

Circulating File

CYSTS: BREAST

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

**Edgar Cayce Readings Copyrighted by
Edgar Cayce Foundation
1971, 1993-2012
All Rights Reserved**

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

Printed in U.S.A.

CYSTS: BREAST CIRCULATING FILE

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

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

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

Library: Circulating File Desk
A.R.E.
215 67th St
Virginia Beach VA 23451 Or e-mail: CirculatingFiles@edgarcayce.org

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

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the Edgar Cayce psychic readings on breast cysts. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

Articles may be included because the information supports the remedies and therapies described in the Edgar Cayce readings or are of a helpful nature. Their inclusion does not imply endorsement or recommendation. Before following any advice contained in the articles, please seek the counsel of your doctor.

Products may be purchased from Baar Products, the official worldwide supplier of Edgar Cayce health care products: www.baar.com or call 800-269-2502.

Cysts: Breast

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health and Healing	5
B. "Cysts [ovarian and general]: A Research Odyssey in the Readings"	9
C. Extracts from the Readings	11
D. Case Studies from the Readings:	
1. Reading # 288-23, 23-year-old woman (cured)	12
2. Reading # 3808-1, 47-year-old woman (cured)	16
3. Readings # 4218-1, 2, adult woman	20
4. Reading # 4509-1, adult woman	24
5. Reading # 4568-1, 36-year-old woman	27
6. Reading # 5236-1, 42-year-old woman (cysts in general)	29
7. Reading # 2392-3, 58-year-old <u>man</u> (cysts in general)	32
E. Reports by Members	33
F. Baar Products	37
G. Related Circulating Files and Research Bulletins*:	
1. Atomidine (Iodine)	
2. Cancer: Breast, Vol. 1 & 2	
3. Cancer: Breast (Research Bulletin)	
4. Glyco-Thymoline	
5. Healing Series:	
a. Consistency in Healing	
b. Principles of Healing	
c. Spiritual Healing: General	
d. Spiritual Healing: Specific Ailments	
e. Workings of the Law	
6. Mastitis (breast inflammation)	
7. Osteopathy	
H. Related Articles:	
1. "Two Cases of Cystic Mastitis" by Jonathan V. Wright, M.D.	38

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

Breast Cysts

http://en.wikipedia.org/wiki/Breast_cyst

A breast cyst is a fluid-filled sac within the breast. One breast can have one or more breast cysts. They're often described as round or oval lumps with distinct edges. In texture, a breast cyst usually feels like a soft grape or a water-filled balloon, but sometimes a breast cyst feels firm.

Breast cysts can be painful and may be worrisome but are generally benign. They are most common in pre-menopausal women in their 30s or 40s. They usually disappear after menopause, but may persist or reappear when using hormone therapy. Breast cysts can be part of fibrocystic disease. The pain and swelling is usually worse in the second half of the menstrual cycle or during pregnancy.

Treating breast cysts is usually not necessary unless they are painful or cause discomfort. In most cases, the discomfort they cause may be alleviated by draining the fluid from the cyst. The cysts form as a result of the growth of the milk glands and their size may range from smaller than a pea to larger than a ping pong ball. Small cysts cannot be felt during a physical examination, and some large cysts feel like lumps. However, most cysts, regardless of their size cannot be identified during physical exams....

Breast ultrasound is considered the best option when diagnosing breast cysts because it is 95 to 100% accurate, it provides a clear image on the cyst's appearance (simple or complex) and it may also distinguish between solid lumps and fluid-filled cysts, which a mammogram cannot do. Breast ultrasounds are performed with the help of a handheld medical instrument which is placed on the skin, after a special type of fluid has been applied on it. The instrument picks up the echo resulted from the sound waves it sends to the breast. These echoes are transmitted to a computer which translates it into a picture.

Most simple cysts are benign and do not require any treatment or further diagnostic workup.

Signs and symptoms of breast cysts include:

- A smooth, easily movable round or oval breast lump with distinct edges
- Breast pain or tenderness in the area of the lump
- Increased lump size and tenderness just before your period
- Decreased lump size and resolution of other signs and symptoms after your period
- Having one or many simple breast cysts doesn't increase your risk of breast cancer.

Lumps in the breast are often not found during self-examinations or physical exams. However, in some cases they can be felt at touch, especially if they are larger.

Breasts are usually lumpy or nodular as a result of the hormonal changes that women go through during their menstrual cycle. However, new breast lumps should always be referred to a specialist.

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

CYSTS: BREAST CIRCULATING FILE

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

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

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

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

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

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

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

CYSTS: BREAST CIRCULATING FILE

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

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

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

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

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

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

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

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

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

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

CYSTS: BREAST CIRCULATING FILE

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

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

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

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

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

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

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

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

Library: Circulating File Desk

A.R.E.

215 67th St

Virginia Beach VA 23451 Or e-mail: CirculatingFiles@edgarcayce.org

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

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

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

Blessings,

A.R.E. Member Services Team

Cysts

A Research Odyssey in the Readings
by Anne Hunt
True Health, October 2005

One of our goals as editors of *True Health* is to provide practical information to our readers to help enhance their health and vitality as well as address specific ailments. Our goal is to provide insights from the Edgar Cayce readings and encourage active participation with their health care professionals. Because the topic we are addressing this month could be potentially serious in nature (cysts, which, according to Cayce, can become tumorous), we *insist* that you begin by obtaining a medical diagnosis of your condition if any kind of lump or bump is involved!

Harmless Ovarian Cysts

I began my research regarding cysts when I heard of a woman who was diagnosed through ultrasound with a harmless, fluid-filled ovarian cyst. I began searching the readings on ovarian cysts, which started me on a journey of understanding I had not anticipated. Quite directly (searching on “cysts ovary”) I found a reading that was very specific to this condition.

“And there has been a cyst formed in the right ovary. This can be determined best by the proper character of x-ray or shadowgraph. We find that the body would find much better activity where the weather and dampness is not so severe, where the body may have the advantage of the Ultra-Violet Rays from sun and sand. We would apply Glyco-Thymoline Packs over the ovarian area, or the right groin, followed by the proper application of massage. This would necessarily be rather in the form of the neuropathic massage, where the gland centers of the lymph circulation are stimulated to activity. This is better than a purely mechanical adjustment, though an osteopathic gynecologist might give good results, unless early operative measures are sought. If the osteopathic or neuropathic treatments are given, and there is the application of the Glyco-Thymoline Packs in the areas of the pubic center as well as the umbilical center and the area of the sternum or breast bone, we find that there may be the absorption of this cyst.” (3472-1)

The reading goes on to give more information in the event that the pain persisted, but this basic therapy is one that might be of help if you (or someone you care about) has a routine ovarian cyst.

Another reading, more general in nature regarding cysts, also pointed to Glyco-Thymoline packs. “That there are tendencies for accumulations into pockets in the lymph circulation is indicated by the acute conditions which arise at times through the areas of the lymph circulation; as in abdominal area, as in parts of the lung and throat, as in the head; and as found to be existent in a more acute form in cysts on parts of the body, especially in the head area. For these—disregarding other conditions—we would apply a poultice of Glyco-Thymoline, as a pack; using three to four thicknesses of gauze thoroughly moistened and applied to these cysts—warm; not hot but warm. Change the application every twenty minutes, doing this for about an hour each day.” (2957-1)

An Unexpected Turn

My study took an unexpected turn when I spoke with my colleague Elaine about cysts. Elaine is gathering information for a book she is writing on the lymph. She indicated that I should search on “lymph pockets” – that this phrase was often used by Cayce to describe what we know as cysts. This approach opened up an incredible door that we can all benefit from understanding AND working within our personal health plan.

What I came to learn, in reading after reading on cysts and lymph pockets, is that such conditions seem to be rather normal – that lymph pockets or cysts form – and dissipate – quite regularly in a healthy individual. What Cayce also points out, however, is that if the lymph is sluggish and the pockets do not dissipate, trouble may well ensue.

One reading states, “Reflexly we find that the organs of the deeper circulation are affected—heart, lungs, liver, kidneys; though these in the present are not other than functionally disturbed from nerves. But, through congestion, through the non-elimination of poisons, through the non-emptying of those various portions where there are the tendencies to form lymph pockets, these might become tumorous—or might even become of a more serious nature, if the chemical balance were so unbalanced as to cause the setting up of an activity within themselves.” (2581-1)

So, a journey which began by finding a complementary therapy for a common ovarian cyst resulted in an all-encompassing admonition to keep the lymph flowing. How? Exercise. Stretch. Massage. Drinking plenty of water. And keeping the body in an alkaline state. These lifestyle guidelines are cornerstones to a long and vital life!

Extracts from the Readings

Extract form Reading 2957-1, 30-year-old woman, 4/2/43

Background of Reading 2957-1 F 30

3/25/43 Notes from friend Mrs. [...]: "Two cysts, size of lima bean; one at base of throat over windpipe; one on left side of head 1 1/2 inches above ear - appeared 13 years ago - quick growth in past 2 yrs."

That there are tendencies for accumulations into pockets in the lymph circulation is indicated by the acute conditions which arise at times through the areas of the lymph circulation; as in abdominal area, as in parts of the lung and throat, as in the head; and as found to be existent in a more acute form in cysts on parts of the body, especially in the head area.

For these, - disregarding other conditions, - we would apply a poultice of Glyco-Thymoline, as a pack; using three to four thicknesses of gauze thoroughly moistened and applied to these cysts - warm; not hot but warm. Change the application every twenty minutes, doing this for about an hour each day.

When there is acute pain, as in the throat or in the bronchi, or edge of trachea, or in the abdomen, the application of the Glyco-Thymoline packs will also relieve these tensions....

In the diets keep closer to those foods that are easily assimilated; whole grains, plenty of fruits and vegetables, not too much of meats but plenty of sea foods and fowl - these are preferable for the body.

And keep that attitude of being constructive....

(Q) What has caused the exhaustions which strike without warning?

(A) The tendency for the accumulation of lymph pockets through the body.

When these cause acute pains, apply the three or four thicknesses of gauze saturated with the Glyco-Thymoline, full strength, then covered with an oil cloth or the like to hold the warmth and to prevent spreading of the liquid.

3079-2, 55-year-old man, 10/7/43

(Q) What is the small swelling on the left side of the spine I wrote about (it is slightly smaller in area now and neither red, nor inflamed, nor painful). Shall we make the Glyco-Thymoline applications just the same and could I have a little more information about them?

(A) This is an accumulation of lymph. The Glyco-Thymoline Packs should be applied over this area, for these will take away the pressures that have been causing other disturbances in the body. Let the Packs be applied about twice a week, leaving them on until the two or three thicknesses of cotton cloth have dried out from the body absorption.

CYSTS: BREAST CIRCULATING FILE

INDEX OF READING 288-23 F 23

Circulation: Poor: Eliminations: Incoordination	Par. 6-A
Clairvoyance Of E.C.: Conditions Confirmed	Par. 2-A, Reports
CYSTS: GLANDS: MAMMARY: CURED	
Diet: Appetite: Eliminations: Incoordination	Par. 4-A, 6-A
ELIMINATIONS: INCOORDINATION	
Eyes: Strained: Eliminations: Incoordination	Par. 5-A
Hands: Fingers: Eliminations: Incoordination	Par. 7-A
Healing: Consistency & Persistency	Par. 4-A, 6-A, 8-A
Perspiration: Eliminations: Incoordination	Par. 2-A
Physiotherapy: Baths: Steam: Iodine	Par. 2-A, 9-A, 11-A
: Sweats: Eliminations: Incoordination	Par. 2-A, 9-A, 11-A
: Massage: Iodex: Tumors: Lymph	Par. 2-A, R2--R6
Prescriptions: Castoria: Eliminations: Incoordination	Par. 10-A
: Water, Drinking:	Par. 2-A, 9-A, 11-A
Supports: Elastic: Tumors: Lymph	Par. 3-A
TUMORS: BREAST: CURED	
: LYMPH:	

BACKGROUND OF READING 288-23 F 23

B1. On 6/1/28 She obtained 288-22 giving further advice for lumbago (from clogged liver).

B2. 10/24/28 She sought advice especially for a lymph tumor or cyst in left breast, neuritis in fingers, cold feet, etc.

TEXT OF READING 288-23 F 23

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 24th day of October, 1928, in accordance with request made by self - Miss [288].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Dr. and Mrs. Thos. B. House.

R E A D I N G

Time of Reading 5: 20 P. M. Eastern Standard Time. ..., Va.

(Physical Suggestion for Questions)

1. EC: We have the body here - this we have had before. Ready for questions.

2. (Q) What was the original cause of the condition with the left breast?

(A) The condition produced by non-eliminations in the system. As has been indicated by the conditions of the body, the liver and the excretory system have not been functioning normally. Been very hard, even in warm weather, for the body to perspire (if it will remember the conditions as have been presented with same), save in PORTIONS of the body - but, as a GENERAL condition over the whole system, this is below normal. Anything taken that will act as a GENERAL condition to produce eliminations externally AND internally, balanced, will bring better conditions for the body.

Sweats [steam baths] would be good for THIS, provided iodine is used in the sweats, or in the water. Not OVER five to eight minutes at FIRST, gradually increasing, for this will produce too much eliminations in one direction unless the alimentary canal is kept going, too. Do not take such sweats or baths without first drinking three to four glasses FULL of water.

With the changes as have been brought about in the system, and with the general condition as existed with poor eliminations, this formed a centralization there.

The gentle massage - not rubbing hard - gentle massage with the Iodex, and with the eliminations set up, these conditions will disappear. Allowed to become localized, or bruised, they may cause trouble to the body.

3. (Q) What precautions should I take for protecting it, etc.?

(A) Use supporters! [Well fitted brassieres. She had been going without them!]

4. (Q) Am I being consistent with my diet, exercise, work, and treatments at the present time?

CYSTS: BREAST CIRCULATING FILE

(A) The changes wouldn't be necessary if the body was consistent with the conditions as exist; but with these changes, and with the diet kept nearer nominal - not overloading at times and going without food for other periods - be more consistent in THAT direction - BALANCE the system so that there isn't one portion of the system suffering to the extent that the other portion is gorged at other times. This is a good way to produce conditions where the system does not function in coordination.

5. (Q) Why do my eyes feel like they are not working in cooperation with each other? What is necessary for correction?

(A) The eliminations set properly in the system, we will find the whole general system acting more properly. Do not attempt to USE the eyes - or STRAIN the eyes, and we will find bettered conditions for 'em!

6. (Q) Is there anything special, other than my regular consistency, that should be done to relieve the coldness of feet and limbs at times? What is the cause of this?

(A) Only that as given. This is as necessary for the correction of the conditions, and then use consistency in the manner as outlined - especially with the diet, not overloading at ONE time and not eating at another time. REGULARITY is as consistent in eating as in eliminations. Irregularity in one and in the other certainly work together.

7. (Q) What causes the soreness or strained feeling in the veins of certain fingers at times?

(A) Taxation, [Typing?] and the lack of elimination, and centralization of those poisons as not eliminated properly through the system.

8. (Q) Give any advice that will help the body keep physically fit.

(A) Be persistent and consistent with the self in the ways and manners as are here, and as have been, outlined for the body. That good for ALL.

9. (Q) How often should the baths [steam baths] be taken?

(A) Not more than once a week to begin with.

10. (Q) Would Castoria be a good eliminant to take?

(A) This a very good eliminant.

11. (Q) How much iodine should be put in the water for the [steam] baths?

(A) Three to five drops. We are through for the present.

REPORTS OF READING 288-23 F 23

R1. GD's note: Miss [288] told us later that the information about her not perspiring properly was so true! She only perspired in certain places even in very hot weather - such as under arms, in groin, etc.

CYSTS: BREAST CIRCULATING FILE

R2. 11/11/29 She obtained 288-24 for a general check-up on tendency for constipation, etc., saying that the cyst had finally dissolved - she had followed the treatments for several months and continued the Iodex salve massage for the entire year - hoping to keep the cyst from reforming.

R3. On 9/19/34, in her Reading 288-38, Par. 9-A she was told (in reply to question about apparent susceptibility to injury of the left breast) to keep the circulation through the mammary glands which extend down the side, by massage at times with the Iodex.

R4. 7/21/37 "The Iodex with diet and eliminations set up has completely eliminated the breast tumor."

R5. 2/38 She stated that the cyst had never returned.

R6. 6/65 She told us that the cyst had never returned, but at times she had a tightness in the glands under her left arm downward - after massaging thoroughly with peanut oil a time or two it would always disappear.

INDEX OF READING 3808-1 F 47

Cancer: Tendencies	Par. 5, Background
CYSTS: TUMORS: CURED	
Diet: Tumors	Par. 7
Doctors Suggested: Babcock, Wayne: M.D.	Par. 6
Glands: Deficient: Hay Fever : Tumors	Par. 13-A Par. 5, 12-A
Hay Fever	Par. 13-A
Hormones: Estrogen: Tumors	Par. R3, R5
Injections: Hypodermic: Hormones: Tumors	Par. 6
Physiotherapy: Massage: Cocoa Butter: Tumors	Par. 8
Pregnancy: Not Recommended: Glands: Deficient	Par. 14-A--16-A
Prophecy: Prognosis: Tumors	Par. 9, 11-A
TUMORS: BREAST: CURED	

BACKGROUND OF READING 3808-1 F 47

B1. 3/4/44 Letter: "Cancer is a disease running through my mother's family. Mother has an advanced case of it now, her mother and her grand-father died with it. What can I do to avoid it? What can I do to get rid of the small lump in my left breast? Is there any part of my body which is especially susceptible to disease and of which I should be particularly careful in the future? I have had hay fever for years. As the spring variety was checked, the fall variety developed. If you have recommended any medical attention (If necessary) doctors in ... who can help me and who would be sympathetic to your suggestions and instructions?"

B2. 3/15/44 Letter: "Since writing you a couple weeks ago, I am again having trouble with a lumpiness in my breast, this time in the right one. Some years ago I had a cyst removed from the left breast and of course am apprehensive and dread any more operations. It seems that the secretion of the glands - milk glands the doctor has said - backs up and causes this thickening or real lump.

CYSTS: BREAST CIRCULATING FILE

Since I have had two cysts removed from inside my cheek and two other moles or warts removed from my skin because they suddenly seemed to become active, it does seem I have a tendency to 'lump-up' easily. I am told that one of the new theories about cancer is that the person with the disease has a lack of certain hormones. While I do not think I have cancer and most certainly do not want to acquire a phobia on the subject, still I have had enough trouble with cysts to believe I have a tendency or would be especially susceptible to this disease. Any suggestions you can give me to strengthen my resistance to cysts and prevent their forming in any part of my body - and to get rid of the one which seems to be now forming in my right breast, will be most eagerly received. I just dread the thought of any more operations - big or small and am really greatly worried about this condition."

TEXT OF READING 3808-1 F 47

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 25th day of March, 1944, in accordance with request made by the self - Miss [3808], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

3. Yes, we have the body here, [3808].
4. As we find there are disturbing conditions that may become very aggravating unless measures are taken to eliminate or meet the disturbances in the present.
5. There are those chemical changes where certain hormones are minus in the body. These in the activity of the glandular forces continue to allow broken cells to accumulate or become nebulous and accumulate tissue or matter about same, forming segregations that may become very detrimental to the body - especially as indicated in the present in the mammary glands. Unless attention is given to the system by adding such hormones as to create a proper balance, these may form also in other portions of the body where there are those inactivities of glands; as through the abdomen as well as wherever soft tissue may become so aggravated by these disturbances.
6. We would go to Dr. Babcock at Temple Hospital and have or receive injections of the hormones that will counter act this condition. These would be given hypodermically and not more than two of such injections would be necessary - these at least three or four weeks apart.
7. Then the diet should be kept constructive as related to the condition; the lack of other than fruits and vegetables (juices) and not too much of any meats at all. Vegetables mainly, and only fish and fowl as meat - and these prepared Kosher.
8. Throughout the periods while there is the use of the injections we would massage very gently, at least once each day, the mammary glands; not about the breasts but under the arms, using cocoa butter.

CYSTS: BREAST CIRCULATING FILE

9. Do these and we should rid the body of these disturbances.
10. Ready for questions.
11. (Q) What should be done to help spot inside left cheek to become normal healthy again, and to prevent other cysts from forming?
(A) All of these will gradually disappear as the proper balance is created in the system.
12. (Q) Is there any part of my body especially susceptible to disease and of which I should be particularly careful in the future?
(A) Any of those about the glands indicated, and especially the breasts.
13. (Q) Is something recommended to avoid or to alleviate the severeness of the Spring and Fall variety of Hay Fever which I have had for years?
(A) The very same changes in the activity of the glands should also alleviate these disturbances.
14. (Q) When I am married (soon) because of my age and general physical condition would it be harmful to my health to have a child?
(A) Not until these disturbances are ridded from the body. It would be harmful unless these glands have become changed so that there is an equal balance of the hormones.
15. (Q) Is it probable that I would have a normal, healthy child?
(A) Very probable if conditions have been altered.
16. (Q) Would you encourage me to have a child?
(A) Read what has just been given. Dependent upon whether there has been the purifying of the system or an equal balance between the male and female hormones in the body. The male hormones have been lacking and it will be necessary for the injection of same to rid the body of these tendencies for cysts. Without these being eliminated and the body purified (and it should take at least a year to two years) to have a child would be quite dangerous. We are through. .

REPORTS OF READING 3808-1 F 47

R1. 4/18/44 Letter:

The physical reading you gave for me on March 25th has helped me tremendously. By a strange coincidence on March 15th I suddenly developed a thickening of some glands in my right breast and a cyst formed. I hoped to delay doing anything about it until after your reading. However my regular doctor urged me to have a blood test which I had on March 29th. In the meantime on March 27th I sent you a telegram telling you that I urgently needed the reading of the 25th. You very kindly sent it to me by Air Mail and I received it just as I was leaving on the 29th for the blood test.

You advised me to see Dr. Babcock of Temple Hospital while I was hoping to avoid having this cyst removed by surgery and knew Dr. Babcock to be one of the outstanding surgeons in Phila. still I had such confidence in your advice that I

CYSTS: BREAST CIRCULATING FILE

immediately made an appointment to see Dr. Babcock. (About eight years ago I had a similar cyst removed by surgery from my left breast).

Dr. Babcock removed the cyst by tapping - that is he used a syringe and removed the fluid. He assured me it would never recur in this particular gland. He told me that he averages about three such cases a week. There was no real discomfort with this 'operation' - it was all so simply done and by a method I had never heard of - that the whole thing to me was nothing less than a miracle. Also I was much pleased to learn that Dr. Babcock knew of you through a gentleman who lives in ... Dr. Babcock had operated on this man found exactly the condition you had described, and that man today is enjoying normal good health. So, Dr. Babcock has much interest in and respect for your advice.

On April 5th I received the first hormone injection and expect to have the second and last one - as you advised - the last of next week. Also I followed your instructions for massaging under the arms with Cocoa Butter. I have done it at night and found that the next morning the glands seem less swollen. The diet you suggested has given me the greatest trouble because the other three members of my family are on diets too.

I have not eaten any meat of any kind since April 3rd, rarely have fish and have chicken about four or five times a week. I eat a good variety of vegetables and fruit. It is not clear to me what you meant in your reference to 'juices' whether fruit and vegetable juices and if I should or should not have such juices. You have said that the chicken should be prepared Kosher. I have not prepared it this way yet as the rest of my family object to it, but am working on the subject. ...My blood test shows my blood to be low in iron for which I am taking iron injections twice a week. I suppose this condition will be aggravated since I have stopped eating meat. I have a good appetite, eat heartily but still feel hungry too often. ...I understand from your reading that cysts may occur in other parts of my body if there is a chemical unbalance of the hormones. I ask Dr. Babcock if I could have some sort of test or check up to determine the amount of hormone unbalance for future use as well as for the present. He said he did not know of any such reliable test. Can you advise me on this question?"

R2. 7/15/45 Letter: "I was married last summer... I would like a check reading as soon as it can be arranged. Acting on his advice my physical condition is apparently greatly improved. If this is really true, then it might be safe for me to consider having a child. As I am almost 49 years old naturally I do not want to delay more than necessary."

R3. 5/18/51 Report by her M.D.:

"Lumps in right breast discovered 3/15/44, without pain or tenderness or change in size during the 2 weeks after their appearance. A small lump in the left breast disappeared about the time the one in right breast appeared.

"Diagnosis - obstructed duct cyst - which was aspirated with removal of thin fluid and the disappearance of the lump.

"Patient was given 2 injections of estrogenic hormone. On 9/2/46 the patient reported there had been no recurrence of the lumps and that she felt entirely cured.

"Duration of treatment - 3/23/44 - 4/5/44 and 5/1/44."

INDEX OF READING 4218-1 F ADULT

ASSIMILATIONS: POOR

Blood: Hemoglobin: Deficient	Par. 3
Diet: Neuritis	Par. 17
Electrotherapy: Vibrator: Neuritis	Par. 18
Healing: Consistency & Persistency	Par. 18

LUMBAGO

NEURITIS

Prescriptions: Alcohol, Grain: Assimilations	Par. 14--16
: Calisaya Bark:	Par. 14--16
: Sarsaparilla Root:	Par. 14--16
: Tolu, Balsam Of:	Par. 14--16
: Water, Rain:	Par. 14--16
: Wild Cherry Bark	Par. 14--16
: Yellow Dock Root:	Par. 14--16
Prophecy: Prognosis: Neuritis	Par. 19

TEXT OF READING 4218-1 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 16th day of January, 1924, in accordance with request made by self - via husband, Mr. [4219].

1. EC: Now, we find there are conditions that are abnormal in this body, and they may be corrected. They have to do with the functioning of organs as affected by the circulation in its functioning in various portions of the system, and brings to the body distress through the nerve system by pressure created in centers by this condition. Hence, we find the real seat and cause of condition submerged.

2. Now, these are conditions as we find in this body, [4218] we are speaking of. First:

3. IN THE BLOOD SUPPLY, this we find below normal in quantity, produced by the inability of the system to assimilate properly that taken in the system for the rebuilding cellular force, and lacking in vitim necessary to produce this. Hence the excess of white forces and lymphatics, and the absence of sufficient of the hemoglobin to produce rebuilding or stored energy. This, we see, is produced through the glands in the upper intestines, where new blood affects the chyle. Hence we have at times distress along the tract of this duct. That is, through the right shoulder, toward the neck you see, under the arm.

CYSTS: BREAST CIRCULATING FILE

4. IN THE NERVE SYSTEM, we find some of the centers, and especially the epineurium of the centers, produce inflammation and pressure. This especially do we find in the fourth lumbar, and in the second dorsal. The effect then is headaches from a portion of the face, through side of the temple at times, distressed feelings all over the whole system, with a tingling sensation, as it were clear to the feet, extremities. From the other centers produce the sensation as if the body was walking on eggs or air. Achy, heavy-laden throughout the lower portion across the sacral plexus. In that producing this is, as we find, from the lack of the blood forces to supply sufficient nutriment. Hence the system calling, as it were, on the supply produces irritation. This condition, then, produced being that of reflexes.

5. IN THE FUNCTIONING OF ORGANS, brain forces are very good.

6. The sympathetic nerve system overtaxed.

7. Sensory organism very good in all the functionings.

8. Throat and lungs and larynx very good, so far as organic condition. At times we have specific condition from congestion.

9. Digestive tract, body often feels hungry, yet little suffices, for we find the over amount of lactic forces in the stomach proper, so that when acted upon by the pancreatic juices the liver in its secretions, as is given in the system to act upon that taken in the body, as foods find little to act upon in the proper manner.

10. Organically, the digestive tract very good, yet in the pyloric end this condition exists, which is a lack of lactic producing hydrochloric forces or to produce hydrochloric.

11. In the hepatic circulation we have a submerged circulation. Hence low in pressure.

12. In the kidneys overactive, and at times the distress to these portions of the excretory system, as caused by the inflammation in the lumbar region and reflexes to the body.

13. Capillary circulation low. Tendency to show in the system the portions not eliminated properly in liver and kidneys. Hence repression in circulation through this portion of system.

14. To give the balance in this body, that will create the equilibrium, correct incentives for the functioning of organs normal, and for the blood supply, take this in the system: To one gallon of rain water, add:

Sarsaparilla Root.....4 ounces,
Wild Cherry Bark.....2 ounces,
Yellow Dock Root.....2 ounces,
Calisaya Bark.....1 ounce.

CYSTS: BREAST CIRCULATING FILE

15. Reduce this by simmering (not boiling) to one quart. Strain and while warm add three drams of Balsam of Tolu cut in four ounces grain alcohol.

16. The dose would be two teaspoonsful after each meal.

17. Let the diet be not much of meats. Rather of as much green vegetable matter as possible, preferably those that grow in the ground, and those above ground that carry much nutriment for the nerves.

18. Also well for the body to take vibrations all along the whole length of spine, preferably those electrically driven. Take these persistently and consistently for at least five minutes. Treat the spine from the base of brain to the end of spine, and across abdomen at the diaphragm line. Deep across the sacral region.

19. Do this, and we will find within forty days the body will be brought to its normal forces.

REPORTS OF READING 4218-1 F ADULT

R1. 1/21/24 See 4218-2.

INDEX OF READING 4218-2 F ADULT

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

Cancer: Tendencies Par. 2-A, 3-A

Electrotherapy: Vibrator: Tumors: Breast Par. 2-A

Glands: Mammary: Tumors: Breast Par. 2-A

TUMORS: BREAST: FIBROID

TEXT OF READING 4218-2 F ADULT

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Room 115, Dayton, Ohio, this 21st day of January, 1924, in accordance with request made by self - Mrs. [4218], via husband, Mr. [4219].

2. (Q) What is the condition causing the hardening or lump in the left breast?

(A) EC: This we find is produced from the condition that has to do with the chyle in forming in system, and affects the generation of formation in the Mammary Glands, and is a hardening of the tissue, and needs to be reduced with the vibrations as are to be given the body, to produce the perfect vibration and the assimilation and elimination in the system.

This we see is of the fibrous. Not of that condition that could or would become malignant, except by producing or by causing an abrasion in all cellular force through the improper condition of blood forces would cause such a condition to rise.

By cleansing the system and the supply of blood forces in the body, and with that vibration as given used over centers, and on muscles and ligament that produce elimination, we will reduce the condition and be absorbed in system.

Do that, as we have given.

3. (Q) Is the condition a cancerous growth?

(A) We have just given this. We are through. It is NOT.

INDEX OF READING 4509-1 F ADULT

Appliances: Radio-Active: Neurasthenia	Par. 3, 4, 5-A, 6-A, 8-A
Doctors: Ginn	Par. 1
Electrotherapy: Alpine Rays: Neurasthenia : Rino Ray:	Par. 3, 4, 5-A, 6-A Par. 3, 4
Glands: Mammary: Tumors: Breast : Pineal: Neurasthenia	Par. 10-A Par. 9-A
Headache: Neurasthenia	Par. 9-A
Melancholia: Neurasthenia	Par. 9-A
Names: People Mentioned: Blumenthal, Morton	Par. R7

NERVOUS SYSTEMS: INCOORDINATION: NEURASTHENIA

NEURASTHENIA

Pelvic Disorders: Menoxenia	Par. 7-A, 8-A
Physiology & Anatomy: Neurasthenia	Par. 2
Psychosomatics: Neurasthenia	Par. 2
Teeth	Par. 11-A
Tumors: Breast	Par. 10-A

TEXT OF READING 4509-1 F ADULT

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 24th day of August, 1925, in accordance with request made by her husband, Dr. [4508].

2. EC: Now, we find there are abnormal conditions for this body. These in their inception, or that producing same goes far back in the life at present of this body. Those conditions at the present time have more to do with the inability of the body through the physical forces of the functioning of the system to produce the perfect coordinations between the systems. Hence we have a general condition that breaks down, as it were, in specific conditions from time to time through the functioning of the system.

These, then, bring about the various conditions as are seen in the system.

In the attempt then to build up one portion, there comes in from other sources (that is, other functioning organisms) that which gives the inability of that force to become the rebuilding throughout, for as we see, we have in this system those of the psychological forces as have entered into the mental forces of body that give a separation, as it were, between the physical forces and the mental forces of the body in its effect as is produced in the body. Then we have as this: Each functioning organism has its own vibratory force of creating in its element that from the system which will bring reproduction of that cell force necessary for the propagation of the work of that organism, and as is seen in this body, [4509], we are speaking of, we find these break down through the inability of the system, physical, to produce, with the retractions as come to body, the equilibrium necessary for a coordination. These are assisted in part (that is, the system and the conditions) from time to time by various effects as of properties that build in the various portions, as is seen in the tissue, in the replenishing in blood cell force. Again this breaks down, causing destructive forces, as to the various portions of lung tissue, of throat, of head at times. These vary in their effect in system, according to the condition. In fact, as we would see from psychological forces, there are often times when the body does not desire to improve, mental forces reacting with the physical condition in the body.

3. Then the better forces, to bring about these conditions for the body that will add that activity to the system as to bring the normal transition of cellular rebuilding forces, using those vibrations as would be accorded the body through the use of Alpine rays, or Rino's rays, over the whole system to produce the inductive forces of the regenerated blood supply in the body, using those vibrations then opposite from these (that is, each day), such as is found from Radio-Activity of Steel and Ice, carrying the properties of an alternation of Gold Chloride and Silver Nitrate, the vibrations from each to be carried into the system, for this will add then in this manner to this body. The vibrations from each, through Gold, through Silver added to system, produces in the body that necessary to counteract the reaction that prevents coordination in this body.

4. Then, these would be the manner to follow these out: First the ray for blood forces. Second, each day apply those vibrations as is given in that from the Radio-Activity of these vibrations. Gold one day, Silver the next. The vibrations of same enter system, not the properties themselves. Do that.

5. (Q) How often should the Alpine Ray be used and for how long at a time?

(A) These, as we see, should be every second to third day, varying according to the condition of the body, through its whole reaction to same. As we see, the system will of necessity take far rays - gradually increase same. That is, twenty to twenty-two inches with the current set as such that reacts with the system. The Silver and Gold in its vibration shall be given each day; that is, Gold one time, Silver next. Gold Chloride in solution, see? Silver Nitrate in solution, attaching to vibratory forces from the Radio-Active forces of Iron and Ice, as has been given.

CYSTS: BREAST CIRCULATING FILE

6. (Q) How long should it remain on the body at a time?
(A) One hour each evening. Let's have these to react in system through the rest of the body.
7. (Q) What has caused irregular menstruation for past twenty-five years?
(A) The inability of the system to respond to those functionings of the system, as has been given. The body does not respond one portion with another.
8. (Q) What particular condition do you find in uterus and what remedy therefore?
(A) These, as we have given. That of the Gold, which is the vibration necessary for the production of the regeneration of the system, especially towards that of the creative forces that give the action to these organs of the body. Silver in action to the vibratory forces of the nerve system; that is, the sensation of the functioning of these portions of the body.
9. (Q) What causes extreme nervous condition accompanied by severe headache, stomach trouble, soreness of spine, and melancholia?
(A) The inability of system to react, as is given in the first. We find the connections, as it were, through the system of the nerve portions of body, in that of the nerve (pineal nerve, see?) connecting with the hypogastric plexus, which enters the brain in the same centers, we find when this reaction to the system is in its functioning, as it were, the melancholia, the despondency, the reaction to the stomach, all portions of the spine, all centers are retractory forces, as has been shown, see? This, then, is the result of non-coordination of the system through both sympathetic and the physical forces of the body.
10. (Q) What causes soreness and lump on right breast?
(A) The inability of eliminating forces in the system, as is produced by the glands in this portion of body not functioning with rest of system. This is not in itself that vibration that would produce any condition, UNLESS there comes from outside forces that that produces or brings that cellular force in system that would separate same from the regular eliminations of body.
11. (Q) In what condition do you find teeth and how do they affect this entire condition?
(A) There are certain teeth as we find, especially those in the second molar on left side, needing special or direct attention. These are as a reflex, not a direct cause in any of conditions.
12. We are through for the present.

INDEX OF READING 4568-1 F 36

Digestion: Indigestion: Pelvic Disorders	Par. 4
Head Noises: Pelvic Disorders	Par. 4
Headache: Pelvic Disorders	Par. 4
MELANCHOLIA	
NEURASTHENIA	
Osteopathy: Spine: Subluxations	Par. 3
Pelvic Disorders	Par. 4
Physiotherapy: Packs: Glyco-Thymoline: Pelvic Disorders	Par. 5
Spine: Subluxations: Neurasthenia	Par. 3, 6--8
Tumors: Breast	Par. 6, Background

BACKGROUND OF READING 4568-1 F 36

8/17/26 Letter from [4568]: "...I have some lumps in my breast and I cannot decide what to do about them. Also, my back is troubling me greatly.

TEXT OF READING 4568-1 F 36

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of October, 1926, in accordance with request made by self - Mrs. [4568] via her brother-in-law, Mr. [2901].

3. Now, we find there are those physical conditions with this body that may be improved. There are other physical forces of which the body should be warned, that the correction of same in their incipency might bring better conditions to the physical functioning of the organism of this body. In these we find there are two distinctive elements that enter. One that is of a correction that should be made in the cerebrospinal system. One - yea two - of the centers show there are subluxations, and that these hinder the body from functioning in a normal manner. These conditions have much to do with the nervous spells that come to the body in various forms of cycle functioning of the organism. The subluxations we find are in the 8th and 9th dorsal, and in the 4th lumbar. These conditions are of those which the body should be warned, and the correction of which would bring better conditions for the body. These should be corrected, preferably, by the osteopathic adjustments and manipulation with same, that would correct the general condition as has been produced in system from same.

CYSTS: BREAST CIRCULATING FILE

4. In the functional troubles, we find there are conditions existing in the pelvic organs that give distress. These need attention in a local manner to bring about the normal condition of the system. These conditions produce that of the distress to the nerve system, especially in headaches to the central portion of the brain. In the repression as this condition brings about, we see there are many various conditions that are reflexly produced, as is seen in the sensory system and in the sympathetic system, for with the subluxation, and with the functional condition as is caused, then the condition produced in nerve reflexes brings about a taxation to those plexuses as govern the system through reflex from solar plexus and from the hypogastric and pneumogastric plexus, disturbing digestion, as well as bringing ringing to the ears at times, distresses to the sensory system.

5. In the correction of this we would find many conditions would be assisted. In the manner of correction would be by local application antiseptics, and the like, in packs, to correct and bring about the NORMAL condition in pelvic organs.

6. IN THE MENTAL FORCES OF THE BODY, these we find very good in many ways, yet these repressions through subluxations, and these conditions as exist in nerve system, often bring to the body those of that of the depression that causes little things to become very large in the mental image of the body, and the body takes the body-mental images as realities when they are only imaginations of the entity's own making. With the correction of physical conditions, correction of subluxations, and correction of the physical functioning organs of the body, we will find these will bring better conditions to the system, through the mental forces in body.

7. In the correction then of each, as has been given, we will find we will bring about the better physical and mental conditions for this body.

8. The body mentally has many talents that are subjugated, through the lack of the expression as is often desired by the entity through mental forces. This suppression causes that of the disagreeable conditions at times, through that of being oppressed when others do not understand the condition. Correcting mentally, through the correction in physical, will give many advantages to the body, so we will find better expression in self, mentally and physically.

9. Then, do that, [4568].

10. We are through for the present.

REPORTS OF READING 4568-1 F 36

R1. 11/26 Report from [4568]: "...The reading fit my case almost perfectly. I am following your instructions and feel better..."

INDEX OF READING 5236-1 F 42 (general)

Asthma	Par. 15-A
CANCER: TENDENCIES	
Chiropractic: Tumors	Par. 6, 7, 14-A
Diet: Tumors	Par. 11
Electrotherapy: Mercury Quartz: Tumors	Par. 6, 7
: Ultra-Violet Light: Green Glass: Tumors	Par. 6, 7
Intestines: Colonics: Tumors	Par. 10
Lymph: Plethora: Tumors	Par. 4
Nervous Systems: Incoordination: Tumors	Par. 4
Pelvic Disorders: Vaginal Discharge: Tumors	Par. 5
Physiotherapy: Douches: Glyco-Thymoline: Vaginal Discharge	Par. 9
Prescriptions: Bismuth, Milk Of: Tumors	Par. 10
: Pepsin, Elixir Of Lactated:	Par. 10
Sensations & Symptoms: Pain: Breast: Tumors	Par. 14-A
Surgery: Preventive: Tumors	Par. 8
: Tumors	Par. 6
TUMORS: PELVIC	

BACKGROUND OF READING 5236-1 F 42

4/23/44 Letter: "...(1) I have had several chiropractic adjustments recently, and would like to know if I should continue having them? (2) What causes the weak feelings that I have frequently? (3) What to do about them? (4) What is the pain in the center of body, just above the lower ribs? (5) I have had very severe attacks of these pains at times. (6) Do I have a tumor in or near the uterus, and if so should it be removed? (7) What causes pains in my whole left side (arms, legs, etc.) at times?..."

5/20/44 Letter: "...In my letter of April, I did not mention that I have asthma and would like to know cause and cure for it..."

TEXT OF READING 5236-1 F 42 (Episcopalian)

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of May, 1944, in accordance with request made by the self - Mrs. [5236].

3. As we find, there are real disturbances which are preventing better physical functioning. There are rather unusual circumstances which accompany the disorders and disturbances. For the administrations which are being made are slowing and preventing, in the present, the conditions coming to a head. Yet, there are continuing disturbances and disorders which are indicated by existent conditions.
4. In the pit of the stomach we find there are those accumulations that form gas, and these are from a plethoric condition in the lymph circulation, in the pyloric portion of the stomach itself. This, as we find, is an indication also of how, through incoordination between cerebrospinal and sympathetic nervous forces, which supply energies from brain and blood force by impulses, as well as the regular circulation which goes directed or controlled or influenced by this incoordination which exists here, there are produced segregations or accumulations which would be called tumorous in their nature.
5. The same we find exists in the organs of the pelvis, and this is upon the tubes which lead from the ovaries to the uterus, and this causes a general discharge which becomes very aggravating to the body.
6. It might possibly become necessary for operative forces, but so long as there may be had the thorough cooperation of those making adjustments in the present we would continue. And we would have them use the ultra-violet with the green glass projected between the ultra-violet and the body, and do use the mercury light, not the carbon. Use this at least twice a week.
7. We would keep the adjustments and massage regularly, as in the present, but do have following each period the use of the light over the body, and this would preferably be over the back area, and let it extend from those areas from the lower portion of the abdomen to the area just below the heart. These are not more than a minute in the beginning. Have the light at least thirty-eight inches from the body and the green glass at least (an eight by ten or ten by twelve), fourteen inches from the body, that we may have the effect of the rays on the greater portion of the affected areas.
8. This do, and we may be able to prevent operative measures and we may find conditions gradually improving.
9. Do use the vaginal douche at least once a week; body temperature, and to each quart of water put a tablespoonful and one-half of Glyco-Thymoline.

CYSTS: BREAST CIRCULATING FILE

10. Do use a small quantity or one-half teaspoonful of Milk of Bismuth with ten drops of Elixir of Lactated Pepsin in a glass of water once each day, preferably following the heavier meal taken. This may necessitate after the first, second or third day that a colonic irrigation be given, or taken, so as to cleanse the colon from the poisons which will be absorbed by the activity of these properties through the body.

11. In the diets keep away from vegetables of the tuberous and bulbous natures. But leafy vegetables such as carrots, oyster plant, red cabbage, celery, lettuce, greens of all kinds would be preferable. Fish, fowl and lamb may be taken but never fried foods.

12. Do these and we may bring the best conditions for this body.

13. Ready for questions.

14. (Q) What causes pain and soreness in right breast?

(A) These are accumulations. These come from the glands and these we would not irritate in any way. Do keep these suggestions. And we may eliminate these disturbances by keeping the massage or chiropractic treatment for this is good and not all such treatments are good.

15. (Q) What should be done for asthma?

(A) All of these are taken into consideration. Do keep these suggestions.

16. We are through with this reading.

INDEX OF READING 2392-3 M 58 (general)

CYSTS: LYMPH

Diet: Cysts	Par. 6
Glands: Cysts: Lymph	Par. 4
Physiotherapy: Applications: Atomidine: Cysts	Par. 5
: Water, Distilled:	Par. 5
: Massage: Castor Oil:	Par. 5
: Soda:	Par. 5
Prescriptions: Atomidine: Cysts	Par. 4

BACKGROUND OF READING 2392-3 M 58

1/21/42 Letter: "What causes, and what should be done to remove, the lump below ear and back of jaw, formed during the past two months?"

TEXT OF READING 2392-3 M 58

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 30th day of January, 1942, in accordance with request made by the self - Mr. [2392].

3. As we find, conditions are very good in many respects. There are those tendencies for the thinning of the walls of the lymph flow through the body, owing to the tendency of the body to carry impurities that should have been eliminated through their normal channels - due to the lack of certain elements. And these as we find in the present are that effect of Atomidine in the body.
4. Thus in the present, for the glandular condition - or the nobules that form on the neck and ear and part of the head, - we would take internally one to two drops of Atomidine (never more than two drops) in half a glass of water each morning before any meal is taken. Do this for five days. Then leave off five days. Then repeat. Continue in this manner until at least three or four series.
5. Each evening before retiring, on those areas where the disturbances exist, massage gently - not severely - a little Castor Oil with sufficient baking soda in same to make it as an ointment. Cleanse the next morning with an Atomidine solution, - a teaspoonful to an ounce of DISTILLED WATER, and this kept as a solution for cleansing these areas before the bath of morning.
6. Then, be mindful that there is not too much grease or fats taken in the diet daily. Little or no hog meat, unless crisp breakfast bacon.
7. Do these and we will find bettered conditions throughout this body.
8. We are through with this Reading.

Reports by Members

8/27/59, Miss [3549], 49-years-old, wrote:

"I am delighted to report excellent results from using Iodex and Cocoa Butter from Case 4218-5. The hard lump in my breast is almost completely gone. It was the size of an almond in a shell. Now I can just barely feel it after searching for it. This after about four months of gentle massage with the Iodex and Cocoa Butter. I couldn't get Concord grapes, so I substituted Welch's Grape Juice - drank large quantities of it - also saturated a cloth and applied as a pack several times. Also was out in the sun a great deal, wearing a brief halter. I stopped eating potatoes and increased my intake of almonds. Also took steam baths. Please add this report to your case histories."

12/22/69, Letter to HLC from Earl E. Thomas:

2102 N. Military Road Arlington, Va. 22207

Mr. Hugh Lynn Cayce Association for Research and Enlightenment, Inc. Box 595
Virginia Beach, Virginia

Dear Hugh Lynn:

My wife and I will never cease to be amazed at the mental, physical and spiritual "gold" that is contained in the Edgar Cayce readings. We have had an opportunity once again to prove the effectiveness of a simple remedy applied to what is normally considered to be a fairly grave physical ailment - a breast tumor.

What follows are almost verbatim notes which I made on May 26, 1968, concerning my wife's condition, assumed to be a tumor in the left breast:

For approximately one year prior to March 1968, a growth developed from about the size of a pea until it grew from hard to soft (and yet firm) and enveloped about one-fourth of the breast.

At this time I became alarmed and insisted that Helen go to a doctor. I then contacted Dr. Francis Woidich and asked him to refer us to a physician who was not "surgery happy." (Remembering that my sister had a breast removed for a similar condition, I was apprehensive that the same thing might be necessary with Helen.) He referred Helen to a specialist in Washington, D.C. (whose name I withhold from these notes), Helen's first appointment with the specialist was about March 26, 1968; he examined her and then inserted a needle to determine if the growth was fluid. It was fluid and he drained it all; and the breast appeared to be completely normal.

The specialist then advised Helen to return in six weeks to be re-examined; he was very concerned, of course, that it might re-develop. Within six weeks it had re-developed as a hard lump about the size of a quarter. He tried again to get fluid, but there was only the hard lump. He recommended surgery "as soon as possible"; that "no time be wasted."

Having studied the works of Edgar Cayce for 12 years, I was convinced that surgery was not necessary; and so was Helen. We decided to send for the circulating file on Breast Tumors (that is, the original psychic readings of Edgar

CYSTS: BREAST CIRCULATING FILE

Cayce on this subject). Additionally I called the A.R.E. and through a Miss Babcock obtained the name of an osteopath who was knowledgeable about the Cayce readings.

After obtaining the file we immediately began to use the remedy prescribed for a patient with a similar condition. Alternating the use of Cocoa Butter one day and Iodex the next, we did exactly as recommended: gentle massages of the breast itself, under the left arm, about the shoulder blade and over the shoulder (those areas where presumably the circulation flows into the breast). This treatment was begun May 18, 1968.

By May 25th definite results were noticeable. By May 27th the results were even better. It is to be noted that from about the second day of massage that the lump began to develop into the larger, more fluid mass it had been when the specialist drained it. By May 27th no hard lump remained and, as a matter of fact, where the contour was affected by the increased mass, there was now NO mass; but there was a soreness deep down, which conceivably could have been - even three weeks later - the effect of the attempt to puncture the hard lump with a needle.

On May 25th Helen was examined by Chester Bailey, D.O., Kensington, Maryland - to whom Miss Babcock of the A.R.E. referred us. If my recall is correct, he found a lesion about the area of the "4th thoracic Cervical." He examined the breast, and said it was all right to continue the massages with Cocoa butter and Iodex; but to return to him on May 29; by that time he would have time to review the Cayce circulating file on breast tumors and, with his own findings, come up with an appropriate regimen. He thereafter gave Helen about 6 more treatments. Of possible significance also is the fact that during this same period Helen had low back problems - intermittently occurring since at least 1962. In 1963 and then again in about 1964 severe muscle spasms developed. These were first relieved in 1963 by a physiotherapist in New York City, an expert in deep muscle massage. In 1964 the condition was relieved by an osteopath.

During the period of the massages Helen cut out all meats in her diet (which was suggested in most of the Cayce readings on breast tumors). Also, she was careful not to eat anything grown below the ground of a tuberous nature; and stopped eating pecans (both of these were musts in the readings). She ate larger quantities of fruit and vegetables; and continued to eat almonds, which she had been doing for several years.

For two or three more times the growth attempted to return in its full conspicuousness. But each time it was put down by the massages.

Now, a full 18 months later - there has been no recurrence for at least a year of that time - I believe we can say for the record that Helen's breast is quite normal.

This is the eve of our 16th wedding anniversary; and we thank God at this time that once again via the Edgar Cayce readings we have been spared a rather painful and costly ordeal through the application of seemingly simple remedies; but in these "simple remedies" I surmise there is enough undiscovered scientific knowledge which would fill several volumes.

CYSTS: BREAST CIRCULATING FILE

Dr. C. L. Bailey can be contacted at: 3918 Prospect Street, Kensington, Maryland, in the event some physician would want to know the full report on what his findings were and what treatments were administered.

I am forwarding a copy of this to Dr. Woidich in case he wishes to forward the information to the specialist whom he recommended.

Very truly yours, [signed] Earl E. Thomas

6/29/75, Mrs. Richard T. Brand, member from Yonkers, New York wrote:

"I have just finished reading an article from the July, A.R.E. Journal entitled, 'Laying On of Hands.'

"The story was very significant for me because I had an experience similar to that woman. I too had discovered a lump in my breast and was told to see a surgeon as soon as possible. My doctor told me he thought it was a cyst and not a tumor but in any event should be removed.

"I had read where Castor Oil Packs on external cysts, warts and moles were beneficial but I hadn't read where it was recommended for the breast. Well I applied the packs faithfully for about a week. I even fell asleep once with a pack on! Almost immediately the size of the lump decreased. During this time I meditated daily. I say this only because I often miss a day or two and I know meditation has a healing effect on the body.

"During the next month I continued the packs but only once every two days.

"It is now two months later since finding the lump and it has disappeared. I returned to my doctor and after examining me found everything normal. He asked if I saw the surgeon and I replied, 'no'... Whatever - the lump is gone and I feel the Castor Oil had a lot to do with it."

12/30/72, Letter from B. B. in Illinois in reply to questionnaire on benefits of membership:

"Gentlemen: After reading your circulating file on breast tumors. I completely changed my diet from fried foods, meats, carbohydrates and sweets to nuts, fruits, vegetables, poultry and fish. Until the diet change I had to use a high enema once or twice a week for over a year to keep eliminations open. I have not had an enema in over a month now.

"Breakfast is now a boiled egg and orange juice. Once in a while milk and whole wheat cereal. Lunch is a tossed salad without dressing, a jello salad and coffee. Cashews, peanuts, almonds and raisins, dried apricots are used between meals to munch on. Supper is tuna fish, canned fruit, uncooked greens such as endive, escarole, watercress and several leaves of turnip greens. Turnip greens seem to be an excellent laxative for me.

"Also I have been using cocoa butter from breast to and over shoulder blades. It has helped remove some of the smarting sensation in the breasts..."

CYSTS: BREAST CIRCULATING FILE

6/26/06, Verbal report by member:

Though I did not know of or use any Cayce remedy for the fibrocystic breast condition I developed using birth control pills in my late 20's (many moons ago), after listening to Carlton Fredericks on the radio, I tried what he recommended – Vitamin E supplements (400 IU. twice a day) and eliminated chocolate, coffee and cola – and found the cysts non-existent or at the very least, painless. Up until then each monthly cycle was painful, and pregnancy (even more so with breastfeeding) was almost unbearable.

Baar Products

www.baar.com, (800) 269-2502

Glyco-Thymoline, 16 oz, with or without child proof cap *Mouthwash & Gargle*



- Alkalizing Mouthwash
- Edgar Cayce Product

GlycoThymoline is an alkaline cleansing solution primarily used as a mouthwash and gargle. GlycoThymoline is used as part of an oral hygiene program or also for personal hygiene as it gives a refreshing clean feeling and is gentle enough to use on baby's skin.

Glyco-Thymoline is an original, unique natural formula. Original, exact formulation from the Edgar Cayce Health Care Philosophy.

Suggested Uses: Oral Hygiene: Use as a spray, rinse or gargle, diluted or full strength, as often as needed. **Teeth:** Use 1 part Glyco-Thymoline with 2 parts water (or full strength if desired) for cleansing between teeth with swishing action. **Baby's Skin:** Apply a solution, equal parts of Glyco-Thymoline and water to baby's buttocks and genitals after each bath or diaper change-helps keep baby

comfortable. **Personal Hygiene:** Use equal parts Glyco-Thymoline and water to cleanse -genital external areas. Apply with soft cloth.

Ingredients:

Water, Glycerin, SD Alcohol 37 (4%), Sodium Borate, Sodium Benzoate, Sodium Bicarbonate, Carmine, Sodium Salicylate, Eucalyptol, Menthol, Pine Oil, Thymol, Methyl Salicylate.

Atomic Iodine, 2 oz Dropper Bottle *Electrified*



- Stable Nascent Iodine
- Edgar Cayce Formula
- Excellent Antiseptic
- Also Recommended for Application to Cuts, Boils, Bites and more

Baar Atomic Iodine is a stable non-toxic form of iodine that liberates the element in an atomic or nascent state. Atomic Iodine, also known as Atomodine in the Edgar Cayce Readings, is excellent for external application to cuts, boils, bites, rashes, poison ivy and more. A truly unique formula that is electrified as indicated in the Edgar Cayce Health Care Philosophy.

Suggested Use: Apply as needed, topically to skin. Allow time to air dry. Bandaging is discouraged after application as it may cause tissue irritation.

Ingredients: 1% solution of Electrified Nascent Iodine (600 mcg iodine per drop).

Warning:

If irritation occurs, consult a physician. For external use only. Keep out of reach of children.

A 48-year-old woman and her niece who have suffered the pain of fibrocystic breast disease for years find complete relief following slightly different treatment programs. Here's a good example of two important principals of nutritional medicine. First, that each of us is biochemically a different person; and second, that there may be more than one way to treat the same condition.

Two Cases of Cystic Mastitis

Jonathan V. Wright, M.D.

Dr. Wright's Guide to Healing with Nutrition

Mrs. Delores Lundgren was 48 years old, and very worried. "I really don't know what to do," she said. "One doctor said I should have my breasts removed because I might get cancer. Another one said I did have more risk, but it wasn't all that much more, so I should wait to see. My regular doctor agrees with that, and says I should just have mammography x-rays every six months to find any problem early, and then have surgery. But I've already had 10 or 12 x-rays, and I'm really worried that all those x-rays will start to cause cancer. I just don't know what to do."

"What sort of problem do you have?"

"Most of the doctors call it fibrocystic disease. One called it cystic mastitis, but I understand that's all the same thing, isn't it?"

"Yes. How long have you had it?"

"Really bad, about seven or eight years. But I've actually had , trouble with my breasts all my adult life. When I was a teenager and in my twenties, I got tenderness in my breasts before menstrual periods. But a lot of women get that—that's normal, isn't it?"

"No, it's not normal or even necessary. It's just a sad commentary on the nutritional status of so many of us that this abnormality is thought of as normal. But, please excuse the editorial—go on."

"Well, for nearly 20 years, I've had to wear a bra to bed. At first, it was mostly before periods. Then, when I was in my early thirties, I started getting some small lumps. I was really scared when they first appeared—I thought I had breast cancer. But the doctor said it was just fibrocystic disease; a lot of women had that; I shouldn't worry."

"I Had to Wear a Bra All the Time"

"When I started getting more lumps, my breasts became painful to the touch. I had to wear a bra practically full-time. I got so bad before menstrual periods that my doctor gave me water pills to drain the fluid. Those helped a little, but I didn't like using them.

"Just after I turned 40, I started getting those big, really painful lumps. I've had to have two of them removed surgically—they were both benign cysts—and any number of them drained with needles. So far it's all been noncancerous, but my breasts have been painful for years. Sometimes, I can barely stand to touch myself, and my husband can't even come near me.

"My mother has had the same problem for years, too. After her periods stopped, it seemed to subside. But, last year, she had to have one breast removed for cancer. After that is when that surgeon told me I should just have my breasts removed, to prevent cancer. That's when I decided I'd look for something else. That seemed to me to be like committing suicide to prevent dying of old age!"

I agreed that I wouldn't go along with the recommendation for surgery, either. "I know you've had lots of examinations," I said, "but since this is the first time you've been here, I'd like to examine you myself."

"I expected that. Where do I go?"

I showed Mrs. Lundgren to the examination room. When she was ready, I went to check.

Both her breasts were painful and tender. She winced whenever touched. The tissue felt hard; there were numerous lumps, large and small, making up most of the hard consistency. The left side was worse than the right, but both were quite bad.

"It's too bad you couldn't have gotten after this ten or more years ago, before it really got bad," I said. "You have a much more severe case than most. Most early cases and many moderate cases can be cleared up completely—reverted to normal. But don't be discouraged. Even in severe cases, treatment usually brings substantial relief.

"Diet is a part of the treatment. So is a certain group of vitamins and mineral supplements. Without a basically good diet, even the best supplemental program can't work as well.

"Of course, diet and oral vitamin supplements do take a while to work. There is a method that'll get things started much more quickly. I don't know exactly why it works the way it does, but I do know it works well. I learned it from a wise old doctor who's been doing clinical research with minerals for years.

"In less severe cases, diet and oral supplementation are frequently sufficient. In your case, the method recommended by Dr. John Myers, a Baltimore, Maryland physician, should be followed."

Two Vital Elements

"Two of the elements particularly important in the treatment of fibrocystic disease are iodine and magnesium. Sometimes they have to be given in a special way. The iodine is painted on intravaginally because it's believed to be absorbed faster there. Then the magnesium is immediately injected intravenously."

"How often does that have to be done?"

"It depends on how you do. Sometimes once, sometimes more often. We'll need to recheck to see."

"Is that all?"

"No, there is a list of supplements to be taken. I'll give you that after your first treatment."

"Do I get the treatment today?"

"Please make an appointment to return for that. I'm sorry, but we're out of time today, except that I want to mention one thing: your basic diet. That absolutely has to be changed if you're going to stay as well as you can."

"My sister's been saying that for years. No sugar, right?"

"Yes, and more than that. No refined sugar, no white bread, or refined flour products. On the positive side, as much of your diet as possible should be fresh, raw foods. Frozen foods (when necessary) instead of canned or packaged. Eliminate artificial flavors, colors, and preservatives. I know it'll take a little while to make this change, but it's important that you do it as soon as you can. Have a long talk with your sister; I'm sure she'll be quite a help.

"In medicine, there are hardly ever any guarantees, but I can tell you that this system has worked well for everyone else I've used it for."

"I'll be back," she said, and went off to make her appointment.

When Mrs. Lundgren returned she first received the treatments described above. I then asked her to get dressed and return to my office.

As she came in, she observed, "You know, when I got that injection, I felt very warm all over, particularly in my throat and pelvic area. Is that supposed to happen?"

"That's quite frequent. It's really not a problem."

"I just wanted to make sure."

"Have you started changing your diet over?"

"Yes, and my husband's grumbling, too."

After the Treatment, Supplements

"I'm sure he'll feel better for it in the long run. Now, I'd like to go over a list of supplements I'd like you to take.

"First, vitamin B6. To start I'd like you to use 100 milligrams three times daily."

"You didn't mention that before. What's that do?"

"I'll try to explain each item as we go through. The vitamin B6 helps to modulate the production of a hormone called prolactin, which is frequently out of proportion in women with premenstrual problems. It also helps to counteract the effects of high levels of undetoxified estrogen usually present in fibrocystic disease.

"Secondly, B complex vitamins, a '50' formula three times daily. This is to back up the high dose of vitamin B6.

"Next, iodine...."

"Will kelp tablets do?"

"If you want to take 500 or 600 of them a day, which I certainly can't recommend. For now, you need a prescription form of iodine."

"Please give me the prescription. That sounds more convenient."

I wrote the prescription. "The iodine appears to reduce the overproduction of estrogen. It also has its own effect on breast tissue. That's why Dr. Myers recommends putting it on directly in a relatively large quantity.

"Magnesium is next. For now, I'd like you to get 135 milligrams of chelated tablets, and take one twice a day. Later, to stay in balance with calcium, I'll probably ask you to switch to dolomite tablets. I'm not sure exactly what

magnesium does, although Dr. Myers had found it an essential part of the treatment. Of course, magnesium and vitamin B6 work together in many enzymatic systems.

"Two things left. Please get essential fatty acid capsules, approximately 400 milligrams each, and use three a day. These make iodine much more available in the bloodstream.

"Lastly, vitamin E, 600 international units daily. This is to help protect against problems that might potentially be caused by taking essential fatty acids over a period of time."

Improvement Noticed

Mrs. Lundgren returned in a week. I had her go into the examination room once more.

It was evident that her treatment was working already. Her breasts were definitely softer, no longer having the rock-hard consistency. Although there was still tenderness, it was lessened and took more pressure to bring it out. Many of the cystic lumps were slightly smaller.

Mrs. Lundgren was enthusiastic. "My breasts don't feel tense anymore. The pain is much less. I can tell something's working inside—my breasts have just felt different all week."

I recommended that she have the iodine and magnesium treatment again and that she continue the follow-up visits.

It took eight months (since Mrs. Lundgren had a relatively severe case), but her fibrocystic problem resolved almost completely.

Her breasts became soft and pain free. She no longer needed to wear a bra to bed. She had no further premenstrual problems. Of course, she had some small residual lumpy areas scattered through both breasts, probably scarring that will remain.

I asked her to continue on small quantities of all the supplements to prevent recurrences. Of course, she'd become convinced of the value of a good diet, which reduced her need for supplements.

As I'd mentioned to Mrs. Lundgren, a case as severe as hers is totally unnecessary in view of what's known about the prevention of breast problems—even though that information is far from complete. In fact, in my experience, even "a little case" of fibrocystic disease is almost always preventable.

Cystic Mastitis Runs in the Family

"My aunt, Dolores Lundgren, was in to see you four or five years ago about a breast problem. She told me you helped it go away with a weird treatment: iodine internally, magnesium shots, and a list of several vitamins. Well, I have the problem, too, and Aunt Dolores and my mother have been after me to get in here and get something done about it before I'm really bad, like Aunt Dolores."

I thought for a moment. "Oh yes, Mrs. Lundgren. She hasn't been in for two or three years, now. She did have a bad case of cystic mastitis. I hope she's still doing well."

CYSTS: BREAST CIRCULATING FILE

"Very well. That's why I'm here. Actually Aunt Dolores told me I should go to the library to read about what to do, but some of her treatment, especially the iodine and the shots, sounded like something maybe a little dangerous, or I couldn't do it for myself, so I just decided to come in."

"That's just as well. If you've done extensive reading, it becomes clear that some vitamins are quite safe to take on your own, even in somewhat large doses. But others are safer to check first with someone who works with them all the time. Also, even though a problem appears the same, and treatment may be very similar, everyone's different, and may need variations, additions, or subtractions to a basic program. Let's go ahead and get the facts in your case."

Melanie Samuels was 26. She'd first started noticing a slight lumpiness to her breasts immediately before menstrual periods, when she was a college sophomore.

"Before then, I'd had a little breast pain and some fluid retention before periods since high school, but no big deal. The lumpy feeling bothered me a little, but it always went away right after my monthly period started, so I just ignored it. I was really busy in college, anyway, taking all my classes, working nearly full-time, too."

"Staying up late a lot at night?"

"Yes, but not much partying, mostly studying. Had to keep my grades up to land the job I have now."

"What do you do?"

"Copy editor for a small newspaper. Doesn't sound like much, but even those jobs are hard to get."

I made a note. "So what happened to your breast lump problem after college?"

"It got better for a year or two. Just a little lumpiness. I almost convinced myself it was stress and tension, like the doctor said."

"Doctor?"

"Oh, that's right, I forgot to mention it. By the end of my senior year, it got so bad I went in to see a doctor at the school health service. I was having a little pain all month, and the lumpiness wasn't going away completely after periods started, anymore."

"She examined me, said I did have a few more cysts than usual, and had me get a mammogram. It was 'normal'—just cysts, no cancer."

"She told me many women had a little cystic mastitis; it wasn't usually a problem. I just needed to be checked from time to time, maybe a mammogram, as the risk of breast cancer was slightly higher. She also explained that she'd noticed a lot of college women had aggravations due to the stress of school, like some women skip periods or get irregular. I did get better for two years after graduation, as I said, so I figured she was right."

"Let's see: That brings you to age 24, and you're 26 now. What's happened the last two years?"

"It's just like between my sophomore and senior years in college: slowly, steadily worsening, starting two years ago, and really getting bad over the past six months. The cysts are there all the time, although less after menstrual

CYSTS: BREAST CIRCULATING FILE

periods. I'm sore and tender the week before, with no pressure, and hurt with pressure otherwise."

"Any more stress in your life"

"No, actually, things have settled down a lot this year. I'm into this job; it'll be a year or two before I try for a better one. Socially, things are no more or less a hassle than they've been for three or four years."

"Living on your own?"

"Yes, for now."

"Doing your own cooking?"

"If you can call it that. I do eat out a lot, since I'm single, and"—she hesitated—"sometimes skip meals or get into fast food since I'm often working late. Food just isn't the most important thing in my life."

"I can understand that. Why don't you tell me what you do eat?"

"Well, it's not the best..." She hesitated again.

"That doesn't matter. Remember, we're not here to pass judgment on your behavior, only to collect accurate facts on anything that might affect your health. I'm not going to tell you what you're eating is 'good' or 'bad,' but only my opinion of how it may affect your health. What you do with that information is your choice."

She relaxed a little. "Well, I did get rid of all the refined sugar. Mother's been telling me that for years, since I was a teenager, but I had to do my own thing, you know, like a lot of kids. I've done some reading since, though, and decided it wasn't such a good idea. I even quit putting it in my coffee. That was the hardest. I use none at all, now."

The rest of her diet included black coffee or cereal and milk or nothing for breakfast; a salad, usually lettuce, tomatoes, cucumbers with no dressing ("calories, you know") for lunch, and coffee; sometimes beef, potatoes or rice, and cooked vegetables for dinner ("when I'm out") or cheeseburger and coffee, or a taco and coffee ("when I'm working late, or going home tired").

"I've got the 'basic four groups' they taught me in school covered, mostly," she said. "Meat, vegetables, milk and dairy, cereal and starch."

"No bread?"

"Hardly any. Rice or potato when I'm out. Sometimes cereal in the morning."

"Brown rice?"

"No, white."

"Nuts or seeds?"

"No. . . calories, again."

"Salad oils?"

"No."

"Seafoods?"

"No."

"Do you take any vitamins?"

"B complex and vitamin C, 'stress' vitamins. My mother said those might be the most important."

CYSTS: BREAST CIRCULATING FILE

I looked at my notes, then asked a few more questions to fill in her background health history. Once this was complete, I asked her to go to the examination room for a checkup.

"Is it necessary to do an entire checkup?" she asked.

"Not absolutely, but I prefer to do one to start for two reasons. First, even though you are concerned about a particular problem, I'm just as concerned about your overall health from the point of view of diet, vitamins, minerals, as well as other environmental influences. Secondly, sometimes things which show up in one area of the body mean something to another area, such as the problem area."

"OK. Just thought I'd ask."

Her checkup was generally OK, with only a few minor abnormalities. Her skin, particularly the lower legs, was dry and a little flaky. She had a minor case of dandruff, and much more earwax than usual. Her nails showed signs of need for zinc.

As it was right before her menstrual period, her breasts were in what she called "the worst shape." She had numerous small tender cystic areas scattered throughout, but fortunately no large cysts.

As we finished her checkup, she asked, "Aren't you going to do the iodine thing now? My aunt said you started right away with her."

"That's true, but remember everyone's case is different. In milder cases (and even though it might not feel that way, yours is milder) frequently 'oral therapy,' diet, and vitamins are enough. Also, there are some peculiarities of your diet and checkup which give clues about what might be going on."

"Really? Well, I'm just as glad not to come in once weekly for iodine treatment and shots. You can always use that later if the first treatment doesn't work, can't you?"

"Exactly."

"So what do I do?"

"To start with, please stop all coffee and anything else with caffeine in it. Chocolate, cola drinks, tea, cocoa, even pain pills with caffeine. You didn't mention it, but have you been drinking more coffee lately, say the last two years?"

"Well, yes, now that you mention it. It's kind of a 'thing' where I work, coffeepot going all the time, particularly at late hours. Typical newspaper office."

"And were you drinking lots of coffee when you were in college?"

"Not so much as a freshman; I actually didn't like the taste. But now that you mention it, I used more and more from my second year on, as my work load got heavier. Studying for tests, staying up . . . you know."

"Have you seen any of the reports on caffeine and breast cysts?"

"Vaguely. But I figured that if caffeine were the entire cause, then most of the women I know should have the same problem, and most of them don't."

"It appears that not everyone is susceptible to caffeine in the same way. Some women can use caffeine and not get cysts. Like many other things, it's individual."

"But in my case..."

CYSTS: BREAST CIRCULATING FILE

"It would be best to eliminate the caffeine."

"OK, what else? Iodine?"

"Maybe a little. But in your case there are two other factors that may be even more important. The first is vitamin E; the second, essential fatty acids."

"Vitamin E? Most of the things I read, on the newspaper wire, you know, say that vitamin E is just a fad. Supposedly responsible nutritionists say that, too."

"That's really too bad. Those of us who work with nutrient therapy have seen the results for years. As far back as 1965 an article appeared in the *New England Journal of Medicine* reporting on vitamin E for cystic mastitis.

"However, the most convincing evidence was published by researchers from Johns Hopkins University. Using a placebo (fake pill) versus vitamin E, they showed that vitamin E produced changes in women's hormones, correcting an abnormal progesterone-to-estradiol ratio usually found in cystic mastitis. They even said this might reduce the risk of cancer.

"Another study, in Great Britain this time, showed that a specific source of essential fatty acids produced a highly significant improvement in breast pain and lumpiness.

"How this applies in your case is that your checkup shows signs of need for essential fatty acids—dry skin, dandruff, excess earwax. Your diet doesn't have many sources of essential fatty acids, such as salad oils, unroasted nuts or seeds, or whole grains. Of course these are all excellent sources of vitamin E, as the two are usually found together in nature.

"Lastly, you show signs of need for zinc, which affects the body's ability to make use of essential fatty acids."

"So I've been using too much caffeine, and not eating foods with essential fatty acids or vitamin E, and all these things can affect breast cysts?"

"Right. Also, you haven't had much iodine intake. That's mostly from seafoods, supplements like kelp, and of course iodized salt. And in your particular case, you need zinc, which wasn't important for your aunt."

I wrote out a note, which said:

- No Caffeine in any form please (Coffee, Tea, Chocolate, Cocoa)
- Vitamin E – 800 units daily
- Primrose Oil – 3 capsules twice daily
- Zinc Gluconate – 50 mg. daily
- Iodine – 1 drop daily (This is on separate (Rx) form)
- Please continue B-Complex and Vitamin C

"Try this, before we go on to the type of treatment your aunt needed. It's effective but a hassle to do. Remember, if you can alter your diet to include sources of these nutrients, you may not need as much supplementation in a few months."

Six months later, Ms. Samuels had no problem at all with cystic mastitis. She reported the large majority had gone in the first 90 days, and, with diet alterations, she was beginning to cut down her list of supplements.

Her treatment was different than her aunt's, even though for the same problem, once again showing two principles of nutritional medicine: First, each of

us is a biochemically different person; and second, that there may be more than one way to take care of the same condition.

No Two People Are Alike

There's frequently more than one way to achieve the same goal in medicine. Standardization of health care—an elusive goal of medical societies, insurance companies, and government agencies—will only be possible when all of us are born in exactly standard models right down to our fingerprints. And even then, each of us will have to have exactly the same life experiences, leading to exactly the same disease, for standard care to be effective for everyone.

No two people are biochemically the same, yet our health care system treats us that way. Our approach seems exactly backwards. We often treat the disease as if it were somehow separate from the person, instead of viewing it as an interaction between the individual and his or her total environment—physical, mental, and spiritual.

Disease is not an alien entity, waiting to leap on each of us, creating discomfort and pain. Being run down by a drunken driver, struck by lightning, or hit by a stray bullet, for example, may be events beyond our control, but much more often, what we have done in our lives has the most to do with whether we stay well or become ill.

That's why it's an axiom of nutritional biochemistry and holistic medicine in general that we work with the total individual who happens to have symptoms and diseases.

In our century, much of the disharmonic interaction between individuals and their overall environment—sometimes called dis-ease—is due to a processed chemicalized food supply to which our bodies aren't adapted. Many of us are underinformed about proper nutrition—partly through disinterest, partly because we don't realize how important it is to health, and partly because of misinformation spread by persons who supposedly are authorities. Had either Dolores Lundgren or Melanie Samuels known about the importance of essential fatty acids, had they been aware of food sources of vitamin E, and had Melanie Samuels acted on her knowledge of the ill effects of caffeine on health, both might never have developed their disease at all.

But it's not just them. Many of the people with whom I work could have prevented their symptoms or diseases. The reason they're in my office is because their bodies are refusing to go along with a maladapted diet any longer.

Caffeine elimination has received remarkably widespread publicity as one means of treating cystic mastitis, or fibrocystic breast disease. For many women, stopping all coffee, tea, chocolate, cocoa, and caffeine-containing colas and medications is so effective that no other measures are needed.

Vitamin E has also been found useful (by itself) in treating cystic mastitis. Research done at Johns Hopkins University, by G. S. Sundaram, M.D., and associates, not only demonstrated a favorable clinical effect, but also identified a biochemical change associated with vitamin E treatment which altered the ratio of progesterone to estradiol—two important female hormones believed responsible for the development of cysts. (Research like that appears to have

finally put an end to the ancient myth promoted by critics of nutritional therapy—that vitamin E is "a vitamin in search of a deficiency.")

I often hear from women who've solved their own breast problems just by taking vitamin E and eliminating caffeine.

Somehow, the involvement of iodine deficiency in cystic mastitis and possibly breast cancer has been overlooked, despite a remarkable series of experiments by Bernard Eskin, M.D., and his associates at the Medical College of Pennsylvania. Although Dr. Myers was probably the first to demonstrate that iodine is an extremely useful therapeutic agent in clinical practice, Dr. Eskin has done the methodical research necessary to nail down the importance of iodine.

Dr. Eskin's work has been done with rats; the type of scientific work he's doing generally precludes using people. Despite that, it appears that his results apply to women as well.

In one experiment, Dr. Eskin's group found that iodine deficiency caused mild atrophy of breast tissue. When sex hormones were given to iodine-deficient animals, tissue changes closely resembling those observed in fibrocystic disease in humans were observed under the microscope. Iodine-deficient diets, plus an iodine-blocking agent, also produced mild cystic changes, but giving sex hormones to this group produced cystic tissue most closely resembling human disease.

In another experiment, Dr. Eskin and his co-workers demonstrated that giving older animals an iodine-blocking agent alone also caused breast tissue changes, again similar to human fibrocystic disease.

He points out in a paper published in the *Journal of the American Medical Association* that breast cancer is generally accepted to occur four times as often in breasts with dysplasia (more severe cystic changes) than in normal breasts. He also notes that breast cancer occurs more frequently in association with hypothyroidism or underactivity of the thyroid gland. Iodine deficiency is a direct cause of that problem, too. (However, Dr. Eskin was able to prove that iodine deficiency independently leads to breast changes, and not indirectly through causing hypothyroidism.)

Population-group studies have also uncovered an association between low-iodine areas of the world and a higher incidence of breast cancer. Large areas of the United States, in fact, are included in the iodine-deficient regions of the world. Adding iodine to salt has not entirely solved that problem. In addition, many people with high blood pressure have been cutting down on dietary salt and thereby cutting back on iodine as well.

Evidence Links Lack of Iodine with Breast Cancer

Despite the clear experimental evidence linking iodine and fibrocystic disease (cystic mastitis) in animals, and the strong circumstantial link between iodine, fibrocystic disease, and breast cancer in humans, the evidence cannot be interpreted to say that iodine deficiency alone causes breast cancer. It does appear sufficient, however, to support a conclusion that iodine deficiency may be a major risk factor for both fibrocystic disease and breast cancer, and that adequate iodine nutrition might substantially reduce that risk.

CYSTS: BREAST CIRCULATING FILE

Dietary change and additional supplementation with vitamin E, essential fatty acids, and iodine usually is the only treatment needed to correct cystic mastitis. Only in the most severe cases, as in Mrs. Lundgren, is more than oral iodine required.

The treatment procedure I used in her case originated with Dr. Myers. Physicians interested in the topical application of iodine and the total program can write to me directly for complete details.

Regarding oral doses of iodine, I find that supplements can go as high as 200 to 300 milligrams (in the iodine form) daily, at least initially, for best results. The prescription-only calcium iodide mentioned in Mrs. Lundgren's case has been discontinued. What remains are niacinamide and iodide tablets containing 135 milligrams of iodide each as well as potassium iodide (SSKI) and other liquid iodine or iodide preparations. So far I've used only the first two. Niacinamide can help prevent potential iodine side effects, which explains its presence in the tablets. The tablets also have a completely unnecessary coating of artificial color, which fortunately rinses off easily.

High doses of iodine can affect thyroid function adversely on occasion, although I've yet to see it happen to any woman with cystic mastitis I've treated. Likewise, I've seen no iodine allergy in women with cystic mastitis, although that's possible, too. The worst has been a beginning acne-like rash in two individuals, which subsided promptly on cutting back the dose. Since higher doses require a doctor's prescription, your doctor can help you monitor for side effects.

The average amount of iodine in a kelp tablet is 0.15 milligrams (some have 0.225 milligrams). At this dose, it would require 1,333 to 2,000 kelp tablets daily to provide 200 to 300 milligrams of iodine. Obviously, for many reasons, I don't recommend taking this quantity. In milder cases of cystic mastitis, less iodine is required. I've had several women tell me that supplementing with several kelp tablets daily is noticeably helpful.

Capsules of primrose oil are available now. One British study has shown that primrose oil is independently capable of improving cystic mastitis. It's much more effective than linseed oil or any other source of essential fatty acids; I've been recommending it in the more difficult cases. However, it's also substantially more expensive, and frequently a less effective oil does as well when cystic mastitis isn't severe.

If you have breast disease in your family, the regular inclusion of iodine-containing foods (almost exclusively seafoods) in your diet would be wise. If they're not to your taste, then iodine supplemented from kelp, for example, may be advisable. Although an overdose with iodine is possible, it's extremely unusual with the small amounts found in kelp.

If you already have cystic mastitis, and caffeine elimination plus vitamin E and essential fatty acids haven't gotten rid of it, you might consider the iodine treatment received by Mrs. Lundgren. But that technique really requires the aid of a physician familiar with the treatment.

REFERENCES

Caffeine Consumption

Check, William. "Benign Breast Lumps May Regress with Change in Diet." *Journal of the American Medical Association*, March 23, 1979, p. 1221.

Evening Primrose Oil

Pashby, N. L. et al. "A Clinical Trial of Evening Primrose Oil (Efamol) in Mastalgia." Paper presented at the British Surgical Research Society meeting, July, 1981.

General Breast Cancer Information

Fredericks, Carlton F. *Breast Cancer, A Nutritional Approach*. Grosset & Dunlap, 1977.

Hormones and Lipoproteins

Sundaram, G. S. et al. "Serum Hormones and Lipoproteins in Benign Breast Disease." *Cancer Research*, September, 1981, pp. 3814-3816.

Iodine Deficiency

Aquino, Thomas L., and Eskin, Bernard A. "Rat Breast Structure in Altered Iodine Metabolism." *Archives of Pathology*, November, 1979, pp. 280-285.

Eskin, Bernard A. et al. "Mammary Gland Dysplasia in Iodine Deficiency." *Journal of the American Medical Association*, May 22, 1967, pp. 115-119.

Krouse, Theodore B.; Eskin, Bernard A.; and Mobini, Jabal. "Age-Related Changes Resembling Fibrocystic Disease in Iodine-Blocked Rat Breasts." *Archives of Pathology and Laboratory Medicine*, November, 1979, pp. 631-634.

Schutte, Karl H., and Myers, John A. *Metabolic Aspects of Health*. Discovery Press, 1979.

Staoel, B. V. "Dietary Iodine and Risk of Breast, Endometrial and Ovarian Cancer." *Lancet*, April 24, 1976, pp. 890-891.

Vitamin E

Abrams, Archie A. "Use of Vitamin E in Chronic Mastitis." *New England Journal of Medicine*, May 20, 1965, pp. 1080- 1081.

London, Robert S. et al. "Endocrine Parameters and a-Tocopherol Therapy of Patients with Mammary Dysplasia." *Cancer Research*, September, 1981, pp. 3811-3813.