

Circulating File

ARTHRITIS: RHEUMATOID

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215 67th Street

Virginia Beach, VA 23451

Printed in U.S.A.

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Blessings, A.R.E. Member Services Team

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

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Arthritis: Rheumatoid

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J. Related Books:

1. Heal Arthritis Physically, Mentally, Spiritually: The Edgar Cayce Approach
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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 more in-depth 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 in the past. Often, if we'll 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.

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 the changing of vibrations from within.

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

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

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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. But 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 (i.e., engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-

establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

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

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

* Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.

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

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

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

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.

Mark Thurston, Ph.D. Education Department

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NOTE: This information was compiled decades ago by physicians interested in the Edgar Cayce material. It is included for your ease of reference and is not intended to be used as a

course of treatment without professional medical supervision. Please keep in mind that contemporary medical knowledge and insight may have changed over the ensuing decades; for that reason please work with your personal health care provider before undertaking any course of therapy.

ARTHRITIS

Nearly all cases of arthritis fall into one of two general classifications which are relatively easily differentiated, although poorly understood.

Atrophic arthritis - more commonly called rheumatoid - has also been given the name of proliferative arthritis or arthritis deformans. This type of disease process is characterized by inflammatory changes in the synovial membranes of the joints, and in the periarticular structures, and by atrophy and rarification of the bones. [See Cecil, R.: "Diseases of the Joints", R. Cecil's Textbook of Medicine, ed. 5, Phila. and London: W.B. Saunders Co., 1942, pp 1408 - 1435; and Robinson, W. D.: "Diseases of the Joints", Cecil and Loebe Textbook of Medicine, ed. 12, Phila. and London; W. B. Saunders Co., 1967, pp. 1390 - 1420.] In the early stages there is a migratory swelling and stiffness of the joints with a rather typical fusiform swelling of the proximal interphalangeal joints of the fingers. Later on there is deformity with ankylosis, and frequently an ulnar deviation of the fingers as a sign of this disease.

Subcutaneous nodules are frequent in these patients, and usually the disease is found beginning in young people, more commonly the male than the female. There is present anemia, chronic emaciation, loss of calcium in the bone structures, and the patient is rather severely and chronically ill.

Hypertrophic arthritis, on the other hand, gives an entirely different picture. This has been called more commonly osteoarthritis and is known as degenerative or senescent arthritis. In this disease process there is generally no inflammation and no spreading or migratory type of joint involvement. Rather than a loss of calcium, there is a calcium build-up. An example of this is the so-called Heberden's nodes - a swelling and build-up of calcium about the base of the terminal phalanges of both hands. In osteoarthritis, there are calcific spurs and there is deformity of the joints, but never ankylosis and rarely if ever, the ulnar deviation of the fingers such as is found in atrophic arthritis.

There are other types of arthritis not quite so common. The arthritis associated with rheumatic fever, and those found with various inflammatory diseases constitute the majority of this group. Gout might be listed in a separate classification.

In the commentary which follows, we will be concerned exclusively with atrophic and hypertrophic arthritis, its etiology and its therapy.

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Definitions of some of the terms found in this report

Ankylosis: abnormal immobility and consolidation of a joint

*Atomidine: commercially available product; formula came through the Cayce readings.

Atrophic (or rheumatoid) arthritis: disease involving the degeneration and diminution of tissue, deformity and rarefaction of bones.

Atrophy: diminution of tissue

Autointoxication: condition caused by poisons produced in the body

Autonomic nervous system: a part of the nervous system that controls the involuntary body functions.

Calcific: forming lime

Colonic: colonic irrigation; process of flushing the colon with water, a two-step process of input and out-take that allows higher flow of the water. Differs from an enema in that it is a stimulating and corrective process, whereas the enema is a relieving process. Colonics cannot be given to oneself or another and must be given by a professional, in many cases an R.N.

Emaciation: a wasted condition of the body.

Etiology: cause

Fume baths: a type of hydrotherapy involving light steam or vapor bath with certain

chemicals or oils that vaporize easily.

Fusiform swelling: spindle-shaped

Gout: inflammation of the joints caused by excessive uric acid; acute arthritis Heberden's nodes: small, hard nodules on last phalanges of the fingers: osteo-arthritis Hepatic: related to the liver

Hormones: secretions of the ductless or endocrine glands

Hypertrophic arthritis: (osteoarthritis), chronic multiple degenerative joint disease Impedance

device: (Radio-active appliance) a device constructed from instructions given

in the Edgar Cayce readings. For more information, request Circulating File "Appliance: Radio-Active" from the A.R.E. Membership Services Department, or a copy of "Two Electrical Appliances Described in the Edgar Cayce Readings" which may be purchased from A.R.E. Press, P.O. Box 595, Virginia Beach, VA 23451.

Ganglia: mass of nerve tissue outside the brain or spinal cord Karmic: brought over from a past life

Lymphatics: vessels of the lymph system conveying fluid. Lymphocytes: white blood cells.

Migratory swelling: spontaneous change of place of swelling. Proliferative arthritis or arthritis

deformans: same as rheumatoid. Proximal interphalangeal: joints of the fingers.

*Radio-active appliance: see impedance device.

Rarification: rarefaction, condition of becoming less dense.

Rheumatic fever: a disease usually following a strep infection, frequently followed by heart disease.

Senescent arthritis: process or condition related to growing old. Spurs: projections from bones.

Subcutaneous nodules: node or knot beneath the skin. Sympathetic nerves: division of the autonomic nervous system.

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Synovial membranes: secreting a transparent alkaline viscid fluid and contained in joint cavities, bursae and tendon sheaths.

Toxic: poisonous.

Ulnar deviation of the fingers: relationship of fingers to forearm.

Ultra violet ray: a professional therapy appliance, available usually on prescription basis from medical supply houses; requires goggles and extra care and detailed instructions for use.

Viscid: adhering or sticky.

*Wet-cell battery: a device constructed from instructions given in the Edgar Cayce readings. For more information, request Circulating File : "Appliances: Wet Cell" from the Membership Services Dept., or a copy of "Two Electrical Appliances Described in the Edgar Cayce Readings" which may be purchased from A.R.E. Press.

* These may be obtained from several distributors; see "Suppliers List", available from Membership Services Department of the A.R.E: (800) 333-4499.

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Commentary on Arthritis

Explanatory Note: The following comments are intended to explore functions and therapy in the light in which Edgar Cayce saw them during his readings. For purposes of this commentary, then, his viewpoint of physiology and etiology is assumed to be correct, although it is realized that it may not be in accord with generally accepted theories. This allows, then, for free discussion of Cayce's reasoning and his concepts of disease process without repetitious use of his name.

I. PHYSIOLOGICAL CONSIDERATIONS

Physiological factors in the etiology of rheumatoid arthritis are certainly different from those which bring about the condition we know as osteoarthritis. Thus it would not be surprising to

find such a differentiation taking shape in the Cayce readings on these two different conditions. The severity of the illness as is found in the atrophic arthritis, along with its poorer prognosis, would lead one to suspect that the abnormal physiology is of a much deeper origin with much more profound ramifications. If these various factors were not explored to some extent in regard to causation of arthritis in both instances, an understanding of the physiology involved and the therapeutic measures which would become necessary could hardly be obtained. At the same time, there are certain basic causative factors here which are common to both conditions, and this, also, might be anticipated.

A. Poor Eliminations

Poor elimination, and its associated and resultant condition, inadequate assimilation, seem to be a part of the picture in nearly every condition of arthritis no matter what type it may be. Apparently the other abnormal functions within the body contribute to the problem of improper elimination and direct the body down a course which brings either a mild or a very serious condition which must be met.

In those cases which Cayce described, it is very seldom a simple procedure, even when the individual is not seriously ill. For instance, [4199] was told that her problem originated from tautness of the muscles of the back and the nerves through the autonomic nervous system of the spine which in turn produced lack of elimination through the skin or through the liver and kidneys. This produced an autointoxication through substances which were picked up in the hepatic circulation, and this in turn created what is described as a "blood force" to the capillaries supplying the bursae and joint spaces of the lower extremities, and caused a contraction in the lymphatic system of these sacs, thus hampering the action of the limbs themselves. This was a cause of osteoarthritis.

Rheumatoid arthritis is often marked by the appearance of subcutaneous nodules. A 57-year-old man, [3363], who was experiencing rheumatoid arthritis as a "meeting of self", was told that the knots or cysts under the skin came about as a result of a "lack of proper distribution of energies that have been used in the body. Not wholly toxic conditions, but producing toxic conditions by their lack of proper elimination." [3363-1] This man, whose disease was obviously karmic in nature, was suffering from lack of proper eliminations throughout his body which brought about a crystallization of hormones in the circulation of the lymphatics. This created an incoordination between the lymph or superficial circulation and the deeper circulation. All the sympathetic nerves were under stress and strain so that in movements of the body, "these cry out for relief, as it were." There was a lack of proper assimilation as a part of the nerve disorder and disturbance.

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B. Chemical Imbalance

Another case which was quite similar, [1972], came about through the lack of the activity of the liver as it is related to the gall bladder and its function, in producing "solvents" for assisting in the assimilation of foods for the body. These apparently produced an inflammatory reaction which was carried then to the centers of locomotion for the body, and thus created an inflammatory reaction in the extremities. Chemical imbalances in the body, lack of iodine in the blood stream - these are mentioned as etiologic factors.

One individual was told that there was a crystallization of most all forms of any foods that have certain potential elements or salts in them. This came about in the joints and tendons, thus creating the arthritic tendency or condition.

In a 53-year-old woman, whose arthritis had progressed to the point of ankylosis, there was an unbalanced condition which weakened the resistance in the lymphatics and the emunctory circulation through the extremities, especially in the bursae of the body. Cayce described the bursae as those "portions of the body where there are those areas where great lymph pockets are gathered in the regular functioning of the body" [5144-1]. Dorland's Medical Dictionary describes them as being sacs filled with viscid fluid located in tissue where there would

otherwise be friction. The joint spaces must also be included in Cayce's description, which is picturesque yet accurate.

Among those with atropic arthritis, assimilation was proposed as a cause in relationship to a glandular malfunction in [5150]. this brought about an infection, creating the arthritis. In another case, there was a lack of the glandular systems being able to reproduce themselves. And in still another, the activity of the glands was given as the faulty mechanism, and described as a karmic reaction. The glandular disturbance between the liver and the kidneys produced a suppression of elimination and an accumulation in the extremities which is described as an arthritic tendency, in still another case.

C. Poor Assimilation

Hindered nerve reflexes, depression of the ganglia coming about from poor assimilations and causing improper lymph function, and incoordination of the activity between the liver and the kidneys - all three of these were pointed out as elements in the etiology of arthritis.

From the various functions which are seen to be abnormal, one begins to piece together part of the etiologic mechanisms seen in these psychic readings. disturbed elimination from any cause, certainly, seems to be the primary abnormality of function. When there are glandular disturbances, it seems more likely that a rheumatoid condition would result, since glandular activity is so closely related to overall organ balance and function; and in the Cayce readings the glands are seen as the mediator of that balancing force which we know as karma. Improper assimilation often comes about before or after the eliminations are disturbed, and the nerve function from the ganglia of the autonomic nervous system is involved in the abnormal physiology.

The readings would likely imply that the development of arthritis is an attempt on the part of the ligaments and the joints themselves to meet the needs of the system which is being poisoned. With the drosses present in the bloodstream, the lymphatics and the lymphocytes with all their resources are unable in conjunction with the hormones, to bring about a full (what Cayce calls) coagulation, or a building up of tissue from energy -

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a reconstruction in a sense of the cells of the body. Thus, the type of arthritis is determined to a great extent by the derangement of function prior to the onset of improper eliminations. It is probably more closely associated with the hormonal disturbance in rheumatoid arthritis, whereas in osteoarthritis the body is better balanced in all of its activities and not subject to such a derangement as comes about in the atropic manifestation of the disease.

II. RATIONALE OF THERAPY

In approaching therapy, we should remember that the body has a capability of normal function; - Thus - we would administer those activities which would bring a normal reaction through these portions, stimulating them to an activity from the body itself, rather than the body becoming dependent upon supplies that are robbing portions of the system to produce activity in other portions, or the system receiving elements, or chemical reactions being supplied without arousing the activities of the system itself for a more normal condition. [1968-3]

Perhaps the best rational approach to treating arthritis is found in some of the early suggestions given a 40-year old woman who became case 3244-1. Cayce said, "The causes or sources of these conditions are of a very subtle nature. The effects that have been produced in the extremities are hard to cope with." Yet, he said that results would be forthcoming if consistency and persistence were utilized in applying the suggestions which were given. And, he pointed out, the applications which were to be followed would "first meet the conditions, gradually cleanse the system, and then begin to renew the energies of the body." 3244-1

It is highly important that the theory of applying therapy in cycles be followed, since there is not one reading given for arthritis where a cyclic nature of treatment was not used. The balance of the body as a whole should always be watched carefully, for sometimes by changing a function of elimination without due regard for the ramifications of such an activity, the patient may be put into dire distress. this is particularly true in regard to the Epsom salts baths, the massages,

and the Atomidine. The balance within the body is also to be understood if possible. Cayce suggested to [5331] that treatment applied with persistence and consistency may: ...make for the coordination between the elimination of the sympathetic system, the eliminations which control through the central nerve and blood supply of the organs themselves, that is, the lungs heart, liver and kidneys, as well as the superficial circulation; these as controlled by the nerves and muscular forces of the sensory or sympathetic system. 5331-1

Medications as such, particularly sedatives, were not seen in the readings to be valuable. On the contrary, they would usually cause trouble. An example was the comment made to [3363], a 57-year-old man with rheumatoid arthritis, who was told that aid will require a long period. Unless you are willing to take it all, he was told, "don't start, but keep on with injections and sedatives which are just clogging the body further and will make the body become more and more useless for activity later on."

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With these comments in mind, a therapeutic approach would include the following four items:

1. Assimilations: This would include diet, control of digestive abnormalities, and adding beef juice where indicated.
2. Eliminations: This might be done with castor oil packs, various eliminants, colonics, and enemas. It would certainly include hydrotherapy such as ordinary hot baths, Epsom salts baths, fume baths, and any other hydrotherapeutic routine.
3. Massage: The nerve supply to the muscles and tendons, and those coordinating the various organs should be improved through using massage, electrical vibrator or osteopathic treatments. Various oils and mixtures are given in the readings, some irritating in nature and others soothing.
4. Stimulate normal glandular function: This would be done through the use of Atomidine and/or wet cell appliance.

The difference in approaching osteoarthritis or rheumatoid arthritis therapeutically is apparent in at least three categories. First, care must be taken that a program is designed for the rheumatoid arthritic which will not disturb the body too greatly. Secondly, the severe rheumatoid arthritic apparently often needs the activities of the wet cell appliance. Third, because of the deeply ingrained nature of the disease, the rheumatoid would be given a course of therapy designed to be perhaps slower in its action but extending over a longer period of time. Osteoarthritis obviously should respond more easily and with less trauma to the patient and the doctor.

III. SUGGESTED THERAPEUTIC REGIME

A. Assimilations

The diet always assumes a rather major proportion in the treatment for arthritis as found in the readings. It seemed always to be understood if not stated, that the diet should be of a laxative nature. Again and again, Cayce advised that celery, lettuce, carrots and watercress be used often with gelatin as a salad. This, he said, would enhance the values found in all of these vegetables and in the gelatin itself, and would be beneficial to the body. For some, figs and dates were suggested to help with the laxative effect of the diet. Vegetable juices especially were found to be helpful. Cooked beets and carrots, and vegetables in large measure were always in order. One meal of green raw vegetables at noon was frequently suggested. Fish, fowl, and lamb were seen as a primary source of meats; and no fried foods should ever be used. [5331] was told to avoid salt except in kelp and health or sea salts, and it is questionable whether any arthritic should ever use much sodium chloride. Starches and sweets together should be avoided. This means no cakes and pastries, or things of that nature. Honey or corn syrup on buckwheat cakes or corn bread or the like would be all right, but not with white bread. Apparently white flour which is used in cakes and pastries and bread with sweets forms a detrimental combination.

The diet should be well balanced but there should be no starchy foods in the diet. Green leafy vegetables are always excellent, and they should be used in preference to the pod or bulbar type of vegetable. Where there is weakness, beef juice should be used. Wild game is excellent food for the arthritic. A frequent suggestion is to increase the raw vegetables, to decrease the meats, to allow no carbonated drinks, alcohol or stimulants. Fats should

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also be avoided. All these factors in the diet should lead towards a better alkalinity, but it must always be remembered that a balance should be achieved. When there is a balanced diet with the conditions set forth here, the body is given the opportunity to assimilate those factors necessary to continue the rebuilding in a proper manner of the cells in the various parts of the body. Thus the assimilation is given proper attention.

Suggested Diet for Arthritis

The following foods should be included in your diet:

a. All kinds of raw vegetables (except cabbage), watercress, chard, mustard greens, kale, carrots, celery, lettuce (leaf or Romaine).

These may be eaten with gelatin. This should be Knox Gelatin recipes; the gelatin may also be taken with tomato juice or other juices.

b. Black bread (pumpernickel, rye, or whole wheat).

c. Nuts, especially almonds and filberts (raw nuts are better than those roasted and salted).

d. Fish and sea foods, fowl, lamb, wild game, liver, tripe and pig knuckles.

e. Vegetable juices, citrus fruit juices at times when cereal is not eaten.

f. Berries, except strawberries, and citrus fruits.

g. Cooked leafy vegetables (except cabbage); oyster plant (salsify); parsnips; potato peelings from the baked potato, but not the bulk of it.

h. Jerusalem artichoke once each week (they are a root).

i. Great deal of watercress and beet tops (these especially help the eliminations).

j. Most fruits may be eaten, preferably fresh.

(*Gelatin has been called a catalyst in the body, helping it make use of the vitamins and other properties of vegetables and fruits.)

The following foods should be avoided:

a. These fruits: apples, bananas, strawberries, tomatoes.

b. These vegetables: cabbage, starchy foods.

c. No fried foods; no fats; no pork of any kind, including bacon. d. No beef, no veal.

e. No malt drinks; no carbonated water (i.e., in any soft drinks). f. No alcohol or spices or other stimulants.

Beef Juice: Preparation

Beef juice is not a broth but a juice extracted from the meat through the process of heat. It is prepared as follows:

Take about one pound of round steak preferably. Cut off the fat, leaving the muscles and pieces of tendon. Cut this then into half-inch cubes, and put it into a glass jar without water in it. The jar should be covered but not tightly. Then put the jar into a pan with water in it, the water coming about 1/2 or 3/4 of the way toward the top of the jar. Put a cloth on the bottom of the pan to prevent the jar from cracking. Let the water then simmer for three to four hours.

Then strain off the juice which has accumulated in the jar, and the remaining meat may be pressed somewhat to extract the remainder of the juice. The meat will then be worthless. Place the juice in a refrigerator, but never keep it longer than three days. The quantity made, then,

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depends upon how much and how often the juice is taken. It should be taken 2 to 3 times a day, but not more than a tablespoon at the time - and this should be sipped very slowly taking perhaps five or ten minutes to use the whole amount.

It may be seasoned to suit the taste of the individual. It would be well also to use a whole wheat of Ry-Krisp cracker at the same time to make it more palatable.

B. Eliminations

Certainly all the readings on arthritis do not emphasize the use of eliminants, but there seems to be a consistent understanding that eliminations be made proper. The diet as mentioned above assists in this, and sometimes does the whole job. At other times, where there seems to be a real problem of constipation and accumulation of toxins throughout the system, colonics were suggested to be used prior to any therapy. At other times colonics were suggested during the course of therapy. Eno salts, a teaspoonful in a glass of water before the morning meal for one week, was given as a suggestion to [5197]. It was suggested at one point that the peanut oil and olive oil absorbed by prescription was given to [4199] as a substance which would excite the mucus or lactic forces to their proper action and carry toxic forces through their proper channel:

Podophyllin

Senna

Sanguinaria

Sodium Bicarbonate gr. 1

This dose, as a capsule, was to be repeated in two days. Then, to eliminate those toxic forces from the body, this woman was given five drops four times a day of a mixture of 15 grains of gold chloride and six grains of sodium bicarbonate in 15 ounces of distilled water.

Eliminations as seen in therapeutic programs found in the readings came about through the fume baths and the showers and the hot baths, as well as through colonics and cathartics.

Fume baths were suggested with witch hazel one time, and then Atomidine the next time, and these of course are also eliminatory procedures. From the information given in the readings, it seems reasonable to assume that it is best not to put too much emphasis on colonics or enemas or cathartics since this might well unbalance the body during the procedure of repair.

Perhaps this is why so much emphasis was placed on the Epsom salts baths, fume baths, the hot baths, the massages, and the laxative type diet. Care certainly must be taken in treating a severe arthritic in regards to eliminations as well as to the other parts of the therapy, for "as we find, unless there is great care taken in the administration for the body, the application for some portion of the disturbance may be very hard upon other portions of the body." (5144-1)

C. Massage

The oils suggested for use here include peanut oil in the great majority of cases. This alone is used most frequently. Often peanut oil and olive oil in equal parts is suggested. Peanut oil, pine oil, and olive oil in equal parts was another variant. For (4199), vinegar was used as a massage across the lumbar area of the back and then to the knees, to be followed by application of hot salt packs, these to be contained in cloth, like bean bags.

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gr. 1 gr. 2 gr. 2

Ussoline or Nujol Olive oil

Peanut oil

Oil of pine needles Oil of sassafras root Lanolin, liquified

Shake before applying.

4 ounces 2 ounces 2 ounces 1/2 ounce 4 ounces 1 ounce

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These would remain in place until the body is dry. This apparently is also an eliminatory procedure. A rheumatoid arthritic, (1363) was given the following prescription for massage after the Epsom salts bath:

Olive oil and peanut oil, two ounces each, with one ounce of lanolin was often suggested as a massage oil. (3244), who had a great lack in assimilation, "for the system in attempting to adjust itself to the growing destructive forces has drawn on the vital forces of the body" was given an oil mixture made up as follows:

Ussoline or Nujol Oil of pine needles Olive oil

Peanut oil Lanolin, liquified

4 ounces 1 ounce 1 ounce 1 ounce 1 ounce

Perhaps the pine needles give a stimulant within the body that is needed at times. The Usoline or Nujol is Russian White oil.

Two other oil mixtures which bring about a degree of irritation and heat which is preferable at times, are listed below. These should be used only after the Epsom salts baths.

Usoline or Nujol

Peanut oil

Sassafras root oil

Oil of pine needles 1/2 ounce Oil of mustard 1/2 ounce Oil of sassafras 1 ounce

Usoline or Nujol

Kerosene oil

Oil of cedarwood

Spirits of Camphor 1 ounce Witch hazel 1 ounce Oil of mustard 10 drops

4 ounces

6 ounces 1 ounce 2 ounces

2 ounces 1/2 ounce

Olive oil and tincture of myrrh in equal parts was another combination. In preparing this, the olive oil should be heated, and then the tincture of myrrh added. The readings do not indicate specifically why one oil is desirable above another. However, peanut oil is the most consistent among all those used.

Osteopathic manipulations were suggested occasionally, and in these instances they often eliminated the need for frequent massages. Apparently the manipulation and the massage to a certain extent bring about some of the same changes. Wet cell therapy is at times suggested in what appear to be very severe cases. This needs to be used at the discretion of the physician and information on the wet cell may be obtained in the booklet published by the A.R.E. Press on "Two Electrical Appliances Described in the Edgar Cayce Readings."

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D. Glandular Stimulation

Undoubtedly, the most consistent routine of therapy for arthritis in the Cayce readings is the combination of Atomidine, Epsom salts baths, and massage. This theme is played over and over again with varying periods of time allotted to the administration of Atomidine; with varying amounts of Epsom salts in the hot bath; and with different varieties of oils used for massage. This triad of therapeutic measures is then repeated in cycles with rest periods between, until the body is returned to normal. The condition of the whole body must be kept in mind, of course, and the assimilation and eliminations must be made as proper as possible.

[3009] was a 63-year-old man whose arthritis had been inflammatory in previous years but now was classed as chronic. His course of therapy is interesting because it typifies the suggestions in the readings. Also, he was told, "then, at times - just before the period for the sweats - the condition will apparently be more serious. But after the third of such sweats we find that improvement should come to the body, and the disturbance should gradually diminish in the severity." It is likely that any severe chronic or acute arthritic treated with these methods will go through periods of stress and pain, and apparent worsening before conditions actually become improved. Thus, the suggestions given to this man are of value to consider. The following are the different steps of therapy:

1. Atomidine, one drop in half a glass of water daily before breakfast, for three days; then three drops daily for two days; then four drops daily for two days; then five drops daily for two days.
2. The following day, an Epsom salts bath with 15 pounds of salts to 50 gallons of water. The water should be hot as the body can stand it. An attendant should be used and the body should be massaged while in the bath where it should remain at least twenty minutes.
3. A rub-down should be given immediately after the body is well dried off. First, use peanut oil to the limbs and the spine, then use grain alcohol rub, dipping the hands into the alcohol

(85-90% proof). This should only be done when the pores are open, such as after this type of bath.

4. Rest five days before further therapy is started.
5. Then start Atomidine, one drop in a half a glass of water daily, for five days; then five drops daily for five days; then ten drops daily for two days.
6. Repeat the Epsom salts bath and rubs.
7. Rest another five days, but during this time a peanut oil massage should be done daily to the spine and to the limbs.
8. After the five day rest period, repeat the series of Atomidine and Epsom salts baths, with same instructions.
9. Rest for a longer period then, and use a more consistent amount of Atomidine prior to the bath in the next cycle and those to follow.
10. Diet should be of no fried foods; the meat should be fish, fowl, and lamb; juices are good, especially vegetable juices; cooked beets and carrots are especially good; no carbonated drinks.
11. Exercise as much as possible. Keep the daily peanut oil massage.

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Atomidine Therapy: Other Suggested Routines

There were several different routines suggested as far as the use of Atomidine was concerned. It is always taken in a half glass of water before any food is taken. Apparently it stimulates the body and prepares it for eliminating toxins through the mechanism of the Epsom salts baths. From the information in the readings it appears that the more acute and inflammatory a case of arthritis is, the more careful one should be in using the Atomidine preparatory and prior to the Epsom salts baths.

1. One drop in half glass water daily for 5 days

Five drops on 6th day

Three hours after last dose, Epsom salts bath taken with 20 lbs. to 40 gal. water.

With this individual, these measures, Cayce suggested, would be painful, but if they were kept consistently results would be seen.

2. One drop in half glass water daily for 5 days Rest two days

Repeat this a 2nd time and a 3rd time

3. One drop daily for 10 days.

On 10th day, five drops followed by the bath.

4. One drop daily for 5 days

Followed by ordinary bath or shower, and massage

Then a rest

Repeat this a second and a third time

On the fourth series, use 5 drops Atomidine daily for 3 days Followed by Epsom salts bath

Appropriate rest period

Continue for a fifth and sixth series

6. One drop daily for 3 weeks. Rest period.

7. One drop daily for 5 days Followed by the bath

8. One drop daily for 5 days Two drops daily for 5 days Three drops daily for 5 days Four drops daily for 5 days Five drops daily for 5 days Followed by the bath.

It can be seen that the use of Atomidine is certainly varied in the readings and does not follow a particular pattern that can be observed. However, one thing can always be counted on, and that is the periodicity or cyclic nature of the therapy, and this should be followed whatever dosage is to be used.

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E. Other Treatments: Appliances

Mechanisms of action in low-energy treatment:

Throughout the readings Cayce suggested treatment with what he called low electrical energy, and he described the wet cell battery and the impedance device to make this possible. He has suggested both at various places in the treatment of arthritis. One woman, (5623) was told that the impedance device would add to her system that which “will bring the proper vibration for the system as to bring resuscitation to the physical forces of the body as come with the active principle of the creative element(s) in the physical body that produce the cell in its vibration for the body. Then, this would bring those forces as near to the resuscitation of the physical body as will be possible in one of this age, and prevent the re-occurrence of those conditions for the body.”

Cayce says this energy given by the impedance device is in the nature of radio vibration “as will give to the nerve energy of the nerve systems, both of the cerebrospinal and sympathetic, that proper vibration as will create new energy in the system. These may be materially aided through that of the ultra-violet ray. These will assist only as the vibratory forces are set up, which will be aided through the application of the radio-active appliance carrying that of chloride of gold into the system.” (5623-1)

When the device is attached with the lead carrying the gold solution to the umbilical area, Cayce indicated that this would carry “that to the system which creates the proper vibration in the system to resuscitate energy in the glands through which all creative energy must pass in a vibrating body. The activity of that carried in the system by the forces as will be applied in that of the ultra-violet will distribute same through the nerve system, so that there will not be centralization, or too much in one place for that of the other, as will give to the system that of the proper vibration.” (5623-1)

IV. SUGGESTED THERAPY FOR OSTEOARTHRITIS

Probably osteoarthritis and arthritic tendencies and questionably early rheumatoid arthritis might be grouped generally together, as far as therapy is concerned. The program should be used which will gradually bring the body back to normal. The following, with occasional deviations as might be chosen from prior paragraphs, could serve as an outline for therapy in these cases:

1. Diet. The suggestions already outlined should be followed with consistency and accuracy. This is very important.
 2. If there has been a history of constipation, then a series of two colonics or three, or a series of high enemas taken every three or four days for a period of two weeks, prior to other therapy.
 3. Atomidine, one drop daily for one week in half a glass of water early in the morning.
 4. Rest from therapy for one week.
 5. Atomidine three drops daily for five days, then on the sixth day, ten drops.
 6. that same day, an Epsom salts bath with 20 pounds of Epsom salts to 50 gallons of water. Massage the body over all the joints affected while in the bath. The body should remain in the bath for at least 20 minutes, but should not become overly weak during the process. An ice pack on the head would be of considerable help.
 7. Then massage the entire body with an equal mixture of olive oil and peanut oil for 15 to 30 minutes.
 8. Rest two weeks from the drops and the bath, while massaging at night three times a week with the oil mixture. This massage should be over the entire body but particular attention should be paid to those areas involved. Keep the massages regular until therapy
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is ended.

9. Repeat the entire cycle after this rest period, beginning with three drops of Atomidine (Steps 5 through 8).
10. After another rest, repeat the cycle again and continue until the body is back to normal.

V. SUGGESTED THERAPY FOR SEVERE RHEUMATOID ARTHRITIS

1. The diet should be as has already been outlined. Strict attention should be paid to this part of the therapy.
2. Atomidine in half a glass of water in the morning before breakfast as follows:
One drop each day for 5 days Two drops each day for 5 days Three drops each day for 5 days
Four drops each day for 5 days Five drops each day for 5 days
3. Following the 25th day of the schedule an Epsom salts bath should be taken, using 20 pounds of Epsom salts to a tub of hot water of about 50 gallons, which would mean that the body would be covered thoroughly up to the neck. The limbs and joints affected should be massaged while in the water.
4. After the Epsom salts bath a thorough massage should be used, applying the combination of oils such as those already described with oil of mustard in them, or one of the more complicated combinations.
5. Rest for a period of two weeks. During this time daily massage should be given to the body using peanut oil.
6. Colonics or high enemas should be used approximately every 10 days from the beginning of therapy for at least two months. Thereafter, perhaps once a month.
7. After the rest period the whole procedure of Atomidine and baths and massages should be repeated with the rest after that, and the cycle continuing.
8. Osteopathy, two treatments a week during the time of the first series, then according to a cycle that might be established.
9. A wet cell battery may be used in addition to the above therapy. Gold chloride, three grains to three ounces of water, should be used in the solution jar.
It may be advisable, rather than using the Atomidine, to use gold chloride by mouth. The rationale for this has not been established either, but it was suggested often as an oral therapy as well as in the wet cell applications. This would need to be decided by the attendant physician, and may be determined by the response to therapy. If this is to be taken by mouth then a dropper bottle containing one grain of gold chloride to one ounce of distilled water should be prepared; and an ounce of distilled water to which has been added ten grains of bicarbonate of soda. From these two solutions, the following amount should be taken daily in half a glass of water: one drop of the gold solution, and two drops of the soda solution. The following readings will provide a more complete picture for the application of the above suggestions.

William A. McGarey, M.D. Revised 1997

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NOTE: This information was written as a subjective personal experience. It is not intended to recommend any course of treatment without professional medical supervision. Please work with your personal health care provider before undertaking any course of therapy.

'Healing arthritis, Cell by Cell'

This is my story of how the Edgar Cayce readings helped me to heal my rheumatoid arthritis 33 years ago. I was still attending college, living on junk food, and already had a history of physical problems. One day as I bent down to look at books on a lower shelf, my right knee popped. A visit to my doctor revealed arthritis. For eight years the pain grew steadily worse until I was virtually crippled. My knees were so tender that just a touch was excruciating. I was in unrelenting pain 24 hours a day. I consulted four doctors without improvement, and became really alarmed when they proposed scraping the bone and draining out the fluid with long needles. A family member had tried this without success.

During this time I continued to seek healing, prompted by an inner voice, saying, "The body is meant to be well." On one occasion I even attended a service by a famous healer, but was not one of those who were healed. I also read some books on health but they were simply not convincing. Although I had medical coverage through my job, I did not want to have joint

replacement as the doctors suggested. Instead, I took pain pills and kept searching for a less invasive, less painful cure.

One day in 1967, out shopping, I found myself drawn to *There Is a River* by Thomas Sugrue. I stood in line with the book, decided I didn't need it, put it back and left the store, but the title kept flashing through my head until I drove back two weeks later and bought it. I read all night. Although Cayce was no longer alive, I decided to follow the case history on arthritis which was in the back of the book. I firmly believed that if it works for one body, it will work for another. The first treatment was to purify my body for 30 days by eating right – no sugar, starch, alcohol, red meat, pork, fried foods, and no preservatives. Cabbage and bananas were also to be avoided. I ate primarily turkey, chicken, fish, fresh fruit and vegetables, and whole-wheat bread. Until my body could handle raw foods, I ate cooked vegetables. Although I did not adhere to the diet perfectly, I knew it helped my body change, cell by cell.

After the 30 days, I took Epsom salts baths once a week, using five pounds to a tub of water as hot as I could stand. I would soak for 35 minutes, rubbing my sore joints. After rinsing with fresh water, I sat on a plastic sheet and massaged my joints with peanut oil. Then I would rest or sleep.

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The next part of the treatment was Atomidine [atomic iodine] dosage. A.R.E. sent me the address of a supplier. When I obtained my Atomidine, I devised a dosage cycle which suited me but was not exactly the one suggested in the reading. I took one drop in a glass of water each morning for five days, then left off for five days. I continued this cycle for about a year and a half.

Finding a person who did colonics was my next challenge. I eventually found a woman who gave me a colonic once a month.

My other Cayce recommendation was to have a spinal adjustment twice a week. I found a wonderful chiropractor who included some massage as a part of the treatment.

During this time I was often discouraged, especially at first. I would look in the mirror and cry because there was no visible progress. But as the months went by I improved, slowly and surely, cell by cell. After a year and a half I was free of pain, except for an ache in my fingers when rain was due. Finally, at the A.R.E. Conference in Asilomar, California, I discovered it had rained the night before and I had felt no symptoms. I knew then that I was healed at the deepest level.

Since that time my arthritis has not returned, despite decades of stress on my fingers caused by typing. I used to be an atheist, but once I started getting well I decided that if Cayce was right about the body, he was probably correct about other things as well. So I pulled out *There Is a River* and read the "Philosophy Section" in the back of the book. I joined the A.R.E. and am now a Life Member. I thank God and Edgar Cayce every day for my healing. What a painful physical life I would have lived without Cayce's readings. I was crippled for eight years with rheumatoid arthritis (the most deforming), yet I have been healed for 33 years. Cayce not only enabled me to heal the body but he led me to God and to mental and spiritual healing as well. Today I am learning country line dancing! This would not be possible if it were not for Cayce having laid down his life daily to make mine livable and fun.

Loretta Godbout Virginia Beach, VA Venture Inward, May/June 2003

The A.R.E. receives many inspiring messages about how Edgar Cayce's Work has truly changed people's lives. One person gaining new insight and changing their consciousness, does, by the ripple effect, change the world. This page is a forum for such testimonials. Please send your stories to Venture Inward/Testimonials, A.R.E., 215 67th St., Virginia Beach, VA 23451-2061, or e-mail us at: letters@edgarcayce.org (Attn: Venture Inward).

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NOTE: This information was written as a subjective personal experience. It is not intended to recommend any course of treatment without professional medical supervision. Please work with your personal health care provider before undertaking any course of therapy.

Cayce at Bat, Arthritis strikes Out!

by James Schmidt, editor

“Through diet and exercise the greater portion of all disturbances may be equalized and overcome, if the right mental attitude is kept” —Edgar Cayce Reading [288-38]

As I struggled down the steps of the hospital in 1991 on my new crutches and in considerable pain, I overheard my wife say to our friend, “You know, the doctor said he could have died and he will eventually need a wheelchair.” I had just spent two weeks in the hospital after having been admitted through emergency for advanced anemia and an irregular heartbeat. It was speculated at the time of admission that I was suffering from internal bleeding, a well known side effect to the medication I was taking to manage the pain of my rheumatoid arthritis. While I walked into the hospital, as soon as my medication was taken away, I gradually reverted to an invalid state as the benefits of the drugs left my system. Was this what I had to look forward to, a wheelchair? I had been diagnosed with arthritis some fifteen years earlier and the drugs had effectively managed the pain, but the side effects to my body had been devastating.

It was about a week later before I could visit the rheumatologist who had briefly seen me in the hospital. He gave me an injection of cortisone in each knee and like magic I could walk again, virtually pain free. At that time he also prescribed some different “heavy duty” drugs which substantially relieved the pain of the arthritis such that I could function reasonably, but I still required a 6 month convalescent period from the side effects of the previous drugs.

More concerned now than ever about the potentially devastating side effect of the new drugs I was taking I resolved to look seriously into alternatives. Over the next two years I searched the library for books on the treatment of arthritis. During that time I came across several promising techniques—one involving an antibiotic that had apparently been successfully applied in the United States, the other involved kinesiology as a diagnostic tool and various “medicines” to treat the condition. Although I tried the latter and had success with a non arthritis related condition I had no success for the treatment of arthritis.

At about the time I was searching, my wife became involved with the Cayce material. Subsequently, we attended the Canadian Fellowship Conference held annually in Kingston, Ontario at which Dr. John Pagano was speaking on his use of the Cayce material to treat psoriasis and arthritis. I was very impressed and shortly obtained from the A.R.E. in Virginia Beach the “circulating file” which contained all the readings given by Edgar Cayce on rheumatoid arthritis. Initially, I found the readings rather discouraging as either there was no follow up as to how the individuals did or if there was follow up the results of treatment seemed somewhat negative. In addition, for a number of individuals there was the warning not to start the treatment program unless they were going to carry it through as their condition would become worse! However, I did try to follow the alkaline diet and as flawed as the attempt was, I did see my psoriasis disappear.

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I continued to devour Cayce material and as I began to practice meditation and discover the validity of this material, I slowly came to the realization that this information could be valid—it seemed to be simply a matter of rigorous application. As Cayce said over and over—“patience and persistence.” So I tried a few of the therapies outlined, such as, massage with peanut oil, colon hydrotherapy and spinal adjustments, with little noticeable success.

Then, in 1997, the A.R.E. in collaboration with the Meridian Institute, which is also based in Virginia Beach, announced that they had developed a treatment protocol for arthritis based on the Cayce readings and were seeking candidates to come to Virginia Beach for a research trial of the protocol. I was fortunate in November 1998 to attend a 10-day residential program at the Beach along with six other individuals who had osteoarthritis. (Although I had some joints

affected with osteoarthritis, my rheumatoid arthritis was far more serious.) At the Beach we were shown and applied the various therapies involved in the treatment protocol. One of the more inspiring events during this program was a talk given by a lady who had followed essentially the same treatment regime as outlined in the protocol some 30 years previously and cured herself of rheumatoid arthritis! I was to learn later that, one of the most valuable comments that she made was that it took about a year before any benefits were realized. Without that knowledge, I am sure I would have given up prematurely.

The treatment program outlined in the protocol involves a change in diet to the Cayce "alkaline diet," regular massage with peanut oil, the taking of Atomidine for 5 days followed by an Epsom salts bath and then a massage with peanut oil, spinal manipulation and castor oil packs followed by colon hydrotherapy. The therapies are applied on a cyclical basis. Key to the process is attuning body, mind and spirit and believing that a healing is occurring.

So what has happened? The first thing I noticed immediately after the 10 day program was that I no longer had headaches—something which I had suffered from almost every day for years. During the next 10 months, I truly believed that my body was being healed and at the end of that time, I ceased taking any medications for arthritis and have taken none since. A giant leap of faith, leaving the safety of the medical environment and trusting one's inner knowing. I believe that the key to physical healing is having a positive attitude and a strong belief that it will happen. I still have some remnants of arthritis in one joint in one finger on each hand but much to my rheumatologist's surprise there is no discomfort associated with them only a slight loss of motion. Today I participate in physical labour, climb ladders, cut wood, ride a bike, and play golf twice a week (walking the whole time), when time and weather permits.

Over the past 3 1/2 years I have tried to follow the protocol rigorously. Although it has been relatively easy to schedule the appropriate appointments for treatments from health professionals, it has been more challenging to follow the alkaline diet. The reason for this is because it is something you must do every day and when you are traveling or visiting others or eating out it indeed can be a challenge. It would be an overstatement to suggest that I have followed the protocol letter perfect, but when I do go astray for a few days, I return to it as soon as possible.

As you may appreciate, undertaking this program has changed my life and lifestyle. This program has been successful for me and I would certainly recommend it to anyone wishing to explore an alternative approach to the treatment of arthritis. As

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resource materials I highly recommend reading Healing Arthritis, The Edgar Cayce Approach by William A. McGarey, M.D and Keys to Health-Holistic Approaches to Healing (An Edgar Cayce Guide) by Eric A. Mein, M.D., of the Meridian Institute. For anyone interested in following the Cayce approach to any illness, I strongly recommend reading, Hope Springs Eternal by David Atkinson for a truly inspirational lift on the way to wellness.

Information on the results of the arthritis research trial are available on the Meridian Institute's website found at www.meridianinstitute.com.

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Venture Inward, September/October 1996

Is There a Secret in Healing Arthritis? William A. McGarey, M.D.*

Many years ago when I researched the readings on arthritis to get to the essence of what Cayce was talking about, I realized there was much to be learned to know what arthritis really is. Thirty years' experience at the A.R.E. Clinic has expanded my concepts of the causes of arthritis, and what might best be done to overcome it.

True, as the readings say, arthritis is a disease of faulty eliminations. Castor oil packs on the abdomen, done in a timely way, with patience, persistence, and consistency, will aid the immune system and most likely help in the healing process. Atomidine will help bring a better

balance to the endocrine system. An alkaline diet is nearly essential. Proper exercise, epsom salts baths, manipulations, massages, and other kinds of body movements should certainly be part of the program.

Applying visualization techniques is helpful if done consistently. Prayer and meditation help to get the head straightened out. Counseling is often a necessity, as is an awareness of the role our attitudes play in the healing of the body.

But it is never that simple. I recall one arthritis patient in a Temple Beautiful program who was well oriented to his program of therapy when he went home. When I saw him again five years later, he hadn't improved - but we discovered that he rarely used castor oil packs; his Atomidine had been left off more than four years before; he had no time for study group; and less time for meditation.

The key to the success of any modality is applying it in a consistent manner, persistently, and with great patience. His problem undoubtedly was failing to apply these three qualities. He told me about the stresses in his life which had not been dealt with creatively and constructively. Perhaps healing will come about if he works at it.

Yet there is still a secret in that mystery of the physical human being. What is the key to full restoration of the body? Cayce many times repeated the concept that there are no conditions of the body which cannot be returned to normal. Jesus said He is our elder brother and told us that everything He did we can do also, and even more. Jesus called back Lazarus from the other dimension and let him once again live a normal (or nearly normal) life.

Perhaps the love - or the lack of it - that we show in relationships determines whether we can reverse illnesses.

Why don't we do things like that? It would certainly be helpful for those who have arthritis if I were able to touch such a person, and all their aches and pains would be gone!

The secret must be associated more with how one performs such events in other people's lives, or perhaps how one lives. More this than what one does. How one lives his life and how one relates to others may carry a much more magnificent value than what one does as a teacher, a governor, a post office worker, or a baseball player.

* Dr. McGarey, chairman of the board of the AR. E. Clinic h Phoenix Arizona, author of The Oil That Heals and many other books, is available for phone consultations, giving advice based on the Cayce readings. Call (602) 955-0551 for an appointment.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

My truth, then, simply had to grow. So, back to the readings I went. I found something that seemed to have the essence of a secret revealed. Cayce instructed those close to him to be aware that in John 14-17 Jesus was talking to each of

us and giving us some very important information. In reading 261-15, Cayce talks about knowing oneself, and about like begets like, about karma, the reaping and the sowing, and about asking and receiving:

"...if ye would know thyself - if ye would know thy Maker, then know thyself by that ye mete to thine brother in relationships ... or that thou holdest in thy consciousness as the ideal manner. How does one, then, approach same? The activity is as the seed sown, which has within same (every act) the fruit thereof. For the first law is, 'Like begets like.' And what ye sow, ye shall reap.

"It is, then, how ye mete that ye reap in thine relationships one to another.

"Then the first law of knowing self, of understanding self, is to become more and more sincere with that thou doest in the relationships one to another. For the proof of same is the fruit thereof. And when thou hast found the way thou showest the way to thy brother.

"Thus does the self, the I AM, become aware of that Presence. And in meeting day by day in the walks with thy fellow man, sow those seeds that ye would reap in thine experience. For they, the seed ye sow, become - as it were - thine own self!"

Does that make it any clearer? Maybe it's not a secret after all. For me, it is saying that how we respond to our karma, to those things that we meted and are now meeting, is the key to what

we are becoming. Is the manner in which we treat others (when they offer us a mirror in which we can see ourselves) the way we want to be treated ourselves?
Perhaps the love, or the lack of it, that we show others in relationships is the key to whether we reverse the problem of arthritis and other conditions of the human body - or whether the condition remains unresolved.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
INDEX OF READING 120-1 F 72

Arteriosclerosis

ARTHRITIS: RHEUMATOID

Circulation: Poor

Clairvoyance of E.C.: Characteristics Confirmed

Cough

Diet: Arthritis : Minerals

Doctors: Booher, James M.: M.D. : Berger, Grace C.: D.O.

Electrotherapy: Short Wave: Arthritis : Sinusoidal

Eliminations: Poor Eyes: Weak

Kidneys

Lesions: Dorsal: Cough

: Throat: Mucus Osteopathy: Arthritis

Prophecy: Prognosis

Sensations & Symptoms: Cold & Hot Throat: Mucus

Par. 2

Par. 6 Par. 4

Par. 3

Par. 12 Par. 12

Par. R1 Par. R1

Par. 14 Par. 14

Par. 1

Par. 3

Par. 9

Par. 3 Par. 3

Par. 13 Par. 11, 15 Par. 3, 5 Par. 3

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
BACKGROUND OF READING 120-1 F 72

B1. 8/14/29 Mrs. [120] wrote: "Mrs. [1381] will hand you my application for membership... Please send me blanks for readings. I wish a reading for myself and my grandson [5551] who is under my care... I wish my husband [119] to have a reading also... We have full faith in Mr. Cayce and his work and KNOW that these things are done now and here as well as thousands of years ago. We are so happy to have this privilege.

"Excuse scrawl for my eyes are very poor."

TEXT OF READING 120-1 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 18th day of September, 1929, in accordance with request made by self - Mrs. [120] via Mrs. [1381].

PRESENT

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

READING

Time of Reading Hastings-on-Hudson, 11: 30 A. M. Eastern Standard Time. New York.
(Physical Suggestion)

1. EC: We have the body here, [120]. Now, we find there are those conditions that cause distress with the physical forces of this body. These are rather the combination of disturbances, and SOME have been of long standing. These have to do with the eliminations and the effect these disturbances have had, and do have, on the nerve systems of the body. These, then, are conditions as we find them with this body, [120] we are speaking of:
 2. IN THE BLOOD SUPPLY, this we find below the normal in its ability to store energy in the vital forces of the system, due to the improper eliminations as are carried on in the system, and the blood supply carrying these properties - as should be eliminated - causes an impoverishment in some directions, and an overburdening of the stream in other directions. Then, not WHOLLY that of hardening arteries, but rather that of the slowness of the circulation, producing at times strains on the heart's action, in its attempt, as it were, to force the circulation through the system properly.
 3. IN THE NERVE SYSTEMS, here, as indicated, we find the seat or the causes for most of the disturbances, but THESE are reflex in nature first; then having formed, through this continual subservation [Subserving?] or subjugation of nerve energy, as related to certain plexuses of the system, these have become then the causes, or the greater distresses - but to attempt to eliminate the conditions entirely by treating that as is SECONDARY in the causes would only be bringing relief for a SHORT while, and the condition returning again. These subluxations, we find, exist in the 2nd, 3rd and 4th dorsal - lesions in the 3rd and 4th cervical, in the lower lumbar and sacral. These causing, and have been caused, by the disturbance in the hepatic circulation and in conditions existent there; though those nervous reactions of a cold or hot nature, or flushes in system, weakness in the eyes, in the continual tendency to clear the throat, the rising of mucus in throat, tendency to cough - these are reflexes from lesion in the upper dorsal, and AIDED by disturbances in the other regions as given.
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ARTHRITIS: RHEUMATOID CIRCULATING FILE

4. IN THE ORGANS OF THE SYSTEM, brain forces are good; exceptional in discernment, and in the activities of the mind related to spiritual things in the life.
5. In the organs of the sensory system, those conditions as are produced there are reflex - as are those in the bronchia and lung. Naturally, the condition as existent - the body finds periods when cold or congestion is easily contracted. Cold feet, and tendency to be shivery when drafts or breezes come. These are from the activities of the respiratory system, but no organic lung disturbance.
6. Heart's action shows the effect of the sluggishness in circulation, and is a reflex from conditions in the liver and in the nerve system.
7. Digestive system - this the cause or the seat, or the first causes of disturbance. These date back. Though those added conditions for the system has apparently assisted, this, we find - these are rather in a dormant activity, than of being removed as causes.
8. The liver shows the effect of conditions in the nerve system and blood supply, as well as that as has existed in the digestive and assimilating portion of the body.
9. The kidneys - with the natural condition in the hepatics, these are overactive at times - at others are below normal in activity.
10. Now, to meet the needs of the conditions in this body at the present time:
11. First we would change from the environments or the surroundings, or put self in that position where these suggestions may be carried on for the system; for with these corrections, we will find many days - and very much bettered conditions physically - added to the span for this Life, or body.
12. The corrections, then, should begin WITH THE DIET FIRST - which shall add to the system those especially of magnesium, silicon, and sulphur - with iodine well distributed in the diet.
13. In corrections as exist in cerebrospinal and in the whole of the muscular forces of system, the correction of those lesions in the upper dorsal, the relaxing of those in the cervical and lumbar, will aid the system in bringing about corrections for all of the sensory organism, as well as correcting those disturbances in the nerve and blood supply. There should be at least,

in the beginning, the manipulations and corrections given every other day, and every other day, or every other treatment, should be a GENERAL treatment, and CORRECTIONS made only in every other treatment.

14. Those applications of the sinusoidal ray, in that of the short meter, or short vibratory forces, should be applied to the system, especially in the brachial center and in the lower lumbar center. These should be given not more than three minutes in the beginning.

15. We will find, in three to five weeks, the near normal conditions brought for this body, [120]. We are through for the present.

(9/18/29 GD copied list below from pp. 24-25 of Dr. Jas. M. Booher's book [See 120-1, Par. R1.]

MAGNESIUM: Citrus fruits, egg yolk, spinach, coconut, goat's milk, almonds, walnuts, beechnuts, chestnuts, rye, whole wheat, grapes, barley, cherries, green corn, gooseberries, sole, frog legs, lamb, chicken, oats, peaches, peas, prunes, shredded wheat, apples. SILICON: Steel cut oats, spinach, apples, barley, egg yolk, strawberries, peas, figs, goat's milk, beechnuts, grapes, almonds, walnuts, chestnuts, carrots, shredded wheat, unpolished rice, rye, peaches, cherries, whole wheat, asparagus, cabbage, gooseberries, cucumbers, endive. Edgar Cayce Readings copyright 1971, 1993-2007 by the Edgar Cayce Foundation 31

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SULPHUR: Raw egg yolk, shrimp, brusselsprouts, cabbage, horseradish, onions, turnip, cauliflower, kale, garlic, mustard, radishes, kohlrabi, cucumbers, asparagus, figs, prunes, dark cherries, gooseberries, blueberries, strawberries, coconut, carrots.

IODINE: Iodine sea lettuce, cod liver oil, smoked salmon, skin of baked potato, clams, lobster, oysters, shrimp, green turtle, mushrooms, onions, tomatoes, pineapple, crawfish, scallops, garlic, peas, pears.)

REPORTS OF READING 120-1 F 72

R1. Scientific Weight Control c 1925, by James M. Booher, Medical Director Continental Scale Works, Chicago, Ill., a copy of which was given to GD by Grace C. Berger, D.O., then on staff at Cayce Hospital. [See Source File Key #120 for all current reports, supplements and professional commentaries re 120-1.]

R2. 10/22/29 Mrs. [120] entered Cayce Hospital. R3. 10/23/29 See 120-2.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 120-2 F 72

ARTHRITIS: RHEUMATOID

Assimilations: Eliminations

Circulation: Capillary : Lymph

Diet: Arthritis

Doctors: Berger, Grace C.: D.O. : Hansen, Cora C.: D.O.

Electrotherapy: Violet Ray Glands: Adrenals

Kidneys

Osteopathy: Arthritis

Physiotherapy: Baths: Fumes: Witchhazel : Heat: Wet

: Packs: Hot

Prescriptions: Aspirin: Arthritis : Benzosol:

: Bromide Of Soda:

: Eucalyptol:

: Gold Chloride:

: Turp, Rectified Oil Of: : Water, Distilled:

Sedation: Arthritis Vibrations

Par. 3

Par. 6-A Par. 6-A

Par. 8-A

Par. 4 Par. 4

Par. 3, 9-A Par. 6-A Par. 6-A Par. 4, 8-A

Par. 10-A Par. 4, 7-A Par. 4, 7-A

Par. 8-A Par. 8-A Par. 3

Par. 8-A Par. 3, 6-A Par. 8-A Par. 3

Par. 8-A Par. 6-A

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 120-2 F 72

B1. See 120-1 on 9/18/29 for rheumatoid arthritis. On 10/22/29, she entered Cayce Hospital for treatment.

TEXT OF READING 120-2 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 23rd day of October, 1929, in accordance with request made by self, and by doctor in charge.

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. and Mrs. [119] & [120]; Drs. Berger and Hansen, and L. B. Cayce.

READING

Time of Reading Cayce Hospital, 3: 30 P. M. Eastern Standard Time. Virginia Beach, Va.
(Physical Suggestion)

1. EC: Yes, we have the body here, [120]. This we have had before. In some respects there are changes in the physical conditions at present from that as we had before. These are not material changes, for some of the activities, or some of the changes have tired, strained, and affected the body - not to detriment, as we find, as yet.

2. Would those conditions as have been outlined be followed, we find there should come, as given, the improvements for the body.

3. Would be well that, with changing of the light rays for the body, in the violet ray, there SHOULD be those of Bromide of Soda and Chloride of Gold given internally, in this proportion: The Chloride of Gold should be made, 15 grains to 15 ounces distilled water. The Bromide of Soda 10 grains to 1 ounce distilled water. When the dose is given, begin with 2 drops the Chloride solution and 4 drops the Bromide solution, in half a glass of water. Let this be taken at least an hour and a half to two hours before the treatment with the violet ray is given. This will act in this fashion or manner with the system: Assisting the eliminations, aiding the system to function through the glands - where assimilation has been hindered, that causes tautness in the centers about nerve ends, where they join in the joints or sinews of the body.

4. The manipulations should be gentle, [GD's note: Drs. Grace C. Berger and Cora C. Hansen, sisters, were resident osteopaths at the Cayce Hospital while Mrs. [120] was a patient there. You will notice that they were present for this reading and some others.] as given, and only about once each week should there be any attempt to rotate or to adjust, and then not without first applying heat - preferably that of the wet heat, or wet packs and heat applied.

5. As given, be mindful of the diet - following those much in the manner given, changing when there is found that disorders arise from any specific change. Ready for questions. 6. (Q) Is there any organic trouble with kidney?

(A) Not organic, functional. This - a portion of the disturbance in the elimination, and the adrenals - especially - will be aided by the application of the Gold in system, with that of the vibratory rate changed, in violet ray. Do not apply the ray of such a period as to produce irritation, but of sufficient that there may be a stimulated lymphatic and capillary circulation.

7. (Q) Would the use of hot compresses be advisable?

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

(A) When there are changes or corrections to be made, advisable. Or for relief of pain, advisable.

8. (Q) Should patient continue with the aspirin?

(A) Gradually get relief from this reaction in the system, as is possible with the changes as should come from the relief of pressure in the system, by the changes as are brought about by the manipulations and by the diet change. These may be necessary at times, but RELIEVE these. Were these changes - or, should these become necessary, change to THIS character of stimuli, that will not be so severe: That of:

Eucalyptol.....1 minim, Rectified Oil of Turp.....1/2 minim,
Benzosol.....1/2 minim.

This may be placed in a carrier of simple syrup, or may be taken in capsule. These will relax and ease, where the acid causes congestion in the alimentary canal. These, as given, would absorb in that of the FUNCTIONAL system, as related to assimilation, without leaving drosses.

9. (Q) How often should violet ray be given?

(A) At least every other day. Oftener, [if it will] will it give relief. There will be periods when it would be hard for the body, but will be beneficial to the condition, so this must be judged according to the conditions as they arise with the system, [120] we are speaking of.

10. (Q) Would sweat baths be beneficial for this body?

(A) After rest for three to four days, they would be beneficial, if not given too severely - and the addition of properties in the steam, or placing the medicants in the vapor, would be beneficial to the body when these are taken. Begin first with, to the pint of water to be vaporized, put at least a teaspoonful of witchhazel.

11. (Q) How often should osteopathic treatments be given?

(A) Every day.

12. That is all the questions regarding this body. 13. We are through with this reading.

REPORTS OF READING 120-2 F 72

R1. 10/26/29 See Ck. Physical Rdg. 120-3, requested by the patient and also Dr. Grace C. Berger of the Cayce Hospital staff.

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INDEX OF READING 120-3 F 72

Appliances: Wet Cell: Arthritis ARTHRITIS: RHEUMATOID Assimilations: Eliminations

Circulation: Capillary

: Lymph

Electrotherapy: Violet Ray Emunctories

Exercise

Neuropathy: Arthritis Osteopathy: Arthritis Physiology & Anatomy

Physiotherapy: Baths: Sun : Massage

: Packs: Epsom Salts

Prescriptions: Aspirin: Arthritis : Benzosol:

: Digitalis:

: Eucalyptol:

: Gold Chloride:

: Turp, Rectified Oil Of:

Pruritus Psychosomatics

Sedation: Arthritis

Sensations & Symptoms: Itching Skin: Eruptions

Par. 8-A

Par. 6-A

Par. 2-A, 6-A Par. 2-A, 6-A

Par. 5-A Par. 6-A

Par. 5-A

Par. 2-A, 3-A

Par. 2-A, 3-A, 5-A Par. 6-A

Par. 5-A
Par. 4-A
Par. 3-A, 5-A, 8-A
Par. 6-A Par. 6-A, R2 Par. 7-A Par. 6-A Par. 5-A Par. 6-A Par. 6-A Par. 1, 8-A
Par. 6-A
Par. 6-A Par. 6-A

ARTHRITIS: RHEUMATOID CIRCULATING FILE

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 120-3 F 72

B1. See previous rdgs. 120-1 and 120-2 for her rheumatoid arthritis, advising treatment.

TEXT OF READING 120-3 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of October, 1929, in accordance with request made by self - and by Dr. Berger [Dr. Grace C. Berger, D.O., of the Cayce Hospital staff].

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. Berger and L. B. Cayce.

READING

Time of Reading Cayce Hospital, 11: 30 A. M. Eastern Standard Time. Virginia Beach, Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [120] - this we have had before. Now, the changes as come about at present, we find, are only the beginning of that as may be expected for the body.

There are needs that the mental and the physical be accorded that application that will deal with each in the manner as to bring for same the proper correlation of one, and the effect of one another upon the physical conditions; that is, necessary often that conditions be altered - apparently to meet the needs of circumstances, physical and mental. Ready for questions.

2. (Q) Should any change be made in [osteopathic] manipulations?

(A) Be necessary that rather the gentle massage, following nearer the line of the neuropathic application, of beginning with the extremities and going gently over the whole system in the manner to allay the system; for here is the condition to be met:

In the physical conditions, the strain on the lymphatic circulation in such that, following out the nerve ends that follow capillary circulation will aid, allay and assist the body, mentally and physically, and give the opportunity to apply occasionally deeper manipulations and medicinal applications that will materially aid, see?

3. (Q) Should hot packs be given, and how often?

(A) When there are the deeper manipulations, hot packs should be given to those centers where deeper manipulation is to be made - though, each evening, it would be well - when the body is being prepared, either at period of bath, or the hot bath given - that hot applications of saturated solution of Epsom salts be used on knees, hands, joints, or the whole system. These will be well. The hot application, or PACKS, should be when manipulations are given along the lower portion of spine. These may be given when there are the manipulations, but well were the packs - or the Salts applications - made EACH evening, when bath - or preparation for retiring is done. Knees, joints, feet, limbs, hips, shoulders, arms, hands, and ESPECIALLY across the shoulders - where the brachial activities are shown. As is seen, where the shoulder pains - as come from the overactivity, as given, in the changes - and where the injury to the spine was such as to cause subligations or pressure, - or such taxation as to produce pain in movement - these would be WELL. Well that, when such packs - or such hot applications are made, that at least TWO applications be made; that is, the cloths or packs wrung is out of hot saturated solution of salts - then, when this is cooled, apply same again, see? That will allow the body to rest.

4. (Q) Would it be advisable to have gentle massage while in bath?

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

(A) This is very good, but this may be given BETTER FOLLOWING such a bath, or an application - see? and it will require time and patience to follow same thoroughly. 5. (Q) How often should deeper manipulations be given?

(A) About once each week. See, this may be given in this manner - that the application of the packs, or those of the violet ray may be altered to meet the needs of circumstances, so that one will not conflict with the period of another. Or, the body requires something continually to be done. Then, so order the applications that they do not all occur at one treatment, but one in one portion of the day, one in another portion of the day, see? Say, the applying of the Gold in the system - this may be given, then two hours later give the violet ray, see? then two to three hours later would come those properties as may be given with the meals; then the regular exercises in the air, or where the body may have the better effect of the sun's rays, or of the ultra- violet rays in a reflected form, and where the applications later may be given of the packs, or baths, or what may be needed during that period.

6. (Q) Is it well to discontinue the aspirin twenty-four hours before taking the eucalyptol, oil of turp and benzosol?

(A) Better that this be reduced gradually; that is, five grains may be discontinued for a period of three to four days before another discontinuance of that amount would be made. Then, later, this may still be discontinued a little more - but it should be that, no aspirin - or no salicylic acid is in system for at LEAST a period of twenty-four hours BEFORE the eucalyptol and others are given. Why? In the effect created in system by the acid, while not detrimental to the heart's action - in this particular case we are speaking of, [120] - unless taken in large quantities - it DOES, NATURALLY, affect the gastric juices of the system, or the lymph in the internal system is affected - just as the vegetative nerve system of the intestinal tract is affected, or DEADENED. Hence the easing of pain to the body. NOT a curative, in any sense - only allowing the central nerve system to work under stress without pain radiating from the call of the emunctories in the system; for, when the lymph and vegetative is deadened, the lymph works or operates secondarily through the activity of the cerebrospinal nerve system. Now, the changes as are effective by the taking into the system of eucalyptol, benzosol and oil of turp: The eucalyptol acts directly, when taken internally, with the RESPIRATORY system - aiding the circulation by increasing same without increasing pressure THROUGH the system. The benzosol [See Par. R2 for ingredient] acting in that force as is with the lessening of the strain on the lymphatic circulation, but not retarding the activity of the vegetative nerve system of the intestinal tract - hence not hindering assimilation. While the activity of the small principle in that of turp is to STIMULATE that hindered in the hepatic circulation, STIMULATING the liver AND kidneys, DIRECTLY, to separate poisons in the system, in the blood supply, in such a way and manner as to ELIMINATE same! See the difference in the effect of narcotic acting in a different way and manner? Each principle acting with a different system. NOW, to COMBINE same, when there was in the system salicylic acid - that its principal activity in this system is with the vegetative system, and then to add those principles of the benzosol and that of the turp with same, would be to CLOG the system - as to cause eruptions to the lymphatic external system, or an itching sensation - that to this body would make it almost mad!

7. (Q) Should patient be allowed Digitalis? (A) In very small quantity, when necessary.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

8. (Q) Why did the pain in shoulder, from which body has been free for over two months, return after having been given the first treatment?

(A) As was given, this returned from the overactivity of the system in the changes made. With the application of the Salts packs, these will disappear.

Would be well for this body were the wet battery [Wet Cell Appliance] vibration, carrying a charge of the tincture of iodine - one pound - charged in the battery and given to the system. This may be given in the middle of the day, as the body rests. Make the application of the anodes - the first, or small anode, apply to the ankle one day, to the wrist the next day - but

alternating the sides of the body. The larger, or the nickel anode - the last attached to the body - attach ALWAYS last to the solar plexus, or the umbilicus plexus, just to the right and upper portion of same. This will carry more of the iodine into the system, alleviating both mental and physical strain. This may be given for thirty to sixty minutes EACH day; let this be in BETWEEN other treatments, and as the body rests.

9. (Q) Should patient have a special nurse to meet these needs?

(A) That's with the patient! These are the conditions to be applied - these should be kept.

10. (Q) Should treatment be mapped out for a week, or from day to day?

(A) May be mapped by the week, or when conditions arise - then changes may be made.

11. (Q) Should patient remain in hospital or carry out treatment in her own home? (A) As she chooses!

12. That is all the questions regarding this body.

13. Do that, then, as has been given. We are through with this reading.

REPORTS OF READING 120-3 F 72

R1. GD's note: 11/7/29 She obtained Ck. Physical 120-4, for which her husband (Mr. [119]) was present, with other patients from the Cayce Hospital; and Drs. Grace C. Berger and Cora C. Hansen [D.O.]s and Dr. James R. Parker [M.D.], staff physicians at the Cayce Hospital.

R2. 6/25/82 GD's note in re Benzosal ingredient mentioned in Par. 6-A; taken from page 7 of AN EDGAR CAYCE HOME MEDICINE GUIDE Copyright 1982 by the Edgar Cayce Foundation: "BENZOSOL - Benzosal is an old term for guaiacol benzoate, which contained close to equal parts of benzoic acid and guaiacol. It was sometimes mentioned as an inhalant ingredient and at times as an ingredient in capsules to be taken internally for its stimulating effect on the respiration."

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ARTHRITIS: RHEUMATOID

Cause: Effect: Arthritis

Circulation: Capillary: Arthritis : Lymph:

Cycles

Cystitis

Electrotherapy: Violet Ray Eliminations: Poor

Glands

Lesions: Dorsal: Throat: Sore Osteopathy

Physiology & Anatomy Physiotherapy: Massage

Prescriptions: Aspirin: Arthritis : Bromide of Soda:

: Gold Chloride: Vibrations

Par. 4-A

Par. 4-A, 7-A Par. 4-A, 7-A

Par. 3-A

Par. 5-A

Par. 6-A, 7-A

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Par. 3-A, 5-A

Par. 3-A, 5-A

Par. 4-A

Par. 5-A

Par. 4-A

Par. 4-A, 6-A, 7-A Par. 4-A, 6-A, 7-A

Par. 4-A

ARTHRITIS: RHEUMATOID CIRCULATING FILE

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 120-4 F 72

B1. See previous readings 120-1, 120-2, 120-3 for rheumatoid arthritis.

TEXT OF READING 120-4 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 7th day of November, 1929, in accordance with request made by self and those in charge at the Cayce Hospital, including her husband, Mr. [119], who was present for this reading.

PRESENT

Edgar Cayce; L. B. Cayce, Conductor; Gladys Davis, Steno. Mrs. Jacobs, Mrs. Rome, Drs. Berger and Hansen, Mr. [119] and Dr. James R. Parker. [Dr. James R. Parker, M.D., Norfolk, Va., staff physician for Cayce Hospital.]

READING

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

1. EC: Yes, we have the body here, [120]. This we have had before. Now, in some respects we find the conditions are bettered. In other respects not so well. There is not as much drainage or elimination from the system as there should be. There should be, with those applications as go toward assisting the system in eliminating those destructive forces to the tissue, to the sinew and the muscular forces, that as has been given that would cause the eliminating system to throw the condition OUT of the system, rather than loosening same, dissolving same, and it - the condition - in the form of those forces as go through the system as the eliminating dross, or eliminated dross - FINDING in various portions that as produces heaviness and stiffness; for, to RELEASE and then to have same NOT eliminated must necessarily cause those returnings of conditions that give distress to the body.

2. Then, more along the lines as suggested, of the massage that would ease the body - when those applications are given. These would assist much better. Do that. Ready for questions.

3. (Q) Can anything be done for the soreness of the throat which comes on every evening?

(A) Were those of the massage, as has been given [the osteopathic manipulations], used more thoroughly over the system, we would find these conditions WOULD NOT occur so often.

Those pressures as exist in the upper dorsal and in the cervicals must necessarily cause that throwing out in the system of those properties in the system, where the system attempting to abridge the condition and to guard against any reaction in system, THIS causes the distresses as experienced in this direction. A natural cycle of the functioning system.

4. (Q) The discontinuance of aspirin leaves the patient in a very weak condition. Would it relieve this condition to take the chloride of gold more often than every other day, or would some other remedy be advisable for this condition?

(A) With the discarding of the aspirin, the gold may be changed in the manner of administering - giving same EACH day, increasing the amount - or the drops - until there is given five to seven drops. Then skip one day, and begin over again - increasing until the seven to ten drops are reached again, giving the bromide WITH same in the same

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

proportion as has been given. Or, the aspirin may be given, will the OTHER properties NOT be used, in much smaller dosage. This will strengthen and aid the body. But, we find, - now - these conditions to be met with, to be dealt with, in this body - [120] we are speaking of:

We find there is that condition wherein the lymph forces in the system are turned into that of the hardening, rather than giving the elasticity to centers about the extremities, joints. This causes the pain - this causes these destructive forces. This condition is produced, primarily, from an improper functioning of the glands as secrete the various cellular forces in the plasm [plasma] of the system, and that division in assimilation becoming the first destructive force.

Now, in taking the system as we find same - in the addition of gold with bromide of soda, we enliven the glands of the system - all reproductive glands; that is, the necessity of the system

to be able to resuscitate vital forces in the lymph, in the capillary circulation, in the arterial circulation, is based first, primarily, on the character of assimilation and the number or the count of the plasm [plasma] going to make up the various elements. The increasing in the system of this dissolvent, or this energy necessary to produce the proper vibratory forces in the assimilated conditions in the system, increases the amount of destroyed forces that are to be eliminated from the system. The greater character of elimination can be carried on by having the proper coordination between the various MANNERS in which poisons of different characters are eliminated from the system. Not having any ONE suffering at the expense of another, for we merely transfer the destructive forces in such measures.

Then, the applications of the various exterior forces, as have been given this body, fill a place in the assistance for the system - but to leave off a portion is to start and not go all the way, but all should coordinate one with another. Do that, and we will find bettered conditions for this body.

5. (Q) What causes the desire to urinate constantly and the burning pain in the bladder? (A) This has just been described, when we have given that the various forms of which the eliminating centers or portions of system suffer at the expense of another! Were the manipulations or the MASSAGE - not manipulation in the sense of the regular osteopathic manipulation, but of the massage over the system, we would produce coordination in the system and not cause one portion to suffer at the expense of another. That's what produces that condition!

6. (Q) Should the violet ray treatments be lengthened?

(A) Lengthen when the dosage of gold is given, not until then.

7. (Q) How much should it be lengthened?

(A) Lengthened sufficient to relax the body, or to cause the capillary circulation and those portions of the system that it is followed out on to react or - not until moisture is produced, but until the capillaries show their reaction to the appliance, and applied energy.

8. That is all the questions of this body.

9. Now, if we will follow these as has been given, we will find much bettered conditions for this body. We are through with this reading.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

REPORTS OF READING 120-4 F 72

R1. 11/11/29 Letter from EC to Mrs. [Carrier Salter] House in Kentucky, following Dr. House's death: "...We have a patient [120] at the hospital who is now occupying the room Gray and Thomas [Gray Salter & Thos. House, Jr.] used, and also the sitting room. The lady is unable, on account of arthritis, to get up and down steps, so if she was to come in there at all that's the way it had to be arranged. I don't know just how long she will be there. I certainly hope you can get everything fixed up satisfactorily there, and that you can get back real soon..."

R2. 12/23/29 Mrs. [120] requested Ck. Physical Rdg. 120-5. She and her husband had moved from the Cayce Hospital into an apartment in Norfolk, Va., to continue the treatments there.

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INDEX OF READING 120-5 F 72

Appliances: Radio-Active: Arthritis ARTHRITIS: RHEUMATOID Cause: Effect: Arthritis

Cystitis

Glands: Arthritis

Longevity

Prescriptions: Benzosol: Arthritis : Bromide Of Soda

: Eucalyptol

: Gold Chloride : Silver

Par. 2

Par. 1 Par. 3-A Par. 1 Par. 2

ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 120-5 F 72

B1. See previous readings 120-1 through 120-4 for her main ailment called rheumatoid arthritis. Cayce Hospital charts show that she was a patient in the hospital from 10/2/29 to 11/12/29 when she and her husband [119] moved to Norfolk in an apt. where she planned to continue the treatments as an outpatient, under the care of a Norfolk physician, James R. Parker, M.D., visiting staff physician with the Cayce Hospital.

TEXT OF READING 120-5 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 23rd day of December, 1929, in accordance with request made by self, Mrs. [120].

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. Berger [Grace C. Berger, D.O., staff physician of Cayce Hospital], Mrs. Hopp, Mr. and Mrs. Nixon, Mrs. Greene, and L. B. Cayce.

READING

Time of Reading ..., Apt. 2, 12: 00 Noon - Eastern Standard Time. Norfolk, Virginia.

(Physical Suggestion)

1. EC: Yes - this body we have had before, and those conditions as surround same, and those conditions as disturb the physical functioning of the body. The body has been gradually on the improve. The local or specific applications in centers, as in elbow, hand and knees, have at times been rather severe - but those hardenings of the tissue have been aided VERY materially. [GD's note: I think these treatments were given by a chiropractor, Dr. W. H. McChesney, Norfolk, Va.] Well were as MUCH consideration given to the body as respecting REPAIRING those of the glands and of the system, as has been given to the destroying of those sedimentary conditions as have existed.

2. We would give some medication, either that as may be applied in the Radio-Active Appliance carrying the iodine and in the small quantities of soda and gold. If this interferes - as it may, with the surroundings - though they should be bigger than their own selves - there may come quicker results with the renewed activity in the system. The ordinary conclusions of the activity of Gold, when assimilated, is incorrect - for these feed directly to the tissue of the brain ITSELF, and - given properly - silver and gold may almost lengthen life to its double, of its present endurance. Ready for questions.

3. (Q) The use of capsules of eucalyptol, turp and benzosol have been discontinued for about two weeks, during which time there has been a cessation of the irritation at mouth of bladder when passing urine. Was this irritation due to the use of these capsules? and would it be advisable to resume taking them?

(A) Not necessary, would that as has been given be used now, with the other eliminations.

4. (Q) Should the Bromide and Chloride of Gold be continued?

(A) It should, but there should be consideration given as to just how the foods are acting with same.

5. (Q) Any further suggestions?

(A) Much may be said, or may be given as respecting the body. Let's do these for the time being. We are through for the present.

ARTHRITIS: RHEUMATOID CIRCULATING FILE

REPORTS OF READING 120-5 F 72

R1. 1/13/30 See 120-6, a check physical rdg. requested by her through her husband, Mr. [119].

ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 120-6 F 72

Appliances: Radio-Active: Arthritis : Radium: Degnen's Lens

ARTHRITIS: RHEUMATOID Doctors: Lydic, Lyman A.: D.O. Electrotherapy: Ultra-Violet Light

Eyes: Weak

Neuropathy: Arthritis Osteopathy: Arthritis Physiotherapy: Baths: Fume

: Massage

Par. 1 Reports

Background Par. 1, 2-A Par. R1

Par. R1

Par. 2-A

Par. 1

Par. 1, 2-A, R1

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 120-6 F 72

B1. See 120-5 on 12/23/29 with continuing suggestions for treating her rheumatoid arthritis, for which previous suggestions had been given and followed in 120-1, 2, 3, 4. You will notice that now, with 120-6, on 1/13/30, Dr. Lyman A. Lydic, an osteopath, is resident physician at the Cayce Hospital and is present for this reading; also Dr. James R. Parker, M.D., and Dr. Wallace H. McChesney, chiropractor, who have previously been treating Mrs. [120].

TEXT OF READING 120-6 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 13th day of January, 1930, in accordance with request made by self, through Mr. [119].

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Drs. Lydic, Parker and McChesney.

READING

Time of Reading 702 ... Ave., Apt. 12: 00 Noon - Eastern Standard Time. Norfolk, Virginia.
(Physical Suggestion)

1. EC: Yes, we have the body here, [120]. This we have had before. Now, there are bettered conditions in the physical forces of this body. While irritation apparently has arisen in those portions of body where the attack of the crystallization (in a manner) of the muscular forces, or sinews, in the extremity joints, or that active force as is ordinarily termed in arthritis; this is NOT the CHARACTER of irritation that, were it properly handled, will not prove beneficial. The addition to the system of the vibratory rate as is set up by the Radio-Active Appliance carrying that of the iodine, is helpful - yet the body has been told it was harmful, and the reactions are not good. Over STEAMING at times HAS been harmful. Not sufficient of the gentle massage, or of ultra violet ray. Will these be added to, and cut DOWN the time of the vibratory rate from the Radio-Active Appliance, they will be helpful - and will ease the body. We would advise, then, these being done - and these changes being made for this body of [120]. DO that.

2. (Q) Would it be beneficial to come to the Cayce Hospital for the ultra violet or the other treatments every other day?

(A) Be well, were the ultra violet and also the vibration given there, where it may be followed by one in sympathy with that being accomplished in the system - as WELL as the manipulation would be well to be given there every other day. All of these may be given at ONCE, or one following the other - see? Taking the vibratory forces last, to be sure. The ultra violet, the manipulation (that is, the massage), and - as has been given - begin with the extremities - on the hands, on the toes - and work toward the body, THOROUGHLY, all along the lines - not only of the main nerve centers, but along the trunk lines, also of nerves in arms, shoulders, neck, head, body, limbs - ALL, work TOWARD the body. Not away FROM.

3. That is all the questions regarding this body. 4. We are through with this reading.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
REPORTS OF READING 120-6 F 72

R1. 1/23/30 Letter from [120]'s husband [119]: "...I want to tell you about the glasses that you were so very kind as to get for Mrs. [120]. [GD's note: Apparently he is referring to the Degnen's Lens as recommended in Case 1866-8. See attached letters of EC and Radium Appliance Co. dated 10/31/29 and 12/20/29 [1/2/30 and 2/1/30.] Notice that EC was obtaining the Lens to TRY on a patient whose reading had NOT suggested it.] She put them on 5 minutes last Thursday after we came home then for 5 minute periods on Friday and Saturday, also on Sunday morning. Later on Sunday she started to do a little writing and found her vision very unsteady and much impaired. This, naturally, made her apprehensive and she has not used them since nor do we feel at all safe in doing so. The glasses are evidently very powerful but it is also evident that they should not be used indiscriminately. Her vision is better now than on Sunday and I do not think any permanent injury will result. I will return them to you at the first opportunity as I note from the label that they are quite expensive and again thank you for your kind thought. Regarding your suggestion that you would secure some one who would be able to give the Neuropathic treatments called for in Mrs. [120]'s reading. As we told you on the telephone we would not like to have you go to the trouble and expense of getting such a person solely for Mrs. [120] although you did say that you would have other use for her (or him) however, it would be quite a tax on her strength to go out to the Hospital three or four times each week, especially as the weather is quite likely to be unpleasant - so I have made some inquiries through Dr. Martin, who as you know has made blood tests for us, and have found a person here, highly recommended by him who I think we will be able to secure and who will come here to our apartment for the treatments. So that problem seems to be solved for us. Thank you heartily, just the same for your willingness to cooperate. Mrs. [120] is familiar with treatments of this character, having had them before in Dr. Lust's office in N.Y. and also in Mt. Clemens and feels that they will be very helpful at this time. We will keep you posted as to progress and hope to see you very soon..."

R2. 10/31/29 Letter from RADIUM APPLIANCE COMPANY to EC (in letterhead FOR PHYSICIANS AND SURGEONS: Radio-Active Body Pad (For Increasing Metabolism And Improving Circulation.); Radio-Active Throat Pad (For Treatment Of Laryngitis, Tonsillitis, Voice-Strain Etc.); Radio-Active Dressing (For Post-Operative Case Which Do Not Yield Readily To First Intention Healing.); Radio-Active Cerebro-Spinal Pad (For Reduction Of Blood Pressure.); Radio-Active Special Appliances (Manufactured To Order.)):

"It is nice to see you ordering another of the Double Strength Pads, Mr. Cayce - we sent this off the 23rd in response to your wire, and as you suggested, we sent this Pad on to you air mail. The air mail charge is but 95 cents. Of course, in an emergency case, it is always wise to have the Pad sent in this way. Parcel post going to Virginia, of course, takes in the neighborhood of six or seven days.

"As we told you before, Mr. Cayce, we want you to always feel free to ask for literature that you feel you can use and we are going to take the liberty of slipping in our Lens Leaflets with this note. We are really very proud of our Lens, and we would like to see you try them out on some case there in the hospital for we feel they bring more than gratifying results.

"With kindest personal regards, "

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
Most cordially yours, RADIUM APPLIANCE COMPANY
John R. Dutcher DJM

R3. 12/20/29 Letter from EC to the RADIUM APPLIANCE COMPANY:
Bradbury Building, Los Angeles, Calif. Atten: Mr. Dutcher
Gentlemen: -

"We have yours of the 13th, with enclosure, for which I thank you very much. We have been quite busy recently. I will try to write you about the first of the year, just as soon as we get straightened out a little more. I want to thank you very much for the courtesy shown me. I

would like to have a couple of pairs of those glasses that you use. I want one pair for myself and another for a patient [Mrs. [120]?] who is taking treatments. Would you send those directly to me? I will take care of it, or you may send them C.O.D., however you wish to handle it.”

Sincerely,

EC: GD

R4. 1/2/30 Letter from RADIUM APPLIANCE COMPANY to EC (in letterhead FOR PHYSICIANS AND SURGEONS: Radio-Active Body Pad (For Increasing Metabolism And Improving Circulation.); Radio-Active Throat Pad (For Treatment Of Laryngitis, Tonsillitis, Voice-Strain Etc.); Radio-Active Dressing (For Post-Operative Cases Which Do Not Yield Readily To First Intention Healing.); Radio-Active Cerebro-Spinal Pad (For Reduction of Blood Pressure.); Radio-Active Special Appliances (Manufactured To Order.):

“We appreciate your taking a moments time, Mr. Cayce, to send us this note because we know you are a very, very busy man, and a word from you now and then is doubly enjoyed because of this.

“We are mighty pleased that you are going to test out the Lens yourself, and also contemplating using a pair of them on one of your patients. We sent the Lens off the 30th, and we are billing you for same.

“Now in using the Lens, Mr. Cayce, they should be worn eight or ten times a day for a period of five minutes - each time closing the eyes while using them, and then at night before retiring, you must put them on again for a twenty minute period - again closing the eyes.

“Frankly, I have always been very partial to the Lens because in my own home, we use them with very gratifying results, and we really wouldn't consider being without them, and I'm sure you will feel the same way yourself after you have used them regularly for a reasonable time.

“With every good wish for the year ahead, and assuring you once again how happy we are to have you associated with us in this work, “

Most cordially yours, RADIUM APPLIANCE COMPANY

John R. Dutcher DJM

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INDEX OF READING 120-7 F 72

ARTHRITIS: RHEUMATOID EYES: WEAK

Neuropathy: Arthritis Osteopathy: Arthritis Physiotherapy: Massage: Arthritis

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 120-7 F 72

B1. See previous readings 120-1 through 120-6 for rheumatoid arthritis, and her attempts to follow treatments recommended.

TEXT OF READING 120-7 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of January, 1930, in accordance with request made by self - Mrs. [120].

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mrs. Hewett, Mrs. Levy, Drs. Lydic and Parker, Mrs. Dozier, and L. B. Cayce.

READING

Time of Reading 12: 00 Noon - Eastern Standard Time. Norfolk, Virginia. (Physical Suggestion)

1. EC: Now, with the conditions as exist with this body - these, while on the improve, show that the taxation of the system may be MADE TOO severe. These cause retractions in the system, as has been seen particularly with the vision - when there was applied those vibratory forces as would enliven or aid the optic forces in the activities of the centers from the dorsal and cervical region, produced irritation. This NOT harmful, but with the reaction came those of the nerves showing that there was the activity of the forces. Will these only be applied, then, in the manner

as given - that is, the manipulations as come toward the body - let those also from the head to the central portion of the body be towards the central nerve system, following ALL lines from face, head, neck, TO the CENTRAL portion of system. Also using a weak solution of an antiseptic for the eyes of a morning, will assist in clarifying this condition. Keep the eliminations. Be mindful of the diet. We are through with this reading.

REPORTS OF READING 120-7 F 72

R1. 3/16/30 Mrs. [120]'s letter to EC: "A resume of events, all of which seem to have terminated unfortunately inasmuch as I could not remain at the Cayce Hospital, owing to my inability to reach the treatment rooms. We stopped on our way west to visit my oculist who was familiar with the principle of the use of radium on the eyes and knew of the inventor of device you gave me. He said it had not yet been perfected, that no permanent harm had been done to my eyes, that it had upset their focus and that it would take many months to regain it and while they are better than when I saw you last I am still far from being able to use them as I did. We find this constant sunshine and dry air of the desert [Tucson, Arizona] very pleasant and ten days of our sojourn here is showing improvement in my condition. The doctor is giving me nothing but sun light, starting with five minutes a day increasing gradually. I shall hope to hear from you and rest assured we appreciate your great gift and hope that as time goes on your great work will continue to grow. If we can serve you in any way please let us know." [Other parts of the letter dealt with report on following treatments in reading for her granddaughter, Miss [5550].]

R2. 8/11/30 Husband [119]'s letter: "Mrs. [120] has continued to improve since our return to N.Y. from Los Angeles; she is now walking up and down stairs with very little
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assistance as well as moving around the house and grounds, has a much improved appetite and feeling quite her old self mentally. She sends her love."

R3. 2/1/31 Letter re. granddaughter [5550]: "...You see how much better I am, riding all over the country, going to dinners, theaters, opera, etc. Your diagnosis was positively correct but the treatment was not. We talk of you a great deal."

R4. 4/12/31 Husband [119]'s letter: "Mrs. [120] is generally well along towards complete recovery."

R5. 10/28/31 Letter re. young man [2137] in whom she and Mr. [119] had been greatly interested, having met him originally through EC. [See under 2137-1 Reports.]

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 3244-1 F 40

ARTHRITIS: RHEUMATOID Diet: Arthritis

Glands: Arthritis

Healing: Consistency & Persistency

Physiotherapy: Baths: Epsom Salts: Arthritis : Massage: Lanolin:

: Nujol:

: Oils, Olive:

: Peanut Oil:

: Pine Needles Oil: : Usoline:

Prescriptions: Acigest: Arthritis : Atomidine: Glands

: Calcios: Arthritis : Water, Drinking:

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
BACKGROUND OF READING 3244-1 F 40

B1. 5/23/43 Mrs. [3244]'s letter to E.C.: "For the past six and one-half years I have been a victim of what the doctors term rheumatoid arthritis. I have had all kinds of tests and a great many treatments, injections, massage and adjustments. Have improved to some extent but do not seem to be able to find just what the source of infection is. My knees are quite drawn up and feet and ankles bother me also. I am unable to raise my right arm to my head."

B2. 7/4/43 Verifying appointment: "At the present time my feet, knees and right arm are quite badly affected. Also I have been under a severe mental strain for the past year."

TEXT OF READING 3244-1 F 40

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of September, 1943, in accordance with request made by the self - Mrs. [3244], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER. PRESENT
Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.)

READING

Time of Reading 3: 35 to 4: 00 P. M. Eastern War Time. ..., R.I.

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, [3244].
 3. As we find, the causes or sources of these conditions are of a very subtle nature. The effects that have been produced in the extremities are hard to cope with. Yet if there will be persistency and consistency in the use of suggestions as may be made, there may be help for this body. But it will require patience and a great deal of persistence on the part of those that may apply such treatments suggested.
 4. If this is not to be carried all the way through, don't begin. For, there will be periods when there will be a great deal of distress, even in certain periods of the treatments. Yet these will bring relief, with the application consistently given.
 5. As we find the chemical changes, the lack of the glandular systems being able to reproduce themselves has caused the nerves and tendons to become distraught and drawn. The activities of all of these have brought about distortions as to their position or the use of the limbs, the hands, the body.
 6. There has been produced a great deal of lack in body assimilations. For the system in attempting to adjust itself to the growing destructive forces has drawn on the vital forces of the body. Thus it will require time and patience and persistence in the use of such applications as may first meet the conditions, gradually cleanse the system and then begin to renew the energies in the body.
 7. Begin first then by taking Atomidine internally; one drop in half a glass of water each morning before the meal is taken, for at least three weeks.
 8. Then begin (not before) taking Acigest twice each week; a teaspoonful in a glass of raw milk (only raw milk), preferably at the evening meal. Take this, say on Tuesdays and Fridays.
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ARTHRITIS: RHEUMATOID CIRCULATING FILE

9. At the same time begin taking Calcios three times each week at the noon meal; Mondays, Wednesdays, Saturdays: Just the quantity that will spread thinly on a whole wheat cracker - this to be eaten with the noon meal.
10. These we would take for at least three weeks.
11. When beginning the Acigest and Calcios, begin also to use each evening a massage with this combination of oils:

Ussoline or Nujol as the base.....4 ounces, Oil of Pine Needles.....1 ounce, Olive Oil.....1 ounce, Peanut Oil.....1 ounce, Lanolin (liquefied).....1 teaspoonful.

12. Shake this together each time and in the evening, when preparing the body for rest, take at least thirty minutes to an hour to gently rub this into the small of the back and over the limbs; especially the small of the back, from the 9th dorsal downward, including the lower limbs.

13. After having done this for three weeks, with taking the Calcios and Acigest, leave off all for three to four days.

14. Then begin with the Atomidine, this time taking five drops each morning before breakfast in a half a glass of water for five days.

15. After the five days have an Epsom Salts Bath, using about - ten pounds to about forty or fifty gallons of water. Keep this warm, as warm as the body can well stand, and massage the whole body during the time it is in this Bath; from the neck down the spine, the arms, the hands, across the abdominal area and down the lower limbs. Let the body stay in the Bath for at least twenty to thirty minutes; keeping, of course, plenty of cold water for the body to drink during the period that this Bath is being taken.

16. Then rest from all applications for two days.

17. Then begin all over again; with the Atomidine, this time taking five drops each morning five days, and then begin with the Calcios and Acigest and Oil massage for three weeks; the rest period, the second five day period of Atomidine followed by the Epsom Salts Bath.

18. After each Epsom Salts Bath massage the body thoroughly with the Oils, all over the body thoroughly, all the body will absorb.

19. After the second Epsom Salts Bath, rest a week from all applications.

20. Then begin all over again, and so on.

21. After the third series, then just keep the Oil rubs for a period of one month.

22. Then begin from the beginning; first the small doses of Atomidine for three weeks, then the rest period; then the three weeks of Calcios and Acigest and rubs, the rest period; the five day period of Atomidine followed again with the Epsom Salts Bath.

23. After THAT we would give further instructions.

24. Through these periods take only foods that are very easily assimilated, especially at first. During the last series, especially, have plenty of raw vegetables finely grated; such as carrots, beets, radishes, onions, lettuce, celery and the like. Not all of these at once, of course, but let one meal each day consist principally of these. Also take water cress juice and the V-8 juices. These should be a part of the diet.

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25. With the V-8 juices make a cocktail at least once each day using Fleischman's yeast. This will supply vitamins necessary for body-building. This should come only in the latter part of the treatments, you see.

26. These will have cleansed the system and we should have better feelings. The Epsom Salts Bath, in the first series, may be very severe. Be patient, be persistent, if we would have results.

27. Ready for questions.

28. We are through with this reading.

(9/27/43 GD's note: Atomidine (which is atomic iodine) is distributed by The Atomidine Co., Att: Mr. Harold S. Bisey, 1326 St. Johns Place, Brooklyn, N.Y. It sells for \$1.00 a bottle. Acigest and Calcios are both distributed by the Collodial Health Products Corp., Att: Mr. A. A. Nichoson, Greenvale, L.I., N.Y. Acigest is hydrochloric acid in a form easily assimilated and sells for \$1.00 a bottle. Calcios is free Calcium easily assimilated, a syrupy paste, that sells for \$2.50 a jar. Just before you begin the last series of treatments let us know the approximate date at which the series will end so that we may make an appointment for a Check Physical Reading to give further instructions.)

REPORTS OF READING 3244-1 F 40

R1. 7/2/82 GD's note: In Sept. 1943 the CORONET magazine came out with the article MIRACLE MAN OF VIRGINIA BEACH which deluged Mr. Cayce with thousands of requests for help which, added to the requests from the book THERE IS A RIVER coming out in Nov. 1942, made it impossible to keep up a personal contact with all the individuals involved. Edgar Cayce became ill early in 1944 but tried to give emergency readings as long as he was physically able - which was through August 1944. He died January 3, 1945.

If Mrs. [3244] wrote us again we have no record of it; perhaps it was lost in the deluge of mail considered first inquiry which we could not handle and told people so - not keeping a copy. Or she received mail as a member and knew there was no chance of getting further advice. Years later, when we got around to writing to Mrs. [3244] for a report, the address was no good. Edgar Cayce Readings copyright 1971, 1993-2007 by the Edgar Cayce Foundation 57

ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 3281-1 F 60

ARTHRITIS: RHEUMATOID

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Diet: Arthritis

Doctors: Ober, Vincent H.: D.O. Physiotherapy: Massage: Lanolin: Arthritis

: Oils, Olive:

: Peanut Oil:

: Packs: Glyco-Thymoline:

Prescriptions: Atomidine: Arthritis : Gold Chloride Sodium:

: Medicines: Not Recommended : Soda, Bicarbonate: Arthritis

: Water, Distilled:

SPINE: SUBLUXATIONS

Par. 17

Par. B1

Par. 10, 11, 20-A Par. 10, 11, 20-A Par. 10, 11, 20-A Par. 9, 10, 20-A

Par. 12 Par. 13--16 Par. 20-A Par. 13--16 Par. 13--16

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 3281-1 F 60

B1. 10/13/43 Background remarks to GD by Mrs. [3281]: "Been suffering with what the doctors call rheumatism or arthritis in knees; for 18 months been under a doctor in Richmond who has been giving medicines; before that for 2 yrs. in Norfolk had osteopathic treatments from Dr. Ober. Have never gotten any better."

TEXT OF READING 3281-1 F 60

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 13th day of October, 1943, in accordance with request made by the self - Mrs. [3281], new Associate Member of the Ass'n for Research and Enlightenment, Inc.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Mrs. [3281] and husband.

READING

Time of Reading 10: 35 to 10: 50 A. M. Eastern War Time. ..., Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [3281].

2. As we find, there are conditions that prevent the better physical functioning of the body. These have to do with the assimilations and eliminations of the body and the effect that has been produced on the locomotories in the body.

3. These, then, are conditions as we find them with this body:

4. The blood supply is very good considering conditions, yet there are disturbances in same produced mostly by those administrations in the attempt to increase circulation in varied

portions of the body. This gives at times some irregularity to the heart's activity, though not an organic nor even a sympathetic condition, but a condition pre-imposed by the activities in the system. This has not, however, increased the circulation to the lower extremities; as there are existent in the nerve system those obstructions that in a measure, with that alteration in the ability of the assimilations to produce the ganglia reaction in the extremities, prevent sufficient of the lymph and the emunctory reactions in the joints to produce the elasticity in the ends of the tendons and the muscles of the limbs.

5. This obstruction, as we find, exists in the sacro-ileac plexus. This, as we find, must be considered when administrations would be made for beneficial conditions for the body.

6. Also in the nerve forces, with the pressures produced through the area from the 9th dorsal downward, we find that when the body sits for a long period it becomes as one disturbed by pressures throughout the body. When the body reclines, these become aggravating principles as to become heavy, leaden, aching feeling through the limbs, the knees, the ankles, the calf portion of the leg. All of these are the pressures produced upon the sympathetic nervous system, as indicated where there are the hindrances in the sacral and iliac area of the body.

7. In the functioning of the organs themselves, - as indicated at times the heart quickens; at others it varies, and the eliminations are not good. Also the pressures produced by this throughout the alimentary canal, and the effect produced upon the forces of the body in producing toxic conditions, cause anxieties.

8. Then, in making administrations that will prove helpful for the body, these should be carried out in the manner indicated:

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9. Each day for one hour we would apply Glyco-Thymoline Packs over the areas across the hips, throughout the iliac plexus. Use three to four thicknesses of cotton cloth saturated in Glyco-Thymoline. Apply heat. Also use the Glyco-Thymoline Packs around the knee, but DO NOT apply heat here. But DO apply heat over the sacral area. These are to aid in eliminating the accumulations there, through assisting the system to absorb poisons.

10. When the Packs are removed massage the areas thoroughly with this combination of oils:

Olive Oil.....2 ounces,

Peanut Oil.....2 ounces, Lanolin (liquefied).....1 teaspoonful.

11. Shake these together before applying, and massage thoroughly into the sacral and iliac area, in the knees and the calf of the leg down to the foot and through the bursa of the feet. Massage all the body will absorb. At times it will take more than others, but let there be at least twenty to thirty to sixty minutes for giving the massage. Do it not just as something to be gotten through with, but do this consistently each day.

12. Take internally one drop of Atomidine in half a glass of water before the morning meal for three days in succession each week. Do this regularly, the same three days each week, - say Tuesdays, Wednesdays, Thursdays or whatever three days would be chosen, but do not change the days - keep these regularly.

13. Prepare two solutions to be kept separate except when the dosage is to be taken:

14. Add one grain of Chloride of Gold Sodium to one ounce of distilled water.

15. Add two grains of Bicarbonate of Soda to one ounce of distilled water. This would be the other solution.

16. One day each week, - say, on Sundays, and you won't forget it - take one drop of the Gold Solution and one drop of the Soda Solution in half a glass of water. Stir and drink immediately, once each week.

17. In the matter of the diet, - keep away from any of those foods that will add acids to the body. Neither would we have an overalkalinity in the body. Thus, keep a well balanced diet; plenty of sea foods, plenty of lamb or fowl, but not much of other meats. Not much of potatoes or of any of those foods that cause great amount of starches. Use vegetables that are green and leafy, rather than those that are of the pod nature.

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

19. Ready for questions.

20. (Q) Should the medicines that I have been taking recently be continued? or is another course of treatment indicated?

(A) We would discontinue these, if you are to add these others to the system that we have suggested here.

The Glyco-Thymoline Packs should be taken daily. The massage following the Packs should be begun almost immediately, or at least after the second or third day, and should be given every day.

Do these, and we will have help.

21. We are through with this reading.

(10/13/43 GD's note: See directions [which were enclosed] for preparing Glyco- Thymoline Packs.)

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

REPORTS OF READING 3281-1 F 60

R1. 1/4/44 Mrs. [3281] wrote Mr. Cayce:

Dear Friend: On October 13, 1943 you gave me a reading and I have carried out all of your instructions to the fullest, but as yet I have not received any benefit - just walk and get up and down with agony.

Am I looking for results too soon? Would another reading be necessary?

Please let me know if another reading is essential, and if so please take me as soon as possible.

Hope to hear from you at a very early date. Sincerely, [3281]

R2. 1/21/44 She obtained 3281-2, for which she and her husband were again present.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 3281-2 F 60

ARTHRITIS: RHEUMATOID Electrotherapy: Vibrator: Arthritis LOCOMOTION: IMPAIRED

Physiotherapy: Massage: Lanolin: Arthritis : Oils, Olive:

: Peanut Oil:

: Packs: Epsom Salts:

Par. 5, 9-A, 11-A

Par. 5, 9-A, 11-A Par. 5, 9-A, 11-A Par. 5, 9-A, 11-A Par. 4, 9-A, 11-A

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 3281-2 F 60

B1. 10/13/43 See 3281-1 for rheumatoid arthritis.

B2. 1/21/44 She and her husband were present for a check physical reading, submitting questions.

TEXT OF READING 3281-2 F 60

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of January, 1944, in accordance with request made by the self - Mrs. [3281], Associate Member of the Ass'n for Research and Enlightenment, Inc.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Mrs. [3281] and husband, and Harmon Bro. READING

Time of Reading 3: 40 to 3: 50 P. M. Eastern War Time. ..., Va.

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

2. EC: Yes, we have the body here, [3281]; this we have had before.

3. As we find, there is little or no change yet in the specific disturbances that disturb the locomotory activities of the body, specifically in the knees and the locomotory centers. 4. We find that there should be a deeper manipulation, applying on the knees with heavy packs saturated with Epsom Salts until these are made very hot so that there will be the breaking up of the accumulations there.

5. Follow these with the vibrations of the electrically driven vibrator. Or give the oil massage and then the vibrator.

6. Do these, keeping close to the diet.

7. Do keep the activities when it is possible and we should bring better conditions for the body.

8. Ready for questions.

9. (Q) Why haven't I responded to the treatment suggested?

(A) It just hasn't been deep enough to break up the accumulations there in the areas. Do make the Packs sufficiently heavy, daily, so that we will dissolve these accumulations. And there will need to be better eliminations set up to remove these poisons from the system. Give the Packs and then oil massages daily followed by the electrically driven vibrator.

10. (Q) Why is the back hurting more and what should be done?

(A) As just indicated, we must get more of the locomotory centers into activity. We have stimulated the activities in portions of the body without eliminating the poisons.

11. (Q) Any further suggestions about diet?

(A) We would keep close to the diet indicated.

In applying the Packs we would put at least two or three of the Epsom Salts Packs just as hot as the body can stand. While the body is still warm and the pores open, follow this with the oil rubs, then the electrically driven vibrator over the areas of the knees, also the lower portion of the sacral. Do that and we should bring better conditions for this body.

12. We are through with this reading.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

(1/21/44 GD's note: See directions [which were enclosed] for preparing Epsom Salts Packs.)
 REPORTS OF READING 3281-2 F 60

R1. 4/28/66 GD's note: We heard nothing further from Mrs. [3281]. She either followed the treatment and got better or became an invalid for life. In any case she lived for twenty-two more years. Death notice just appeared indicating that she died on 4/26/66.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 3316-1 F 53

Anemia: Tendencies ARTHRITIS: RHEUMATOID Circulation: Lymph: Arthritis

Diet: Beef Juice: Anemia : Eliminations

: Gelatin

ELIMINATIONS: POOR

Injections: Hypodermic: Cobra Venom: Sedation Intestines: Gas: Arthritis

Liver: Kidneys: Incoordination

Physiotherapy: Baths: Epsom Salts: Arthritis : Massage: Alcohol, Grain:

: Oils, Olive:

: Peanut Oil:

: Packs: Castor Oil: Eliminations

Prescriptions: Atomidine: Glands : Olive Oil: Eliminations

Sedation: Not Recommended TOXEMIA

Uricacidemia

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Par. 5

Par. 18 Par. 19 Par. 19

Par. 15 Par. 5 Par. 3

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Par. 3

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 3316-1 F 53

B1. 8/30/43 Mrs. [3316] wrote: "I have had arthritis for 5 yrs. and though recently I seem to have improved slightly I would appreciate your help. I am anxious to know if the tr. I am now receiving is all I should have... I have been helped some but something does not quite click. My eyes bother me so and this threatened helplessness and pain are taking all my courage."

B2. 10/3/43 Her letter verifying appointment: "I have progressive rheumatoid arthritis doctors have not found any cause; a tendency to acute anemia of some kind, and the fact that I'm rather a worrier - making me tense and inclined to be nervous."

TEXT OF READING 3316-1 F 53

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of October, 1943, in accordance with request made by the self, [3316] new Associate Member of the Ass'n for Research and Enlightenment, Inc.

PRESENT

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

READING

Time of Reading 3: 50 to 4: 10 P. M. Eastern War Time. ..., Indiana.
(Physical Suggestion)

1. GC: Yes, we have the body here, [3316].

2. As we find, there is much to be considered in giving suggestions that may be helpful for the better physical forces of this body. Much of the disturbance here is caused by neglect of self, and of the care necessary for the protection of the better conditions of the body.

3. This is not to imply that the body has been lazy, but busy with others and neglecting self. Consequently there has been allowed to accumulate conditions of a double nature. First, the general toxic conditions in body have brought on a rheumatic effect, or a combination of conditions from the incoordination of activity between the liver and the kidneys. Thus uric acid as the basis of toxic disturbances brought rheumatic effects in the joints and muscular forces through portions of the body.

4. These not being cared for, we find that now the muscular forces or tendons in and through muscular forces have become arthritic.

5. Thus a form of arthritis is produced that varies from a superabundance of lymph inflammation and swelling to a condition at other periods wherein there is a great deal of gas experienced, when there is the attempt to move or to carry on any sort of activity.

6. As we find these conditions may be helped. As to eliminating the sources or causes, this will depend upon how consistently there would be made the applications suggested. For, there will be periods, even with following these suggestions, when apparently the pain will become almost unbearable, so that the resorting to sedatives will only make it harder for eliminations to be set up again through the body.

7. In making such applications, these as we find would be the courses to pursue:

8. First, we would begin with Atomidine taken internally to purify the glandular system. Take two drops in half a glass of water each morning before breakfast for a period of at least three weeks.

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9. Then (not before) apply hot castor oil packs for an hour each day, three days in succession each week - over the liver and the caecum area. These should be rather heavy with the oil and should remain on for an hour each day. Do this the same three days each week.

10. On the third evening, following each three-day series of the castor oil packs, take internally two tablespoonsful of olive oil (not castor oil but olive oil).

11. After the third week, take ten drops of Atomidine each morning for at least two days. 12. Then (not before) have an Epsom Salts bath. Use at least twenty pounds of Epsom Salts in forty gallons of water, as warm as practical, or keeping the water as hot as the body can well stand while remaining in the bath for twenty to thirty minutes. During this time let the body be massaged. Hence there should be someone with the body to support the body and to give the massage while in the bath.

13. When coming out of the bath, massage the spine with grain alcohol - at least twenty percent grain alcohol; not rub alcohol but grain alcohol. This should be massaged also over the abdomen.

14. Immediately following this, give the body an oil rub which will stimulate the body and give body-strength. This should be a thorough massage with an equal combination of olive oil and peanut oil. Massage all the oil that the body will absorb (and it'll absorb a lot!). This should be thorough, all over the body. Begin at the base of the brain and go down the spine, across the shoulders, across the abdomen, especially about the diaphragm area - all of these, and the limbs, just as much as the body will absorb.

15. Rest then from all applications for a week, for the body will be in pain. If it becomes necessary, use the cobra venom to ease the pain.

16. After the week of rest, take internally each morning ten drops of the Atomidine for four days.

17. Then have another Epsom Salts bath.

18. When there is weakness indicated (as the body tends towards anemia, even from the character of swellings that occur), give the body plenty of Beef Juice. This should be taken as medicine. Give a teaspoonful at the time, but let the body be at least two minutes in sipping that quantity. Let it rather be absorbed than swallowed. Let it just flow with the salivary glands and be absorbed through the body-force by the gentle swallowing. There will be little or none to digest, but will be absorbed.

19. In the diet, do have plenty of gelatin, plenty of carrots, beets, water cress. It would be well to prepare these with the gelatin, by juicing or scraping them. These should never be combined with any vinegar or acetic acid. To be sure, these would not be all the foods that should be taken, but have plenty of these vegetables. Use more of the leafy than the pod or bulbular nature. Use little of meats, though fish, fowl and lamb may be taken - but never any of these fried. Vegetable juices, soups or broths will be well. Wild game is excellent, when it is to be had.

20. Do these if we would bring better conditions for this body.

21. Then use the abilities constructively for self and for others.

22. Ready for questions.

23. (Q) Should all other treatments be discontinued when beginning these applications?

(A) If you begin these, you won't have much time for anything else. If you'll do these, you will get help, though.

24. We are through with this reading.

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REPORTS OF READING 3316-1 F 53

R1. 6/8/44 Mrs. [3316] wrote: "I have moved - my new permanent address is ..., Ill. I do not want to miss the Bulletin and other communications from you."

R2. 9/11/44 [3316]'s letter to A.R.E.:

Association for Research and Enlightenment Virginia Beach, Va.

Gentlemen:

My last correspondence in regard to a reading (which was held October 27, 1943) was direct with Mr. Cayce. I realize that he is so busy now that I am addressing my request for more information and a check-reading to the Association.

Upon receipt of the reading I started treatments as prescribed and was able to complete two series of treatments before Christmas. A trip to Florida interrupted the treatments and then two more of the series were completed. Each time I suffered great increase of pain (as was implied in reading) but also noticed no improvement afterward.

Due to a change of residence the treatments had to stop until June when they were resumed. Then with the recent application of having all of my teeth out, the pain became so great that I had to stop two attempts at treatments. I was already in so much pain and so weak that I did not feel that I could stand to be further weakened or any added suffering.

Since I am so much worse and since I never have felt any improvement as a result of the treatments, I am asking the following questions. I understand fully that interruptions caused by moving etc., prevented continuous treatments. However, I am suffering so much that I don't dare start another series without a check reading.

1. Are these treatments too strenuous for me now since the lapse in time since prescribed? 2. Have I been having the treatments given correctly, and if not where are the mistakes? Different people have administered them.

3. What can be suggested to aid extreme discomfort regarding pain in eyes and deteriorating sight - due I think, to arthritis?

4. The taking of Atomidine was not clear to me in the reading. Do I take it during entire treatment and/or between treatments?

5. Cobra venom was suggested to ease pain caused by treatment, however I do not know of a physician to administer it. Is there any substitute for this?

I have faith and confidence in the works and readings of Mr. Cayce and the Association, and am very anxious to carry out these treatments when the results of my check-reading and the above questions are received. My situation is one of constant pain and I look to the work of Mr. Cayce as my only hope after seven years of advanced arthritis and no hope from any other source.

\$10.00 is enclosed for check-reading.

Very sincerely, Mrs. [3316]

R3. 9/16/44 GD's letter to [3316]:

Mrs. [3316] ..., Illinois

Dear Mrs. [3316]:

We are sorry that Mr. Cayce's illness for the past two months has made it impracticable for us to make further appointments, unless it is urgent.

In going over your reading, it is quite evident that you not only have to fight the physical condition, but also ward off a tendency to let other things prevent you from giving your body the necessary attention. This not meant unkindly - far from it - we desire only to be

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helpful, but we must remind you that a check reading will not be of any benefit, unless you are fully prepared to follow it, to the letter. Even small deviations sometimes prevent improvement.

Each step outlined is given for some reason, and should be adhered to very conscientiously.

There was the warning, in the first paragraph on Page Two, that resorting to sedatives will only make it harder. It is going to take real courage to be able to stand the pain the reading indicates you will be subject to.

Any physician who has ever used the Cobra Venom would be able to administer this. I am sorry that we don't know of one in your vicinity. Have you given special attention to your diet? Be sure to have plenty of the Beef Juice. Take the Atomidine only at the beginning of each series - that is the first step of your treatment - take it for a period of three weeks, then begin the next step - the castor oil packs.

We fully realize, since it is quite unusual for the readings to indicate so much unavoidable pain, that you must be suffering, but do have patience, and do persist in following out the suggestions exactly as given, and we sincerely hope that you will find real improvement and relief.

With every good wish,

Sincerely, [G.D. via Grace Premo] Sec'y gp

PS: We return herewith, your check for \$10.00, until such time as an appointment can be made.

R4. 9/4/53 Mrs. [3316] wrote to A.R.E.: "I should like to belong to the A.R.E. again. I had a health reading in '43 and belonged to your group for a while. I attended the Convention [Congress?] 3 yrs. ago - and now I find a real need for The Searchlight and other helpful things I know you can do for me. I do not know what the present dues are but I send check for \$10 to take care of the matter until I hear from you." Sincerely, [3316]

R5. 11/11/55 Mr. [3316] wrote to HLC in re the URANTIA book [donated to A.R.E. Library] which she hoped he would review and sell through our publishing company, saying "I can assure you many people of prominence have read and greatly appreciated the information in this book.* Books can be purchased (for the present) through the URANTIA BROTHERHOOD, 533 Diversey Parkway, Chicago, Ill., a non-profit organization, not a salaried job in the office ad of now - all for the cause!

"Please excuse this not too well written letter - my arthritis affects my hands and eyes today but I did not want to delay this project of mine any longer. (I'm ambulatory and fairly comfortable just have off days - I'm quite alright.)

"Mr. Edgar Cayce gave me a reading in '43 - I understand my case pretty well through him. I have been to Virginia Beach - enjoyed it all very much - especially the Congress of about five years ago when I was visiting a daughter in Norfolk. I've been an Associate Member of A.R.E. two different times for years, but shall have to give up my membership for the present as my promise to myself to send out a few Urantia books has taken over the budget and I must cut several corners for a time at least.

"I shall miss hearing from you. I think the work you are all doing is most important and timely - you are reaching out and

* ["It is the history and story of this planet from its beginning. In this instance our planet is called or named 'Urantia'; the book is named The Urantia Book. The history includes Edgar Cayce Readings copyright 1971, 1993-2007 by the Edgar Cayce Foundation 69

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geologic, geographic, civilizations religions, and any and all things pertaining to this planet." helping so many."

R6. 6/58 GD's note: A routine mailing to Mrs. [3316] was returned to us saying she was in ... Nursing Home ..., Ind.

R7. 4/61 Another mailing to that address was returned Unclaimed, indicating insufficient address.

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Homeopathy: Dropsy: Tendencies

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Physiotherapy: Douches: Atomidine: Womb: Tipped : Fountain Syringe:

Prescriptions: Cimex Lectularius: Dropsy: Tendencies

RHEUMATOID ARTHRITIS: TENDENCIES Sin: Dis-Ease

Supports: Feet: Arches

WOMB: TIPPED

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 3379-3 F 49

B1. 11/27/43 She obtained a Physical Reading. See 3379-1.

B2. 6/44 Questions submitted via sister, Mrs. [3051].

1. What caused pain in lumbar and sacroiliac region? 2. How treat this condition? 3. Give condition and position of Uterus? 4. Is there arthritic condition in hands, advise? 5. Cause and cure of swelling in ankles? 6. What can be done about weak arches? 7. Is it too strenuous for the body to lift my mother as I must? 8. Any change in treatments and how long should they be taken? 9. Since all disease is caused by sin exactly what causes these bodily conditions?

Check follows.

Please sent the reading to our summer address, ..., N.J.

I will be at this address for the reading.

TEXT OF READING 3379-3 F 49

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of July, 1944, in accordance with request made by the self - Mrs. [3379] - Associate Member of the Association for Research & Enlightenment, Inc., via sister, Mrs. [3051].

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos. READING Time of Reading Set bet. 10: 30 to 11: 30 A.M. Eastern Standard Time. ..., N.J.

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, [3379]; this we have had before.

3. There has not been the following through with the suggestions which have been indicated, else we would not have those conditions which exist in the present. For these, as we find, unless there are corrections made, will gradually grow towards more serious disturbances.

4. In the present we would have the attention of an osteopathic gynecologist who will correct the position of the conditions in the uterus or of the womb itself and remove those pressures, in setting up better conditions.

5. Also use occasionally - not during the periods - the Atomidine douches, at least a teaspoonful to a quart and a half of water, body temperature, and use only in a fountain syringe.

6. We would also use the homeopathic tendencies towards that to restrain the dropsical condition, which has become a particular cause of these pressures in body. These will not be necessary to take very long, provided other conditions are kept, and we will through these remove those tendencies toward the rheumatic-arthritic reactions, swelling in ankles and limbs and the general conditions through the body.

7. Do that.

8. Ready for questions.

9. (Q) Is this some medicine or should I go to a homeopathic physician?

(A) Go to a homeopathic physician. These would be the properties which have been indicated through these channels - cimex lectularius. 10. (Q) What can be done for weak arches?

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

(A) Correct those strains on the lumbar and make those corrections from the pelvic organs and we will correct the conditions. Do wear arch supports.

11. (Q) Is it too strenuous for me to lift my mother, as I must?

(A) It is too strenuous.

12. (Q) Since all disease is caused by sin, exactly what causes these bodily conditions?

(A) These should be found in self. Who is to judge another? Anyone understands sin. Don't ask others to judge you. Judge yourself by your own standards.

13. We are through with this reading.

REPORTS OF READING 3379-3 F 49

R1. 7/24/44 EC's letter to sister, Mrs. [3051]:

Reading what you say about your sister's reading, as I understand it, the osteopath was to make the necessary corrections in the pelvis, but that the medicines taken would be from a homeopath. The homeopath is a kind of treatment. There are several in New York, and if you will look under the heading of homeopathic physicians, you will find one. I know one or two, but I don't know which one would be the best to send you to, because they, like everyone else, want to do things their own way. The homeopath is a kind of treatment like, allopathy, homeopathy, osteopathy, neuropathy. All of those are schools of treatment. No, the corrections should be made by the osteopathic gynecologist. This means that there would be no operation. An osteopath or allopath might operate. I think the reason she was sent to a homeopath is because they have a special treatment for dropsical conditions or swelling of the lower limbs.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 3444-1 F 22

Appliances: Wet Cell: Arthritis ARTHRITIS: RHEUMATOID Atrophy: Nerves: Tendencies Diet: Arthritis

Doctors: Kuna, Milan

Osteopathy: Spine: Subluxations

Physiotherapy: Massage: Cocoa Butter: Arthritis

Prescriptions: KalDak: Arthritis

: Medicines: Not Recommended

Prophecy: Prognosis: Arthritis Rheumatic: Fever: After Effects SPINE: SUBLUXATIONS

Par. 3, 4, 7, 9-A

Par. 2

Par. 8-A

Par. B1

Par. 2, 7

Par. 5

Par. 8-A Par. 10-A

Par. 11-A Par. B1

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 3444-1 F 22

B1. 10/12/43 Miss [3444] wrote Edgar Cayce after reading THERE IS A RIVER by Thomas Sugrue: "I'm a young girl 22 years of age and suffering for years with Rheumatic Fever, now Rheumatoid Arthritis. My parents have let no stone go unturned. Now we seem to have reached a standstill and don't know where to turn. After reading THERE IS A RIVER such hopes arise within me that you may help, and I know you will if you take my case.

"I was also recommended by my physician, Dr. Milan Kuna of 608 Fifth Ave., N.Y."

B2. 11/10/43 "Now my legs begin to ache, making it difficult to walk. Please help me soon, won't you?"

B3. 11/15/43 "Mr. [3460]...wrote you he would like to switch his reading appointment for mine, since he is in the army and can't tell you where he will be. I hope sincerely this will be, as I am in dire need of help."

B4. 11/29/43 Miss [3444] submitted questions: "Is there any special diet I should have? Are there any restricted activities? If treatments are followed carefully is it indicated how long it will be before results will appear? Has it been wise to discontinue taking medicine?"

TEXT OF READING 3444-1 F 22

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of December, 1943, in accordance with request made by the self - Miss [3444], new Associate Member of the Ass'n for Research and Enlightenment, Inc.

PRESENT

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

READING

Time of Reading 3: 40 to 3: 45 P. M. Eastern War Time. ..., N.Y.

(Physical Suggestion)

1. EC: Yes, we have the body, [3444].

2. As we find while conditions are good at times, there are those weaknesses and tendencies that unless there are those applications as may supply energies to the body in sufficient quantity to build up the body, these will finally begin to become atrophied or cause a weakening of the nerves and muscular forces from the lower portion of the cerebrospinal system to the toes themselves. There are pressures existent first in the sacral and coccyx area. These should be corrected osteopathically. These should be only as a part of the treatment, though, but we would take at least eight to ten to twelve of such treatments, and these we would have done properly.

3. After these have been taken, we would begin using the Wet Cell Appliance, regular charge, carrying Gold vibratorially to the body - the regular strength Gold Solution.

4. The small plate should be attached at the 4th lumbar, while the larger plate carrying the Gold should be attached at the umbilical and lacteal duct plexus; which for this body would be three fingers directly from the navel center to the right and two fingers up from that point. Attach the Appliance for thirty minutes each day.

5. Follow same with a massage over the hips and limbs, the lower portion of the spine and then the limbs, using cocoa butter for this body.

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6. Do these, if we would find better conditions for this body; else we will find that the activities throughout the body will become very disturbing.

7. The osteopathic adjustments would be made about twice each week. When at least half of these adjustments have been made, we would begin the Wet Cell Appliance. 8. (Q) Is there any special diet I should have?

(A) Include a great deal of the vitamins that build up the body. Take KalDak once each day, for this will add iron and phosphorous in the correct proportions. Take it in milk, a level teaspoonful once each day at a regular period.

9. (Q) Are there any restricted activities?

(A) Not after beginning the use of the Appliance.

10. (Q) Has it been wise to discontinue taking medicine?

(A) It has been very wise, for these are only adding to the conditions.

11. (Q) If treatments are carefully followed, is it indicated how long it will be before results will appear?

(A) Results should appear within six weeks. There should be a great deal of improvement within eight to ten weeks, so the body can be more active.

12. We are through with this reading.

REPORTS OF READING 3444-1 F 22

R1. 4/24/44 Miss [3444] wrote: "On Dec. 8, 1943 you gave me a reading which I followed to a 'T' until February, then I seemed to turn for the worse, and having no alternative I turned to medical aid.

"What really puzzles me, Mr. Cayce, is that in your reading you gave me no definition of my illness, but doctors describe it as a vicious case of rheumatoid arthritis.

"My hands and legs ache terribly, and I'm in such dire need of help that I'm turning to you in desperation, with great hopes of perhaps your aiding me in some way.

"Won't you please help me?"

"Hoping this letter will not be ignored, Sincerely, [3444]"

R2. 5/3/44 EC wrote her: "We are making the appointment for your check reading for the afternoon of July 8, 1944, EWT, between 3: 30-4: 30.

"In looking over your reading I see that you were given the Wet Cell Appliance with specific directions as to how it should be attached. Could it be that the small plate is not being attached to the 4th lumbar - or possibly the large plate is not being attached where it should be? This, of course, is very important. The rest of the treatment which was outlined seems very simple. I suggest that you check up on these two things in particular and continue to follow the suggestions given, until the time for your check reading which we have placed as early as possible on our calendar.

"We would like to have a detailed report on the manner in which you have followed the treatments outlined in your reading, and also a report on those suggestions given you by medical aid. Such reports are vitally important to our records for research work as well as being able to advise you in carrying out the reading.

"Thanking you for your cooperation, I am"

Sincerely, Edgar Cayce EC: mv

R3. 7/8/44 Miss [3444]'s letter: "On July 8th I will be at home at the above address. "The Wet Cell Appliance treatment has been carried out as you suggested, which I checked once again with my osteopath, and I used KalDak without fail every day.

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"I am receiving two injections at each visit twice a week. One is injected into the vein and the other into the muscle, by my medical doctor; also taking vitamin pills, also iodine drops once a day.

"This covers my health activity since my last reading.

"Thank you for the early appointment."

Questions: What is the cause of the hoarseness in my throat and what can be done for it? What is the nature of my illness and is there a possibility of regaining perfect health from this illness? Is the doctor I attend on the right track to cure me?

R4. 7/8/44 Edgar Cayce gave her the check physical reading 3444-2.

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INDEX OF READING 3444-2 F 23

ARTHRITIS: RHEUMATOID

Electrotherapy: X-Ray: Diagnosis

Names: People Mentioned: Godfrey, A. Marsden

: Ruedi, Mary

: Wenzel, Helen

SPINE: SUBLUXATIONS Throat: Spine: Subluxations

Par. 3, 4, 7-A

Par. R1 Par. R2 Par. R2

Par. 7-A

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
BACKGROUND OF READING 3444-2 F 23

B1. See 3444-1 on 12/8/43 for rheumatoid arthritis, with follow-up request for further advice submitting questions.

TEXT OF READING 3444-2 F 23

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of July, 1944, in accordance with request made by the self - Miss [3444], Associate Member of the Ass'n for Research and Enlightenment, Inc.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos. READING Time of Reading Set bet. 3: 30 to 4: 30 P. M. Eastern War Time. ..., N.Y.

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. As we find, if there will be observation of the warnings to the body, it will be seen that unless certain corrections were made, serious conditions, or more serious conditions than those indicated, would occur, and the description would be according to those conditions which have been termed by others as of arthritic nature.

3. There should be an x-ray made of the end of the spine to satisfy the body and to indicate what has been given. You will see what is necessary and that which has been given would be accomplished if there would be those corrections made.

4. Do that. Do satisfy self. Have those corrections made, and the using of those applications which have been indicated will make much difference. Without them, the conditions will continue to grow worse.

5. Ready for questions.

6. (Q) Who would you suggest that I have to make the corrections?

(A) As has been indicated.

7. (Q) What causes the hoarseness in throat?

(A) All of this is part of the pressures from those conditions in the coccyx end of the spine. Do have the x-ray made to satisfy self and those who attempt to make corrections. 8.

We are through with this reading.

REPORTS OF READING 3444-2 F 23

R1. GD's note: After EC died, when Mr. Godfrey turned over all his Appliance records to A.R.E., the notation was found on Miss [3444]'s correspondence that she had written Mr. Godfrey regarding the Appliance but that she DID NOT order one from him... Thus, when she wrote on 6/25/44 - see 3444-1 Reports - re following the Wet Cell treatments, was she referring to a machine which she obtained from some member in the N.Y. area, or was she using some machine which her doctor advised would do just as well?

R2. 2/26/50 Report from E.C.F. worker Mary Ruedi: "I am holding the card of Miss [3444]...as I called on her before Christmas and when I was asked to phone her for an appointment. When I did so, her mother answered and told me she had been the one who had written to EC for the two readings for the girl. Miss [3444] has rheumatoid arthritis and a cardiac condition. They were awfully disappointed in getting no results from the

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advice given in the readings. I knew there must have been a misunderstanding in the interpretation of the readings, so after discussing the case with Helen Wenzel, I advised the mother to consult with Dr. Reilly, bringing the readings with her. I hope I did rightly in doing so." Edgar Cayce Readings copyright 1971, 1993-2007 by the Edgar Cayce Foundation 80

ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 3445-1 F 55

ARTHRITIS: RHEUMATOID

Diet: Arthritis

Doctors: McGarey, Wm. A.: M.D. Intestines: Colonics: Glyco-Thymoline

Physiotherapy: Baths: Epsom Salts: Arthritis : Massage: Nujol:

: Oils, Olive:

: Peanut Oil:

: Pine Needles Oil: : Sassafras Oil:

: Usoline:

Prescriptions: Atomidine: Arthritis : Kaldak:

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Par. R9

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Par. 4, 9, 12

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 3445-1 F 55

B1. 9/18/42 Son requested reading for her arthritis, saying she had received no relief from previous treatment methods.

B2. 10/43 Mrs. [3445] wrote: "After my 3rd and last child was born, 6/6/22, I had my first attack of arthritis, October, 1922, in my right shoulder; lasted 2 days and nights and then left. And from that time on, for several months it will be in wrists and elbows, one place at a time. Then later settled in right elbow, later wrists and left elbow. I had tonsils and teeth removed. In 1926 I entered hospital in St. Joseph, Mo., was treated 1 month with serum, went back every few wks. for 1 1/2 yrs; didn't have any new places but no relief from the soreness. In Jan. 1928 I went to Mayo Clinic and had operation for female trouble caused by childbirth, but said they couldn't find my cause for arthritis. In 1929 went to Thermopolis, Wyoming to the Springs, stayed 3 mos., took baths, osteopathic and electrical treatments, suffered terribly while there. Then had it in my right knee. After I was home a while I felt much better and less pain, and felt like I had been helped there.

In 1938 it came in left knee and put me down for a while, then I was able to do my work again but the last 2 yrs. a struggle to walk, my elbows, hips and knees all so sore and stiff. Spent most of time in bed. So much of time every nerve in body pulls so, and have lots of pain. I took erton for a year and have gained some in weight and have good appetite. I seldom sleep more than 4-5 hrs. at night and none in daytime."

B3. 10/21/43 Son wrote: "Medically, as far as we have been able to determine, she has the typical chronic severe so-called infectious arthritis. (Capt. [...] Evacuation Hospital, MC, APO ..., Tenn.)"

B4. 11/23/43 Mrs. [3445] verified appointment, saying: "My right hip has had arthritis in longer than the left and has drawn till my leg is shorter and I have hesitated to have my shoe built up, as I thought if I ever got rid of soreness and pain it might straighten out. I am full of hope that you might be able to help me."

TEXT OF READING 3445-1 F 55

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 4th day of December, 1943, in accordance with request made by the son, Capt. [...], new Associate Member of the Ass'n. for Research and Enlightenment, Inc.

PRESENT

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

READING

Time of Reading 3: 35 to 3: 50 P. M. Eastern War Time. ..., Missouri.

(Physical Suggestion)

1. EC: Yes, we have the body here.

2. As we find, there are disturbances that are preventing the body from the better physical functioning. This is because of the lack of elements in the body, or because of a chemical change brought about by draining the system, with certain pressures existent that caused the nerves and the tendons to lose their resiliency - and the effect is a contraction of the muscular forces in arthritic manners.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

3. These are very progressive, owing to the lack of certain elements. We find that these are affecting the organs, but if the body will be persistent with these applications there should be found real relief:

4. First begin by taking KalDak as a stimulation for the digestive forces of the body, as it adds iron, silicon, phosphorus and the like for the body. In the beginning take a level teaspoonful twice each day, in the morning and in the afternoon. Dissolve it in a little hot water, then fill the tumbler with milk and cream.

5. After this has been taken for two weeks, then have an Epsom Salts bath and massage. Use at least twenty pounds of Epsom Salts in forty gallons of water, and this as hot as the body can well stand, though not too hot. Do massage the body during the whole period that the body is in this bath - the feet, the lower limbs, the arms and hands especially, as well as the torso and especially the lower portion of the spinal system.

6. Let the body stay in such a bath at least thirty minutes, if the strength holds out.

7. Follow this with a thorough oil rub, using this combination of oils, added in the order named: Nujol or Usoline, as the base.....6 ounces, Olive Oil.....1 ounce, Peanut Oil.....2 ounces, Oil of Pine Needles.....1 ounce, Oil of Sassafras Root.....1/2 ounce.

These should be shaken together, for they will tend to separate, and what is used to massage into the body should be poured into a saucer. Don't pour it back into the bottle, for it will be changed by dipping the fingers into it. Massage this thoroughly in toes, ankles, lower limbs, knees, especially the lower portion of the spinal system - through the sacral area, the shoulders, arms and hands.

8. Then the body should rest from these applications for a period of four to five days.

9. Then begin (not before) taking one drop of Atomidine each morning before breakfast for three days in succession. Don't take the KalDak during this period.

10. Then leave off for five days.

11. Then have first a thorough colonic irrigation. There may be required two irrigations. Continue these, about ten days apart, until there is no tendency of mucous in the stool. Do not give them colder or hotter than body temperature. Use a heaping teaspoonful of table salt and a level teaspoonful of baking soda dissolved thoroughly in each half gallon of water injected. In the last rinse water, use two tablespoonsful of Glyco-Thymoline to the gallon and a half of water.

12. After the cleansing of the colon - after the second or third colonic, whatever is necessary to cleanse the colon thoroughly begin with KalDak again. (The colonics should be given scientifically, and the one giving these should determine as to the number required to thoroughly cleanse the system.)

13. Then do these all over again, and we should find real help for the body.

14. Do be mindful of the diet. Include in the diet often raw vegetables prepared in various ways, not merely as a salad but scraped or grated and combined with gelatin or with oils or mayonnaise or in various ways and manners. Include in these watercress, celery, lettuce, carrots, all of those that may be eaten in or with such preparations. Of course, not all of these are to be taken at once necessarily, but let these be a part of the diet almost daily.

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15. Do have sea foods often. This does not mean fresh water fish, but sea foods - oysters or shell fish, or the forty fathom fish or such as these are well for the body.

16. Fowl may be taken, but wild game is preferable when it may be had.

17. Do these - we will have better conditions for this body.

18. Ready for questions.

19. We are through with this reading.

REPORTS OF READING 3445-1 F 55

R1. 12/16/43 Mrs. [3445] wrote: I rec'd my reading of Dec. 4th and have ordered oils and medicine to begin the treatment as soon as possible. I am praying and hoping I will receive a lot of help from it. My son Capt. [...] arranged for this reading and I know he will be happy, too, for the help we hope to get through it."

R2. 1/7/44 EC wrote her: "Be sure to let us hear from you from time to time. Of course, as you understand, you are a long time getting in this condition and you will have to be a little patient, a little persistent, and very prayerful about the whole thing. I do hope, though, to have been the means of a real help."

R3. 3/20/44 She wrote: "My reading of Dec. 4th I have followed very closely. As the medicine was slow coming I didn't get started until Jan. 18th. Have gone through the treatment once and am on my way again. Now, about the colonic irrigations, I had a registered nurse do them for me and found lots of mucous in the stool. She gave me three, ten days apart, and there was still some mucous in the last rinse water. We used one and a half gallon with the salt and soda and one and a half gallon with the Glyco- Thymoline. Must we use more this time, or give them more times if there is still mucous in the rinse water? I have been very sore in joints and lots of pain all through the treatment. But of course the weather has been cold and damp - might be the reason. I am full of hope for relief. Could you tell me these things before I am ready for the next irrigation, which will be about two weeks? My son [...] was made Major and has arrived in England; he is very anxious about the treatments. Hoping you might enlighten me on these things - and as soon as I am through this time with the treatment should I start again? Sure has helped my eliminations." Sincerely, [3445]

R4. 3/25/44 EC's letter: "Thank you for yours of the 20th. So long as there is mucous in the stool, I am sure, as your nurse has told you, this could be eliminated, but don't do it too fast, or it might cause a good deal of disturbance. Have rest periods of several days or weeks between the periods of colonics, but so long as there is mucous there, you may be sure you are having a source of infection that may disturb your body anywhere. I am sure if you will keep up the treatments as suggested you are going to find that your body will gradually respond to the ability of the system to assimilate. Be sure to keep up all the treatments. Hoping you obtain the best results, and with every good wish, I remain" Sincerely, Edgar Cayce

R5. 10/6/44 She wrote: "I will try to tell you as near as I can about my condition during my few months of treatment through my reading. I could hardly get over the house and in so much pain and soreness and strain when I started, but the last few weeks some better most of the time. While I sleep most of the time, after midnight I still have some restless nights.

"I started the treatment Jan. 18, 1944 and have followed it very closely, and have a good nurse who gives me the colonic irrigations, and she thinks I am much better than when

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she first saw me Feb. 14th when she gave me the first colon irrigation. She found lots of undigested food and mucous. In ten days she gave me another irrigation Feb. 25th, still lots of undigested food and mucous. In ten days, March 6th, she gave me another irrigation and it had cleared up quite a little but still some undigested food and mucous. During this period of time I slept good seven nights, other nights from 2-4-6 hours. My joints all very sore. All through this time. March 7th I started with KalDak again, went through the treatment all again. On April 6th I had colon irrigation - no undigested food and still some mucous. On April 17th had irrigation, no undigested food, not so much mucous. April 18th started treatment again. May 17th had colon irrigation again, no undigested food, very little mucous. Rested then about the same time

as through the other treatment. May 18th started with treatment all over again. June 14th had colon irrigation, no undigested food and very little mucous. At the end of this treatment I began to sleep most nights after midnight.

“Started treatment June 15th with KalDak again, had colonic irrigation July 14th, no undigested food, still a little mucous. Sleep about the same. Started treatment again July 15th. Had colon irrigation Aug. 12th, no undigested food, a little mucus. Started with KalDak Aug. 13th. Had colonic irrigation Sept. 11th, a little more mucus and some undigested food. Had colon irrigation again Sept. 25th (My nurse wasn't able to come sooner) - a trace of undigested food and mucus. Then started with KalDak again, Sept. 26th.

“The last three nights have had very little sleep, and never can get to sleep before midnight very often. Two weeks ago I had a very severe attack in hips and legs were drawn two days - suffering terrible. While my joints are all very sore they are not so severe all the time. I have gained some in weight and my complexion has cleared up some. Since July the KalDak does not keep my bowels going enough all the time. I have taken a petroleum made by Standard Oil Co. Is that alright? or please tell me in my recheck what to take. I increased the dose of KalDak like on the box directions but it didn't help. Should I do that? I still expel lots of gas and am very miserable that way. “When I take the KalDak two weeks, then the Epsom Salts Bath, I have continued the KalDak till time for the Atomidine. Is that right? The nurse understood the reading that way, too.

“I do hope Mr. Cayce will be able and can find time to give me a recheck. I have so much faith in his readings, and with my three sons in Service, two in foreign lands, I so hope to improve enough to get around some so I can be busy.

“I have a place on my left arm that about three years ago looked like a blood vessel was ruptured; now it looks like a blood blister, not sore but just looks bad - between elbow and wrist - and worries me. What could I do for it to remove it?

“Nights that I am so restless I am so full of gas and expel so much. I have checked my diary and explained to you the very best I can. If this is not what you need to give me the recheck, please let me know.”

R6. 10/17/44 GD wrote returning her \$10 for the check reading appointment, saying that due to Mr. Cayce's continued illness and the possibility of his not being able to return to the office for several months, we could not arrange for an appointment at this time.

“If you will write us again in six months we will be in a better position to advise you about an appointment for your check-physical reading. In the meantime you should find it most effective to repeat the suggestions given in your first reading.

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“Thanks for your understanding and cooperation.” [Edgar Cayce died 1/3/45.]

R7. 3/2/48 Mrs. [3445] ordered publications, including the abstract on arthritis.

R8. 7/65 Routine mailing from the Press was returned marked ADDRESS UNKNOWN. (The last address had been Clear View Nursing Home, Mt. Ayr, Iowa 50854.)

R9. 8/20/76 Her son, now an M.D., gave this up to date report, via Dr. William A. McGarey, Dir. of A.R.E. Clinic, Inc. in Phoenix, AZ.:

“Thanks for the Cayce report on my mother.

“Her rheumatoid arthritis became progressively worse involving finally every joint - or so it seemed - hands, arms, shoulder, hips, knees, feet. The last 6-7 years she was a wheelchair patient, and last 2 or so a bed patient...

“She died in 1970 from carcinoma of the breast. She had been a rest home resident for 5- 6 years.”

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Karma: Physical: Arthritis
Names: People Mentioned: Swan, Helen Physiotherapy: Massage: Oils, Olive: Arthritis
: Peanut Oil:
Par. 4--8
Par. 2, Background
Par. 13-A, B2
Par. 12-A Par. 12-A
Par. 3
Par. 14-A
Par. 14-A
Par. B1
Par. 9 Par. 9
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ARTHRITIS: RHEUMATOID CIRCULATING FILE
BACKGROUND OF READING 5120-1 M 39

B1. 1/10/44 Letter: "Enclosed please find an application and a check. May I hope that you will give this application your earliest possible consideration? I have been troubled by a form of arthritis for about 12 years. Three years ago it became virulent enough to cause me to give up working. Within the past year, it has spread into my hands and wrists, so that it is difficult for me to use them. It is for this reason that I am unable to write this letter myself. Your name was recommended to me by Mrs. Helen Swan ..., California, who also sent me the booklet on your life and work. If there is anything you can do for me I would be most heartily grateful."

B2. 1/25/44 Letter: "Thank you very much for considering my application for membership and for appointing a time for a Physical Reading. I am of course, entirely mindful of the demand on your time, and appreciate the fact that you have set this time as early as it is at all possible. If, however, some remote contingency arises whereby the reading may be advanced, would you please let me know? Otherwise, I will look forward patiently and hopefully to the morning of 5/22. You have asked me to prepare a list of questions for the reading: (1) What is the cause of my arthritic condition? (2) What can be done to cure it? (3) Can various stiffened, crippled and anky-losed joints be brought back to normal? (4) If the condition cannot be cured, can it be alleviated? [Additional questions submitted end of 5120-1.] I have been a vegetarian all my life, eating of no flesh, but eating eggs and drinking milk. I believe that these questions include all the information I need, but should anything else occur to you, do please make use of it. I should be most heartily grateful. To the best of my knowledge at this time, I will be at my present address, ..., Conn. Should any change occur, I will let you know immediately. Until then, and whatever the outcome of my own particular case, may God bless you."

TEXT OF READING 5120-1 M 39

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of May, 1944, in accordance with request made by the self - Mr. [5120], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos. READING
Time of Reading Set bet. 10: 30 to 11: 30 A. M. Eastern War Time. ..., Conn.

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. Conditions have grown to be very serious for this body. This is the progressive type of arthritis, and the bones in ankles, knees, hands, elbows are gradually becoming anchored. This, of course, then causes lack of circulation through same, and then causes this to become

immovable or static, plastic, as it were. These will gradually increase unless there are measures taken for correction of these conditions.

3. As we find, in going about this, we must change the activity of the glandular system. 4. For this body we would prepare, then, the Wet Cell Appliance in which the Iodine is to be charged in the Appliance. This we would prepare in this manner: Have at least a two
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ARTHRITIS: RHEUMATOID CIRCULATING FILE

gallon container, prepared with only a gallon and a half of rain water or distilled water in same. Then begin with the two pounds of the Copper Sulphate, the others in proportion, but leaving out the Charcoal in this solution.

5. But do put three ounces of Tincture of Iodine in, or suspended in, the solution. This should be preferably in a container with a glass cork. And this should then be put on the low charge, as charging an auto battery. Keep on for at least thirty minutes. Use, this then, with the Gold. The Gold would be one grain and one-half, to an ounce of distilled water.

6. This would be applied to the body, the small copper plate at the lower portion of the 9th dorsal center (or between the 9th and 10th) and the larger plate (the connection of which is passing through solution) at the umbilical and lacteal duct center, which on this body would be the width of four fingers to the right in a straight line from the navel center, and two fingers up from that point.

7. Give this at least one half hour each day.

8. Do change the solutions every thirty days; that is, the Gold Solution and the Charging Solution for the Appliance, see.

9. Follow same with a thorough massage of the whole body with equal portions of Olive Oil and Peanut Oil. This should be toward the body, not from the body. As from the feet, ankles, the bursae of the feet, calf of the leg, along under the knee, across the hips, up either side of the cerebrospinal system, not so much on joints themselves as the sympathetic nervous system or nerve energies, but especially at the 4th lumbar, 9th dorsal, 6th, 5th, 4th, 3rd, 2nd and 1st dorsal, 3rd cervical and 1st cervical, around the neck.

10. These do and we will give further directions for the body after six months. If we will do these we may bring to the body a real help.

11. Ready for questions.

12. (Q) Would a change of climate be helpful?

(A) Not necessarily; though, to be sure, Arizona or portions of New Mexico would be more preferable for regularity, as Albuquerque, or in the area of Casa Grande [Arizona]. 13. (Q) Would a change in the dietary habit be essential or important?

(A) Only add more of green vegetables.

14. (Q) Is the condition physical in origin or mental?

(A) It's more of the karmic nature. This, then, is mental and physical but let's begin with the first things first. As we go along we will change the attitude. For unless there is consistency and persistency, or unless something is to be done with the abilities of the body, with the abilities to be nearer normal in activity, why correct it at all?

15. We are through with this reading.

REPORTS OF READING 5120-1 M 39

R1. GD's note: Mr. A. M. Godfrey later told us that Mr. [5120] had ordered the Wet Cell Appliance from him.

R2. In 1947 a routine mailing was returned marked ADDRESS UNKNOWN.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 5150-1 F 37

Appliances: Wet Cell: Arthritis ARTHRITIS: RHEUMATOID Assimilations: Eliminations: Arthritis
Diet: Arthritis

: Salt: Kelp: Arthritis

: Vitamins: B Complex:
: One-A-Day: Glands: Arthritis
Healing: Consistency & Persistency
Injections: Hypodermic: Gold : Liver Extract
: Vitamins: B
Physiotherapy: Massage: Peanut Oil: Arthritis
Pregnancy: Glands: Arthritis Prophecy: Prognosis: Arthritis
Par. 7--9
Par. 3, 5, 17-A
Par. 10--12 Par. 11 Par. 15-A Par. 15-A
Par. 3, 16-A, 17-A
Par. 5, 13
Par. B4, 15-A Par. B4, 15-A Par. B4, 15-A
Par. 9, 18-A Par. 16-A Par. 13
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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 5150-1 F 37

B1. Born in Oklahoma 9/24/06.

B2. Mrs. [5150] and her husband lived near Virginia Beach. In October 1943, they came to see Mr. Cayce and made an appointment for this Reading.

B3. 5/5/44 Husband's letter: "Attached find money order for \$20. My wife's reading is to be 5/26th at 10: 30 A.M., at which time we expect to be present."

B4. 5/26/44 Mrs. [5150]'s remarks to GD: "For the last 2-1/2 years, I have had what they call arthritis, and for 8 years rheumatism; just gotten to the stage called arthritis in the last 2-1/2 years. I've been taking gold injections in my veins, B Vitamins and liver extract shots in my muscles, and 3 different kinds of medicine by mouth."

TEXT OF READING 5150-1 F 37 (Housewife, Protestant)

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 26th day of May, 1944, in accordance with request made by the self - Mrs. [5150], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in Coronet.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos. [5150] and husband.

READING

Time of Reading Set bet. 10: 30 to 11: 30 A. M. Eastern War 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; answering the questions, as I ask them.

2. EC: Yes, we have the body here, [5150].

3. As we find, there are disturbances which prevent the better normal physical functionings. We find that the sources of the infection arise from the glandular system, and especially as it is related to the assimilations, which enables the circulation to eliminate poisons or accumulations from drosses in body.

4. These, in this particular case, are indicated in the manner in which those incoordinations are being gradually produced between the locomotory centers in the brachial area and in that which controls the flexes and reflexes in the nerve and muscular force of arms and hands, and in the lumbar and the areas in the lower extremities; the knees, feet, ankles, all of these are showing the beginnings of the disturbance.

5. As we find, these may be materially aided if there will be the persistent and consistent application of elements which may create a better balance in the chemical supplies to the assimilations, which would bring to the activities a much nearer normal condition.

6. These, as we find, then, may be supplied through these manners of administration in the present:

7. We would begin by the use of the Wet Cell Appliance. This should be prepared, then, with two compounds of Copper Sulfate and then the regular charge using Zinc and Acid in the increased proportion; leaving out, in such an Appliance, the Charcoal. Suspend the Iodine in solution and charge same on the low battery charge for thirty minutes.

8. Use this, then, every day for thirty minutes; with the Chloride of Gold Sodium, one grain to one ounce of distilled water, and this would be attached as follows: The smaller plate to the lower portion of the 9th dorsal center. The larger plate, through which the Gold Solution passes vibratorially to the body, at the umbilical and lacteal duct plexus,

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which on this body will be four fingers directly to the right from the navel center and two fingers up from that point. Disconnect the Gold Solution when Appliance is not in use. Keep the anodes very clean and do remove the connections from the Chloride of Gold bottle when not in use. This is to be recharged after thirty days, using the same solution as suspended but change the solution to a new quantity, using at least three ounces.

9. Do have a thorough massage after each of the thirty minute treatments with the Appliance. This should be with Peanut Oil. This begin at the finger tips, go towards the body, all the body will absorb. Then to the toes, all the body will absorb. This, then, along the spine from the 1st cervical downward on either side of spine to the 9th dorsal. From the end of the spine upward to the 9th dorsal, where the small plate is attached. This should be done in a circular motion.

Then the diets:

10. Do eliminate most all of the calcium chloride or salt from the diet, or use kelp salt, deep sea salt or what is called health salt.

11. Do use a great deal of raw vegetables and have some portion of the diet every day consist of raw vegetables; including celery, lettuce, water cress, carrots. All may be prepared with salad or oil dressing, and also prepare oft with gelatine. Do prepare one or more of these every day.

12. No fats nor a great deal of starches; that is, the combinations of white bread with macaroni and cheeses. No red meats of any kind and no fried foods. Fish, fowl and lamb may be taken.

13. If we are persistent with these we will see in less than thirty days changes for the body.

14. Ready for questions.

15. (Q) Should I discontinue the treatments I am now taking?

(A) These wouldn't work together, we would discontinue all of these in the present. For we have indicated the foods which are to be taken. Increase the amounts of the B complex vitamins. If these are not sufficient, we would add the One-A-Day brand B complex, taken by mouth.

16. (Q) Would it be advisable from the standpoint of my health to have child.

(A) Not in the present. This when there are better reactions in the glandular system may be well.

17. (Q) What is the cause of the arthritis?

(A) As has been indicated, the infection arises in the glandular system, particularly in the assimilating system, see?

18. (Q) Does condition of nose have anything, to do with it?

(A) The condition in the nose is a result, not a cause. As will be seen, the massages which should be given especially in those areas of the brachial centers will relieve the tensions in the soft tissue of nose and head.

Do these and we will have and find much bettered conditions.

19. We are through with this reading.

REPORTS OF READING 5150-1 F 37

R1. 10/44 Second Class Test Mailing. Whereabouts unknown.

R2. 3/14/52 Comment by IMG: "No record of verbal or written contact in this case since date of reading, although A. M. Godfrey records indicate that the Wet Cell Appliance was obtained."

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ARTHRITIS: RHEUMATOID CIRCULATING FILE
INDEX OF READING 5169-1 M 34

Appliances: Wet Cell: Arthritis

ARTHRITIS: RHEUMATOID : Suppurative

Diet: Arthritis

: Salt: Kelp: Arthritis

Eliminations: Poor: Arthritis

Liver: Kidneys: Arthritis

Locomotion: Impaired: Arthritis

Physiotherapy: Baths: Epsom Salts: Arthritis : Massage: Peanut Oil:

Par. 7, 8, 11-A

Par. B4

Par. 9 Par. 9

Par. 3, 4

Par. 3

Par. 4

Par. 5, 8, 11-A Par. 6, 8, 11-A

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 5169-1 M 34

B1. Born 1904 in Massachusetts; single.

B2. 11/23/43 Mother's letter: "...I cannot say we have been recommended by anyone.

We have read "There Is A River" by Thomas Sugrue, and are so interested..."

B3. 1/1/44 Mother's letter: "...He is a very devoted church member and knows nothing of occult science and, too, rather suspicious of it, so I wanted to wait until he had read THERE IS A RIVER, which he has now done, and wants a reading...the war came along and he has been building battleships for 3 years...long hours, no vacations, 6 or 7 days a week, working on exposed decks with temperature below zero at night, has ruined his health; 'all pooped out' the doctor says, causing bad arthritis and a nervous breakdown.

So he is recuperating with me and much better, but needs help..."

B4. 5/22/44 [5169]'s letter: "I have asked you for a medical reading and am planning to remain quiet during the period... Here are the facts and I hope they are the ones you need to have at hand... My trouble is a joint ailment diagnosed as rheumatoid arthritis. The symptoms are periods of swelling and stiffness in my knees. Recurrent water on the knee as a child resulted in the removal, from my right knee of the ... cartilage. No trouble from that time till 30 months ago, while performing exhausting work of a very physically active nature in the shipyards. Attacks started and increased in frequency until last summer when they set in about every 3 weeks. One knee at a time affected, swelling and stiffness lasting about 4 days. Occasional attacks lasting 2 weeks. Last Sept., I was laid up by the severest attack of all; 2 months, some redness of the knee surface and great tenderness on the sides. This was the right knee. I had to give up my job... During this last winter, 4 very light attacks returned. I am suffering from one at the moment, it has lasted 10 days. My other joints were slightly affected, ankles, elbows and shoulders. My questions to be answered are obvious... (1) What can be done for the so-called rheumatoid arthritis? (2) What is the basic cause? (3) May it be traced back into a wrong tempo of life, or an exhausting effort to do certain kinds of work? (4) How may I get to the bottom of this disorder? (5) Is there any special therapy that would help, such as massage, medicine, etc., or is it a case of altering some of the lines of activity I am in, for the purpose of effecting a cure? My present job is a quiet one as a news broadcaster..."

TEXT OF READING 5169-1 M 34 (Shipfitter, Episcopalian)

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 7th day of June, 1944, in accordance with request made by the mother - Mrs. [5212], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis and Jeanette Fitch, Stenos. READING Time of Reading Set bet. 10: 30 to 11: 30 A. M. Eastern War Time. ..., S.C.

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, [5169].

3. As we find, there has been for some time back a glandular disturbance between the liver and the kidneys. Thus we have had an altering, as it were, of the eliminations;

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

which is the function of each of these organs in their activity in the central nerve and blood supply, as through or from cerebrospinal reflexes and activities.

4. Thus, we have, as a result of these, an accumulation through the eliminating systems, causing an inflammatory rheumatic-arthritic tendency which becomes at times very painful; at others not so much the pain but the inability of the locomotion without pain. 5. As we would find, first: We would begin with Epsom Salts Baths. Have this about once each week. At the beginning there should be used about ten pounds of Epsom Salts in about forty gallons of water, and this pretty warm. We would have these baths for three weeks, and then leave off, maybe for six weeks; another, then, would be taken but increase the amount of Epsom Salts, dissolved in the water, five pounds each week that it is changed, see?

6. Then give the body each time a thorough massage over limbs and the cerebrospinal system, or the spine, during the period the body is in the bath, see? Follow same with a massage using Peanut Oil, when the body is dried off.

7. Then apply the low Wet Cell Appliance, which would carry Chloride of Gold Sodium and solutions charged with Iodine, so we will have the radial activity of Iodine with gold- salts in same, see? This should be given at least three times each week. The solutions should be made with two pounds of Copper Sulphate, with no Charcoal, and the other solutions charged in proportion; in a gallon and a half of distilled water. This is to be charged on the low electrical charge, with three ounces of Tincture of Iodine suspended in same. The Gold Solution should be prepared one grain to one ounce of distilled water, using three ounces of the solution. The small copper plate would be attached at the 9th dorsal. Yes, we will have the effect of Iodine in the body vibratorially with this charge. Charge or recharge the Appliance every thirty days. We would use the Appliance for thirty minutes every other day, see?

8. Follow this treatment also with a thorough massage, from the toes upward to the 9th dorsal, from the finger tips to the body, up to head and down to 9th dorsal. The Epsom Salts Baths and Wet Cell Appliance treatment do not necessarily have to follow each other. Should the days come when these are together, it is all right.

9. Then mind the diet, no heavy meats, very little salt, save kelp or health salt. A great deal of raw vegetables; cabbage, lettuce, celery, carrots, all forms of watercress. Leafy vegetables are preferable to the pod or tuberous variety. Lamb and chicken would be well, but never fried.

10. Ready for questions.

11. (Q) Should I alter any of my lines of activity?

(A) These, as we find, have not been very vocational. They have little or nothing to do with the condition. Be so that you can have these treatments regularly. Have a regular period for these and take them; the massage should follow the use of the Appliance, as well as the massage that should follow the Epsom Salts Bath.

12. We are through.

REPORTS OF READING 5169-1 M 34

R1. 8/10/44 Mother's letter: "...My son whose reading was 6/7/44, received his report, but says he does not understand what to do by the language. Is there anyone who could explain it to him in simpler language... My son is really helpless with his arthritis and needs help. Many thanks for helping us out."

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

R2. 9/26/49 Questionnaire sent. No reply.

R3. 8/7/50 Comment by A. M. Godfrey: "I don't believe I shipped the Appliance to him."

R4. 4/21/52 Notation by IMG: No record of verbal or written contact on this case since mother's letter of 6/10/44.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

INDEX OF READING 5623-1 F ADULT

Acidity: Alkalinity: Arthritis

Appliances: Radio-Active: Arthritis ARTHRITIS: RHEUMATOID Electrotherapy: Ultra-Violet

Light: Arthritis Eliminations: Poor: Arthritis

Glands: Arthritis

Locomotion: Impaired: Arthritis Osteopathy: Arthritis

Spine: Subluxations: Arthritis

Par. 6-A Par. 5, 6-A

Par. 5, 6-A Par. 3

Par. 5

Par. 1, 3 Par. 5

Par. 3

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

BACKGROUND OF READING 5623-1 F ADULT

None.

TEXT OF READING 5623-1 F ADULT

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 24th day of February, 1929, in accordance with request made by her son, via Mr. Fred A. Haycox.

PRESENT

Edgar Cayce; L. B. Cayce, Conductor; Gladys Davis, Steno. Mrs. [5623]'s two sons.

R E A D I N G In car in front of Time of Reading Mr. Cayce's house at 3: 30 P. M. Eastern

Standard Time. time of reading, ..., Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here, [5623]. Now we find there are those conditions that produce abnormal conditions and abnormal functioning of organs with the physical forces of this body. These conditions have to do with locomotion and the effect of activities with a portion of the nerve system, as is related to the motion, and the cause is of hindered nerve reflexes and centers. Many of these may be aided. There also may be administered those conditions that would prevent the reoccurrence of conditions of this nature, which - as the general rule has been - are very detrimental to a body, when such conditions arise.

2. These, then, are conditions as we find with this body, [5623], we are speaking of.

3. In giving the conditions as are existent and the cause of same, it would be necessary to give much of the history of conditions existent, before this trouble arose with this body - some three and a half or four years ago since this became of the acute nature; yet the history is merely that of hindered circulation as affecting the locomotions as come from the activity of impinged and subluxated nerve centers that affected directly the central nervous system, as related to the relation of same with the sympathetic nerve forces. While the body at present is not so much in pain, save at times when there is the tendency of the conditions, when the eliminations through any ONE of the channels are hindered THEN there begins the cause of reaction in system.

Hence there must be kept the continued attention of the eliminations being kept as near equally balanced in system as can be under conditions.

4. Now, in bringing about the normal reaction for the body toward the adjustment of segmentations as have existed, and do exist, in the physical forces as related to the activities of system, these may be materially assisted through the addition to that as will bring the proper vibration for the system, as to bring resuscitation to the physical forces of the body as come with the active principle of the creative element in the physical body that PRODUCE the cell in its vibration for the body. Then, this would bring THESE forces as near to the resuscitation of the physical body as will be possible in one of the age, and PREVENT the reoccurrence of these conditions for the body.

5. The blood supply being the channel through which building materials must be carried, these must have their equal distribution through the system - which can BEST be kept by the manipulations osteopathically that carry for the muscle, the tissue, the centers in the nerve plexus and all radial centers, that as may be created in system by the equalization of both elimination and assimilation for the system. Added to that must be that radial vibration as will give to the nerve energy of the nerve systems, both of the cerebro-spinal

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

and sympathetic, that proper vibration as will create new energy in the system. These may be materially assisted through that of the Ultra-Violet Ray. These will assist only as the vibratory forces are set up, which will be aided through the application of the Radio- Active Appliance carrying that of Chloride of Gold into the system. These will, with their combination of effect for the body, bring to this body that as will prevent reoccurrence and bring nearer normal forces for the activities of the body. The Radio- Active Appliance will be attached, too, with that anode that carries the Gold, to the umbilicus - which will be to the left and lower portion of same, carrying that to the system which creates the proper vibration in the system to resuscitate energy in the glands through which all creative energy must pass in a vibrating body. The activity of that carried in system by the forces as will be applied in that of the Ultra-Violet will distribute same through the nerve system, so that there will not be centralization, or too much in one place for that of the other, as will give to the system that of the proper vibration. Then, the Radio-Active Appliance should be added each day. The Ultra- Violet Ray every third day, or may be given twice each week. The manipulations on the days opposite those from the Ultra-Violet Ray. Do that. Ready for questions.

6. (Q) How long shall the Ultra Violet Ray be given?

(A) Beginning with one minute, increasing same to not more than four minutes - but at least thirty-six to forty inches from the body. The Radio-Active Appliance shall be given for one hour each evening, preferably just before the body retires. The activities of that as will be created through assimilation, or that of the diet, will be much in accord with that as has been given - which comes along the alkalin activity for body. Those will be changed as conditions change for the system. Do that. We are through for the present.

REPORTS OF READING 5623-1 F ADULT

R1. 4/30/29 Son's letter: "...I am very sorry to advise you, but as yet my mother [5623] has failed to follow any suggestions in her reading. However, my father and I are still trying to persuade her to at least give them a trial, and I hope we will meet with some degree of success in the near future..."

R2. 7/22/40 Son's letter in answer to 7/19/40 questionnaire: "...I wish to advise you that my mother [5623] has not tried the suggestions as outlined in your reading, and I am convinced that she will not do so. However, I wish to thank you for your interest in the matter..."

R3. 5/31/63 GD's note: Word came to me that Mrs. [5623] just recently died - sometime this month.

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ARTHRITIS: RHEUMATOID CIRCULATING FILE

Reports from Members

3/30/56 TESTIMONIAL given to Grace Huffman by Mrs. Alleyene Meyers

(Mrs. Cyril H.) MEMBER 6316 Brookside Drive, Route 3, Alexandria, Va.

"In 1953 read THERE IS A RIVER. Was suffering with bursitis on both sides, and was taking shots from doctor three times a week at \$5 a shot. Condition had gotten so bad that could not get arm up to comb hair. Mr. Meyers suggested using remedy given by Edgar Cayce of olive oil one night and peanut oil the next night. Used this for over a year. Prayed and trusted in prayers and Edgar Cayce's work. Believe healing comes that way. Did not take shots from doctor while using olive oil and peanut oil. Can now do hard physical labor without hurting. There were large calcium knots on back when started using oils. Applied oil and worked in good and all knots left. Left hand was numb and fingers did not move properly. Mr. Meyers and I believe that through meditation and prayer we can receive healing."

4/11/72 Letter from Mary Alice Lackey: "During the winter of 1971 I suffered with swollen joints and the pain that goes with it. Just before Christmas I started reading about E. Cayce - started using peanut oil and olive oil. I not only didn't have pain I was able to enjoy the chill index at 22 degrees below zero! I don't think I've even taken an aspirin, and with my record that is really something.

"I was afraid my doctor only gave me candy coated aspirin. He looked at the swollen joints of my hands and said yes that's arthritis, too bad! I asked to go to the National Arthritis Clinic, and he wouldn't send me - and thank God as my system was saved the drugs. To this day I seldom have pain, my swelling has decreased and, Praise the Lord, I am being healed. We have told him, the doctor, of the treatment of oils and he smiles, says it is great if it works for us, but being a medical doctor he couldn't recommend this type of treatment." Mary Alice Lackey, Kansas City, MO April 11, 1972

7/19/74 Letter from Mary Alice Lackey: "Pleased to say the statement made the winter of 1971 is still true and my fingers are straightening back to normal. I praise the Lord for the healing and the life of Edgar Cayce!"

11/10/57 Hilda M. Green of Daly City, California writes:

I follow Edgar Cayce's advice regarding diet for arthritis and find that it greatly helps me. I rarely have pain now and if and when I do I give myself castor oil packs.

My husband is no longer alive and so I cannot have the oil massages he used to give me and I cannot afford to pay for treatment so do the best I can to help myself and I am very well satisfied. During a bad flare up four years ago Dr. Rappold, D.C. treated me and I took the file on arthritis to him. He was very good and got me back on my feet.

I am extremely grateful to Edgar Cayce for his wonderful work and for the continuation of all that he believed in and was. God Bless you all and dear Edgar Cayce.

Sincerely, Hilda M. Green

P.S. I try to help others by telling them of the castor oil treatment, some listen others do not.
HG.

1/18/81 Jean Hunter Chilton of Sparta Ontario writes:

Dear Friends at A.R.E.

My daughter, Dorothy Hunt of LaSalle, Ont., a member of the A.R.E. brought me a castor oil pack when she returned from a conference last August. I want to tell you how much it has helped the arthritis in my hands. I can pick up a pin now something I hadn't done for months and haven't had any pain since the first week of using the packs. I still have the bumps but am confident they

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too will disappear with continued treatment. I have recommended it to several friends here in Florida where we are spending some time this winter.

Thank you again. Sincerely, Jean Chilton

Healing Arthritis - Peanut Oil and Castor Oil

Biochemical bases of understanding the functioning of the human body may have been adequate for the mind of the physician for many years here in the western part of the world,

but it can no longer stand the test of experience, reason, and pure logic. For instance, how can oil achieve a healing effect? Witness these two stories, both of which deal with arthritis: From Pittsburgh, Pa., I quote this: "In reading Jess Stearn's Edgar Cayce, the Sleeping Prophet, I noted with much interest his references to arthritis and the use of pure peanut oil. As a rheumatoid arthritic I have found it to be of great benefit to my condition. After using peanut oil as a massaging oil for several years, I have to agree with Cayce's belief that it not only lubricates but heals as well. I am sure that had I known about the oil in this use I would have been spared much misery. Why isn't the use of peanut oil to reduce joint inflammation and pain in arthritis better known? Does the medical profession spurn it as a home remedy?"

From California: "Mother had arthritis so bad she was committed to the hospital. She was there for two weeks and released with no apparent help. The arthritis was centered in her fingers which were doubled back in her palms - she didn't think she would be able to open up her fingers again. Father brought her home and started a treatment of hot castor oil - rubbing her hands, arms, and shoulders and legs three times a day. Within a period of three to four months her condition improved to the extent she could walk, use her arms, and her hands straightened out and today she is completely cured. She was 76 years old when she was at her worst and is now 81."

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from The A.R.E. Journal, May, 1972, Volume 7, No. 3, page 109, Copyright © 1972 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Massage and Castor Oil for Arthritis and Bee Stings

From the A.R.E. Dallas Council Newsletter comes the following story. Bob Linscott had apparently been having severe arthritic symptoms for years and, at the same time, was severely allergic to bee, wasp and yellow jacket venom - to the point that he became a hospital emergency patient each time he was stung. The residual would last for days. At least this was his history. Here is his story:

"I am 62 years of age, weigh 220, stand 6 feet tall. All my life I've worked hard. The last seven or eight years have been pretty bad. I've been unable to put on my socks or tie my shoes. I could not move my arm to scratch my back. In other words, no matter what, I could not move without pain, because my body was so stiff. I had cramps at night. My wife Wanda was trained by Emmaline Barker to give massages. After the third massage I caught myself turning my neck to look back - something I had not done in five years. Today I am free from pain and do everything - including climbing a 40-foot ladder all day.

"On July 11th I was stung by three yellow jackets. I told the men working with me that rather than rushing me to the hospital as they normally would, to rush me the castor oil from my truck (I carry it with me). They did and I rubbed it on the bites, then sat down to meditate. As I did, I felt the pain, itch and poison start flowing from the upper part of my leg and down and out my toes!

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Today is July 12th, and I worked all day. I feel great-just fine. Thank God, the A.R.E. and Emmaline!"

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from The A.R.E. Journal, November, 1979, Volume 14, No. 6, page 262, Copyright © 1979 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Castor Oil Stories: Bee Sting and Arthritis

Stephen Hasman tells the story of his brother being stung by a bee in Ohio. He came into the house with "goose bumps" on his arm, the evidence of the bee sting showing clearly. It was already sore and the swelling had become markedly evident. Stephen, who has had much experience with castor oil, got out his bottle and placed just one drop "on the welt which had an open puncture on it." In less than ten minutes, his brother reported that the soreness had gone and the swelling for the most part had subsided. After supper, there were no complaints. His brother's wife was asked why they didn't have castor oil in their home.

From Kentucky comes another report dealing with this same oil being used for arthritis:
“Since the early 1970s when I first obtained your book, Edgar Cayce and the Palma Christi, I have been experimenting with castor oil. I have also been reading The A.R.E. Journal to see if my results are the same as others.

“My brother-in-law was scheduled for an operation on his finger (the one next to his forefinger) to scrape off the crystals that had formed there and that were giving him a lot of pain. His mother suggested he check with me on the castor oil, and I told him I didn't think it would help as the finger was really in bad shape. However, as it turned out, he had quite a herd of cattle and was unable to have the operation as scheduled, so used the castor oil anyway - just rubbed it on, he said. Two weeks later he visited his doctor who told him, 'Well, it's gone.'”

Another story from the same source:

“I have a lady friend and neighbor in her late 80s who called me one day. The two middle fingers of her hand were locked and had been for years. Her thumb was twice its regular size, and the little finger and forefinger were giving her so much pain she was crying and couldn't use them. I stressed to her that it would not be possible to unlock the fingers or correct the thumb, but based on the results of my brother-in-law, we might be able to save the other two fingers - or at least stop the pain. She didn't have a bathtub, so we got a container for a foot bath and used a pound or so of Epsom salts in which I asked her to bathe her feet for half an hour each evening, all the time pressing, rubbing or flexing her feet (simply to keep her hands in the solution). I told her then to wrap the hands in castor oil for the evening and place a castor oil pack on her stomach with a heating pad. She called a couple of days later saying that the fingers had stopped paining and she was continuing treatment.

“I know a couple of other people who were bothered with crystals, so I thought it would be interesting to take a picture of her hands since no one would believe it without the pictures. So I borrowed a camera and went over no later than two weeks after she had started treatments. To my immense surprise, she had those two fingers unlocked and

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was making a quilt. She said she used the foot bath with water as hot as she could stand it for the time I stressed, then put the castor oil pack on her stomach with a heating pad and wrapped her hands with castor oil cloths, put on rubber gloves, took her magnifying glass and a book to bed with her and alternated her hands on the heating pad the rest of the evening. No pain in the other fingers, thumb greatly improved, fingers still working okay and she still works on the quilting. Whenever they begin to ache, she just gives them a repeat treatment.”

Quite amazing, isn't it? Some of these stories definitely touch new areas in healing.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from The A.R.E. Journal, November, 1982, Volume 17, No. 6, page 279, Copyright © 1982 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Arthritis

One of the benefits of an A.R.E. membership is borrowing the Circulating Files, which, incidentally, contain a world of good information. Use of the information in them by the membership has produced some hard-to-believe stories. However, when one considers healing as originating from changes in consciousness through body, mind or spirit, then the occurrences don't seem so strange. The following letter exemplifies this kind of story:

“Thank you for sending the requested preliminary report on the arthritis (rheumatoid) study ...

The report was interesting to me for a special reason - in March of 1976, I was diagnosed (blood tests and all) as having rheumatoid arthritis and gout. I immediately wrote for the Circulating File and began very seriously working toward the changes needed (without realizing that you at the Clinic were doing the same thing for patients at the Clinic - same time). I've been persistent and consistent.

“This year at my annual physical checkup, the doctor noticed there are no more symptoms, and wanted to run another set of blood tests ('arthritis profile,' I think he called it). He was very impressed and called me a few days later to say that the results of the tests were quite

negative - no sign of any rheumatoid arthritis or any arthritic - related diseases at all. He said, 'Whatever you're doing, keep doing it.' I know I was led to working in the right direction toward eliminating detrimental things in my life (attitudes, diet, etc.) and in building up the more positive aspects which I've known all along, but had become in a stressful rut, and had neglected at times. Anyhow, thanks again.. ."

[Note: The preceding case report was written by William McGarey, M. D. and is excerpted from The A.R.E. Journal, September, 1981, Volume 16, No. 6, page 231, Copyright © 1981 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Arthritis - Olive Oil Taken Orally

Arthritis is a problem of eliminations according to the line of thinking expressed in the Edgar Cayce material. I received a bit of information that I'd like to pass on to you that came from a woman who was it longtime arthritis sufferer:

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"I was not taking any medication for arthritis, even though I have had this disease for over ten years.

"I recently started drinking olive oil. I took approximately six tablespoons a day (during the day) for two weeks, then I took one tablespoon a day for two weeks. The pain in every joint was gone. I stopped this procedure, feeling maybe the arthritis may have been arrested, as some cases do.

"After three weeks, the pain started to return. I knew it must be the olive oil so I started taking three tablespoons a day for one week then discontinuing dosage. After two weeks, the pain was only slight but returning. I took only three tablespoons just one day a week. All I take now is three tablespoons for one day, and it lasts one week and no pain for this period."

This kind of therapy was never suggested in the readings - although olive oil was given as being beneficial to the liver and to the entire body in its activity. Cayce rather suggested a course of therapy which was multilevel in its approach, working on things such as epsom salts baths, proper diet, Atomidine, manipulations, etc. But a person's ingenuity allows for adaptation of techniques which often bring about interesting results.

[Note: The preceding case report was written by William McGarey, M. D. and is excerpted from The A.R.E. Journal, May, 1975, Volume 10, No. 3, page 129, Copyright © 1975 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Hypertrophic Arthritis

A sixty-eight-year-old man was seen one year ago with a semi-rigid spine due to advanced hypertrophic arthritis. He could rotate his head right and left perhaps only five degrees either way, and his entire spine was limited drastically in all directions of movement. For one solid year, his wife used an electric massager on his upper spine and neck, ten minutes each night before he went to bed. This was every single night without a miss. Now, he has thirty degree rotation in each direction and can even look around over his shoulder. And his spine is much looser. The body can absorb calcium, and function of severely calcified vertebrae can be restored!

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from The A.R.E. Journal, January, 1973, Volume 8, No. 1, page 45, Copyright © 1973 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Rheumatoid Arthritis

Several years ago, Fred showed up at the A.R.E. Clinic with a three-month history of swelling and redness in his right foot and ankle, and recent development of back pain. He had been tested for rheumatoid arthritis and the latex test returned positive. Fred was 65. Aside from these ailments, he had been in excellent health.

His regimen of therapy followed very closely the suggestions given in the readings and in the Circulating File on arthritis: Atomidine in a cyclic series, Epsom salts baths each week, full body massages (at the Clinic) followed by local peanut oil massages on his foot and ankle

each night before retiring, visualization techniques, and a diet especially for sufferers of arthritis.

His response was rapid. In two months the swelling was gone, there was no discomfort or stiffness, and, to all intents and purposes, he was well.

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[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from The A.R.E. Journal, March, 1983, Volume 18, No. 2, page 85, Copyright © 1983 by the Edgar Cayce Foundation, Virginia Beach, VA.]

Tuberculosis and Arthritis

The patient is the fountainhead of research, according to an editorial in the Journal of the Medical Society of New Jersey. To me, this means we should never desert the patient when we are looking for instruction - or research - or evidence - or enlightenment.

The following is a condensation of one patient's story:

"I will begin by telling you how I first started getting sick. In the 1950s, I developed rheumatoid arthritis and the doctors put me on Butazolidin. However, even though I used this drug, my health continued to fail. Several years later, I began to have trouble with my eyes. I went to the doctor, but he couldn't find anything wrong with them. Finally, in 1960, I woke up one morning and couldn't see out of one of my eyes. I went again to the doctor, and again he could not find anything wrong, but he prescribed Cortisone. Cortisone has very bad side effects, and for me has especially bad side effects. I developed glaucoma. Instead of taking me off the Cortisone, the doctors gave me eye drops to control the glaucoma. Even though I was using Cortisone, they feared that they were going to have to remove my eye. They also feared the inflammation spreading to the other eye. Eventually, they did have to take me off the Cortisone and when they did the glaucoma disappeared.

"My health continued to fail and in 1962 I was hospitalized. The doctors diagnosed tuberculosis of the right lung and a disease called toxoplasmosis, which caused my eye trouble. This disease also damages the central nervous system. They decided to put me on isonizes [isoniazid?], a tuberculin drug, and para aminosalicyclic acid. They also gave me sulfa drugs for the toxoplasmosis. I took these drugs for about two years, but my health didn't improve; as a matter of fact, I grew weaker as time went on. During this period of time I was unable to do much reading because of my poor vision, but I did read one book called There Is A River. To this day, I do not know where this book came from or where it went, but it made a great impression on me ...

"In 1965 I had gotten much worse, and the doctors put me into the hospital again. They found out that I had tuberculosis of both kidneys and the voice box, and more drugs were prescribed. I was already on isonizes, para aminosalicyclic acid and tranquilizers, and in addition to these drugs they put me on streptomycin and cycloserine. Isonizes has terrible side effects. It causes hallucinations. At that time I used to have my own little LSD trips in the bedroom. I thought I was going crazy because I did not know that the drug was causing these hallucinations. It also affected my equilibrium and the middle ear. I would lose my balance and was unable to stand up. When I would turn my head from side to side, the whole room would spin. As time went on, I developed heart trouble and liver damage and the doctors prescribed digitalis besides all the other drugs. It was during this period that I wrote to the publisher concerning the book about Edgar Cayce.

"In the spring of 1966, my doctor took a chest X-ray and it was found that the tuberculin lesion of my lung had doubled in size from the year before. Despite the fact that I was on all of these drugs, it was obvious that I was getting increasingly worse. The trouble had started with my lungs and traveled to my kidneys and voice box. The condition with my right eye had traveled to the cornea of my left eye. The eye specialists that I had visited felt that I would eventually go blind with this condition.

“Every time I closed my eyes during this period, I would see death. That may sound odd to you, but that is what happened. Sometimes I would fear going to sleep or closing my eyes to take a nap because invariably when I did death would be there grinning at me. It was a terrible
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experience, not knowing which would come first, death or blindness. I knew that whatever the doctors were doing for me was wrong. It might have been right for some people, but not for me. “This was in August, 1966. One day my husband came home and I saw the expression on his face. He had been to the doctor and was told that I would soon die. They had done all they could for me. I thought all night long, and the next day, when he went to work, I got down on my knees, and I laid my hands upon the bed, and I said: 'Father, here I am. I have no one else to turn to. Will you please help me? You don't have to heal me. I really do not expect it. Just tell me what to do. Just show me what to do, and I'll do it myself.' I got up and I sat on the side of the bed for awhile and something just as clear as if you were speaking to me right now said: 'Throw all of your drugs away.' Well, that's what I did. I went into the kitchen and threw away every one of the drugs, even the digitalis. I went back to the bedroom, and I waited for my husband to come home. I waited for the earthquake to take place. He came home, and I heard him in the kitchen rummaging around in the garbage can. He then came into the bedroom and said: 'What's the matter with you? Are you out of your mind? Don't you know you'll die if you don't take the drugs?' He said a few other things which I can't repeat here. I told him that if I do take the drugs I'll die. I knew this just as sure as I knew anything in my life. He then called the doctor, and the doctor in turn called me and said: 'What's the matter with you, are you crazy? Don't you know you have to take the drugs or you'll die?' Then I asked him: 'If I do take the drugs, will I live?' He said: 'No, I can't tell you that.' I said: 'Well, don't bother me. This is what I decided to do, and this is what I'm going to do.' I waited for the direction, and it came. I didn't understand direction the way it is now spoken of in our Search for God groups, but believe me it was working. I think because I prayed sincerely to God that He did direct me. I had to fight my husband, the doctor, and my friends. They all thought that I had lost my mind because of all the strain I had been through. But I was like a rock. I said: 'No, I'm not taking the drugs.' I just sat there waiting because I knew something was going to happen. I didn't know what. I didn't have the faintest idea what would happen, but after four or five days I received a letter from Virginia Beach acknowledging my interest in a Search for God group and in joining the Association for Research and Enlightenment. I answered their letter immediately and told them that I was desperately ill with tuberculosis. I sent my membership fee and asked them if they would send me the folder on tuberculosis. A week later I received the literature and immediately began to read it. Edgar Cayce's language, as you know, is difficult to understand, but somehow I managed. The first week I had written down everything he suggested. I told my husband that I needed a charred oak keg. He said: 'What in the name of heaven do you want that for?' I said: 'I have to fill it halfway with apple brandy and breathe this deep into my lungs.' My husband just shook his head. He thought I had picked up some book by some quack and was getting suckered into something. However, he did humor me. He did start looking all over for a charred oak keg, but it wasn't easy to find. He finally found the keg in a little Italian section in Brooklyn. Now we needed pure apple brandy which wasn't easy to find either, since most apple brandies have a grape base. We had to have an apple brandy made from scratch. (I began the Cayce treatment in September, 1966.) Then I had to find a chiropractor. I did not know any chiropractor, so I looked in the yellow pages and again I think God was guiding me. I found a doctor ... who was familiar with the Edgar Cayce literature and agreed to use the method on me.

“Edgar Cayce had recommended Calcios and Acigest, two medicines used for tuberculosis. Calcios is ground-up chicken bones and marrow. The particular company that manufactured both Acigest and Calcios no longer manufactured Acigest. I wrote for the Calcios and received it, but I was at a loss as to where I might find the Acigest. I don't know how I found out that

Acigest was diluted hydrochloric acid in some form. I went to my doctor and said I needed diluted hydrochloric acid. He said: 'What do you need that for?' He thought I was crazy and wouldn't give me the prescription for it. I got nervous and began to cry until he finally gave me the prescription. Now I was well on my way. Edgar Cayce's readings in the Circulating File also recommended that I stay outside in the shade when the sun was shining and try to do a little

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walking. In the beginning I wasn't able to do any walking, but gradually I got to the point where I could. Part of the treatment also included high colonics and massages with peanut oil and olive oil. This was just the treatment for tuberculosis. Don't forget that I was in great pain with the arthritis and suffering with my eyes, liver, lungs and kidneys.

"After having spent a great deal of time in hospitals and numerous consultations, I was never advised to follow a special diet. Eat a regular diet they told me. Edgar Cayce emphasized that I must eat a great deal of vegetables, especially leafy green vegetables and salads, drink a lot of orange juice and eat only whole wheat bread products, drink egg-nogs and beef juice and eat only lamb, chicken and fish. I was absolutely not to be allowed beef, pork or sweets.

"In February, 1967, I went to ... my family doctor. He took X-rays of my lungs. He called me up the next day and told me he could not even find a scar on my lungs. When my husband came home, I told him what the doctor had said. My husband, needless to say, was shocked because I was still very weak. My attitude had changed. I used to cry every day of my life; now I was optimistic, enthusiastic and full of bounce. There was just something about this treatment that did this for you. My husband, however, called the doctor and asked him to take the new X-rays to the hospital and compare them to the others. My doctor did this and called in a consultant to verify his findings. The results were the same - no scar tissue. He then tested my blood. When the results of this test proved negative, he put me in the hospital in April 1967, for a complete and thorough examination. They started a series of tests. They put dye in my blood stream and took X-rays of my kidneys that way. They also took blood tests and urine tests every day. They did a cystoscope on my kidneys and took X-rays while they were doing that. After a week, the doctor came into my room with the results of the tests. He sat down on the chair and said: 'I don't believe this, but you are well.' And he just shook his head. I said: 'I know, I know,' but he didn't talk any more. I just got up and walked out. I think the shock was too much for him. I have not taken any drugs since and my heart, for all intents and purposes, is all right. I have no evidence of arthritis. I am still blind in my right eye, but now I no longer have any trouble with my left, so whatever this disease was, it also subsided. It took me some time to get my strength back. As a matter of fact, I think I am still getting it back, but nevertheless you can see that I am not sick."

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from The A.R.E. Journal, March, 1974, Volume 9, No. 2, page 78, Copyright © 1974 by the Edgar Cayce Foundation, Virginia Beach, VA.]

12/9/71 Letter from William F. Keller:

"...In reading Jess Stearn's Edgar Cayce, I noted with much interest his references to arthritis and the use of pure Peanut Oil. As a rheumatoid arthritic I have found it to be of great benefit to my condition.

"After using Peanut Oil as a massaging oil for several years, I have to agree with Cayce's belief that it not only lubricates, but heals as well. I am sure that had I known about the oil in this use, I would have been spared much misery.

"Why isn't the use of pure Peanut Oil to reduce joint inflammation and pain in arthritis better known? Does the medical profession spurn it as a home remedy?

"Do you know of any kind of an organization, formal or informal, of Peanut Oil users? This might seem a strange question, but I have heard that here in Pittsburgh there is a band of enthusiasts. I have not been able to track them down as yet.

"I would appreciate any comment you might make on this subject or reference to literature on it that I could obtain...."

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