either eye.

25. (Q) Is there anything wrong with the feet?

(A) Only as from the circulation through those areas, and the applications as we have indicated, the vibrations and the rubs, are to affect the circulation. Leave the grounds in the foot bath, you see; do not rub these into the feet and limbs so as to cause irritation or to break the skin, but as to cause better circulation from the knees downward - and especially through the feet.

26. (Q) Please suggest something to correct the excessive oiliness and falling out of the hair.

(A) We have suggested all of these.

Do those things indicated, consistently, persistently; for the better conditions.

27. We are through for the present.

REPORTS OF READING 2268-1 F 34

R1. 7/15/40 Letter: "I have not been able to get the vibrator yet. . . am doing everything else the reading prescribed; certainly have more energy than I had a month ago, but otherwise am not feeling better, in pain almost all the time now."

R2. 1/11/41 Letter: "I suppose if I could have bought the vibrator when I received the reading and did everything right from the beginning, I would be well by now . . . Thanks to you, I have just a little less headaches and indigestion."

R3. 2/6/41 Letter: "I must say I feel somewhat better. . . It has come about very gradually, but I can tell the difference, and so I'm getting more active right along, but of course it's all a very slow process."

R4. 2/14/41 Miss [2268] had Physical Rdg. for her mother, Mrs. [2452].

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BACKGROUND OF READING 2330-1 F 35

None.

TEXT OF READING 2330-1 F 35

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of August, 1940, in accordance with request made by the self - Mrs. [2330], new Associate Member.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [2330] and [1523].

R E A D I N G

Time of Reading 11:00 to 11:20 A.M. Eastern Standard Time. . . ., Va.

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

2. EC: Yes, we have the body here, [2330].

3. As we find, in many respects the general physical forces of this body are very good.

4. There are, however, those disturbances that unless corrected will produce a strain upon the general nervous system, that may produce growths that would necessitate operative measures; while in the present these as we find may be removed without the necessity of operative forces and be corrective in measures and ways as to be much more satisfactory.

5. These are the conditions, then, as we find them with this body, [2330] we are speaking of, present in this room:

6. First, in the blood supply, - this we find very good. The reactions in most of the activities of blood producing, blood balance, the hemoglobin, the metabolism and the katabolism, are very good.

7. In the nervous system we find the sources of much of the disturbance, though the general conditions are as pressures upon the nervous system; thus causing at the PERIODS some very disturbing or distressing conditions.

8. As we find, there have been adhesions and lesions through the pelvic organs that cause the conditions there; or that cause the womb itself to be in such a position as to lack the ability of proper drainage. Then the adherence to a portion of the vagina walls causes the disturbances from which we may expect greater disturbance unless these conditions are removed.

9. These cause those reactions across the small of the back at times, when the body is tired or when it walks a great deal or stands on the feet or gets overheated; first the body gets overly irritated, and then periods of the greater disturbance arise.

10. Of course, these throw into the system at the time those energies that find reflex action through the lower limbs, through the sacral area, and the ileac plexus.

11. All of these are as results of the conditions indicated, and are thus of a specific or local nature.

12. Functioning of the organs we find at times involved in same, - as some nausea, some overactivity of the kidneys, and at other times the lack of proper eliminations - by the general disturbance. Yet these as we find would adjust themselves with the corrections of the disturbances existing there.

MENSTRUATION: PAINFUL CIRCULATING FILE

13. In the reflexes from these, we find that the greater disturbance would be upon the sensory forces; thus a reflex to the eyes, and eventually to the hearing, - though the correcting of the specific disturbance in the present should eliminate all of these and make for the normal conditions for the body.

14. As we find, then, in going about to make the corrections:

15. First, we would begin with specific ADJUSTMENTS - osteopathically made - in the lumbar, the sacral and the coccyx area; giving especial reference to the ileac plexus.

16. We would make these twice a week for the first six such adjustments, and with some two or three of a GENERAL nature; for it is necessary to coordinate other centers along the cerebrospinal system, - as the 9th dorsal, the brachial centers, and throughout the cervical - THESE should be coordinated.

17. And we would suggest Irvin for these treatments.

18. Then, AFTER there have been some six adjustments (not before), we would begin using Atomidine Douches at least twice a week - during the period of the NEXT three or four or five osteopathic adjustments. Use a teaspoonful of Atomidine to a quart and a half of water, body-temperature, for such douches.

19. Also begin about the same time and use, not more than once a week, the Violet Ray (Hand Machine) Vaginal Applicator, - but NOT close to the menstrual periods, for this would produce greater irritation. Do not use it too long. Two and a half to three minutes is sufficient. DO NOT use it BEFORE the osteopathic adjustments are made, but AFTERWARD - the next day afterward; once each week, you see.

20. The douches would be used AFTER the osteopathic treatments - the next day afterward, you see; and AFTER the Violet Ray, in order to remove any of the activities produced by this high vibration.

21. Doing these, with the general precautions, we should make for normal forces for this body.

22. Ready for questions.

23. (Q) What is the condition of the ovary?

(A) Only sympathetic conditions causing disturbances to the ovary, from the adherence of the womb to the side of the vagina wall; which causes a stretching, especially at the time of the activity of the ovary.

24. (Q) What can be done to normalize weight?

(A) This is very good, if it would be kept in its present condition! This is very well, - but keep away from sugars and from white breads.

25. (Q) Please give the body any further mental or spiritual advice which will be helpful.

(A) Just keep the mental attitudes in that way as has been and is the policy of the body-mind. Keep in the constructive thinking. These - the attitudes - are well; just keep them in practice.

26. We are through for the present.

REPORTS OF READING 2330-1 F 35

R1. Remarks after reading [2330-1]: Dr. Corpening - Also her doctor in . . . , W. Va. - says the uterus is thickening or causing growths, which will need to be removed by operation. She has excess menstrual flow, or flowing which lasts sometimes two weeks; all nervous and upset at times.

R2. 8/28/40 Letter from Dr. C.W. Irvin:

". . . Mrs. [2330] came to me on Monday. In checking your reading, I find that it coincides with mine very closely. I do find an endometritis which seems to me to be of some duration, and I am inclined to believe the underlying cause is adhesions which have pulled the uterus forward and to the left, thus preventing proper drainage to this organ.

"I feel sure that this patient will improve under proper corrective treatment.

"Thanking you most kindly for referring Mrs. [2330] to me, and assuring you of my most hearty cooperation, I am,"

Sincerely yours, [signed] C. W. Irvin, D.O.

R3. 11/11/40 Letter from Dr. C.W. Irvin: ". . . Mrs. [2330] was greatly helped and I have asked her to go back to you for a check-up. . ."

R4. 1/27/41 See 2330-2.

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BACKGROUND OF READING 2330-2 F 36

None.

TEXT OF READING 2330-2 F 36

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of January, 1941, in accordance with request made by the self - Mrs. [2330], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gladys Davis, Conductor and Steno. [2330] and [1523].

R E A D I N G

Time of Reading 11:35 to 11:45 A.M. Eastern Standard Time. . . ., Va.

1. GD: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2330]; this we have had before.
3. As we find, conditions in the general manner show improvements - throughout. While the cold and congestion, and the mental anxieties in some respects, have not made for as good reactions as might be indicated, we find that there is improvement as related to the position of the pelvic organs and as to the strains or lesions formed by their position.
4. However, we find that there needs to be more of the corrective measures made osteopathically, - especially through the sacral and the lumbar area; coordinating with same the upper dorsals and through the cervicals.
5. These osteopathic treatments have been very well given, but as we find they have not been given deep enough; neither has there been sufficient of these as yet to make the necessary corrections, see?
6. We would give these about once a week, until the corrections are made. This may require not more than six, and may require ten; but should NOT require more than six to eight at the most, if they are properly given.
7. Also we would have more of the Atomidine douches; warm - though not hot - body temperature douches with the Atomidine solution.
8. The vaginal violet ray treatments we would give a little bit farther apart, but we would continue with these; about once in ten days, until there is no more of the discharge - or of the pains at the periods.
9. These as we find, if they are kept until the osteopathic corrections are made, will make for the better conditions for this body.
10. Ready for questions.
11. (Q) What can be done to strengthen the muscles through the pelvic region?
(A) That's why the treatments are suggested, - as for the douches, the manipulations, and the violet ray, see? All of these, as the corrections are made, are to strengthen the muscular forces to RETAIN the position of the organs, see?
12. (Q) Is menstrual flow normal?
(A) Not at all times, - but these irregularities are the attempts of the system to ADJUST itself to changes being wrought, you see.
13. (Q) Is pregnancy possible?
(A) Possible. Not probable, - until there are better corrections.

MENSTRUATION: PAINFUL CIRCULATING FILE

14. (Q) What causes the womb to have feeling of rolling or bumping against the body?

(A) The natural condition from the allowing of same to drop forward in the pelvis, see?

15. (Q) What exercises would be suggested for keeping me near to normal in weight?

(A) This may be done much more by the diet than so much exercise; though exercise to keep certain PORTIONS of the body normal would be very well. Keep away from starches, cheeses, or such things of that nature; and take the grape juice four times each day, about half an hour before any meal is taken and at night.

Not too much of fats.

Then an exercise upon hands - with feet braced against the wall - of ROLLING or circling the pelvis and the hips; this taken once each day will aid the body in keeping the normal weight, aiding also in keeping more symmetrical relationships of the pelvis, the body, the abdomen and the eliminations.

16. (Q) Are the alimentary canal eliminations proper?

(A) With the applications, it is necessary that these be kept a little above normal, - or a full evacuation once and sometimes twice a day.

The taking of Olive Oil would be well for this body, in small doses - half to a teaspoonful three to four times a day, for periods of a week or two at the time. Leave off a few days, then take again.

17. (Q) Any further advice?

(A) Do these things, if we would keep the better forces for this body.

As for the cold and congestions, - we find that much better conditions may be caused in the present if there would be the taking of about half a bottle of the Chill Tonic, - about two teaspoonsful each day, morning and evening, until about half a bottle is taken. This will add to the better coordinations of the circulation in heart, liver, lungs and kidneys. Grove's Tasteless Chill Tonic, they call it - but it isn't very tasteless!

18. We are through with this reading.

REPORTS OF READING 2330-2 F 36

R1. Question answered [in 2330-2] without being asked: What causes drainage for 2-3 days before menstruation? Have adhesions been dissolved?

R2. 1/30/42 See 2330-3.

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BACKGROUND OF READING 2330-3 F 37

B1. 1/27/41 See 2330-2 for dysmenorrhea, uterus flooding, etc.

TEXT OF READING 2330-3 F 37

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 30th day of January, 1942, in accordance with request made by the self - Mrs. [2330], 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. [2330] and Mrs. [1523].

MENSTRUATION: PAINFUL CIRCULATING FILE

READING

Time of Reading 11:00 to 11:10 A.M. Eastern Standard Time. . . ., Virginia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here; this we have had before.
3. As we find, while many conditions are very good, there is the reverting - through the changing conditions in the body - to those old disturbances, especially as related to the activity of the eliminating glands of the organs of the pelvis.
4. From congestion and cold, combined with the conditions in the gland forces, these have produced more disturbance through the muscles and nerves in the lumbar and sacral area, as well as those disturbances regarding the eliminations at the periods.
5. As we find, there are the needs in the present that there be further corrections as related to those activities in the sacral, the lumbar, and extended even to the lower dorsal area.
6. We would have, then, at least five to six of such adjustments. Have the corrections at least once a week.
7. Also there is the necessity for the correction of those conditions related to the activity of the organs, through the use of douches - that may bring about a cleansing, acting as the antiseptic for the disturbances as related to the activity in the organs themselves.
8. It would be well for there to be those packs such as have been indicated, but if there is the use of this character of antiseptic douche as we will indicate, AND the osteopathic corrections, this may be prevented. However, if there are the activities producing strain, or cold or congestion arising so as to produce greater irritation, it would be necessary that there be such packs for the correcting of the position of the organs of the pelvis.
9. At least twice a week, then, we would use douches in this manner, - one time using the Atomidine, the next time Glyco-Thymoline.
10. Say, on Tuesdays, use the Atomidine, - the proportions being a teaspoonful of Atomidine to a quart and a half of body temperature water; this not colder, not hotter, but body temperature. Retain this as long as practical. Use only a Fountain Syringe for same.
11. On Thursdays use a Glyco-Thymoline douche, - this to be a tablespoonful and a half to a quart and a half of body temperature water.
12. These we would do, and we will find better conditions for this body.
13. This will relieve those pains in the back, those conditions that make acute or sharp pains to the lower area of the kidneys, also relieving the inclination for the sudden activities to the bladder from the nerve reactions, and relieving a great deal of the nervousness and headaches.
14. (Q) Is excessive flowing dangerous?
(A) This makes for reduction of the vitality of the body, but this comes from those tendencies for adherences in the organs themselves; and with the osteopathic manipulations and the douches these should become normal.

15. (Q) Have the adhesions been dissolved?
(A) If they had, there wouldn't be these excesses at times.
16. (Q) Is there a continuation of the growth?
(A) This has been checked. And if there are the corrections made as indicated, this should be absorbed.
17. (Q) Should the violet ray be continued?
(A) This should be continued, at least once each week - not during the periods of the flow, to be sure.
18. (Q) Which osteopath would you suggest for these particular treatments?
(A) Irvin.
Do these things, as we find, and we will make for the better conditions.
19. We are through with this reading.

REPORTS OF READING 2330-3 F 37

R1. 8/45 Report by sister-in-law [1523]: "She had a fibroid tumor removed, about the size of a large grapefruit, some year or more after the above reading. At the time of the reading she told me it was highly improbable that she would follow it through, but she would make the effort. She did follow it not more than a couple of series when family matters came up and she dropped the treatments. She admitted, and admits now, that one of her biggest problems is to take care of herself physically; she just does not seem to be able to follow through on anything that has to do with routine, be it taking care of herself healthwise or doing housework. She is creative in the artistic field of music, sewing, etc. . . goes a great deal on nervous energy, finds it difficult to adjust to the mundane things of life. She is a lovely person in many, many ways and has been a real credit to her family, home life and community."

R2. 12/13/49 She was in hospital with spinal meningitis; first it was thought to be virus infection, kidney trouble, etc.; got worse and was taken to hospital last night. Won't know for 24 hours just what the effect will be.

R3. 12/27/49 At home and improving.

R4. 7/13/55 Report by [1523]: "About 6 mos. ago [2330] told me she has been going to various doctors for past 2 yrs; they say she has infectious mononucleosis. They have been trying different methods to cure her, from suppositories, douches with vinegar, shots, to what not. The condition continued to come and go and was steadily getting worse. Since June 1st she has been taking treatments based on her readings, going to Dr. Wakefield for the osteopathy. He told me she has the worst back he has ever treated, that she should have osteopathy regularly for at least a year and a half. He is very interested in this case, especially since this particular problem is one the doctors do not seem to be able to solve. Today he was given a copy of [2330]'s readings to study in order to help in following the suggestions in them. Today when we were looking over the readings [2330] told me that so many of the statements in them were true - specifically the reactions through the back at times - disturbance to eyes - hearing [2330-1]. These conditions are reappearing, especially with eyes and ears. This time she wants to follow through with the treatments over a long period of time and perhaps avoid another operation."

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UNDERWEIGHT	

BACKGROUND OF READING 2374-1 F 19

B1. 9/16/40 Letter: "I have always been underweight. There must be something wrong to keep me from gaining and being in perfect health."

B2. 9/22/40 "I suffer each month with cramps."

B3. 9/30/40 "What can I do to make me gain about 20 pounds? Do I have any symptoms of tuberculosis? If so, how can I cure them without going to a sanatorium?" [Mother is in a T.B. sanatorium.]

TEXT OF READING 2374-1 F 19

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of October, 1940, in accordance with request made by the self - Miss [2374], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [533].

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 10:40 to 11:00 A.M. Eastern Standard Time. . . ., Va.

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

2. EC: Yes, we have the body here, [2374].

3. As we find, there are conditions that disturb the better physical functionings of this body. These are rather of the specific nature, and the affectations through the nervous systems cause a disturbance with the natural reaction and activity of organs and glands of the body.

4. These, then, are conditions as we find them with this body, [2374] we are speaking of:

5. The blood supply indicates a great deal of taxation through the general nervous systems, both cerebrospinal and sympathetic. Hence a form of anemia, or - rather - the lack of sufficient blood supply, and especially the red blood supply. Hence the anemic appearance, or conditions, of the body.

6. In the nervous system do we find the sources of the greater disturbance that is AFFECTING the nervous system and thus hindering in the blood supply through disturbances which exist in the organs of the pelvis and their relationships to the glandular forces, as well as the general nervous system of the body.

7. As we find, for some time there has existed an adhesion, or a form of lesion in the cerebrospinal system and an adhesion in the uterus or the position of the womb itself; which causes great disturbances at the regular Periods, as well as a general disturbance to the nervous system.

8. This as we find is the general source of the disturbances that affect the appetite, the abilities of assimilation, the positions - as it were - of the organs of the pelvis, and the conditions as related to the general distribution of that assimilate through the system; the character of headaches. And the properties which have been taken at times for the relief of these pains, as well as at the period of distress, have been more harmful than beneficial.

9. In the functioning of the organs themselves, - we find brain forces good. The reflexes are very good.

10. The organs of the sensory system are naturally under stress and strain, from the general nervous disturbances through the body; but should respond with the corrective measures as might be indicated for correcting these disturbances.

11. As we find in the throat, bronchials, lungs and larynx, - there are the natural tendencies for the taking of cold easily, because of the superacidity in the system at times; yet no lung disorder as yet. However, this might develop to a disturbing

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condition, or become affected by the outside influences if such opportunities were afforded, without the corrective measures being taken.

12. The heart's activity is quick, and yet this is a natural effect from the disturbances through the nervous forces. For, as we have indicated, both the cerebrospinal AND the sympathetics are involved in the nervous disturbance.

13. Tensions that occur at times, the inability to rest, the fears arising during the sleep at times, - all of these disturbances are from this incoordination, and the pressures as we find produce it.

14. In the digestive forces of the body we find that the natural position of the stomach, as well as the general nervousness and the lack of ability to consume or to digest quantities of food, prevents the body-building forces for the system.

15. These as we find are the disturbing forces with this body.

16. Then, in making for corrections:

17. First, we would give that the body begin with the GENERAL osteopathic adjustments; the first three or four being of a general nature, to produce a better relaxing of the body, you see.

18. Then, after the third or fourth treatment, make specific adjustments in the 8th, 9th and 10th dorsal, and through the lumbar AND sacral areas.

19. After the first series then of fifteen such treatments, have a rest period from them for two weeks; then begin again with the specific adjustments, until there is perfect alignment through the lumbar, sacral and lower dorsal area; coordinating, to be sure, the upper dorsals and cervicals with those adjustments gradually made after relaxing the body.

20. As we find, it would require at least three series of such adjustments.

21. When there are the pains at the Periods, apply, heavy coarse salt, heated, across the lower portion of the pubic bone, as well as across the small of the back where there are pains. Tie the salt in a sack or bag and heat the whole bag, you see; applying it as hot as can be well stood.

22. After the Periods - that is, two to three days afterward - use a gentle douche of Atomidine; that is, only about a teaspoonful of Atomidine in a quart and a half of water - warm, body-temperature. Use only a Fountain Syringe for such, with the vaginal applicator. Retain the solution as long as possible, as each douche is taken, see? This is to aid the system in preventing the leucorrhea that occurs because of this adherence.

23. Then, as to the diet; follow the general body-building forces. This would be given as an outline; to be sure, not all that would be taken, ut these as an outline:

24. Mornings - either cooked or dry cereal, at times changing to plenty of orange juice or grapefruit juice or these combined; but do not take the cereal AND the citrus fruit at the same meal! Cut oats, Wheatena, Ralston, - any of these are excellent foods. Follow these at times with such as buckwheat cakes and honey (not syrup), milk, and plenty of butter.

25. Noons - rather the vegetable soups, or a sandwich with green or raw vegetables - such as tomatoes and lettuce with mayonnaise (using brown bread, of course), and NOT ham or the like. Tongue or goose liver or the like is very well, if desired. But at least two to three times a week have the warm lunch, as of the vegetable soups, you see.

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26. Evenings - plenty of vegetables as well as fruits, but do not eat raw apples. Plenty of those that are cooked. Cooked or raw pears, plums, grapes, figs; all characters of foods especially such as raisins, cooked as well as raw. Fish, fowl or lamb should be used as the meats, though these should not be fried. Do not take fried foods. Potatoes - eat only the peel, rather than the pulp.

27. Do these, and we find we will bring bettered conditions for this body; not only making for the corrections but improving the vitality, the strength, and increasing the weight.

28. Ready for questions.

29. We are through for the present.

REPORTS OF READING 2374-1 F 19

R1. 10/3/40 [2374]'s letter to EC:

Mr. Edgar Cayce Arctic Circle Virginia Beach, Va.

Dear Mr. Cayce,

I received my reading and want to thank you so much for it. I will do my best to carry out your instructions. [533] is going to take me up to Dr. Richardson's office and introduce me, and I think I will take my osteopathic treatments from him.

Due to this added expense I'm afraid it will be some time before I can pay you the \$20 for the reading. I wish to say that I am deeply grateful to you for your trust in me and I will pay you just as soon as possibly can.

With sincerest thanks - I am
Yours truly, (Miss) [2374]

R2. 10/10/40 EC's letter to [2374]:

Dear Miss [2374]:

Thank you for yours of the 3rd - think you have chosen wisely as to Dr.'s to give you the treatments. And are there any suggestions - they are this would insist that he give the treatments as suggested in the reading.

As to pay - that is alright - our first desire is to help if possible and we hope and expect people to be just a helpful to us as we try to be toward them, but do not expect the impossible and know what it means to have a Dr's bill hanging over you.

Know will be anxious to know how you get along so please let us hear from you from time to time, and if you are not getting the help desired let's find out why.

Sincerely hoping to have been of a service,
Sincerely, [signed] Edgar Cayce

INDEX OF READING 2585-1 F 28

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Diet: Balanced	Par. 15, 16
: Beverages: Carbonated: Not Recommended	Par. 17
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LESIONS	
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Sterility: Tendencies	Par. 20-A, 21-A

BACKGROUND OF READING 2585-1 F 28

B1. 8/25/41 She submitted questions: "Is there a cure for the trouble which I am now experiencing? If so, how soon can it be effected, by whom and where?"

TEXT OF READING 2585-1 F 28

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 9th day of September, 1941, in accordance with request made by the self - Mrs. [2585], through husband, new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. [619].

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 At home in 10:35 to 10:50 A.M. Eastern Daylight Savings Time. . . ., Va.

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

2. EC: Yes, we have the body, [2585].

3. As we find, while conditions are very good in many respects, there are disturbances which hinder the normal functionings through the body. Thus we have disturbances that are aggravating at times, and that without correction may not allow the complete physical reactions in the body.

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4. These have to do primarily with the effects that are produced upon the nervous systems of the body, and the manner in which these reflect in the functioning of many of the organs.
5. We find that these arise from a condition which began with the organs of the pelvis, where a cold - combined with the periods - brought congestion, and set up those disturbances with the Fallopian tubes which to some extent at times cause disturbance to the ovaries themselves.
6. These cause a disturbance at the periods; sometimes scant, sometimes too much. And this drain upon the nervous system tends to reflex to the nervous forces in the digestion, producing a character of nervous digestion as well as the tendencies for some disturbance of the nature through the colon.
7. The headaches at times, and the reflexes to the eyes, all become a part of the disturbance - which arises from the congestion first caused sometimes back. And this has gradually increased at times, though benefited at other times.
8. With the correction of these, as related to this nervous reaction to both the cerebrospinal and the sympathetic nerve system as in relationship to the other organs of the body, and more particularly to the nervous systems, - we may bring much bettered conditions for the body, relieving those periods of distress and bringing about a much better normal functioning of the body-forces themselves.
9. Then, in making corrective measures for the body:
10. We would begin first with adjustments osteopathically administered, that will aid to stimulate the flow of impulse to the organs of pelvis, to aid in setting up better drainages throughout the alimentary canal, to alleviate the pressures and circular lesions that have been formed from the attempt of the body-forces to adjust themselves to this mal-activity in the nervous system to brain forces - which exists in the cervical area; though the corrections would be in lumbar, sacral, 9th dorsal, the 6th to the 8th dorsal, and throughout the cervical and upper dorsal areas.
11. After there have been at least six such adjustments, begin then with the low form of electrical vibrations as may be had from the sinusoidal reaction of electrical forces; that aid in carrying heat to the body; at one treatment making the application to the 4th lumbar axis, at the next to the 6th and 7th dorsal center - with the other application, of course, over the liver or the gall duct plexus.
12. Take at least three or four of these, about a week apart.
13. Then continue with the osteopathic adjustments until at least ten more have been taken.
14. Then begin (not before) with the use of the Violet Ray at home - hand machine, bulb applicator; applied to the abdominal area, especially across the diaphragm area, and in a low form across the cerebrospinal area; for about ten minutes, three evenings each week - for several weeks.
15. In the diets, keep those things that are well balanced. Have at least three vegetables above the ground to one below the ground - or that proportion.
16. Do not combine too much of starches, and do not take too much of sweets.
17. Do refrain from carbonated waters or any drinks made with same.
18. Do these and, as we find, we may bring bettered conditions for this body, [2585].

19. Ready for questions.

20. (Q) Is it possible for me ever to have any children?

(A) With the corrections, there should be a possibility; a very great probability.

21. (Q) If so, when, and how many?

(A) This, of course, depends upon many circumstances. But there should be those corrections in the system before such is accomplished.

Do the things indicated; we will not only prepare the body for motherhood but will relieve a great many of the disturbing and distressing conditions that exist in the functioning organs at present.

22. We are through for the present.

REPORTS OF READING 2585-1 F 28

R1. 9/20/41 Robert H. Miller, D.O., wrote that Mrs. [2585] and another patient had reported to him for treatment as per EC readings, and that he would give them his very best professional services. Original letter, see under 2589-1, Par. R2.

R2. 9/7/43 EC's letter to Mr. [2793]: "Mr. [. . .] and his wife [2585] were in to see me a few days ago." [See [2585]'s letter, Par. R3 below.]

R3. 10/13/43 [2585]'s letter to EC:

Dear Mr. Cayce,

Sometime ago, when Mr. [. . .] [her husband] and I were in Virginia Beach 9/43, we paid you a visit which was thoroughly enjoyed by both of us. At that time, we made an appointment with you for a reading on October 16 from 3: 30 to 4: 30. I presume that this appointment still stands and, therefore, I am enclosing a list of questions to be asked during the reading.

After having talked with you, we are doubly interested in your work and believe that you are doing no end of real good.

You have our best wishes for continued success in all your endeavors.

Yours sincerely, [2585]

1. Now that my doctor has moved even farther away, are there any treatments or exercises which I could take at home to improve or relieve my condition? 2. Is there any particular medicine that could be taken internally to relieve the pain? 3. Would it be better all round if an effort was made to stay up instead of in bed during these times? 4. Does this condition have anything to do with the fact that I have been unable to conceive? 5. If not, can you tell me the reason and what can be done about it, as we are very anxious to have a child. 6. The headaches with reflexes to the eyes which you mentioned before still occur frequently. Are these directly connected to the condition which I have been referring to or are they coming from something else? 7. If they are coming from another cause, how can this be corrected?

R4. 10/19/43 EC gave Mrs. [2585] her check physical - See 2585-2.

R5. 1/24/63 Dr. Robert H. Miller's letter: "I was acquainted with the Cayce readings while in Roanoke, Va., about 1940-41 when a dysmenorrhea case [2585] came up from . . . with directions for treatment. . ."

INDEX OF READING 2585-2 F 30

Doctors Suggested: Miller, Robert H.: D.O. : Tucker, A.R.: D.O.	Par. B1 Par. 5
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LESIONS	
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Physiotherapy: Packs: Glyco-Thymoline: Pelvic Disorders : Hot Salt:	Par. 4, 10-A Par. 4, 10-A
Pregnancy: Not Recommended	Par. 7
Rest: Pelvic Disorders: Dysmenorrhea	Par. 9-A
Sedation: Not Recommended	Par. 10-A

BACKGROUND OF READING 2585-2 F 30

B1. See 2585-1, on 9/9/41, with follow-up 10/43 correspondence in re dysmenorrhea, etc. [Dr. Robt. H. Miller, D.O. suggested, has moved away; who now is suggested?]

TEXT OF READING 2585-2 F 30

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 19th day of October, 1943, in accordance with request made by the self - Mrs. [2585], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3:45 to 3:55 P.M. Eastern War Time. . . ., Va.

1. GC: You will answer the questions regarding this body as I ask them:
2. EC: Yes, we have the body here, [2585]; this we have had before.
3. Conditions are very much improved, as we find. It is true, there are times when there is a great deal of disturbance and distress, just at and through the periods.
4. At such times apply Glyco-Thymoline Packs over the ovarian area, or over the ovaries, both right and left. Use three to four thicknesses of cotton cloth saturated with the Glyco-Thymoline. Apply salt heat over same. Heat salt and put in a bag that may be used as a Pack.

MENSTRUATION: PAINFUL CIRCULATING FILE

5. We would continue to have the osteopathic adjustments for the relaxing of the areas indicated. Now, let this be done by the osteopath in Raleigh. These treatments would be well done there [Dr. A.R. Tucker, 411 Masonic Temple Bldg., Raleigh, N.C.].
6. These added, will aid in alleviating the pain and gradually - with the corrections - alleviate the sources of this congestion - or catarrhal disturbance.
7. With the present disturbance, we do not find it best or practical, at least, for conception. It is possible, but would not be well at this time.
8. Ready for questions.
9. (Q) Would it be better all around if an effort was made to stay up instead of in bed during these times?
(A) A day or two in bed, is better than trying to stay up. For, this makes pressures on the ovaries that is bad, as well as the uterus and those organs of the pelvis.
10. (Q) The headaches with reflexes to the eyes which you mentioned before still occur frequently, are these directly connected to the condition which I have been referring to or are they coming from something else?
(A) These should be aided by the treating of the body in the 3rd cervical and in the areas of the 9th dorsal, and the lumbar areas. These should be part of the adjustments made by the osteopath.
Do that.
But use the Packs, and not use sedatives at the periods.
11. We are through for the present.

REPORTS OF READING 2585-2 F 30

None.

INDEX OF READING 2995-2 F 36

ADHESIONS

Electrotherapy: Violet Ray: Pelvic Disorders Par. 8

NEURALGIA

Osteopathy: Pelvic Disorders Par. 10

PELVIC DISORDERS: DYSMENORRHEA
: NEURALGIA

Physiotherapy: Douches: Glyco-Thymoline:
Pelvic Disorders Par. 9

BACKGROUND OF READING 2995-2 F 36

B1. 5/10/43 She obtained Life Rdg., 2995-1; 5/15/43 She submitted these questions:

"The questions I would like to ask for my PHYSICAL READING are:

1. The pain in my abdomen for a week or more after a period. 2. The sudden change in tooth structure as to gum line cavities and what can I do to stop it. 3. The lung and voice condition at present. I have a slight pain in my left lung; how can I improve my voice. I studied for several years, but recently have suffered pain in my throat after half an hour's practice and have given it up."

TEXT OF READING 2995-2 F 36

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of January, 1944, in accordance with request made by the self - Miss [2995], Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis and Jeanette Fitch, Stenos. Harmon Bro.

R E A D I N G

Time of Reading 4:00 to 4:10 P.M. Eastern War Time. . . ., III.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2995].
3. As we find, there are disturbances that cause disorders and discomforts to the body. These have to do primarily with effects of conditions that exist in the functioning of the organs in the body.

MENSTRUATION: PAINFUL CIRCULATING FILE

4. These, then, are the disturbances as we find them with this body, [2995] we are speaking of:
5. In the present the blood supply is very good. In the nerve forces here we find disturbances indicating the character as well as the sources of the greater disorders at the present time.
6. As we find, there have been those periods when through the organs of the pelvis, through cold and congestion, neuralgia of the womb has developed. This has caused an adhesion that has brought about disturbances at the menstrual periods. This in turn, from and through reflexes to the abdominal area, causes heaviness in the caecum and in the left side and the ovarian areas. With the reflex of the nerves through same - there are produced abdominal pains and headaches and quickening of the pulse.
7. These, as we find, are the sources of the disorders with this body. In the activity of the organs, in spite of these disturbances we find body-forces good. Lungs and the organs of the chest are very good, save at periods when there are reflexly, as in the present, from the soft tissues of face and head, conditions that cause "anxieties", as it were, to the lymph circulation in lungs and organs of the chest. These distresses produce disturbances to the body.
8. In making for corrections, we would first use the violet ray with the vaginal applicator, once or twice - not more than a minute at a time.
9. Then we would begin with Glyco-Thymoline douches. These we would not take through the menstrual periods, of course, but once each week for the three weeks between the menstrual periods.
10. Then we would begin with osteopathic relaxations. These are to be given in the coccyx, lumbar, sacral and ileac plexus and 9th dorsal, coordinating the upper dorsal and cervical with same.
11. Do these things, and we will bring nearer to normal conditions for this body.
12. Ready for questions.
13. We are through with this reading.

REPORTS OF READING 2995-2 F 36

R1. 1/11/44 See 2995-3.

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BACKGROUND OF READING 3027-1 F 34

B1. 5/11/43 Questions submitted:

1. Are the pains in the inside muscle of left thigh caused by the congenital dislocation of hip? 2. What would best help to keep it well and strong? 3. Just what is the cause of the abdominal pains which I get each month, and what can be done about it?

TEXT OF READING 3027-1 F 34

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of May, 1943, in accordance with request made by the self - Miss [3027], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by the book THERE IS A RIVER.

P R E S E N T

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

R E A D I N G

Time of Reading 3:40 to 3:55 P.M. Eastern War Time. New York City.

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

MENSTRUATION: PAINFUL CIRCULATING FILE

2. EC: Yes, we have the body here, called [3027].
3. As we find, there are disturbances that may be corrected in the present, that will bring much better conditions for this body.
4. These have to do, we find, with structural positions in the body and the effect these pressures have upon the activity of organs, especially as related to the pelvis and their reactions - from these disturbances - upon the general nervous system.
5. Then, these are the conditions as we find with body, [3027].
6. In the blood supply, - this is very good in the main. There needs be some changes as related to the diets and the supply of vital energies as will be the more exerciseable through the body when certain adjustments are made.
7. The nerve forces are much in the same way and manner.
8. As we find, from some injury heretofore, there has been an unbalancing of the pelvis bone, and this leaves a variation in the length of the limbs. And this pressure upon the lumbar axis and the cervical, as related to that activity in the coccyx forces (that is, the 3rd cervical), brings about the pains, the uncomfortable condition that is experienced in a portion of the limb itself, as well as the headaches, the cramps experienced at the Periods, and the general reactions through the body.
9. These as we find, from the very natures, will require some attention before there is the attempt to make adjustments.
10. Across those areas of the upper left side of the hip, upper hip, we would apply each evening a Glyco-Thymoline pack; using three to four thicknesses of cotton cloth saturated with Glyco-Thymoline. Also apply the same type of pack on the upper portion of the left limb, close to the crotch of the body, and across that area - as the head of the bone of the left limb. Let these remain on for at least an hour.
11. Do this five or six days in succession.
12. Then begin with having osteopathic adjustments, with special reference to the position of the pelvis bone, and the lumbar axis; coordinating the conditions in the upper cervical, or from the 3rd and 4th cervical to the base of the brain, with same.
13. Five to six adjustments should be sufficient in the first series.
14. Have the Glyco-Thymoline Packs each day for five to six days before the osteopathic adjustments would be attempted, and these - the adjustments - would be with specific or more attention to the pelvic region and the axis, and the coccyx, AND from the 4th and 5th to the 1st cervicals.
15. When six adjustments have been made, then have a rest period from these for two weeks.
16. And during that rest period we would take exercises very similar to the regular setting-up exercises; but these should tend to make the limbs to be outward rather than to bend forward, see, in the stopping position. Arm and knees, as it were, sideways as the body stoops, see, - with the arms extended in front of self, and this two to three times of morning, two to three times of evening, should make a vast difference.

17. Then, for the first one or two of the Periods when there are the cramps (afterward there should not be a great deal of discomfort), use warm salt packs at the pubic center.
18. Do these, as we find, with the general precautions.
19. In the diets have plenty of A and D vitamins for the body, or keep in the sunshine as oft as practical, and plenty calcium added to the diet.
20. Three times each week take sufficient CALCIOS to cover a whole wheat cracker thinly, spreading it on as you would butter.
21. Also have plenty of sea foods in the diet.
22. Do these, and we should make much better conditions for this body.
23. We are through with this Reading.

REPORTS OF READING 3027-1 F 34

R1. 6/11/43 [3027]'s ltr. to EC:

Association for Research & Enlightenment Virginia Beach, Virginia

Dear Mr. Cayce:

Thank you ever so much for the very good Physical Reading. I feel sure it is going to help my leg a lot, and I have started the packs and exercise.

As for the osteopathic treatments, I would like to know if you authorize me to show my Reading to Dr. W. Riley, an osteopath, who has been treating me for the past three months and has much improved my leg. I do not know if he will agree to follow the advices given in the Reading. If he does not I will certainly go to Dr. G. Coulter as suggested by you. But I would be very thankful to you for letting me know as soon as possible if you have any objection to my showing the Reading to Dr. Riley.

I am working on the questions I want to ask on my Life Reading and will send them on time. So will Mr. [3063]. He has asked me to request a Physical Reading for himself at your earliest convenience. Would you please let me know which date you can give him. A Saturday morning would be the best time for him.

Your feeling that we should meet has made me very eager to pay you a visit, and I hope this will be possible sometime in the near future.

Thanking you again very much I remain

Yours very sincerely, [3027]

INDEX OF READING 5313-1 F 20

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BACKGROUND OF READING 5313-1 F 20

None.

TEXT OF READING 5313-1 F 20

This Psychic Reading given by Edgar Cayce in the Phillips Hotel, Dayton, Ohio, this 23rd day of July, 1923, in accordance with request made by self - [5313], through brother, [1323].

P R E S E N T

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

R E A D I N G

Time of Reading 8:20 A.M. Dayton Time. . . ., Ohio.

1. EC: Yes, we have the body here. We have had this before, you see. * Now there are many changes in the body since last we had it. Some are for the better, and the general condition in the system is better. The relaxation of the sacral region, by the heat as should have been applied so that the manipulation would carry the incentive to the lesion in the sacral and ilium plexus, has not been carried out properly. With the relaxation, then, of the other centers where the lesions have shown along the spine, this has made the strain on the pelvic organs much more severe than they have been at some times in the past. So, with the pressure produced on the organs with the circulation and nerve condition as they are with these lesions, the functioning of the organs of the pelvis in the discharge from the system through the menstrual period has made the strain more severe and made the taxation to the system very severe.

2. We would relax the condition along the sacral and lower lumbar with the heat, as we have given, when the manipulation is given, if we would correct the condition for this body. The vaporized heat applied direct local treatments for relaxation before the osteopathic forces are applied to the body, for with this strain and with the condition being or becoming aggravated, we will find there will be trouble by internal infection from the organs in their functioning if these are not corrected. Do as we have given if we would correct the condition properly for this body, [5313].

MENSTRUATION: PAINFUL CIRCULATING FILE

3. (Q) Mr. Cayce, what should be given for this body for instant relief at her next menstrual period, if she suffers like she did the last time at her period?

(A) Correcting the condition will remove this strain, so the body would not suffer in the period, as we have given here,

* [At the top of original transcript of 5313-1 there was a notation to the effect that 5313-1 was the "second reading taken", the first having been taken on 6/9/23. No record of the earlier reading. GD] you see. Had we done, with the relaxing and the adjusting for the organs of the pelvis and the sacral and ilium region, as we have given, we would have corrected these conditions. Application of saturated solution of carbonate or bicarbonate of soda with heat applied from external will relieve pain; the heat applied with heated salt placed in the bag placed on the back or the ilium and sacral plexus. This will not be necessary if the condition is corrected with the relaxation of the pelvis. May be properly adjusted and prevent these bearing down pains, as we have given, when the body is on its feet, but we must adjust the organs of the pelvis with the manipulation, so that we have the womb properly adjusted so it will empty itself without pain, you see.

4. (Q) What kind of heat should be applied to the body, Mr. Cayce, just before the osteopathic treatments?

(A) Vapor heat, that is, heat that is vapor from heated water like heat applied in a vapor bath heat. The steam of the vapor from heated water applied to the sacral and ilium region to relax the body just before the osteopathic treatment is given locally, not over the whole body. We are through.

REPORTS OF READING 5313-1 F 20

R1. 7/8/49 Report requested by GD.

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PELVIC DISORDERS: DYSMENORRHEA

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BACKGROUND OF READING 5621-1 F 22

B1. 6/21/30 Mother [5622]'s letter: "My daughter [5621] is such a sufferer each month [for 3 years] at her menstrual period that I fear for her. I have done everything known to science for her with little benefit."

TEXT OF READING 5621-1 F 22

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of June, 1930, in accordance with request made by her mother, Mrs. [5622].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. [5621].

R E A D I N G

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

MENSTRUATION: PAINFUL CIRCULATING FILE

1. EC: Yes, we have the body here, [5621]. In the general physical forces of the body, we find there are disturbing factors that, taken in time, may be corrected comparatively easily. Allowed to remain until system adjusts itself, or ATTEMPTS to adjust itself, may become very hard to combat - for these conditions have to do with the nervous system, and of the CHARACTER of eliminations at periods in the system. Hence pressure exists that causes congestion, and prevents the organs of the system adjusting themselves to the general conditions as SHOULD be NORMAL for the body. This produces, then, as we find, that tendency of the distress periods becoming over exaggerated to such an extent that the pains and the reactions become excruciating at times, causing nausea, headaches, cramps, and the DIGESTIVE system becomes involved through those conditions as would NOMINALLY, UNDER the stress, relieve or bring for the physical forces that of the bettered condition. This position, these pressures as exist, must either bring about that of the lesions that would necessitate, eventually, that of an OPERATIVE measure FOR correction, or - taken in time - these, as we find, may be adjusted through manipulation, and through those treatments as would bring for the system the proper adjustment of the conditions in system, to bring a NORMAL force and normal activity to the body.

2. The pressures, as we find, exist in the coccyx, and also in the lower LUMBAR region, with the natural reflexes as come from same to the upper portion of the body. With the taxation, those conditions in the secondary cardiac plexus brings for the system that of a disturbance in the thyroid, as well as in throat and bronchia. At PRESENT they are merely a reflex condition. Will the system adjust itself TO the conditions, these must either produce that of thickening of the walls - unless the CAUSE, or that nerve PRESSURE in the lower portion of system IS relieved.

3. With the beginning of the manipulations as would make for the adjustments in system, we would prepare THIS compound - which, we will find, will assist in bringing for the organs of the system, especially in the pelvis and in the whole of the blood supply as related to the assimilations, and those of the body as related to the functioning of the glands as SUPPLY that portion of the nutriment in system as is eliminated in periods; using that of plain simple syrup, or compound simple syrup, 2 ounces, we would add to this:

Essence of Indian Turnip. 3 minims,
Essence of Wild Ginseng. 10 minims,
Essence of Ambrosia Weed (preferably prepared from green). . . 5 minims,
Essence of SILKWEED. 3 minims. [Silk-Weed - Milk-Weed?]

4. The dose of this would be half a teaspoonful once each day, beginning with the fourth or fifth day AFTER the treatments are begun. This, as we find, would extend over the period, and bring for the system bettered, more regulated, and the nearer normal conditions. Ready for questions.

5. (Q) Is the pain in the chest caused by a gastric ulcer?

(A) Caused rather from properties taken to relieve distresses in the physical forces as are abnormal. These, as we find, with the rest, with the creating of the system for those of an alkalin reaction, will remove all the strains through this portion of the system. NOT a gastric ulcer. There have BEEN lacerations.

MENSTRUATION: PAINFUL CIRCULATING FILE

6. (Q) Is the sinus trouble caused from the general condition?

(A) This the natural result of conditions, as has been given, as related to those pressures that are brought to bear on the upper portion of the system, which LEAVES that of the mucus - or those of the mucus PRODUCING forms in the sinus, and in all of soft tissue. These are natural results from the choked eliminations as occur from the periods, and from the ulcerations as come in the system THROUGH such times - or ACCUMULATIONS; not ulcers, in the greater sense. Rather those of accumulations of mucus that SHOULD be relieved. THIS produces the LACERATIONS, see?

7. (Q) Should the body take aspirin or whiskey to relieve the menstrual pains?

(A) If the body will use this as we have given, this will relieve the pain; and if the corrections are made, we will find these will be RELIEVED entirely.

8. (Q) How often should the manipulations be given?

(A) During the first period - that is, for the twenty-eight days - there should be at least fourteen treatments. Later they may be made ONCE a week, or oftener NEARER the periods.

9. That is all the questions regarding this body.

10. We are through with this reading for the present.

REPORTS OF READING 5621-1 F 22

R1. 7/7/30 She had her second reading, 5621-2.

R2. 8/18/30 GD's note: Today I heard EC give Mr. [257] this prescription over the phone, to bring on menstruation for someone in his family I think. It has nothing to do with Case [5621], except the reference to Silk-Weed which I wish to get listed here for index purposes:

Put a heaping tablespoonful of Silk-Weed in about 3 ounces of water. Reduce to 1 ounce. Add to 1/2 pint whiskey. Take a teaspoonful three to four times a day. Also take a big dose of Calomel.

R3. 8/19/30 Mr. [257] wired he was unable to locate Silk-Weed. EC wired back: "Essence Silk-Weed Eimer & Amend, 18th St. & Third Ave., N.Y.C."

R4. 8/27/30 See Mr. [257]'s report on it under background for his wife's Check Physical Reading 903-14.

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BACKGROUND OF READING 5621-2 F 22

B1. See 5621-1.

B2. 7/4/30 She entered Cayce Hospital and left 7/7/30 following the second reading.

TEXT OF READING 5621-2 F 22

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 7th day of July, 1930, in accordance with request made by self and mother, and those in charge.

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. Wigal, Mrs. [5622] and daughter [5621] and Miss Wright.

R E A D I N G

Time of Reading 12:00 Noon - Eastern Standard Time.
Cayce Hospital, Va. Beach, Va.
(Physical Suggestion)

1. EC: Yes, we have the body here - this we have had before, [5621]. In many ways we find the conditions show rather that of the stirring up, and of retractions setting up in the system. These, we find, however, will respond to those applications, will they be made, as respecting the digestive system, as well as the correction of those pressures as have existed, and as do exist, in the lumbar and sacral region, as calls for those conditions as related to the functioning of organs in the pelvis region. That reaction as comes through those of the upper dorsal to the throat, bronchia and head, those conditions as make for that retraction in the stomach proper, that calls for that of regurgitation in the duodenum - these, as we find, will pass off, will there be taken SUFFICIENT time for the system to adjust itself to the new changes as are made by the releasing OF the pressures in the lumbar and sacral region. Take TIME to get well, then! Ready for questions.

MENSTRUATION: PAINFUL CIRCULATING FILE

2. (Q) Should the right tonsil be removed?

(A) Not NECESSARY, if the proper treatments and time is taken! May be MADE necessary, if the body acts in such a way and manner as to cause the settling or segregation of the distresses in system to portions OF the system! If the body so DESIRES that this be done, and doesn't care to take the time - then do it! but it'll be sorry for it afterward!

3. (Q) What diet would be most suitable for the body?

(A) Not too much of ANY diet, but that that is SATISFYING, but that is wholly of an alkalin reaction for the system. Beware of meats, save those of certain of the sea foods, or of such natures, as will add for the iodines and the reactory forces of potashes in the system.

4. That is all the questions.

5. We are through with this reading for the present.

REPORTS OF READING 5621-2 F 22

R1. 8/5/30 Mother [5622]'s letter: ". . . [5621] and I are both so grateful for the help we have had and we are improving each day. . ."

R2. 10/29/30 Mother [5622]'s letter: ". . . [5621] has improved so wonderfully - thanks to you. . ."

R3. 11/6/30 Miss [5621]' sister [5464] secured a Physical Rdg.

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BACKGROUND OF READING 5700-1 F ADULT

1/23/24 Request form returned by Mrs. [5700], giving her name and address where she would be on the 2/1/24 11 A.M. appointment: "Will be at my father'a home, about 6 mi. North of . . ., Mo." [This was the first and only communication we had from her before the reading. GD]

TEXT OF READING 5700-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 1st day of February, 1924, in accordance with request made by self - [5700], via Mr. [953].

P R E S E N T

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

R E A D I N G

Time of Reading

11:40 A.M.

6 miles North of. . . , Mo.

1. EC: Yes, we have the body, here. You see, it is more West than North. [GD's note: On 6/30/24 she verified this statement by listing her address for her 8/2/24 appointment as "6 mi. N.W. of . . . , Mo."]

2. Now, we find the abnormal conditions in this body have to do with the physical, the mental and the spiritual elements in their operation and manifestations in the physical, though the physical conditions have to do with eliminations in the system, and the effect is produced in the nerve system, which in turn has its effect upon the mental attitude and the spiritual forces in the entity.

3. Now, these are conditions as we find them in this body, [5700], we are speaking of. First:

4. IN THE BLOOD SUPPLY, we find this deficient in quantity and quality, and the vitamin forces and the vitality of the system well taken up by nerve energy and by the condemnation of self. In the circulation in the system the suppression and the taxation through portions of the system give rise to these conditions, yet these must be met fairly and squarely, as well by the mental attitudes as by physical conditions that may be assisted in the system.

5. THE NERVE FORCES, we find many centers that are taxed, and the perineurial of almost all centers in the sacral, illium and hypogastric plexuses show inflammation. These make pressure on those direct to the brain through the pineal nerve through the cerebro-spinal and both branches of the sympathetic. Hence the body gives up. Does not fight against conditions, but rather gives in to the feelings, as it were. In the pressure on nerve centers, we find these through the genitory system, and through those organs of the false and the true pelvis cavities, so all of the organs of gestation have become involved, as those through the womb, through the ovaries and through the Fallopian Tube all show this inflammation, and the excess of the pressure that this brings on nerve system producing the taxation to nerve system, blood supply and all of the organs in trunk portion of the body.

6. ORGANS OF THE BODY, as to the organs of the system, other than this, these we find taxed under this strain. This, we see, is produced by specific condition in pelvic region, and this may be corrected when proper adjustments are made through local applications, but to reach these would first to prepare the system, that these local packs may be used in the system to bring the healing properties to the body, take in the system this. This will give appetite, strength, relieve pain and give the correct incentive for eliminations in the body.

7. To one gallon of rain water, add:

Wild Cherry Bark. 2 ounces,

MENSTRUATION: PAINFUL CIRCULATING FILE

Yellow Dock Root. 2 ounces,
Black Root. 2 ounces,
Yellow Saffron. 1 ounce,
Elder Flower. 1 ounce.

Reduce this by simmering (not boiling) to one quart. Strain while warm, and add two drams of Balsam of Tolu, and one dram of Balm of Gilead (in the buds) cut in four ounces of grain alcohol.

8. The dose would be two teaspoonfuls four times each day, before meals and before resting or going to sleep in the evening.

9. Give also the diet of properties that carry much protein or iron. Not so much meats, very little. Vegetable diet, that is fresh and that grow above the ground, not of the tuberous nature.

10. Apply the violet ray, and use the electrode in the vagina proper for at least three minutes each evening. Then apply the other vibrations across the sacral and illium plexus. That is, across the small of the back, and up to the upper dorsal.

11. After this has been taken for at least twenty days, then begin the local treatment or local packs for those conditions and those lacerations that show in the organs of the pelvis.

12. Do that at present.

REPORTS OF READING 5700-1 F ADULT

R1. 2/6/24 Letter: "I received the reading you made for me, February 1st. My idea on this is that you explained the cause of my suffering better than any physician I have ever taken treatments from.

"I am writing you in regard to the violet-ray. Where can we get one, and how much will it cost? Can we get a small one? Would it do just as well? Does the electro go with the machine or do you buy it extra? Should I use it at the mouth of the vagina or inside? And how strong should the current be? We have failed so far to get most of the medicine you spoke of here, but we're trying a different place yet. Would it be at all o. k. to dig some of the medicine and get the wild cherry bark here or should we get it at a drugstore. Would be glad to here from you soon."

R2. 5/12/24 EC gave her second reading, 5700-2.

R3. 6/23/24 Letter: ". . . I am writing you in regards to let you know how I am getting along. I have been taking the medicine three weeks and have never missed a dose and have also used about right each evening as given in the reading and I can't tell if it has helped me in any way yet, but my bowels are also in an awful shape which I never mentioned before. I have to take something for them each evening. I still have enough medicine to last another week longer, so I thought I would write you in time that you might give me further information by the time I finish taking rest of medicine. Please give me the names of the foods which I should eat. Was afraid I surely didn't understand the reading right in some way or I would be better by this time. Very anxious for a reply. . ."

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BACKGROUND OF READING 5700-2 F ADULT

B1. See 5700-1 and subsequent correspondence.

TEXT OF READING 5700-2 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 13th day of May, 1924 in accordance with request made by self - [5700].

P R E S E N T

Edgar Cayce; Linden Shroyer, Conductor; Gladys Davis, Steno. Geo. S. Klingensmith.

R E A D I N G

Time of Reading 11:30 A.M. Dayton Time.

About six miles North . . . , Mo.

1. EC: Now, we find there is little change in the body from the physical standpoint from that as we had here before. There are some changes in the system from the standpoint of the eliminations as set forth in the functioning organs in the system. There is some change in the vibrations as being accorded the system, and these will give the better incentives to the system in the functioning throughout.
2. For the present conditions, and with the present conditions in the system, we would change the medicinal properties for the system to this:
3. To one gallon of rain water, we would add:

MENSTRUATION: PAINFUL CIRCULATING FILE

Yellow Dock Root. 2 ounces,
Burdock Root. 2 ounces,
Polk [Poke] Root. 10 grains,
Elder Flower. 6 ounces,
Red Root. 2 ounces.

Reduce by simmering (not boiling) to one quart. Strain while warm and add two drams Balsam of Tolu cut in same, with five minims Tincture of Myrrh.

4. The dose would be two teaspoonfuls four times each day, taken after meals, using the applicator of the violet ray, as has been given, the bulb applicator used in the upper portion of the body, over the upper dorsals and cervicals and head, the applicator for the vagina used as has been outlined.

5. Do this. Do this as has been given, and leave off other stimulants and antidotes to produce any other rest other than this will give. We will find that the first two or three days of this to the body will be rather irritating and tending to produce insomnia, but with this vibration, given as outlined, we will bring the better conditions for this body, [5700].

REPORTS OF READING 5700-2 F ADULT

R1. 6/23/24 [5700]'s letter: ". . . I am writing you in regards to let you know how I am getting along. I have been taking the medicine three weeks and have never missed a dose and have also used about right each evening as given in the reading and I can't tell if it has helped me in any way yet, but my bowels are also in an awful shape which I never mentioned before. I have to take something for them each evening. I still have enough medicine to last another week longer, so I thought I would write you in time that you might give me further information by the time I finish taking rest of medicine. Please give me the names of the foods which I should eat. Was afraid I surely didn't understand the reading right in some way or I would be better by this time. Very anxious for a reply. . ."

R2. 8/2/24 EC gave her third reading, 5700-3.

INDEX OF READING 5700-3 F ADULT

Electrotherapy: Violet Ray: Perineuritis Par. 1, 7

Exercise: Pelvic Disorders Par. 7

Healing: Consistency & Persistency Par. 8

LACERATIONS: PERINEUM

Osteopathy: Pelvic Disorders Par. 3

PELVIC CELLULITIS

PELVIC DISORDERS: DYSMENORRHEA

PERINEURITIS

Physiotherapy: Applications: Glyco-Thymoline:
Antiseptic Par. 7

Prescriptions: Calisaya Elixir: Perineuritis Par. 4--6

: Capsici, Tincture: Par. 4--6

: Celerina Elixir: Par. 4--6

: Peppermint, Oil Of: Par. 4--6

: Potassium Bromide: Par. 4--6

: Potassium Iodide: Par. 4--6

: Syrup, Simple: Par. 4--6

: Valerian, Tincture: Par. 4--6

BACKGROUND OF READING 5700-3 F ADULT

B1. See 5700-1 and 5700-2 including Reports correspondence.

TEXT OF READING 5700-3 F ADULT

This Psychic Reading given by Edgar Cayce at the office, 322 Grafton Avenue, Dayton, Ohio, this 2nd day of August, 1924, in accordance with request made by self - [5700].

P R E S E N T

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

R E A D I N G

Time of Reading 12:50 P.M.

6 Miles northwest of . . . , Mo.

MENSTRUATION: PAINFUL CIRCULATING FILE

1. EC: Now, we find the conditions throughout this body are better than when we had them before. The strengthening of the tissue and of the muscular forces throughout the system, especially in the pelvic region, we find brings better conditions for the body, though we find in the retraction this proves at times to be rather a condition that seemingly is an aggravated condition, yet were the vibrations as should be accorded the system carried out just as given we would not have as much of this condition. The vibrations from the violet ray forces are not accorded the system as given, though that which has been shows how, with the increased stimulation of the secretions in these portions of the body, the body has been assisted.

2. With the diet and the other properties as have been given for the body, were these carried in the system as consistently as has been outlined for the body, we would find the conditions bettered in these physical forces.

3. We would at the present time, with the medicinal property changed somewhat, we would give the vibrations of the electrical forces, and also give the deeper manipulation of the nerve, muscular and tissue forces along the whole length of the spine, relaxing and contracting by this manipulation the various centers that we find are not according the correct distribution of the rebuilding and the eliminating forces in the system. These we find would be the special places we would find disturbances: In the 1st and 2nd lumbar, in the 8th and 9th dorsal, in the 1st and 2nd and 3rd dorsal and in the 2nd and 3rd cervical.

4. In properties then as taken in the system at present time, let them be as this composition, with the taking as is outlined here.

5. Take this:

Tincture of Valerian. 2 ounces,
Iodide of Potassium. 10 grains,
Bromide of Potassium. 20 grains,
Elixia Calisaya. 2 ounces,
Elixia Celerena. 1 ounce,
Tincture of Capsici or fluid extract. . . . 1 minim,
Oil of Peppermint. 2 minims.
Sufficient simple syrup to make 8 ounces.

6. Shake solution well before the dose is taken. Take one teaspoonful twice each day, after the first meal and in the evening before resting.

7. Use the physical body in the exercising of same without taxing the system too much. Do not use the electrode for the condition in the pelvic region and pelvic organs when there is too much of the discharge, keeping all portions of the system, all conditions where discharge, is shown, cleansed with the solution as would be found in the antiseptic solution of Glyco-Thymoline used in the water; that is, to a half gallon add twenty to thirty drops.

8. Do this. Keep these consistently, persistently in and for the system, and we will bring the conditions in the body near the normal forces, [5700] we are speaking of. We are through for the present.

REPORTS OF READING 5700-3 F ADULT

R1. 9/26/24 See 5700-4.

INDEX OF READING 5700-4 F ADULT

Electrotherapy: Violet Ray: Perineuritis Par. 2, 3

LACERATIONS: PERINEUM

Osteopathy: Pelvic Disorders Par. 3

PELVIC CELLULITIS

PELVIC DISORDERS: DYSMENORRHEA

PERINEURITIS

BACKGROUND OF READING 5700-4 F ADULT

B1. See 5700-1 through 5700-3.

B2. 9/20/24 Letter: "I have my medicine about taken up and am very little better. Improving very slowly. Thought I would write you that you might give me further explanation by the time I have finished taking my treatment."

TEXT OF READING 5700-4 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 26th day of September, 1924, in accordance with request made by self - [5700].

P R E S E N T

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

R E A D I N G

Time of Reading 11:35 A.M. Dayton Savings Time.

6 miles northwest of . . ., Mo.

1. EC: Now, we have the body here, [5700], six miles Northwest . . ., Mo. In this we find the body improved from that when we had it here before.
2. This body needs to take more of the vibration of the violet ray, in the manner as given, using the vaginal applicator.
3. The medicinal properties may be discontinued at this time, until sufficient of the electrical vibration internally, and over other portions of the body, and the massages are taken to produce and create the equalization of nerve tension in the body.
4. Do that at the present time.

REPORTS OF READING 5700-4 F ADULT

R1. 10/5/24 Letter from [4358]: "I have been given your address by a Mrs. [5700] who is taking treatments of you, and I hear she is being greatly benefited by them."

R2. 1/2/25 See 5700-5.

INDEX OF READING 5700-5 F ADULT

Electrotherapy: Violet Ray: Perineuritis	Par. 1
LACERATIONS: PERINEUM	
Osteopathy: Pelvic Disorders	Par. 2
PELVIC CELLULITIS	
PELVIC DISORDERS: DYSMENORRHEA	
PERINEURITIS	
Surgery: Womb: Tipped	Par. 2
WORK: E.C.: READINGS: VOLUNTARY	

BACKGROUND OF READING 5700-5 F ADULT

B1. See 5700-1 through 5700-4.

TEXT OF READING 5700-5 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 2nd day of January, 1925, in accordance with request made by self - [5700]. A voluntary reading.

R E A D I N G

Time of Reading 1:15 P.M. Dayton Time.

1. EC: Now, we find the conditions in this body, and the troubles as caused through the pelvis, and in the lumbar regions, would be well that the electrical vibrations, as have been accorded, be kept up for the time being.
2. In three to four weeks, the correction of the position of the womb proper should be made, through an operation for the condition existing there. The body has gained sufficient strength, and the blood supply in system is at the stage, at that time, when it would be well for these corrections to be made. When this is done, and the equalization is made in circulation, and in nerve strain, by the manipulations as should be accorded, (the body when has rested, of course, from the conditions of operation) we would then bring the body to the normal conditions. Do that.

REPORTS OF READING 5700-5 F ADULT

R1. 1/3/25 EC's letter [Indicates that Mrs. [5700] had requested a reading though we do not have a copy of that letter in the file]: "Yours of sometime ago received, and I am enclosing herewith a copy of the reading as gotten yesterday afternoon, you will notice that this changes the suggestions entirely, but I would gather from this that conditions are such that this change would be necessary at this time. I shall be very glad for you to let me hear from you from time to time and I want you to know I want to do whatever it is possible for me to do to help. Hoping to have a good report from you soon and with kindest regards, I am sincerely. Edgar Cayce."

[GD's notes: The above letter of EC's is being included to indicate a background for 5700-6 which also was volunteered on 1/17/25. See 5700-6 with background correspondence preceding it, or correspondence in the mail after the reading was given.]

INDEX OF READING 5700-6 F ADULT

CLAIRVOYANCE OF E.C.: CONDITIONS CONFIRMED

Doctors: DePew, H. B.: M.D. Reports
: Gillhorn Par. R8

GYNECOLOGY

Hospitalization: Missouri Baptist Sanitarium Par. R14
: St. Mary's Hospital Reports

PELVIC DISORDERS: DYSMENORRHEA

PERINEURITIS

Prophecy: Prognosis: Pelvic Disorders Par. 2

SURGERY: HYSTERECTOMY Par. 2

WOMB: FALLOPIAN TUBE: RUPTURE : UTERUS:

WORK: E.C.: READINGS: VOLUNTARY

BACKGROUND OF READING 5700-6 F ADULT

B1. 1/2/25 She had obtained 5700-5.

TEXT OF READING 5700-6 F ADULT

This psychic reading given by Edgar Cayce at the home of Mrs. Bamberger, 77th and Broadway, New York City, New York, this 18th day of January, 1925, in accordance with request made by - (a voluntary reading which came immediately following a first physical reading for Case [4599]).

P R E S E N T

Edgar Cayce; Morton H. Blumenthal, Conductor; Gladys Davis, Steno. Mrs. Cayce, Mrs. Bamberger, Dr. Krauss, Mr. and Mrs. Koff, and others.

R E A D I N G

Time of Reading 12: 15 A. M. New York Time. ..., Missouri.

1. EC: [5700] - Missouri.

2. Now, in this condition that has arisen in the body from the dis-arrangement in the pelvic organs, especially those in the false pelvis, we find these need attention at once, through that condition as given, for the operation on the body, else there will be in 19 days the setting up of an infection that will bring destructive forces to the whole system. The alleviation of the pressure has been effective to the body, but this attempt to lift that heavier than the body should have attempted, under the existing conditions, has brought about this condition, or falling more of the organs in the pelvis, and the rupture of the left Fallopian Tube, and these conditions should be attended to at once.

3. We are through for the present.

REPORTS OF READING 5700-6 F ADULT

R1. 1/18/25 Letter from [5700] to EC in Dayton, Ohio, which he did not receive until he returned to Dayton from New York several days later:

"I am writing you in regard to asking of you to see if you can get an answer to these questions: (1) What should I be operated on for? (2) Should my womb be taken? (3) Just what should be done? (4) Could the operation be done through the vagina? (5) should I take chloroform or ether? (6) How long should I stay at hospital? (7) Could I wait till about May or June to go for operation, then use the electric machine 3 or 4 weeks just before going? (8) Would this operation make my nerves any worse than what they are, and in what way would it make them worse?

"I haven't got no money to be operated on with and don't know if I can get any or not. Am very anxious to hear from you."

R2. 1/20/25 Letter from EC to [5700]: "I'm enclosing herewith copy of reading gotten voluntarily a day or so ago. Impossible to get this mailed to you sooner, as I was leaving that day for Dayton from New York, where I was when the reading was given. Naturally, this makes me very anxious regarding your condition, so will thank you very much to let me hear from you and know how you're getting along."

R3. 1/26/25 EC's letter to [5700]: "I have yours of the 18th, but I am sure you realize that all of your questions were answered in the voluntary reading given, and a copy of which was sent you some days ago. I would certainly be very glad to hear from you, and if there are any further suggestions that I may be able to give you in a reading, I shall be glad to undertake it for you."

R4. 3/16/25 Mrs. [5700]'s Letter: "I am writing you again as I happen to have not been able to go to the hospital yet, asking you to please take my reading again as it has been sometime since I have heard from you. Please see if you can find out if I should still go to the hospital for operation and follow those suggestions which you gave in last reading. Please answer by return mail, if possible, as I want to try and go to hospital as soon as possible if I should go."

R5. 3/25/25 EC's letter: "As suggested in a reading this afternoon, the sooner the operations are carried out as outlined, under the present conditions, the better it will be. We hope you will arrange as soon as possible to go to the hospital and have the operation as suggested in the last reading. Hoping to hear from you, and that you will get along fine, I am sincerely." Edgar Cayce

[GD's note: There is no record of EC having given a reading for Mrs. [5700] on 3/25/25. This may have been a sentence volunteered in another reading, or at the end of

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someone else's reading, without typing it up for the record, or it could be that EC just willed her that was given in the reading so that she would be more apt to listen to his advice to proceed with the recommendations given.]

R6. 5/31/25 Mrs. [5700]'s letter: "The last letter I had from you, you said I should be operated on soon. So I first came to St. Mary's Hospital in Jefferson City, which was close to home. They took three x-ray pictures there and Sister told me two operating doctors had little hopes of me living through an operation there so they sent me to St. Louis to a female specialists. I have been here over a month. They have taken five x-ray pictures here and have decided not to operate, they don't tell me why. Female specialists give me a little medicines and tells the Sister to give me a one hour douche each day which she neglects part of time. Doctor and Sisters talk awful cross and hateful to me, they talk as though I have hysterics and want me to act like a well person, get me on my feet all they can, this causes me to suffer almost day and night. I'm only a charity patient here, please take my reading again and see if you can find out what I should do. Should I go home or stay here and follow their suggestions which they say I must follow if I stay here. Tell me just what I should do, no difference what it may be. I have more faith in the Lord than I have in all the doctors in the world. I'm real anxious to hear from you. You can address my letters to a friend who lives near the hospital and she will deliver them to me."

R7. 6/8/25 EC's letter:

My dear [5700]

I have yours of the 31st. I'm certainly sorry to know that you have been unable to get your operation. However, it is possible that the conditions are such that the doctors would be afraid to perform an operation. I do not know whether that you have come in contact with one of the doctors who operates at St. Mary's hospital or not. I don't think that he is a female specialist, but I'm going to ask that you insist that you see this man and you have a good heart to heart conversation with him, and if you so desire you may show him this letter. He has been a very good friend of mine, and I'm sure will be glad to do for you that which he deems in a professional manner and way the very best for you. This is Dr. H. B. DePew. I know that he works or operates at times at St. Mary's, as I visited him while he was recovering from an operation that was performed at that hospital on himself. Now, I know this man is as good as you will find anywhere in the profession, and a man that will not hesitate to do that which he deems is the right and proper thing to do, and one that would do everything in his power to be of help and assistance to you, irrespective of the dollars and cents.

I'm certainly sorry to know that you have had such sad experience since you've been there. After you talk with this man, you can write me fully just what he has to say, and you may ask him to write me himself, if he will, and if he does not think it is best for you to go on with the operation at present, personally I see no reason why you should remain there when you can perhaps get better treatment for yourself at home, for you are doing practically the same things, as I understand it, as has been suggested for you sometime back. Just as soon as you decide on this, you may be very sure we'll be glad to take the other reading and see what is the suggestion that is given at this time for you. You know we want to be of help if its possible to do so, but I have a great deal of confidence in the ability of Dr. DePew, and I feel sure that you will get the advantage of one of the best medical authorities, if you will only get in touch with him, and I'm sure you can if you will insist that the Sisters call him in, and I'm sure he will not refuse you the benefit of his knowledge and experience.

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Asking that you let me hear from you just as soon as you can do this, and hoping that you are feeling a great deal better long before this, I am
Sincerely, Edgar Cayce EC: gd

R8. 6/20/25 Letter: "...I am still at St. Mary's Hospital. I insisted on the Sister four days on calling in Dr. D. B. DePew that I might have a talk with him, so then I mentioned it to Dr. Gillhorn, the female specialist which I was under the care of. He then gave me another examination and told me I had no female trouble, after I had been under his care for seven weeks. Then told me he saw no reason why I shouldn't have a talk with Dr. DePew and if I wanted to be under his care all okay and if not I should go home. In about an hour a nerve specialist came in saying Dr. Gillhorn said I had no female trouble and had turned me over in his care. After he gave instructions to follow I then asked him if I shouldn't go home and follow those instructions there the same as I could here, but he told me I could not. He isn't doing anything but giving me exercises and having me sit up. He is getting so hard on me I don't see how I can stand it. I have no faith in him and I feel that they are just puzzled in regard to the condition I am in and want to keep me here to experiment on and it seems awful hard as I have laid and suffered for so many years. My doctor has now been in and he says I may have Dr. DePew come in and examine me and if he says so I can go home. I'm supposed to go the 3rd day of July. Would you take my reading now and send it to Dr. DePew, asking him to come in and see me. Sister says he has patients here. Tell him I will go home Friday, July 3rd, if he doesn't see fit for me to be under his care. I sure do hate to give up and go home in this shape. He wants me to follow the instructions which he has given me, then when I get on my feet come back again. I certainly will appreciate it if you will do this for me. I may never be able to pay you for what you have done for me, but may the Lord reward you here and in the hereafter..."

R9. 6/26/25 EC wrote: I was rather surprised to know that you were still in the hospital in St. Louis. I cannot quite understand why you have not been able, or they have not allowed you at least, to get in touch with Dr. DePew. I believe, if I were in your place, if they still refuse, I would have your friend to call Dr. DePew, asking if he wouldn't call and see you. Then you may refer him to me, if you so desire. I'm sure this would be very much better than for me to write Dr. DePew personally. I would certainly like very much to know what his diagnosis of your case would be, and please insist, when you do see him, that he write me, for you can explain to him that I have not known you directly or personally and can tell him how you came to know of me, for Dr. DePew knows something of the work and has made some examinations under suggestions as were made through the readings. I can't understand how so many of the doctors there disagree as to your condition, and change from time to time. I'm sure, however, you would have an honest opinion from one of the best physicians in St. Louis, can you only get in touch with DePew. Try this again and please let me know. I shall be very glad to do what I can, but you know it would be very much better to be under the direction of the physician in charge while you are in the hospital.

R10. 9/14/25 Letter: "...I am back home again, was at St. Mary's Hospital in St. Louis for two and a half months. They never did me any good whatever. They did not want Dr. DePew to come in and see me, nor would Dr. DePew come, so I wrote him a letter but he did not answer it. I then sent my friend to his office to talk with him. He sent me word if I would go to some private home he would then come and see me, so my friend took me home with her. Dr. DePew then came over to see me. He told me I would have to be operated on, but told me I could go home next morning and stay until cool weather,

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then come back for my operation. He said he would go to hospital and see my x-ray pictures and blood test. I do not know why he sent me home until cool weather unless he thought I could not stand an operation in warm weather on account of the shape my head is in. He told me he would send me medicine for my head, also medicine to stop the pain in my menses period. I have been home since the 8th day of July and he has never sent me any medicine. My mother wrote him three times, but he won't answer. I don't know why he won't answer unless he saw something in the x-ray pictures and thinks he can't operate on me, but looks like he would write and tell me if he can't operate. He seemed to be such a good doctor, to tell me everything. I thought probably I didn't have his correct address, so I wrote back to St. Louis for inquiry and I had it right. He told me after he examined me that my uterus wasn't in its right position, I had a tube that would have to be taken, also an ovary, I had adhesions and there was something in my stomach which he gave a big name to. He also gave a big name to what was wrong with my head, the skin disease which I had, and what caused me to have trouble in passing my urine. You see, there were four names which he gave which I do not remember, in fact I did not try to remember them as I thought I would see him again, but I did not. The place which I have so much trouble with in my stomach is about in the pit of the stomach and extends down a little bit in the left side. When I have a spell with this it first begins with what I call an 'old dead misery' and as it gets worse this misery runs down in stomach, around waistline, and I suffer from the end of my toes to the end of my fingers, striking pains all over me, especially in stomach and breast. I get deathly sick at my stomach and when I vomit most of the time it is green. I still suffer something awful with my head all the time, misery in back part of eyes, across forehead, back part of neck and shoulders, and all through my face. There are yellow blisters in my nose and all in my head. Tiny red dots on tongue, mouth, and throat. I have little brown spots all over me which Dr. DePew called a skin disease that he said was caused from nervousness. I am sending you Dr. DePew's address. Would be glad if you would write him about me. Ask him if I can be operated on and if not why, and ask him to give you the name of what is wrong with the stomach, head, and skin disease. He would write and tell you when he wouldn't me. If I could find out the names of those diseases, the doctors here could explain them to me. Mr. Cayce, please write him for me, then write and tell me just what he says or either send his letter on to me. If he says he can operate or can't I want to know it. I haven't got one dollar to pay on doctor's bills. I had to borrow the money to go to and from St. Louis before and I sure don't want to pay out any more money unless someone can do me some good. If Dr. DePew says he can or can't operate on me, please take my reading anyway and find out what the Lord would have me do at this time. Am very anxious to hear from you..."

R11. 9/29/25 EC's letter to Dr. DePew:
35th Street, Virginia Beach, Va.,
Dr. H. B. DePew, 1446 S. Grand Ave., St. Louis, Mo.
Dear Dr. DePew: -

I suppose you'll be a little bit surprised to hear from me here. As you know, perhaps, I have been giving all of my time, for the last two years, to the Work of trying to be of help to some through the Psychic Diagnosis. Seemingly, we have done a great deal of good. I'm sure you understand very well how the medical profession generally looks at such work. However, we have been able to convince some of most skeptical ones and I believe we now have a sufficient number of those whose veracity cannot be questioned to begin the work of the Institute, or Hospital a place where individuals may get that as suggested in the readings as given, so I hope to establish same here in the next few years.

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I haven't forgotten entirely our project that we had on in Texas, and I am in hopes that in the next few months at the latest I'll have something to report to you that will be surprising and worth while.

Now, the main thing I'm writing you about, some months ago I was asked by a lady in ..., Mo., for a reading. She came to St. Louis, as I understand, for an operation. I suggested that she call on you. As to whether that she did or not, or whether you found upon examination that she needed an examination or not, that I do not know. I believe she was at St. Mary's Hospital. Her name was [5700], or as such you knew her, if you knew her at all. I would like to know if you would be so kind as to do so, just what your findings were upon examination and whether or not you saw the suggestion as was given for the operation.

Thanking you, and trusting that you will favor me with a reply, I am
Very truly yours, Edgar Cayce EC: gd

R12. 9/29/25 EC's letter to Mrs. [5700]: As you will see from this, we have changed the basis of our operations from Dayton, Ohio, to Virginia Beach, Virginia. It will take a little bit longer to receive and send letters from here to your address, but I'm in hopes that we shall be able to be of some service to you as yet. I have today written Dr. DePew and I'm in hopes that I'll be able to receive a reply from him. However, I happen to know, by past experience, that he is a very, very, poor correspondent, but I'm in hopes that he will reply to this, and to be sure, I will let you know what he has to say. We have just recently moved here, and have hardly gotten started to work regularly, but I'm in hopes by the time I can hear from you again that we will be caught up sufficiently for me to make another reading for you and that I will in the meantime have heard from Dr. DePew. I'm certainly sorry that you feel so discouraged with the trouble and expense that you must have had in going to St. Louis, but I'm in hopes that we shall yet be able to give some suggestion that will bring help and relief to you.

R13. 12/29/25 Letter from [5700]: "...I wrote you a letter seven weeks ago in regard to how I was getting along, but never received an answer, so probably it was lost in the mails, so I thought I would write you again. [No record of this letter in her file.]

"I can't see that I am getting any better. I have used the electric machine as you suggested, have used it about 42 days since I last heard from you, so I am writing to you again for further explanation. I suffer from head, eyes, misery in face, back of neck and spinal cord. Suffer untold misery in lower part of back at menses period. Suffer across lower part of stomach, especially in left side most of the time. Sick stomach part of time. Should I still use injection each day with Glyco-Thymoline in it?..."

R14. 1/13/26 Letter from [5700]: "...I wrote you the 7th of December asking you to please take my reading again but have never heard from you, so am writing you again as I had a letter from a friend in St. Louis stating she had talked with Dr. DePew for me, and he said for me to come ahead to Hospital now and he would operate on me. I intend to go to St. Louis Wednesday, January 20th, and it will be a few days then before he will operate, so will you please take my reading advising what should be done at this time as I don't want to be operated on until I hear from you... Address your communications to: [5700], Missouri Baptist Sanitarium, 919 North Taylor Avenue, St. Louis, Missouri (4-A Medical Ward)..."

R15. 1/25/26 EC gave her seventh reading, 5700-7.

INDEX OF READING 5700-7 F ADULT

GYNECOLOGY

PELVIC DISORDERS: DYSMENORRHEA

SURGERY: HYSTERECTOMY

SURGERY: WOMB: TIPPED

BACKGROUND OF READING 5700-7 F ADULT

B1. See 5700-6, with related correspondence.

TEXT OF READING 5700-7 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 25th day of January, 1926, in accordance with request made by self - [5700].

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: 15 P. M. Eastern Standard Time. St. Louis, Mo.

1. GC: You will give the physical conditions of this body at the present time, with suggestions for the relief and improvement of same.
2. EC: Now, these conditions, as we find in this body, need that attention as has been given, for with the removal of these affected portions, see (in the pelvic organs here), we will find the body will, when builded to the responding condition in the rebuilding of the blood supply, be bettered, coagulation will take place normally, and the body, then, will function more normal.
3. Then, we would perform this operation, as has been given for same. Do that.
4. We are through for the present.

REPORTS OF READING 5700-7 F ADULT

R1. 2/1/26 Letter from [5700]: "...I received the nice letter you wrote me, also the reading. The reading was of great service to me. It assisted my doctor in the operation. He seemed more than glad to have the reading. Have now been at Hospital about five weeks, was operated on January 18th. They tell me I am getting along as well as could be expected. My doctor said he took one tube and one ovary, didn't say if he had taken anything else. He is a queer doctor. He won't tell me anything, hardly. He intends to put me under the care of a nerve doctor soon, as soon as my wound heals, the nerve doctor told me so yesterday. My doctor asks for another reading which he seems to think would be of help to him. Should I stay at Hospital and go under the care of a nerve doctor or just what should be done? I suffer also with my head, eyes, across forehead, back of neck, misery through face. Am real anxious to get another reading from you as soon as possible. Thanking you for past favors..."

R2. 3/9/26 EC gave her eighth reading, 5700-8.

INDEX OF READING 5700-8 F ADULT

Electrotherapy: Violet Ray: Pelvic Disorders Par. 3

GYNECOLOGY

Headache: Pelvic Disorders Par. R2

PELVIC DISORDERS: DYSMENORRHEA

SURGERY: HYSTERECTOMY

SURGERY: WOMB: AFTER EFFECTS

BACKGROUND OF READING 5700-8 F ADULT

B1. See 5700-6 and 5700-7, including related correspondence.

TEXT OF READING 5700-8 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of March, 1926, in accordance with request made by self - Miss [5700].

P R E S E N T

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

R E A D I N G

Mo. Baptist Sanitarium Time of Reading 919 N. Taylor Ave., 3: 50
P. M. Eastern Standard. St. Louis, Mo.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the further improvement of same.
2. EC: Now, we find there are many changes in the physical conditions of this body, and the general physical condition is on the improve. While there are those existent conditions that are not entirely satisfactory at the present time, the recuperative forces in the body, with the thorough cleansing of the system as has been kept to bring about the normal forces, will add to the system in such a manner as to be able to overcome the condition and bring about the nearer normal forces for the body.
3. We would apply, with those medicinal properties as are being given from time to time, those rays in the vagina, in the manner as was outlined, for the stimulation of the uterus, and those organs in the portion of the system, thus bringing the better healing forces to the body, see? for with the removal of these, as has been seen, there will come the normal incentive for the functioning of the system - see?
4. Do that. We will bring the near normal condition to this body, [5700].
5. We are through with this reading.

REPORTS OF READING 5700-8 F ADULT

R1. 3/31/26 EC's letter to Mr. [257]: "...We have certainly had some very fine letters recently from people in various parts of the country, where people certainly must be getting relief from conditions, or they could not write as they do. One, especially remarkable instance, I think, is where we have had a hospital force in St. Louis to not only agree with the suggestions as were given for the individual, but asked that others who had asked for readings come to their place and be treated, free of charge, that they might be able to follow out closely the suggestions that were given for the different ones. That's some progress..."

R2. 5/30/26 Letter from [5700]: "...I am home now from Hospital again but am not very much better than I was before my operation. I never suffered any to speak of the first time I menstruated after the operation, but have suffered something awful ever since. I thought probably the ligaments had given away letting my sexual organs down, causing me to suffer the way I do. I also still suffer awful with my head. Would be glad if you would take another reading and see what you can find out at this time. Thanking you in advance for explanation and also for past favors..."

R3. 6/14/26 EC gave her ninth reading, 5700-9.

INDEX OF READING 5700-9 F ADULT

Electrotherapy: Violet Ray: Pelvic Disorders	Par. 2
Headache: Pelvic Disorders	Par. R1
PELVIC DISORDERS: DYSMENORRHEA	
Physiotherapy: Packs: Epsom Salts: Pelvic Disorders	Par. 2
Psychosomatics	Par. 3
SURGERY: AFTER EFFECTS	
: Hysterectomy	Reports
: Incisions	Par. 2

BACKGROUND OF READING 5700-9 F ADULT

B1. See 5700-1 through 5700-8.

TEXT OF READING 5700-9 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 14th day of June, 1926, in accordance with request made by self - [5700].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. and Mrs. T. B. House.

R E A D I N G

Time of Reading 5: 00 P. M. Eastern Standard Time. ..., Missouri.

1. GC: You will give the physical condition of this body at the present time, with suggestions for the improvement of same.
2. EC: Many changes in the body since last we had it, many of these for the betterment of the body, and there only needs, now, that much of the condition as has been given the body, in the preparation for the removal of those portions in the pelvis, and those incisions that have been made; while they have weakened the conditions in the body, and the menstruation has brought on those conditions that aggravate the condition again, with the stimulation of the Violet Ray, and the anode or projector as is used in the vagina, will give the strength to the body and relieve this strain through this period. When these appear, also would be well that the body apply hot packs, especially of a saturated solution of Epsom Salts, across the small of the back, or across that portion where the pain and misery is. This, as we see, will relieve the condition also, see?
3. Keep off the feet, keep the feet dry, bathing the body sufficiently, keeping plenty of water in and out of the system, and let the mental attitude and the physical actions of the body be in keeping with the desires for the physical health. Doing that in the consistent way and manner, as has been outlined, we will bring now the normal conditions for this body.

4. We are through for the present.

REPORTS OF READING 5700-9 F ADULT

R1. 10/19/26 Letter from [5700]: "...I wrote you some time ago, but didn't get an answer - suppose you didn't get my letter, so am writing you again in regard to asking you to please take my reading again and see what you can find out at this time. I still suffer something awful at my menstruation period, also with my head and eyes. I got the letter you sent me speaking of a donation for your new hospital. I am sorry indeed that I cannot send you some money but my husband has deserted me on account of my sickness, leaving me without a dollar. I was a charity patient at the last three hospitals I have been in. I am sorry to keep asking you to take my readings, but I have more faith in this than all the doctors put together..."

R2. 11/12/26 Letter from [5700]: "...I am writing you in regard to asking you to please take my reading again and see what you can find out at this time. Three different doctors say I must have another operation. They say my womb will have to be taken. I am planning on going real soon, if I go. Please answer by return mail as I desire very much to hear from you before being operated on..."

R3. 11/23/26 EC's letter explained that he had been delayed in answering due to being at the bedside of his mother who died on October 26th.

R4. 11/29/26 Letter from [5700]: "...I am still at home and will remain here for a few weeks to see if I can hear from you. Would be very glad to hear from you before going to the hospital. Three doctors say I will have to have another operation and have my womb taken. I want to know if I should have the operation and just what should be taken. Also see if you can find out how long I should lay quiet in bed after my operation. I think my doctor got me up too soon is the reason I have not got along as I should..."

R5. 12/7/26 EC gave her tenth reading, 5700-10.

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Atomic Iodine, 2 oz *Electrified*



- Edgar Cayce Formula
- Antiseptic Solution
- Recommended for Application to Cuts, Boils, Bites and more

Atomic Iodine is excellent for external application to cuts, boils, bites, rashes, poison ivy and more. A truly unique formula that is electrified as indicated in the Edgar Cayce Health Care Philosophy.

Suggested Use:

Apply as needed, topically to skin. Allow time to air dry. Bandaging is discouraged after application as it may cause tissue irritation.

Ingredients:

1% solution of Electrified Iodine (600 mcg iodine per drop).

Warning:

If irritation occurs, consult a physician. For external use only. Keep out of reach of children.

Glyco-Thymoline, 16 oz, *Mouthwash & Gargle*



- Alkalizing Mouthwash
- Edgar Cayce Product
- Freshens Breath

GlycoThymoline is an alkaline cleansing solution primarily used as a mouthwash and gargle. GlycoThymoline is used as part of an oral hygiene program or also for personal hygiene as it gives a refreshing clean feeling and is gentle enough to use on baby's skin.

Glyco-Thymoline is an original, unique natural formula. Original, exact formulation from the Edgar Cayce Health Care Philosophy.

Suggested Uses:

Oral Hygiene: Use as a spray, rinse or gargle, diluted or full strength, as often as needed.

Teeth: Use 1 part Glyco-Thymoline with 2 parts water (or full strength if desired) for cleansing between teeth with swishing action.

Baby's Skin: Apply a solution, equal parts of Glyco-Thymoline and water to baby's buttocks and genitals after each bath or diaper change-helps keep baby comfortable.

Personal Hygiene: Use equal parts Glyco-Thymoline and water to cleanse -genital external areas. Apply with soft cloth.

Ingredients:

Water, Glycerin, SD Alcohol 37 (4%), Sodium Borate, Sodium Benzoate, Sodium Bicarbonate, Carmine, Sodium Salicylate, Eucalyptol, Menthol, Pine Oil, Thymol, Methyl Salicylate.

The Radio-Active Appliance: The Radiac® *Harmonize Your Body's Energy*



- Single Seal™ Technology: Leakproof and Rustproof
- Lifetime Guarantee
- Charcoal Enhanced
- Trademarked 3 Carbon System
- Steel Certified
- Researched and Manufactured by Bruce Baar, MS, ND

The Radiac has been called a meditation unit, stress reducer, bio-electric balancer and spiritual and self unfoldment tool. The Radiac is also mentioned in over 1,000 readings given by Edgar Cayce.

Some people call it the Mind Machine, the BioBattery, the Radial Appliance, the Dry Cell or the Impedance Device. No batteries and no electrical outlets involved. To use it, you place it in a plastic container (#102, see below), add ice to the red line, then add water, wait 15 minutes and attach to your wrist and ankle as described in the instruction booklet. Relax and enjoy! Be sure to read the Testimonials page!

IMPORTANT: The Radiac is to be used by only ONE PERSON. It cannot be shared. The Radiac, once used, becomes personalized. Because we do not sell used products, returns are not possible.

The Violet Ray High Frequency Device, 115v - for use in the USA



The Violet Ray or high frequency device is basically a low amperage source of static electricity and is detailed in the Violet Ray Book.

Edgar Cayce refers to the Violet Ray in over 1000 readings given to individuals who sought his advice. Cayce believed the body, mind and soul are so closely interrelated, that it is rarely of value to treat any one of these aspects without also giving some attention to the state of the other two.

Violet Ray is a Tesla coil, named for Nicola Tesla, the electrical engineer, scientist, inventor, and discoverer, who was granted 1,200 patents and is probably best known for his contribution of alternating current.

Both units, #504M (115 V) and #555 (220V) require cool down after 8-10 minutes of use. The 220 Volt unit has a United Kingdom plug on it and is designed for countries that use 220 volt electricity. The 220 Volt unit is NOT for use in the USA. The #504M, Violet Ray unit 115 Volt, is for use in the USA.