

Circulating File

TREMORS, TREMBLING, TWITCHING

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

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TREMORS, TREMBLING, TWITCHING CIRCULATING FILE

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

Blessings, A.R.E. Member Services Team

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

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

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

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Tremors, Trembling, Twitching

(Non-inclusive of Parkinson's Disease, Tics, Dementia, Cerebral Palsy, etc.)

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Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Blessings,

A.R.E. Member Services Team

Extracts on Trembling and Twitching

(Q) What is cause and cure of twitching and aching leg?

(A) The poor circulation, and the massage as well as the hydrotherapy; which does not mean merely the colonics - these are merely a part, but the general water treatment, as well as the massage that goes with same.

1158-32, F 51, 9/15/41

(Q) Please explain my phobias regarding the color and texture of my lips, tongue and mouth, and the cause of the occasional twitchings of the lips, mouth and tongue?

(A) As has been given. This is an improper coordination in the circulation, as related to the INTERNAL circulation and the CAPILLARY circulation. Hence that's why those added forces of the sweats, with the thorough rubs - salt, alcohol, oil and such, should be given, for the stimulation TO the circulation and to make proper coordination in nerve ends, which will bring color - when there is added the blood supply, which IS being builded, yet - as has been outlined for the diet, for the exercises, for the eliminations - these additions will hasten and make for bettered conditions with the body.

279-1, M 31, 5/20/31

(Q) Is it possible the antrum condition affected the vaso-motor nerves of the head and face, causing the nervous twitches the body had, and the reddish color in lips?

(A) This not the cause; rather, as has been given, that there were those excesses of poisons in the system needing elimination, AND coordination of the MANNER of elimination. These, in their tracing - or activity through the system - FINDING a soft or an easy access THROUGH antrum, brought about or produced the trouble there, rather than the trouble in antrum producing the trouble in the vasomotor or in the color, or the tic - or SECONDARY tic - to the nerves of the face, neck, head! Do as we have given, and - as we find - we will have a near NORMAL body, [279].

279-14, M 32, 1/18/32

(Q) [295]: Please explain the recent experiences in which I feel the effects similar to those of an osteopathic treatment, during which the body twitches and vibrates often at a very high rate of speed.

(A) Rather the experience of raising those particular centers in the various portions of the body, at such periods, to the ability of aiding others in the forces that are sent, held or expended by self during such periods of meditation.

And as this, then, is an aid to self as well as to those to whom it may be directed, visualize same being transmitted, and those centers, those portions in the individuals so acted upon. Not in the manner of the activity being held above that which is causing or producing the activity, for that would be as of self-glorification. Let the glory, the power, come from Him.

281-15, "The Glad Helpers" Prayer Group, 2/22/33

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There are still, as indicated, tendencies towards excess crosses in system. Those eliminants of the character indicated, alternated from time to time, are the better means of corrections, as we find.

Follow same, when practical - or as indicated - with the occasional hydrotherapy treatments. These are the better manners to keep the physical forces well balanced.

The mental attitudes in the present are very good. Do not falter. And remember the admonitions that the mother has indicated to thee.

(Q) What should be done for the sore throat, and what causes it?

(A) Read that indicated, as to how - with those changes that come about in the general physical forces - there is the lack of coordinated circulation; so that any portion of the body is at times affected - as in throat, as in the superficial circulation, or as may be indicated at times in the headaches, burning eyes, or twitching in any portion of the body. These are as warnings that there is a better stimulation in eliminations needed.

(Q) How often should an enema be taken?

(A) When it is necessary. It is well, in most instances, to have a good colonic irrigation after any cathartic or laxative has been taken. This merely aids in purifying the colon area. Don't neglect these for lack of time. Take time to have such administrations.

257-251, M 49, 12/13/42

(Q) Why is the body so extremely restless and nervous? Nerves twitching and jerking at night?

(A) This produced by incoordination, brought on by the poor assimilations as are produced in the system and the reabsorption, as it were, of toxins as should be eliminated produce undue action from the various centers of the nerve system as a refractory of a reaction from these toxins - for, as we see, poor eliminations in the intestinal system, a form of constipation produced by the condition and position as has been brought in the colon proper. This is the seat of the conditions that cause the nerve retraction or refraction in the system. Overcoming the condition will bring a better condition for the nerve system.

550-1, M 55, 12/22/26

(Q) Regarding the physical: What is the cause and cure of the breaking out on my skin, especially on my face?

(A) The poor circulation as indicated, where there is the lack of the proper coagulation; which would be aided and abetted by those activities from the Ventriculin to produce a better coagulation and thus prevent the poor circulation - or a drainage of poisons to the cuticle through the respiratory and perspiratory circulation for eliminations. Do these things as we have indicated, and we will find we will remove much of those disturbances.

(Q) What is the cause and cure of the twitching of my muscles?

(A) Again the poor circulation and the need, the necessity of the proper coagulations through the used forces and energies of the body itself.

649-3, F 20, 7/7/37

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(Q) What causes nervous twitching that makes sleeping so difficult?

(A) The combination of those disturbances as indicated to the circulation, as affect the locomotory nerves to the general system, and breaking up the coordination between cerebrospinal and sympathetic system.

975-6, F 84, 2/24/39

(Q) Should I continue the Toris root mixture?

(A) Toris Compound, NOT Toris root mixture! This is well to be taken occasionally, not regularly - that is, take it for a period it would require to take a whole quantity, you see, four times a day; and then rest from it for two or three weeks, and then take it again. It carries properties that are an aid in the elimination of poisons, that will assist in removing the distress upon the muscular forces of the body; and will enable the body to walk better and to eliminate the disturbance of the twitching and tingling sensation.

1433-6, F 63, 9/19/38

(Q) What may be done further to correct twitching of shoulder?

(A) As indicated, the deeper circulation increased from the upper dorsal - these in the general treatments.

1467-2, M 33, 1/25/38

(Q) What should I do for the twitching in my shoulder?

(A) Have the corrections made!

1467-4, M 33, 11/7/38

(Q) What is cause and cure for the twitching in my shoulder?

(A) That strain which has existed for some time, of course, finds reflection in the superficial nerve forces as affected by the infection through the body in minor ways and manners. A little exercise, or hot water - as in bath, as in a pack or of such natures, will relieve same.

1467-14, M 37, 9/22/42

The circulatory forces indicate hindrances in eliminations - as the lack of the carrying off of conditions which arise from energies, as well as the lack of the sufficient elasticity in the muscular forces to function normal.

These are indicated in the conditions which exist in the circulatory forces in the vegetative nerve system especially - and thus the conditions in the face, the neck, the arms, the general twitching, as well as the conditions in the circulation in the neck and head, face, from this connective force of these disturbances in the upper cervical and dorsal areas.

As we find, then - aids to these will be those things which will produce the better assimilation of that taken as food values.

2088-1, F 72, 2/7/40

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There are doubts and fears (that have been submerged in physical expression) finding manifestation in the physical being in self, and these must be met as they are indicated in the body. But do not become impatient with self nor the lack of those materializations at once of those hopes in the body. For ye grow in grace, in knowledge and in understanding. Where it has taken years to produce a fear, a doubt, an activity that begins to find manifestation in the twitching of a muscle, in the expansion of a vein, in the frustrations in the body forces - be patient, be quiet within; and we will find those administrations that have been made - and that may be made - will aid thee in growing in the right directions. 3051-3, F 45, 9/25/43

(Q) What about the twitching of her leg?

(A) This as we find is more the pressure from poisons, and with eliminations set up should be much improved. 1553-4, F 71, 6/4/38

(Q) Twitching of the legs?

(A) This will be aided most by that stimulation through the massage and correction in the lumbar axis. It is a part of the LACK of flow of impulse through the whole of the abdominal area, as also is the irregularity or disturbance in kidneys.

Give here, occasionally, now, more of the Watermelon Seed Tea. As to how often this would be given may be best judged by the needs. As we find in the present, we would give about an ounce of same about twice a week. Prepare by pouring a pint of boiling water over a tablespoonful of crushed Seed and allowing to steep as tea, for twenty to thirty minutes. Strain, and it is ready to drink. This quantity could be kept on ice and used for the two doses during the week, you see; But should be made fresh each week.

(Q) Can it be put in fruit juice, so the body will take it?

(A) No! The body will take it. 1553-20, F 73, 4/10/40

For, with the upsetting of these, we have twitching pains at times in the muscular forces of the body; especially in extremities - forearm, just below the shoulder, through the calf of the leg at times, and in part of the activity to the sciatic center. These are only reflexes from poisons not eliminated and causing these conditions. 2561-1, M 50, 5/9/41

The inability of the assimilating system, by the overcrowding at times of the body with foods, abnormal appetite at times, these make for pressures in the system that react to the glands that must function with the sympathetic system. Hence those tingling sensations, trembly sensations, that occur in sleep; at others the inability to be still, or to hold the hands still - yet nominally, when the physical MIND operates, steady. 481-1, M 25, 7/26/32

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These we find, as indicated, are rather a complication of disturbances; affecting the coordination between sympathetic and cerebrospinal nervous systems and their reaction from same upon the organs of the body.

Then, these are conditions as we find them with this body, [2952] we are speaking of, present in this room:

First, in the blood supply - the source of the disturbances arises from an inactivity and the improper stimuli for proper eliminations and coordinations in the eliminating systems.

Thus we have a variation in the blood pressure. While the effect has been to create an unbalanced metabolism, the blood stream itself also carries those disturbances that should be eliminated through one or the other channels of eliminations.

Thus we have a thinning of the walls in the arterial circulation, and this - with the pressure that is produced in the circulation - at times causes an activity in the nerve plexus along the body such that the voluntary impulses become involuntary in their activity. If these are allowed to become more excessive, there may be caused a straining, or a leakage; thus forming an activity in which there might appear a stroke, or a settling of the blood to some portion of the circulation either along the spine or to the brain itself, as to cause a paresis or a paralysis in portions of the locomotory centers. These are indicated by the pain at times that is felt especially in the right temple, and in a form of tic or a twitching that comes to the muscular forces - as in the head, as in the limbs, the hands or arms, and even the feeling of same on portions of the body.

Now these are effects, not causes. The causes, as indicated, are those conditions that exist in the areas from which the activity of the blood supply - through the activity of nerve impulses - are deflected.

This, then, is not a heart ailment, but does affect nervously, sympathetically, the functioning of same; especially as related to the circulation between heart, liver, lungs and kidneys. 2952-1, M 40, 4/5/43

(Q) What causes twitching of shoulders?

(A) Natural relaxation from tension under which the body has labored. A NATURAL result. A retraction. 5417-3, M 42, 11/18/29

There are many disorders in the assimilating system, and in the blood stream itself, from overtaxation mentally and physically, until there is a breaking down of the plasms in the functioning of many glands that bring about activities for portions of the system's ability to assimilate or to bring resuscitations. And hence make for those conditions of a general nervous, trembly condition throughout many portions of the body; the hot and cold sensations, the tendency for a depletion in circulation in various portions, when dizziness, uneasiness, anxiety and then irritations follow.

These, as we find, are as general conditions, but are making for those specific disorders that we find occurring from time to time.

285-1, M ADULT, 3/1/33

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As we find, there has not been the building up of the body in the manner that has been outlined or indicated for the body.

Hence, there continues to be a general strain on the nervous system. And these conditions are localizing in segments along the cerebrospinal system; which is indicated by the trembly feelings through the lower extremities, the tiredness through that part of the body, especially the heaviness through the lungs, and the tendency for the glands of the throat and head to give a good deal of trouble.

As we find, there needs to be the thorough relaxations, osteopathically administered (and we would give Irvin for these); making particular reference to the conditions from the 9th dorsal downward, through the sacral area, and particularly from the 3rd and 4th dorsal to the base of the brain. We would have these twice a week until six or eight have been taken. 667-14, F 27, 6/17/42

In times back there was a hurt or a strain in the upper dorsal area that made for an activity in the system which produced the lack of the flow of the gastric juices to all portions of the stomach alike. This made for an acidity in the system, bringing about disorders through the eliminations in the alimentary canal. Conditions became rather of the nature that there were then produced engorgements in the colon area, specifically more in a portion of the transverse and descending colon.

The results came from these conditions in the form of heartburn, the lack of assimilation, belching, and poor activity of the liver - until it became almost as a hardening in a portion of same. Then with a change in the diet, some applications of forces, there has been produced an excess activity through the lymph circulation in the digestive and eliminating area, so that these effects have somewhat subsided. Yet with the pressures as induced there in the left side of the body, extending at times though to the right (a pain just below the liver area itself), pressures have been made upon the stomach itself until we have a thickening of the walls externally.

Then the taking of certain activities has caused this to produce in the upper portion of the stomach a closing of the cardiac portion of the stomach, affecting the epiglottis itself at times. Hence we have a delaying or defraying of the activities through the blood supply; becoming then a form of anemia that has made for a change in the pressure of the metabolism, making for more and more of an activity of nervousness. However, this takes on at times the form of a shaking, as it were, or a trembling sensation through portions of the body.

1002-1, M 70, 9/16/35

The liver and spleen becoming affected, there is produced a feeling as if the body externally and the body internally were separating, or a tingling sensation in various portions of the body; as trembly. This is a reaction of the nerve forces of the body, owing to disturbed conditions that have been indicated and will be seen in the coordinating of the cerebrospinal nerve force with the vegetative or sympathetic nervous system. 974-1, F 54, 8/21/35

TREMORS, TREMBLING, TWITCHING CIRCULATING FILE

(Q) Why do my hands tremble?

(A) This is an effect from the brachial center, or the area where the first attachment is made of the Wet Cell Appliance when the Gold solution is used - or just below the brachial plexus, which regulates the locomotions to the shoulders and hands - and then the other first attachment, when the Atomidine is used, is just above the brachial center - or in the 3rd and 4th cervical plexus. As we find, this trembly sensation comes from the incoordination between the solar plexus centers and the cerebrospinal's reaction to the sympathetic or vegetative nerve force. Hence the involuntary nerve reactions become voluntary, and the voluntary become involuntary; see? Hence the stimulation to the system as indicated, from the vibrations from the low electrical forces created by this galvanic reaction - or the Wet Cell Appliance.

Now be persistent and consistent.

Once a week should be sufficient for the OSTEOPATHIC adjustments, but do not discontinue the general masseuse treatments.

Have periods of two to three weeks, as indicated, for using the Appliance; one day with the Gold, the next day with the Atomidine - with the attachments as given.

And we will find help, and a great change in the mental outlook upon the experiences of the body.

1026-1, F ADULT, 10/21/35

Also we would have the corrections given, neuropathically or osteopathically; not only the GENERAL treatments but extend to the lower lumbar and throughout or down the whole length of the limbs, and ESPECIALLY those movements to the feet that will remove this strain as produced by the body from the pressure upon the pelvic regions from making for the movements that cause nerve tension through the lower limbs, producing the trembly sensation, producing the activities to the circulation as to disturb the heart. But these as we find are organically not disturbed, but functional sympathetic reaction causes the disturbance.

1196-6, M 58, 1/13/37

These subluxations, as we find, are in the lumbar axis, the lower or coccyx end of the system - as well as a condition in the lower portion of the 6th dorsal center.

They are of such a nature that the pressures, and the slowing of the circulation through the extremities, bring disturbance through the abdominal area, as well as the limbs themselves becoming at times rather trembly - after waking, or after exercise.

1988-1 F 64, 9/1/39

The hepatic circulation shows a coldness; not too high, but of a coldness in its activity. The tendency of the trembliness in extremities, from those pressures as come both from the brachial forces or centers, also from those of the locomotaries in the lower portion, or those just below the 4th lumbar centers.

4806-1, M 65, 7/10/30

TREMORS, TREMBLING, TWITCHING CIRCULATING FILE

Then, these are conditions as we find them here with this body, [2204]:

There has existed not an abnormal but an unusual condition pertaining to the position of the pelvic bones as related to the limbs. These were in order, however, until there was an injury to the pelvic bone itself.

This has allowed at times a seepage and a strain upon the area, until - with the system's attempt to pad the area with flesh, as it were - there is still greater disturbance in attempting locomotion, with the weight increased, or with pressure being put upon the limbs as related to pelvic axis activity.

This seepage or inflammation in structural portions causes in the extremities, through the lymph circulation, a tingling or trembling akin to what might be called tic; owing to pressures upon nerves from the lateral axis to locomotion - to the hands as well as the lower limbs. 2204-1, F 47, 5/9/40

Here we find the greater disturbances in the pneumogastric and hypogastric nerve plexus. This comes then to the portions of the stomach in the duodenum, so that nausea and regurgitation occurs at times, giving this general weakness to the body and those periods when any activity - either mental or emotional - causes the appearance of the low dizzy feeling, when there is a trembling through the locomotory centers, as indicated at present in the hips and the left limb. 3644-1, F 31, 2/1/44 [aftereffects of flu]

In the NERVE system itself proper we find in the lower lumbar and in the central dorsal system those conditions where there has been an impairment to the muscular forces, that makes for the tautness about the abdomen and to the glands of the system. These cause those reactions that are as laxness in the contracting of the muscular forces, produced by a pressure that exists there. Sympathetically (and one that makes for the more poisons in system), we find that in the upper cervical and the upper dorsal which allows those membranes of the soft tissue in face and head to become affected, by the pressure produced in this circulation that is impaired at times through the body by these pressures; and this makes for toxic forces that are carried in the system, causing then to the head and neck the effects as of dull pains at times, feeling of dryness through the mouth - especially in the back portion of same; also that tendency of mornings to feel a fullness, even after some foods have been taken; and a tendency of trembling sensations in portions of the body. These are conditions that need local attentions. 4246-1, M ADULT, 8/8/32

(Q) What causes trembling of hands, which used to be worse than it is now?

(A) This arises, we find, from the nerve tensions in the areas particularly indicated, in the dorsals. 3098-1, F 54, 7/16/43

TREMORS, TREMBLING, TWITCHING CIRCULATING FILE

As we find here, there is poor coordination between the cerebrospinal and the sympathetic nervous system. Thus we have periods of very high emotional reactions. These cause a great deal of distress, so that the body may almost at any time take on the feeling of a disturbance that he may be acquainted with or even hear of. In the areas of the coccyx, in the 9th dorsal and in the 3rd cervical specifically, this incoordination exists.

At least once a week we would have a perfect relaxation and a Swedish massage. This would include a Fume Bath or Sweat Cabinet in which the body would inhale all of the steam; not very long but so that there are the reactions and the expanding of the whole lung area. This would be followed by a good massage. This should be a sweat as in a steam room, and not just a Fume Bath.

Then twice each week have an osteopathic relaxation; not so much a stimulating but a relaxing. There will be corrections needed in the coccyx end of spine, in the 9th dorsal and in the 3rd cervical. Of course, relax the 1st and 3rd cervical, but the corrections should be in the areas indicated. Take time to give these treatments, relaxing the body thoroughly....

(Q) Why does every minor problem confronted by body bring forth pounding heart, quickened pulse, trembling voice, etc.?

(A) As indicated, the lack of coordination between the sympathetic and cerebrospinal system. Do these things indicated and we will find better conditions. Be persistent and consistent.

In the diet keep well balanced, but include often raw vegetables of all natures preparing same with gelatin often. Have some of these every day; lettuce, celery, water cress, all characters of raw vegetables that may be taken; not necessarily all at once but some of these each day. They may be taken with oil or with salad dressing or prepared in the gelatin. Do that.

3595-1, M 37, 1/23/44

The general debilitations, as we find, are from toxic forces that disturb the body from the lack of eliminations in the proper sense or way or manner.

The effects that are produced upon the sensory organs - as indicated in the sight, the hearing, the speech, the inability at times to control the movements of the hands (as trembling), the full feeling that occurs around the heart [thrombosis?] - ALL are rather reflex.

368-1, M ADULT, 6/30/33

IN THE NERVE SUPPLY, here again we find indications of conditions that are effects rather than causes; though oftentimes there arises disturbances in the organs when apparently the nerves are lacking in their abilities, or the body becomes all-nervous, all-tension, all-tautness through various portions of the system. These are from poisons that are as accumulations, that oftentimes disturb the ganglia and plexus of the nerve centers in both the cerebro-spinal and sympathetic system; making for the nervous condition, the bad tastes in the mouth, the inactivity of the alimentary canal, the headaches, the heaviness in the limbs, the tiredness and trembling in the extremities - which are from nerve reflexes that occur at VARIOUS times.

278-1, F 64, 1/14/33

TREMORS, TREMBLING, TWITCHING CIRCULATING FILE

Here we find there is too great a tendency on the part of the body to be too scientific with itself as related to diet and chemical reactions in the body.

True, the body has been passing through those periods which - with the mind giving power to those astrological effects - have been contributory to the disturbing conditions in the body.

The administering of the active forces through or in the body, by the chemical lack, rather than through the proper assimilation of the vitamins necessary, has tended - with the activities of the mind over same - to clog the system, rather than being assimilated by the system.

Thus the lacking elements of B-1 (or thiamine), and the acids that are a combination of B-1, G and D, have NOT been assimilated from the chemical standpoint. And the diet not being balanced caused the tiredness, the upsetting in the vital energies of the body; headaches, eyes tired, the trembly feelings through the body. All of these have come from this CONFUSION in the assimilating system.

As we find, the diets that bring a normal amount of vitamins especially A, D, B-1, G and K may be had in the PROPER consideration of foods, rather than chemicals.

Hence, quantities of bread - as the whole wheat - is not sufficient in its supply. Though supplying B-1 sufficiently, it overclogs the system and causes a lack of reaction in the colon area; thus forming gases when this is attempted to be supplied by this means alone.

With this combine citrus fruits though not at the same time; have rather the citrus fruits one day and the reinforced cereals the next day.

Also have fish and fowl, but these prepared with the reinforced vitamins in the flour, the meal or the like. Use not the vegetable oils in the cooking, but either the peanut oil or the Parkay margarine - for this especially carries D in a manner that conforms with these properties in preparation for assimilation by the body.

Green beans, not dried beans; lettuce, carrots - these cooked in their OWN juices and not just in water, but in Patapar Paper in the juices preserved in same. The fruits AND the vegetables, not those that have been frozen but those that are preserved either in their own syrup or in the regular cane syrup and NOT those prepared with benzoate or any preservative - for the benzoate becomes hard upon the system.

In THESE manners we would observe the diets - and with more of a spiritual and not so much material attitude, for creative and constructive influence, will bring bettered conditions for this body. 826-14, M 40, 12/29/41

(Q) What causes the trembling when only mildly excited?

(A) Incoordination between the sympathetic and cerebrospinal, the basis - as given - arising from those pressures, or which will be found as a nodule or knot, in the form of a lesion, in the 2nd coccyx segment. 697-1 F 22, 10/15/34

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BACKGROUND OF READING 243-17 F 54

5/2/34 "I feel better this a.m. but am so trembly - inward nervousness. Have stayed in bed when I wasn't busy."

TEXT OF READING 243-17 F 54

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 8th day of May, 1934.

1. EC: Yes, we have the body, [243]; this we have had before. As we find, there are disturbing conditions in the general physical forces of the body in many respects; yet conditions are better than at times when we have had this before.
2. There should be those precautions taken (with the exercises of the body under the present surroundings) to prevent excessive cold and heat in the extremities; that is, the hands and feet, or from getting them wet at certain periods. As there have not been those balancing of self in the adjustments for the eliminations and activities of the forces of the body, these must be taken into consideration. For

these periods make for extreme sensitiveness for the activity of the blood supply to produce sufficient functioning of the organs of the body, which makes for a strain on the general system. These, to be sure, must necessarily be precautionary measures; rather than just saying do this or do that, for it means to use just plain common sense as to the activities at or during these regular periods.

3. As to those things produced by this, we find there are brought about headaches, nausea, the tendency more and more for the subconscious self to take hold on the activities of the body and thus bring about those periods when there are nausea, swelling of feet, pains in varied portions of the system, and in the extremities we have the reaction of the neuritic effect of the nerve ends themselves. And this produces for the body a general debilitation that worries the MENTAL body more than deficiency created in the physical forces of the body.
4. Be well when there are the periods that these activities are in the system, that a stimulation be had that will make for the creation of a blood supply to be carried more effectually to the central portion of the system; as spirits frumenti in small quantities taken morning and evening. Not during periods when there is excessive activity of the body, but when the body arises and when the body is ready for retiring.
5. We will find also that a massage over the lumbar and sacral areas will be most helpful to the body, extending down the lower limbs and over the feet, all that the system will absorb of a compound prepared in this manner - as an aid to the superficial circulation.
6. To 4 ounces of Russian white Oil or Nujol, or the pure Russian White Oil, add: Witchhaze1.....2 ounces, Rub Alcoho1.....2 ounces, Oil of Sassafras.....5 minims, Tincture of Benzoin.....1 ounce.
7. Shake the solution together before it is poured for massaging, for both the Sassafras and the Tincture of Benzoin will tend to separate from the oils, see? Shake it thoroughly together, then pour out sufficient quantity to massage into the body, across the lumbar up to the 9th dorsal; across the hips and the abdomen, and especially down the underside of the limbs.
8. Also we will find that occasionally the Calcidin tablets taken of evenings or during the day if necessary would be beneficial to the circulation through the respiratory system (one grain tablet), and clarifying those tendencies for congestion in the muco-membranes of the face, throat and head.
9. Do this.
10. Be mindful of the diets. Never during the day should there be taken any greases, as soups that are very greasy; or don't be satisfied with just taking a sandwich. If these are to be had (sandwiches), use only green vegetables or fresh green vegetables, in the lunch period, see? Not just a scrap of bread and a scrap of meat, or a chocolate soda or milk shake! These are poisons for the system at such periods.
11. Keep the mind and the active forces of the body in proper coordination with constructive forces.
12. Ready for questions.

13. (Q) What causes me to be so trembly, and the inward nervousness?

(A) We have described the conditions; the incoordination in poor distribution of eliminations, and the STRAINING on system with extreme hot or cold to feet and hands. Keep your hands out of too much dish water, or washing either!

14. (Q) How can I build up my resistance?

(A) This has been outlined for the body.

15. (Q) Is there anything further I can do to strengthen my feet, or prevent them from bothering me so much?

(A) Do not have too high heels on the shoes, and have plenty of room in them. Bathe the feet in the tannic acid, as we have outlined through these forces; this will be helpful, as well as the rubs with the compound as just indicated above. [Tannic acid from coffee grounds, as in 386-3, Par. 25-A.]

16. We are through with this reading.

REPORTS OF READING 243-17 F 54

R1. 5/17/34 Brother-in-law [348]'s letter: "[243] seems to be feeling pretty good again. When she comes home at night she is all in, of course. We are all getting older, and can't take it like we used to do."

R2. 5/20/34 She wrote: "I have started on my feet and leg treatments, all that I can do myself. It is kind of hard to rub your own self. Anyhow, my feet and legs feel better. My breathing is lots better. I attribute that to the Calcidin tablets. [340] says she will give me my rubs when she feels better. I surely thank you for the rdg."

R3. 6/4/34 She wrote: "I want to thank you again for my rdg. I feel so much better since taking my tablets and rubbing my feet and legs. I don't tire as easily and feel that I am almost myself again. I really don't know what I would do without your help."

R4. 6/27/34 She wrote: "It has been so much easier at the store the last few weeks. I feel so much better since following my rdg."

INDEX OF READING 243-18 F 54

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TEXT OF READING 243-18 F 54

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 28th day of September, 1934.

3. In many respects conditions are very good; in others conditions are very unsatisfactory. There are the tendencies for the superficial circulation to more and more dilate the broken cells in the veins along the limbs, and these tend to make for not only swelling in the feet (by the poor circulation created, for there is the slow return of the blood to the centers through which it must be carried through the system for purification) but this slowness tends to make for the accumulation of drosses in the system, making for the tendencies in the alimentary canal and the organs of elimination to become congested, producing then the constipation that makes for very material disturbances in the body, raising the blood pressure to such an extent as to make for disassociation even at times of the return of the pulsations, of the activity through consciousness in the system.

4. As we would find, first we would wear the stocking or the elastic that BRACES the limbs; or used especially when the body tends to be upon the feet a great deal.

5. And we will find that the massage of the compound that has been given for bruises, strains and such conditions for the body, would be most helpful for this particular body also. Use same from the lower dorsal all the way to the lower portion of the feet, down the limbs, across the abdomen and especially down the side of the thigh where the veins are, and over the calf or lower portion of the limbs, showing dilation and swelling so much. [As in 326-5, Par. 6-A, which was given just prior to 243-18?]

6. Do these; following more of an alkalin and less acid diet; less of sugars, less of those things that make for heaviness in the activity of the pancreas and liver (or sweets), will be the most helpful.

7. Ready for questions.

8. (Q) Why the weak trembly feeling in my back and lower part of bowels?

(A) We have just been trying to describe it! Poor circulation!

9. (Q) Why am I unable at times to control my walking, feel so uncertain in my feet and then break out in cold perspiration?

(A) The lower limbs are as if they were numb.

10. (Q) Any other advice for my better welfare?

(A) We would do this and, as we find, we would bring the better conditions for this body. We are through with this Reading.

REPORTS OF READING 243-18 F 54

10/28/34 She wrote: "Thank you so much for my rdg. I am doing all the things and feel much better. I can't get my back rubbed regularly as I would like to, but as often as the children can for me. They are all sweet to me, but they have so many others to think of. My legs feel like new now. I don't have that uncertain feeling as to where I will put my feet down, and I surely thank you."

INDEX OF READING 369-10 F 27

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BACKGROUND OF READING 369-10 F 27

B1. See 369-8 on 9/3/31 for spine impingement causing stomach gas, mouth sores, etc.

B2. 7/3/33 She was present for the reading, seeking advice mainly for a severe shaking of her hands. She attributed it to inability to control her nerves, thinking perhaps it was a mental lack rather than physical.

TEXT OF READING 369-10 F 27

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 3rd day of July, 1933.

2. Now, as we find, there are many changes in the physical forces of the body since last we had the body here. Most of these are for the betterment of the general physical condition; for, from a psychological viewpoint, there are very few disorders in the general physical forces. From the psychological there ARE some disturbances that make for physical conditions that disturb the body. This is not indicating that there is a purely mental or psychological disturbance, but the nature - the character of the disturbance is basically psychological; though the physical or pathological is affected.

3. Then, these are the conditions as we find them with this body, [369] we are speaking of, present in this room:

4. In the general BLOOD SUPPLY, this is very good.

5. Then, in the NERVOUS SYSTEM do we find the greater disturbance; as indicated, in those centers that have to do with coordination between the sympathetic and cerebro-spinal system. Hence there come periods when there is the over activity of the sympathetic to such an extent as to cause the disruption in the activity of the ganglia that affect the physical functioning of the body. This is from overstrained conditions that have existed in this sympathetic nerve forces or impulses of the body, and that have gained - and are gaining gradually - their normal cooperative activity with the cerebro-spinal nervous system.

6. Hence those ganglia - as in the upper plexus of the dorsal area, that affect the locomotaries to the arms; and to the lower limbs from the lumbar plexus area at times - do not COORDINATE in their reaction with impulses that are felt or directed in the voluntary and involuntary activities of the body, but those of a voluntary nature become involuntary - through this incoordination. As, when the body would grasp an object, or when the body would make a step or movement in activity, these become unactive in COORDINATED form or manner.

7. These are not in the present cause of any distressing nature or character, yet become very distressing to the BODY at times when such conditions occur; and apparently there is no activity to prevent such from becoming involuntary. This makes for the awareness OF the condition; hence brings more of a distress to the mental influences, and - becoming aware - then it becomes more mental than that of a physical condition; yet, as given, the PHYSICAL condition exists.

8. Then, in meeting the needs of the conditions in the present, we find that to bring about the proper coordination there may be taken those properties WITHIN the system that will create - in that assimilated that which will make for a better impulse towards the activities of the nerve forces of the body - see? We would prepare, then, as this:

9. To 2 ounces of Lactated Pepsin (Essence of), add:

Tincture of Valerian.....1 ounce, Elixir of Calisaya.....1/2 ounce,
10% solution Iodide of Potassium.....10 minims, 10% solution Bromide of
Potassium.....20 minims. Sufficient simple syrup to make 4 ounces.

10. Shake the solution together when the dose is taken, which would be half a teaspoonful in water two or three times each day; ONE dose, at least, just before retiring.

11. The diet should be well-balanced, that there may not be too great a reaction through those portions of the system as to make for acidity. Hence, we would take more of those foods that are alkalin for the system.

12. Also we would find that the electrically driven vibrator would be excellent for quieting the nerve forces of the body, ESPECIALLY in those areas over the plexuses indicated; that is, the upper dorsal and whole of the cervical area, and over the lumbar and sacral area.

13. To create a balance in the circulation, both for the nerve AND blood supply, we would use those vibrations each day of the Radio-Active Appliance, that will make for the balancing throughout the whole system. This we would attach the first anode at each application (and it would be best to take this treatment when the body is ready to retire) to the wrist; to the right wrist, left ankle; to the left wrist, right ankle. The first anode is attached over the pulse area, or where there is felt the activity or pulsation of the arterial circulation. The other should be attached just above the ankle bone, on the inside, see? This we would use each day.

14. The vibrator we would use only every other day, or twice each week would be correct for its use.

15. The medicinal properties, as given, should be taken for periods of three to four days at a time; then rest for three to four days - see?

16. Do this, and - as we find - within three to five weeks we will have the equal balance throughout the nerve and blood supply.

17. Ready for questions.

18. (Q) Could I have osteopathic treatments twice a week instead of using vibrator?

(A) Osteopathic treatments would be well, but the vibrator would be better. If the osteopathic treatments had been necessary, we would have given them!

19. (Q) Can this condition with the hands be completely overcome?

(A) It will be!

20. (Q) Is there anything special I could do to calm or prepare myself for any nerve racking occasion, or one requiring use of my hands?

(A) We have outlined this for the body here! Do these, and we will overcome the condition.

21. (Q) What causes the occasional pains in one side of face, once even in teeth?

(A) A reaction from this same condition in the upper dorsal area, as we have indicated.

22. (Q) Should my daily routine be altered in any way?

(A) Make the daily routine so that these suggestions may be carried out in the proper way and manner; this would be necessary.

23. (Q) Would it be detrimental for me to drop off to sleep with the battery still attached?

(A) No.

24. (Q) What breathing exercises would be best for me?

(A) Those that SHOULD be the activity to every well-balanced body. Morning and evening exercises with the full and deep inhalation, and quick exhalation from the lungs; breathing in through the nostrils and exhaling through the mouth quickly.

25. (Q) Is there any advice for me in regard to my general well-being?

(A) Keep the body well balanced physically. Make for those balances through the mental activities in the ways and manners that have been SET by self, for the better keeping of a normal balance in self. And, we will find that, there will come much to self that will be worthwhile, bringing contentment and joy in LIVING, in EXPERIENCING those things that may bring the greater activities in the experience of the body.

26. We are through for the present.

REPORTS OF READING 369-10 F 27

R1. 8/4/34 See 369-11.

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BACKGROUND OF READING 369-11 F 28

B1. See 369-10 on 7/3/33 for shaking hands.

B2. 8/4/34 She submitted questions, indicating that for a time the hands seemed to stop shaking but that now the condition seemed to be as bad as ever.

TEXT OF READING 369-11 F 28

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of August, 1934.

2. Now, as we find, in reference to those conditions in the physical forces of the body that have been combative in the activating through the physical body, if reference is made to those things that were given as the first of the conditions with this body it will be seen that there was a warning respecting the activities or coordinations in the hepatic circulation. [See 369-1 on 9/19/27 mentioning tendency towards cirrhosis.] Not only from the astrological conditions in the experience of the entity during this sojourn [see Life Rdg. 369-3 on 11/3/27] but in the physical forces, there are those tendencies for congestion in a lobe of the liver; which has tended to make for non-activity in the lacteal assimilations and the lacteal ducts' activities as related to the gall ducts. These have made the tendencies for the TREMBLINESS throughout the body, with a "throw off", as it may be said, in the circulatory system; thus producing that tendency for temperature, but arising not from things that may be said of the germ formation or any bacilli that has entered into the blood stream; rather as a COLDNESS in the hepatics, or that coordination between the activities of the liver and the kidneys as related to the assimilating forces of the system. A very cold hepatic circulation, which tends to make for those activities in the solar plexus, or in the 9th dorsal and solar plexus; an incoordination between the mental and physical activities of the body. No mental condition, now - don't get that way! It is rather that as the body WOULD act, the PHYSICAL forces are incapacitated for the carrying OUT of the activity that is prompted by the DESIRES of the body, see?

Not even what may be called a neurotic condition. But if there are not physical CHANGES in the body, it might not only become neurotic but hypochondriac in its reaction! Hence we would use those activities in the system to create a correct coordination in this direction, and we will find we will overcome these conditions; and there will be as much of those proper reactions in the whole of the system as there has been; plenty of pep, plenty of reaction, plenty of - well, BUOYANCY in the activities of the system.

3. Begin, then, with these: Take Simmon's Liver Regulator, dry, see? Two grains at a dose; this to be taken twice a day for three days. Then rest for three days.

Then take for two days. Then rest for three days. Then take for one day. See?

4. Following this, or during the same period, take the vibrations from the plain violet ray; making the application about once every second or third day for about three to fifteen minutes. About three minutes over the solar plexus or the 8th, 9th and 10th dorsal area, and the rest of the period along the cerebrospinal system. These applications should be made directly to the body, and after each treatment there should be a rest period of about fifteen to twenty minutes.

5. Be mindful of the diets throughout the whole period, that there are not too much of sweets, not too much of starches, but a well-balanced diet.

6. After having taken the course of the Simmon's Liver Regulator for the CLEANSING (this is for the cleansing of the whole system, you see), take Fletcher's Castoria in very small quantities; that all the drosses or dregs may be eliminated from the system.

7. Of course, the violet ray treatments would be taken throughout the whole period, you see. Begin with the violet ray about the second day after the first course of the liver regulator is begun.

8. Do these - with the gentle massage, or a stimulation along the cerebro-spinal system; and we will find we will overcome all of these conditions. Ready for questions.

9. (Q) What causes the extreme tired dragged out feeling I have, and what can I do to overcome same?

(A) The circulation as disturbed by this coldness or incoordination in the hepatic circulation, from congestion in the gall duct area.

10. (Q) Why the coated tongue and bad breath?

(A) This is the same as indicated by those activities, producing regurgitation or non-eliminations THROUGH non-CIRCULATION of the lymph throughout the whole of the intestinal tract. Poor absorption, see?

11. (Q) At what periods of the day should the Simmon's Liver Regulator be taken?

(A) In the evening upon retiring, in the morning upon arising. May keep you busy through the evening or through the nights, but these will be those things that will overcome the condition - and the rest periods. There may be a sort of languid feeling during the time these are being taken, and a little nausea at times. Suck lemon juice for this when it occurs. Drink plenty of lemonade throughout the whole period of taking these; not too sweet, but plenty of limeade or lemonade.

12. (Q) The tiny pimples under skin?

(A) Poor elimination.

13. (Q) Roaring in ears and head, and dizziness at times?

(A) Non-activity of the liver, and those reflexes to the system as indicated that are to be overcome by the stimulation through the electrical vibrations that carry on through all the centers along the cerebro-spinal system, and specifically in the area indicated.

14. (Q) As my nervous condition is about the same, after having followed treatment given in reading of a year ago, what should I now do for same?

(A) And all of the things haven't been followed as long as we had given for them to be followed here! You see, the electrical vibration is for the nervous forces in the system, that have been exaggerated in the present. These have been better through a greater portion of the time, but there's been allowed CONGESTION - first from a condition arising in the activities of the body, through a congestion through the area as indicated; and it's gradually built up itself! These reactions to the nervous system have brought about almost a return of those things that were existent about a year ago; though there was a great improvement some six or eight months ago.

15. (Q) Any general advice to me?

(A) Do these things as we have indicated here, and we will find - in a few weeks - the body will be in its normal reactions, and with as much vim, vigor and vitality as it has had in many a day. Do that.

16. We are through for the present.

REPORTS OF READING 369-11 F 28

R1. She was pleased with the rdg. and the promise of return of her pep.

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EXT OF READING 1690-4 F 54

This psychic reading given by Edgar Cayce, this 23rd day of September, 1938.

3. Many changes are indicated in the general physical forces of the body since last we had same here.
4. In giving that as we find which would be helpful for the body, all phases of the body-experience must be taken into consideration. Not only the physical but the mental attitude as well; from the spiritual sources that apply to activities related to the mental and physical aspects for the body and its environs and its surroundings.
5. It is true that the periods through which the entity is passing, in the change of the activities of functioning organs and the glandular reactions in the system, are due to those disturbances at the menopause. All of this must be considered.
6. But the mental attitude the body takes towards self, its environs, its associates and its activities will and does have much to do.
7. These can be best controlled by the attitude of reliance upon promises of the spiritual nature.
8. Then, let those portions of the scripture be a part of the DAILY meditation, the daily exercise of the mind; the 14th, 15th, 16th and 17th of John.
9. And know that those promises apply to self. Accept those promises not only as being literal but as being that which the body itself may apply in its relationships to those about it, those who are dependent upon it, those who look to the body for direction, for confidences, for the things of the material nature as well as the mental and spiritual atmosphere.
10. And, the body knowing these to be a part of self, it may attain and gain a greater quiet and peace within self. For these are a part of self throughout.
11. In the physical forces of the body we find, as concurrent with the nervous disturbances through the system, there is a lack of the proper balance in the blood supply. This makes for the forms of elimination that become very aggravating to the body, owing to the disturbances that are indicated in the activities of the poisons eliminated through the perspiratory system; as indicated in hands and feet and parts of the body itself.

12. This is the effect of a form of anemia, as from the manner of diet and the manner in which the body has used and does use itself in relationships to things outside itself.

13. In making the applications as we find that may be most helpful, then:

14. First we would give that, with the mental attitude kept in the manner indicated, there be taken the Codiron; two pellets taken twice each day, at or during the meal, see? Do not have a day that these are not used, for at least three to six months; as they carry the vitamins necessary for body and blood building, and the influences that will make for better forces.

15. EACH evening let those about the body give the body a gentle massage down the whole of the cerebrospinal system; one day with Olive Oil, the next day with Cocoa Butter. Take at least twenty minutes to do this, EACH evening when the body is ready to retire. Begin at the back of the head, on either side of the spine, and in a circular motion massage DOWNWARD to the end of the spine. Do not have a single day without this rub in the evening. The Olive Oil rub would be mixed with Tincture of Myrrh, equal portions - heating the Oil to add the Myrrh. Use the next evening the Cocoa Butter, the regular. Massage each time just what the body will absorb. Then afterwards sponge off the body with a cloth dampened in tepid water, to cleanse those portions. Take the TIME for the massage! This will be MOST beneficial!

16. Oft when the limbs are trembly and there is the lack of activity, and the headaches are the worst, the massage over these areas will also be well for the body.

17. As an equalizer to quiet the nerve forces of the body, and to bring a better purification and prevent the trembly sensation in the extremities, we would prepare an Appliance in this manner:

18. To one piece of carbon steel - about half to an inch square or round - attach a wire (copper wire, preferably); with a small plate of nickel or german silver OR copper that may be attached to the body. The attachment to the body would be for thirty minutes to an hour AFTER the rub in the evening. This would be put in very cold water or ice water when it is to be used. Change the attachments of the one plate in this manner:

19. One day it would be attached to the left wrist, the next day to the right ankle; the next day to the right wrist, the next time to the left ankle - and the like, see? Continue alternating the attachments in this manner.

20. This is merely as an equalizer.

21. And if these will be kept, we will find we will bring better conditions for the body.

22. DO NOT leave a day without the meditation and the reading of some part of the portions indicated.

23. In the diet - the changes that will be wrought by the effect of the Codiron (carrying the cod liver oil and the iron as well as the other vitamins) will make for the necessary demands or requirements as to appetite.

24. Keep away from fried foods.

25. Do these and we will bring the better conditions for this body, [1690].

26. We are through for the present.

INDEX OF READING 1831-1 M 47

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TEXT OF READING 1831-1 M 47

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 23rd day of February, 1939.

3. Now as we find, there would be rather the warnings as to the inclinations that are arising.
4. While these at the present cause anxiety, and disturbing conditions at times, if there is the continuation into the activities and in the mental attitudes towards persons, individuals or conditions, these will gradually - in the physical conditions as well as in the mental and material environs - become more and more as disturbing conditions for this body.
5. These then are physical conditions and reactions as we find them with this body [1831]:
6. The blood supply indicates that there are disturbances in the nerve systems of the body, - as produced from an unbalanced conditions in the assimilating and eliminating system of the body.
7. And these, as they become combative between the sympathetic and cerebrospinal system, make for this tendency for the inability of the body to control the locomotory activities at times through actions and physical forces of the body.
8. These then as seen are exterior influences, acting upon the nervous system in such a way and measure or manner as to cause this unbalancing in the digestive or assimilating and the eliminating forces; thus returning in their effect upon the nerve system to cause this palsied effect (as it may be called at times) within the frame of the body.
9. As to the effects upon the superficial circulation, the irritations to portions of the system that come involved, and the irritated parts especially in the emunctory circulatory centers, - these show for disturbances and disorders; as they will - if continued - make more of an organic effect, or the result of deterioration in the organic functioning of some portions of the system.

10. Then, as we find, these produce the greater disturbances through the body.

11. In preparing for the eliminating of these disturbances, then, we find that the diet, the specific adjustments, with a change in the attitudes towards conditions and surroundings, as to make for the better mental, physical and material constructive forces within the reactions, would be the necessary influences and forces for the body.

12. First, then, we would have the adjustments made osteopathically in the areas especially ABOVE the 9th dorsal to the 1st cervical, that will tend to make for better drainages through the system; and in those areas from the 9th dorsal to the end of the spine rather those that will make for a more unified activity through the portions of the system that are exercised by the impulses from those centers of activity for the body.

13. In the diet we would take more of fruit juices and green vegetables, as to purify and cleanse the system.

14. And these would be done in such a way and manner that there is left off any influence or force that tends to make for the greater activities of sedatives, or any character of disturbance to the digestive forces of the body.

15. No fried foods, then, - or very little, ever, for the body.

16. Especially have more of the artichoke as a part of the food values; the Jerusalem artichoke, at least three times each week, raw OR cooked; for the activity of the insulin as produced from these is necessary for the conditions in the liver, the spleen and especially the pancreas and kidneys in their activity.

17. Do these, as we find, for a continued period of some five or six weeks; and we should find a great deal of aid and help for these conditions.

18. Ready for questions.

19. (Q) What is meant by the causes being exterior?

(A) As has just been indicated, - keep away from those things taken internally that cause sedative reaction upon the nerve system, to deaden these in any way and manner and thus upsetting the assimilating system.

20. We are through for the present.

REPORTS OF READING 1831-1 M 47

None.

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BACKGROUND OF READING 2447-1 F 50

1/29/41 [2447]'s ltr. to EC:

Mr. Edgar Cayce Virginia Beach, Virginia

Dear Mr. Cayce,

I was in an auto accident August the ninth last. My right knee was hurt the most bruised so that I could not put weight on right foot at time.

The last three months I have developed a palsy in that leg and it affects my right hand also. It has been gradually getting worse. I had a medical examination, blood test, urine test, blood pressure, and seem to be normal. He could see nothing from the xray....

Sincerely yours, Mrs. [2447]

TEXT OF READING 2447-1 F 50

This Psychic Reading given by Edgar Cayce, this 7th day of February, 1941.

3. While we find the body not quite at home yet, we have those conditions as disturb this body, [2447].

4. As we find, there are rather those conditions of which the body should be warned; that measures - such as may be indicated here - should be taken to prevent there becoming other disturbances as would bring greater distresses to the body.

5. These, then, are the conditions as we find them with this body, [2447] we are speaking of:

6. In the blood supply of the body we find there are indications of there being bone tissue and bone structure that shows some inflammation; or the call upon the system, as it were, to produce that plasm in the blood stream to supply necessary forces for the resuscitating of conditions which have affected the muscles, tendons, and the covering of bone itself.

7. These necessary forces, as we have indicated, as all portions of the body, are created in the assimilating forces of the body. But these are hindered when there are such injuries as indicated here; to the knee and to the pelvic bone itself, especially at that area (in the pelvic bone) of the lumbar axis.

8. We find that there has been a wrench to this area (the lumbar axis), and some bruising to the covering of bone between the knee - in the knee or kneecap, and the longer bone of the upper portion of the right thigh - and this in that area about the entrance to the pelvis, and the pelvic axis, causes this strain upon the body.

9. There may be caused adhesions (of which there is the warning given here), or such thickening of tissue in injured areas as to cause such adhesion later as to produce pressures such as to cause a disturbance in the nerve impulses through that side - or through the extremities AND that side, - or the opposite side of the body, dependent upon which portion of the pelvic bone or axis would become unbalanced by the thickening of such tissue.

10. Hence there should be the adding of those properties to the system, also the use of mechanical (osteopathic) adjustments, in such a manner as to prevent adhesions, or the coagulating of tissue through the addition of such plasm to the blood supply.

11. The SYSTEM, naturally, being over-charged, or attempting to meet the needs, needs attention in a manner as to be helpful in creating a better balance.

12. These as we find are the warnings to the body-forces. Hence we would take these into consideration in giving suggestions for this body; also the abilities of the body to be assisted in better assimilations through the whole of the digestive system, to overcome some of those tendencies which have existed because of the very position and the conditions throughout that activity of the organs of the pelvis, as well as the abdominal areas.

13. First, then:

14. At least once every day we would apply Wet Heat over the hip and lumbar area, as well as the knee - which should be around and especially under the knee, over the upper portion of the kneecap. This would preferably be done by using two to three thicknesses of heavy flannel dipped in as hot water as the body can stand. Apply this for some ten to twenty minutes.

15. Then apply, over the same areas, an almost saturated solution of Pure Apple Vinegar and Salt - preferably iodized salt (as Morton's Iodized Salt, see?). Dampen the salt with the vinegar, you see; and massage this thoroughly into the areas that have been heated with the hot packs, not rubbing so as to cause irritation but massaging thoroughly into the system.

16. Leave ON the body the accumulation of salt from the saturated solution. Then again apply heat, but THIS time from an equal combination of Mutton Tallow (melted), Spirits of Turpentine and Spirits of Camphor. Apply this directly over the areas, you see, and then a heavy flannel saturated with this compound. THEN put the electric pad on same!

17. After this whole procedure has been followed each day for five to six days, begin then (not before) with the use of the Electrically Driven Vibrator. In the beginning only use the Sponge Applicator. Start between the shoulders and back of the neck, and go DOWNWARD along the spine to the end of the spine -

first one side and then the other; then across the back of the pelvic or lumbar axis; and then down EACH limb, but especially the right, to and below the knee, see? Use this for at least twenty to thirty minutes each evening, after it has been begun.

18. If there is more pain, repeat the salt rub and the whole of the other applications as indicated, see?

19. After the Vibrator has been used for ten days, then there would be needed one to five osteopathic adjustments, - dependent upon the abilities of the body to stand same, - especially through the lower dorsal, lumbar and sacral area.

20. But keep up the applications as indicated to be given at home, so that we may not have the accumulated tissue by the settlements in areas that will produce adhesions, - because of the areas bruised through the injuries externally.

21. Throughout the period we would take a compound to aid in better assimilations; prepared in this manner:

22. To 1 ounce of water - Distilled Water, preferably, add 2 ounces of Strained Honey. Let this come to a boil. Skim off the refuse. Then to this add, in the order named: Elixir of Lactated Pepsin.....1 ounce,
Tincture of Valerian.....1/2 ounce.

Take a teaspoonful after each meal; especially the noon and evening meals, rather than so much the morning meal - until this whole quantity has been taken.

23. Do these; keeping the eliminations well; refraining from too much of meats and especially of fats or fried foods; and we will prevent a great deal of disturbances, and bring bettered conditions for this body.

24. Ready for questions.

25. (Q) What has caused the palsy in right leg and hand the last 3 mos., and what may be done to correct the condition?

(A) As indicated, - the accumulations of tissue producing pressure in the nervous system, owing to strains arising from the injuries received externally in the limb and the hip, and in the lumbar area.

Make the local applications FIRST, before the osteopathic adjustments are made, you see. We are through for the present.

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TEXT OF READING 2890-1 M 10

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 25th day of January, 1943, in accordance with request made by the father - Mr. [2834].

2. EC: Yes, we have the body here, [2890].
3. (Rather unusual surroundings!)
4. As we find, conditions that may be said to be of a disturbing nature are more on the order of those that produce tendencies, and some physical inhibitions.
5. While we find that the body may eventually adjust itself to some of these, if there were corrections made in the present where there are subluxations existent, there would be found a great deal of difference in the reactions, in the abilities of the coordinating of the mental and physical forces in the body; and those tendencies which exist towards the disturbances through the lymph activity in the soft tissue of throat and head, as well as in the lower portion of the body-extremities.
6. These as we find, then, are conditions with this body, [2890], we are speaking of:
7. In the blood supply there is not a distorting but rather a low vitality. Those variations in the blood count would be noticeable if these were taken at various times. This is a tendency in the body, owing to those subluxations as indicated, which exist in lumbar and sacral and in the 3rd and 4th dorsal, - with some disturbances, of course, throughout the cervicals. For, from these come those directing influences to the lymph flow through head and neck, as well as from those areas of the sacral to the lumbar axis, and the suppression and activity in the kidney flow at times - or the excretions as supplied or taken from the system by same.

8. If these pressures were removed, those tendencies for the conditions existent in the influencing of the sensory forces will be improved; the abilities of the body in its memory and in its reactions to physical and mental forces will be improved. Those tendencies for the body at times to be easily susceptible to cold, through the acidity produced in the system, will be aided.

9. These corrections we would have done under the direction of such an one as Coulter.

10. As we find, these are those conditions that need to be attended to in the physical forces of this body.

11. The nerve pressures as produced cause some anxiety through the reflexing as indicated in organs and in circulation.

12. These corrections we would make, for better conditions of this body, [2890].

13. Ready for questions.

14. (Q) How often should such treatments be given?

(A) For the first six, give them about twice a week. After that, for at least another six to ten, once a week should be sufficient.

15. (Q) Any advice regarding diet?

(A) Be mindful not to overindulge in sweets.

Do have the teeth taken care of, as there are some conditions in the manner in which those that are yet to come may be hindered unless much of the correction is done with same.

16. (Q) What exercise is better?

(A) Any exercise about the place here would be well, in the open.

Do these and we will bring better conditions for this body. We are through for the present.

REPORTS OF READING 2890-1 M 10

2/9/43 Father [2834]'s letter to EC: "The reading which you gave on behalf of my son [2890], on January 25, 1943, has impressed me very deeply. As you will recall, Mrs. [...] and I did not furnish you with any information which would have guided you in the course of this reading, and as far as I am aware it would not have been possible for you to find out any particulars about my boy without great expense and a whole corps of investigators. We omitted this information because we particularly desired a completely fresh start on the problem of the boy's health and physique. I am glad to make the following comments in the light of our knowledge of him:

1. During pregnancy he was apparently carried in a very unusual position, and his delivery was difficult and sufficiently critical to account for the sublaxations of the vertebrae, which your reading describes. 2. We have learned from our previous medical experience that the boy has a tendency to anemia and to a low blood vitality. 3. It is true that he is both susceptible to cold and to colds, and these latter frequently take a pronounced bronchial turn. 4. His behavior appears to be to us characterized by an anxiety, the exact nature of which has not hitherto been at all plain, and the child has an extreme tendency to overindulge in sweets, with an enthusiasm which goes beyond the normal child's and which resembles in its manifestations the behavior of a confirmed drunkard toward

alcohol. 5. Shortly after your reading was taken, and before we had received it, we took him to a dentist here and it was found necessary to have two teeth removed. The difficulties with regard to the adult teeth which you describe were examined. We shall go on with this subject, but at least we can tell you were quite right about this.

"I shall get in touch with Dr. George M. Coulter, and, since it will probably not be possible to bring the boy into the city twice a week for six weeks, I hope we can arrange for most of the treatments to be given by a local osteopath in the country. No doubt we shall be called upon to ask you for a checkup reading in the spring. Meantime we both await with much interest your life reading on him.

"I regard this reading as a profound substantiation of your powers, and it has done both Mrs. [...] and myself a great deal of good, since it has pointed the way by which we can attack certain problems in connection with the boy which do not seem important to our physician but which are extremely important to us in our concern for his happiness and future. The reading was requested because in my judgment it would have done the youngster a great deal of harm to have been subjected to the standard clinical procedure. What physical facts that might have been so revealed might have been counter-balanced by an emotional upset in the process, which we would go far to avoid."

10/4/43 Dr. Geo. N. Coulter, Osteopathic Physician, 18 East 41st St., N.Y. letter - Master [2890]: "Physical findings coincided with those of the reading. The chief disturbance seems to be in the lumbar and sacral areas. His body is responding to treatment very well as the boy has improved his posture and has gained weight. Treatment started Aug. 20, 1943."

5/9/44 Letter from [2834]: "Last Saturday I took my son, [2890], to his dentist again. Your files will show that it was your rdg. that detected the real trouble with his teeth when not only this dentist but several others had declared there was nothing wrong. The dentist has never ceased to marvel of this fact and would like a checkup reading on the boy's teeth which continues to have too many cavities and to be too soft. His mother and I are much confused because he gets plenty of vitamins and minerals and all the milk we can get into him, plenty of sun and fresh air, and is reasonably faithful about brushing them.

"Along with this point, there is another which I hope could be taken up in such a reading. The boy has, every second or third day, a curious little seizure in which his hand trembles violently and he has difficulty in controlling it. At the same time he complains of feeling either flushed or chilled. The doctor has been very satisfied with his physical condition other wise and doesn't know what causes it. To my layman's eye, the thing resembles in what older people is called 'tremor or intention.' Although our doctor is not particularly alarmed by this symptom, I am very much so.

"I realize that your schedule is undoubtedly very crowded and I have heard from Miss [2830] that you have not been well, but your readings on the boy did suggest a check-up and I am hoping it will be possible to schedule one..."

6/6/44 See 2890-3.

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TEXT OF READING 2890-3 M 11

This Psychic Reading given by Edgar Cayce, this 6th day of June, 1944, in accordance with request made by father - Mr. [2834].

2. EC: Yes, we have the body here [2890]; this we have had before.
3. As we find, there are many changes for the betterment with this body. As we find, there needs to be kept some of those suggestions occasionally, and we would add reinforcements in the amounts of calcium which would be taken into the system; as is indicated in some of the structural portions of the body, as teeth and as a condition in the general blood supply. We would add this particularly in the form of Calcios. This is to be taken about twice each week; spread what would be very thinly spread on a whole wheat wafer and eat as a sandwich.
4. We would also include more of the bony pieces of chicken. Include also some fish; sea foods, not fresh water fish. When eating canned salmon eat the bony portion; don't take it out, as it will aid with the oil in same, to supply elements necessary for the body-building forces.
5. We would have local attention for the teeth. We would occasionally, once in two weeks or twice a month, but regularly, have a thorough osteopathic adjustment and we will make and keep bettered conditions for the body.
6. Ready for questions.
7. (Q) What occasions the momentary tremblings of the hand and attendant symptoms which he experiences from time to time and what can be done about it?
(A) The incoordinations in brachial centers, and that is why it is indicated that there should be regular periods of coordinating the centers of control of the extremities, see? Brachial centers and also in the lumbar axis. These should be very helpful for the body.

8. (Q) Is the boy as vigorous and healthy as he should be?

(A) This would depend upon questions. There are those tendencies as has been indicated, and these measures should be taken to keep the growth towards normal tendencies for greater or better coordinated activity of the body.

9. (Q) How long should the Calcios be kept up?

(A) Through the summer until there are changes or the activities may be more in a different environ.

10. (Q) How often should it be taken?

(A) As has been given, about twice a week. No more than that which would be thinly spread on a whole wheat wafer.

11. (Q) What is present condition of teeth?

(A) These need some local attention. Use occasionally the soda and salt, equal portions, rubbed on with the finger as a massage for teeth and gums. Then Ipana as a dentifrice to brush teeth, see? Not too vigorous, but do have this regularly. We are through with this reading.

REPORTS OF READING 2890-3 M 11

R1. 1/30/63 GD's note: Father of [2890], Mr. [2834], has remained actively interested and helpful in A.R.E. work to this date.

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BACKGROUND OF READING 3090-1 F 50

B1. 4/15/43 [3090]'s letter: "I am suffering from a phenomenal case of involuntary tremor, making me almost helpless, due to loss of motive power.

"If you consider a personal interview the best way, will you please advise me the approximate cost, re fee, railroad fare, living expenses and necessary length of time to stay. I am asking for this info because, being unable to go out alone, someone will have to accompany me.

"With a prayer to God that you will be able to help me, I am..."

B2. 4/24/43 [3090]'s Letter: "Being unable to work for so long, it has been very difficult to maintain my mental courage, so I plead, when my application for a physical reading comes up for consideration, that it please be given emergency rating. With a prayer for your welfare."

B3. 6/30/43 "I, [3090] will be in my apartment, located on the fifth floor, south side, of the building - in prayer. What treatment will eliminate the constant tremor? What treatment will enable me to regain the motive power in my hands and arms? What treatment will take the pain out of the toes of my right foot, so I can walk normally again, forward instead of backward? What treatment will prevent occasional drooling? What treatment will remedy small lump on my left chest, at top of breast? What treatment will eliminate FEAR from my conscious and subconscious mind?"

TEXT OF READING 3090-1 F 50

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of July, 1943.

1. EC: Yes - yes, we have the body here.
2. These as we find are rather serious disturbances. The nature or causes of these we find as a combination of conditions; malnutrition in part, and then excesses in other directions, and the activities that are brought about in lack of proper eliminations have caused the intenseness in the body.
3. Hence neurotic or neuritic conditions have been formed, tending towards arthritis, especially in the lower limbs as well as in parts of the body itself.
4. We find that these might be materially aided. It will require some time and attention, and we find that the body may respond to hydrotherapy. Begin, then, with these:
5. The distentions and conditions through the colon should be eliminated by the use of colonic irrigations. These should not be too close together, - at least ten days to two weeks apart.
6. Each week we would have the general hydrotherapy treatment including a very light form of Dry Heat and then the Fume Bath in the Cabinet, followed by a massage with the oils. And the ultra-violet light will also be helpful for the body.
7. When at least two or three colonic irrigations have been given (not before), we would then begin with the hand treatment of electrical forces of the high vibrations applied to limbs and feet.
8. The body should respond to the hydrotherapy, provided the very light form of hand treatment of electrical forces is given - but this should not be begun until there are the eliminations of those distentions and conditions through the colon.
9. Do these and, as we find, we may find response in the body; provided the foods are kept in the diet that supply energies to the body.
10. Ready for questions.
11. (Q) Will this treatment eliminate the constant tremor?
(A) This is part of the condition indicated through the colon and torso of the body.
12. (Q) The occasional drooling?
(A) This will require more the control of self.
13. (Q) What will remedy small lump on my left chest, at top of breast?
(A) This, as we find, is a cyst. Better not commence to fool with this, until the body is in much better physical condition.
14. (Q) What will eliminate FEAR from my conscious and subconscious mind?
(A) The knowing and feeling within self that you are in accord and at one with an ideal purpose. This is wholly mental.
Do these things first in the physical, and we should gain strength in the abilities to carry on. We are through with this Reading.

REPORTS OF READING 3090-1 F 50

None.

INDEX OF READING 3145-1 F ADULT

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TEXT OF READING 3145-1 F ADULT

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 9th day of August, 1943.

3. As we find, there is rather a complication of disturbances. But with the correction of the one, much of the other disturbance will gradually correct itself, if those chemical processes are added to the body in those properties necessary to establish the equilibrium.
4. These then are conditions as we find them with the body:
5. The blood supply indicates, as related to that assimilated in the body, that there are affectations which - through the drosses cast off in the system - have destroyed the efficiency in the assimilating portions of the body.
6. Thus the body becomes deficient in the chemical processes or vitamins necessary to establish equilibrium.
7. These are the effects then of the disturbance.
8. As we find, primarily, or to be met in the body first:
9. For some time back there has been indicated a great deal of catarrhal disturbances in the passages of the soft tissue in the face and throat. This has caused a prolapsus in the Eustachian tube.
10. The effect upon the organs of the sensory system is expressed in the auditory centers, the thorax and the vocal organs; causing a great deal of disturbance in the head, and other sensory organisms. So, there is a filling up in the throat, a lack of proper hearing; hence, the necessity for keeping the body in better balance.
11. All of these effects come from the sinus, as well as the conditions at and near the auditory forces; but the Eustachian tubes have suffered most.
12. Considering this, with that effect produced in the excess drippings from the throat to the digestive forces, there is not an organic heart disturbance, but a

sympathetic one from the inflammation produced through the perspiratory or respiratory system. And these create the inability of the body to build up a great resistance, or for the body in the use of the voice to have a balance in the auditory forces.

13. In making administrations, there should be - under the direction of a specialist of osteopathic surgery - the use of massage or finger surgery to correct those conditions in breaking up the lesions in the passages. This would be accomplished by the breaking up of lesions through the palate or along the Eustachian centers. First, however, the body should be prepared for the finger surgery.

14. In building up the body, we would take internally once each day, preferably with the evening meal, a teaspoon full of Acigest stirred in a glass of raw, whole milk.

15. Also each day, preferably at the noon meal, eat a whole wheat cracker, spread thinly with Calcios. This adds the calcium and the vitamins needed.

16. Eat also vitamin B-1 Complex, as addition for resistance in the body.

17. Keep the eliminations opened.

18. Use Glyco-Thymoline or Lavioris as a mouth and throat Wash, as well as swallowing just small quantities whenever such is done. After washing the mouth or when the throat is rinsed, put one to three drops in a little water and drink it.

19. Do these first and then - when the body is built up a bit, in three, to four to five to six weeks - have the finger surgery.

20. Throughout this first period the osteopath would be preparing the body for the finger operation.

21. This we find, will reduce noises in the head, equalizing the flow of blood, in walking, keeping a normal balance in the body as to the heart's functioning when climbing stairs or in exercise, and make for general better conditions through the body.

22. Ready for questions.

23. (Q) What is causing the enamel of my teeth to deteriorate?

(A) This is a lack of calcium in the system or Vitamin C. The Calcios is especially for this, as the Acigest is for the digestion.

24. (Q) What causes trembling of my right hand, which prevents my lifting a cup to my mouth?

(A) The low vitality of nerve forces in the body, and as the general health is rebuilding, these conditions should disappear. Thus the necessity for the preparation of the body for from three to six weeks in general treatment with specific relationship to the conditions of the secondary nerve forces to the centers along the spine that coordinate with throat, head, neck and face.

25. We are through with the reading.

REPORTS OF READING 3145-1 F ADULT

10/4/43 Dr. George N. Coulter's report: "Findings in the reading coincided with my physical findings.... Her circulation is very poor. The treatment, as outlined, is being carried out and she is showing improvement. Treatment started Aug. 26, 1943."

INDEX OF READING 3384-1 M 32

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BACKGROUND OF READING 3384-1 M 32

B1. Background: Married, no children; pilot, instructor; Congregational, Born 2/28/11, in Ill.

B2. 10/27/43 Letter from [3384]: "Through friends of my mother, Mrs. [5009], I have heard of your wonderful power to help people... Since childhood I have had a nervous tremor which has seemed to increase until it now has become a serious hindrance in my present work and any work that I attempt; my handwriting is practically illegible. I have on various occasions consulted doctors and just recently, through my cousin, Dr. Henry George III, underwent a complete physical examination including electroencephalogram, cardiograph, and spinal puncture. All tests came out perfectly normal and while some of the doctors made some suggestions as a whole they were at a loss in giving me any helpful advice..."

B3. 11/1/43 [3384]'s Mothers' letter: "I can assure you that this young man stands to have his entire life ruined unless he soon gets help. Basically this tremor (since childhood) has crept upon him with now a report from the clinic he recently went through that it is initially perhaps a physical thing with years of mind build-up which now affects his earning and fear possesses him..."

B4. 11/8/43 Mother's letter: "He has learned little tricks physically, to hide some of his difficulties but the tremor increases and up to recently in this work he has had a dreadful time getting work since he cannot write and even in feeding himself now he holds his fork against his lips in a trick way to steady and prevent the metal rattling against his teeth. This detail is to show you a little something and yet he has his rating in Civilian Instructor... He was put through a round of clinical tests in ... in June for a month - the results being sedatives which steady him and a diagnosis was that at early age he evidently, after some childhood illness, some set of ganglion was slightly impaired and then as a sensitive child, left with this unsteadiness, showing all thru in his school work and then later on more and more because an exaggerated mind build up. They recently tested him thru hypnosis and he seemed to be more steady but only while under these tests. They sent him back home with sedatives and controls to practise which only seem to make him now more tense. He had in July the good fortune to be taken on at the civilian school as "Chief" instructor of instrument flight - the first real job he has had and low there was a gas tank leak and in mid air the engine stopped and my son had to make a forced crash landing (this 4 weeks ago). He used his head and neither of the students received any injury but he took the blow in the face (and the plane cracked up) and a frontal bone crack which had to heal before the now present return to the hospital for a rebuild of his nose which was badly smashed (compound fracture and has lost much blood), but his great concern is the job and physical welfare that they do not attribute this to his unsteadiness or that the army may not soon reclassify and throw him out. The psychology of being as he is is dreadful. It is a mysteriously queer condition. Even his abdomen has this quiver and tremor now seems quite general. Everything is jeopardized, his possibility of not being able to get any work if he is thrown out of this instructing in which he is so well trained and self done - against terrific odds. One of the neurologists called him "Exhibit A for determination" to get where he is against such odds, as an instructor - when he can't write his name. His only way of writing is typing and even with the machine, hitting the correct letters is some strain now."

B5. 11/19/43 Questions besides those at the end of 3384-1: "Do you feel this tremor can be cured or overcome? If so, how long do you think it will take? Would it be better that I come to Virginia Beach for treatment you prescribe or can I obtain it elsewhere? Do you feel me physically able to continue making my livelihood as an aeroplane pilot, as I have trained myself to do this and have hopes to continue in it? My wife and I believe very sincerely in the power that is given you and our hearts and minds will be with you during the hour you have given me."

TEXT OF READING 3384-1 M 32 (Pilot, Instructor)

This Psychic Reading given by Edgar Cayce, this 2nd day of December, 1943.

2. EC: Yes, we have the body here, [3384].
3. Now, As we find, in considering the pathological conditions with this body, the psychological must also be taken into consideration. For as indicated, physically the body reactions are very good. Under certain stresses or strains the nerve system, in coordination with the imaginative and the central system, causes anxiety and break-ups.
4. We may rid these conditions from this body if there will be added an osteopathic correction to the 9th dorsal and the bracheal center, the first second, third, fourth dorsal; coordinating the cervicals with such adjustments and corrections.
5. Have some six or seven of these osteopathic corrections.
6. Also we would have a very low form of electrical forces, or the low body electrical forces produced by the use of the Radio-Active Appliance. There's not a physical defect, not a mental defect, but an incoordination between the imaginative and the central nervous system. Use the Radio-Active Appliance an hour each day, making the attachments to the left ankle and right wrist, the next time the left wrist and right ankle, and so on, but be sure that the same connections are used each time.
7. And use this hour as the period of meditation. Read and study carefully the 30th of Deuteronomy, also the 14th, 15th, 16th, and 17th of John. Know, as ye read that these words are applicable to yourself indeed. Not that you attempt to hypnotize yourself, but rather knowing deep within the soul-self that all the forces or powers of creative energies that give life itself are within yourself; that you can trust wholly in the Creator, the divine within. Make those choices that ye must in every activity of body, mind, soul, trust wholly in Him - that ye must let thy will be one with Him, without reservation, WITHOUT reservation.
8. As ye apply these suggestions, as ye read, as ye meditate, during the period of the application of the Radio-Active Appliance, do make personal application, practical application of such tenets and truths and ye will come out, - ye will know that the ability is within self. Do that.
9. Ready for questions.
10. (Q) Would appreciate suggestion of name and place of physician who can administer treatment suggested.
(A) The most physician needed is within self. The physician is the Christ-Consciousness.
Any good osteopath may make the adjustments. These are only as the guiding influence until ye make application of the low electrical forces. These are not from without. There is no charge of electricity save that in your own body. This is only equalizing - by and through the meditating upon the divine truths that are manifested in self.

11. (Q) Any suggestions to help further repair of facial injury?

(A) This may only be done by the use of oils that will be healing.

Camphorated Oil is best. Keep this area dressed with this oil once or twice a day.

Do not trust in forces other than those that are within self. Remember, thy body is the temple of the living God. And He promises to meet you. As you attune yourself by the outer circulation, the inner circulation (through the use of the vibrations set up in the Radio Active Appliance), ye may easily attune the divine in thee to the divine that is of the universal consciousness. Ye can by the will of self make self in accord. Do it. Live it. Be it. We are through with this reading.

REPORTS OF READING 3384-1 M 32

12/21/43 [3384]'s letter: "First I want to thank you very much for the reading of Dec. 2nd. I have been following your instructions as close as possible, already having had six osteopathic treatments. Also today I received the Radio Active Appliance and this morning took my first hour of it.

"I would like very much to have a check reading at your earliest convenience for which I am enclosing my check for \$10.00. Dr. A. C. Delwarte, 118 E. Broadway, Tucson, did the osteopathic adjustments. I would also like to ask the following two questions if possible. 1. How long should it take to clear this tremor up if I follow your instructions completely? 2. What could I use to clear up the skin irritation that I have had off and on for the past few years?

"Mr. Cayce, on the morning of Dec. 2, between 8: 30 and 9: 30 (the time allotted for my reading) I sat here in our home in a very comfortable chair and tried to follow your instructions as to what to do during the reading. I seemed perfectly relaxed and just seemed to sort of drift along in my thoughts until at 9: 07 by my watch (or 11: 07 your time if my watch were correct) I suddenly seemed to sort of snap out of it and come wide awake. From then on I couldn't seem to settle down again. I told my wife a couple of hours later, when I picked her up down town, that I would bet anything the reading ended between 11: 05 and 11: 10 your time. In a letter from my mother written noon of the same day she said that she had sat and meditated but also felt that the reading was over at 11: 10 your time. Neither of us had any way of knowing the actual time of the ending until receiving your letter a few days later and finding 11: 05 EWT was correct.

"I might add for your information, Mr. Cayce, I have never in my life thought much of God or Christ. I have always believed more or less in what I saw and let the rest 'come what may'. After reading THERE IS A RIVER one must believe in something. But after reading the chapters in the Bible you gave for me, it just seemed that they hit me right between the eyes. My wife and I are both reading about three or four chapters of the Bible daily and are learning.

"Again thank you for everything..."

1/22/44 See 3384-2.

INDEX OF READING 3384-2 M 33

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TEXT OF READING 3384-2 M 33

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of January, 1944.

2. EC: Yes, we have the body here; this we have had before. There are helpful conditions taking place in the body. The closer the body will keep to those truths and the dependence on the abilities latent within self through trust in spiritual things, the quicker will be the response in the physical body. For all healing, mental or material, is attuning each atom of the body, each reflex of the brain forces, to the awareness of the divine that lies within each atom, each cell of the body.

3. The manner in which these administrations are being made are very good. No fault may be found, though it will be necessary to carry on these for some time. As to how soon they may be discontinued depends upon how soon the entity, the body, the mind, the soul of the entity accepts and puts its whole faith in the divine that is within itself.

4. Ready for questions.

5. (Q) What would you suggest to clear up the skin irritation I have had for the past few years?

(A) Setting up better eliminations through the alimentary canal. Take into the system the vegetable force that will aid in setting up coordination between the eliminating systems, so that the drosses and poisons from used energies will be eliminated through their proper channels. Oft have in the diet figs, pie plant and such. Take internally Simmons Liver Regulator as an eliminant, and then the rest of the treatments keep up.

After the bath, dust the body with a powder that carries Stearate of Zinc and Balsam. This will tend to heal the external irritations. Properties taken will correct and attune the energies of the body for proper eliminations.

6. (Q) How long should the osteopathic treatments be continued?

(A) As indicated, it will be necessary to keep up the osteopathic applications in series, with a few days rest between. These adjustments are merely to attune the centers of the body with the coordinating forces of cerebrospinal and sympathetic system. Thus the body is purified or attuned so that it in itself and nature does the healing.

As to how soon you may leave off the treatments depends upon how soon you can trust in your spiritual self, your mental self, to direct your physical being.

7. We are through with this reading.

REPORTS OF READING 3384-2 M 33

1/44 Mother's letter: "[3384] is a huge man - weighs nearly 200 - he is so sensitive - doing nothing to earn..."

1/29/44 Letter: "Thanks very much for the check reading. I am glad to see that things are going along o.k. I might add that for the past couple of weeks I have thought that I detected an improvement in my condition. I thought so and my wife mentioned that she also noticed a change."

1/29/44 Report: "...I am glad to see that things are going along o.k. I might add that for the past couple of weeks I have thought that I detected an improvement in my condition. In this check reading you state, 'As indicated, it will be necessary to keep up the osteopathic applications in series, with a few days in between.' In your first reading you just stated to have 'some six or seven of these osteopathic corrections'. I gather you want me to have six or seven then wait for a few days and then have six or seven more... In regard to the skin irritation, the reading says to 'dust the body with a powder that carries stearate of Zinc and Balsam. I have gone to various drug stores here and they all say 'Balsam of what?' Balsam is apparently a sap like substance from trees. I finally found some 'Puretest Zinc Sterate with Balsam of Peru'. This was about the only thing containing anything that looked like Balsam... I have for years used various types of Zinc Oxide powder and the one I found as best is 'Mexsana'. This is put out by Plough Inc., and contains Camphor, Zinc Oxide, Starch, Boric Acid, and Oil of Eucalyptus. The latter, I imagine being a Balsam. I have gone to doctors all my life to try to find a way to overcome this tremor. You don't know what it means to know that I am going to be able to do just that."

1/31/44 Mother's letter: "...My son writes me today, I quote 'For about a week or so now I thought that I detected a little improvement. I have mentioned it to my wife and she has thought so too. In any case I know I am more relaxed...'"

2/23/44 Mother's letter: "...My son writes, 'I have been doing a little flying, making side trips for some people around the state... I have finished three books in the

TREMORS, TREMBLING, TWITCHING CIRCULATING FILE

Old Testament. My hand writing is better I think. I seem more relaxed and by writing slowly, can do much better than before.' ...At the wind-up of the last letter he wrote five words in script. 'Does this look any better?' Pathetic of course and yet actually better as an attempt to write than I have seen from him in a long time..."

3/4/44 Mother's letter: "...There are two articles which he cannot obtain in Ariz. and I have had no success here. These articles being dusting powder which carries 'Stearate of Zinc and Balsam' and Simmons Liver Regulator. He being a marked sweater and the country being hot, he has suffered and been to doctor after doctor for relief from the 'sweat rash' that itches, burns and is most over his body. Hence this first question in his check reading to clear up the skin irritation he has had for years. The rash is more or less a torture and it has been diagnosed from one doctor to another for years as 'athlete foot' and 'smart rash', etc. and nothing has helped... The improvement in the tremor is not much but any control and gain is a good one..."

4/19/44 Cousin, Dr. [4927]'s letter: "It has been your privilege to help my cousin, [3384], who was hurt in a plane crash. As an Osteopathic Physician I had gone over him and managed his case early last summer while we tried to arrive at a definite diagnosis as to the cause of his tremor and speech defect and outline some plan of treatment. I have been impressed by the change in his signature in recent months. He has improved, of that there is no doubt."

5/20/44 Mother's letter: ". . . He is not flying but is studying for a Tomr (?) job and going down each day - exams etc. I can see that your reading has opened up a search in his soul and that means a great deal I know, and so I say 'Thank Thee Father'... He is faithful to his exercises at all times and has been, when the operation allowed no interferences..."

6/3/44 Letter: "Mr. Cayce, both my wife and I are seeing a slow improvement in my tremor. I am much calmer than I have ever been and am learning how to relax for the first time in my life. I know that it will be just a matter of time until I will be completely over this condition. I sincerely thank you for everything you are doing."

6/10/44 Mother's letter: "...His progress is very slow. I can see he is discouraged, ...for a while he was threatened or in danger of meningitis, so the doctors said... He was quite encouraged for a while, then the accident about the time of the reading... May his life reading give him new encouragement..."

9/26/44 Letter: "I am very glad to say that I am continually improving myself. It is slow but it is taking place."

10/12/45 Mother's letter: "...His wife said that the tremor for which he had his reading was no better but no worse. He is keeping up his treatments and

meditation too, I feel sure. Then bang! came this second plane crash. While I do not speak of this for a hard times story it has been a real calamity, financially too, as with the first accident he was covered by insurance. This time his job did not have any responsibility for it at all, as he had merely been giving a fellow a private lesson on his own time and used someone's civilian plane. Something happened to the plane up there and the crash landing did not work out happily. The other man was killed and my son has been at death's door. 41 friends immediately lined up offering their blood and it was over 2 weeks before the doctors dared give him the major operation his leg demanded. Ribs, shoulder, arms, wrist - all broken. Twenty-five scalp stitches taken and the leg with two compound fractures. On the table 3 hrs. 40 minutes - put in screws - three!... It will be six months before he can try to walk..."

5/31/46 Sister's letter: "...Will you remember to write to my brother [3384]? He had both a physical and a life reading. After 20 months following the readings treatment with no observable changes, he lost faith in it, seemingly and gave it up..."

8/9/59 Letter from [3384]'s sister [who also had a reading for her stepson [5014]]: "Would you please at your convenience send me a copy of each of my brother's readings. I should like to study them again. He had them in early '44. He was recently here, and his tremor is very bad, and I hope to convince him to return (after 14 years leave-taking from it) to his readings' treatment and use of the Radio-Active Appliance. He had been using it for just 18 months when he was in a serious air crash (in '45) and had a 9 mos. period of convalescence. Prior to that he was reporting he felt he was beginning to see slight improvement. Well, the interruption by the air crash plus Mr. Cayce's death during his months of convalescence seemed to have knocked out of him his previous faith and interest in the readings' treatment. Now, after 14 years, the tremor is decidedly worse, and as any number of doctors and clinics in the meantime have been able to offer him no help, I am just in hopes I may be able to rekindle his interest and faith."

11/30/80 Letter from [3384]'s sister: "My brother (pushing 70) has had an 'intention' tremor of the hands since he was 12. It was barely perceptible then but progressed through time. It was 1944 I heard of Edgar Cayce and it was then my brother [3384] received a reading prescribing the radio active appliance and meditations on Deut. 30, and St. John 14, 15, 16, 17. My brother's wife reported improvement but in August, 1945, he was in a plane accident, was broken from his left ankle all up to his left shoulder, and was laid up many months and NEVER would consider returning to his reading. His wife believed in it thoroughly, but told me he really didn't. He's a FINE man but has never been drawn to spiritual interests. Today, the tremor is such that he shakes all up his arms, and has great difficulty eating. Can't write except to sign his name in huge, shaky letters. Edgar Cayce said there was an incoordination between central and sympathetic nervous systems..."

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BACKGROUND OF READING 4661-1 M (OVER 50)

B1. 1/1/31 Wife [1919] submitted questions: "Mr. [4661] would like to know why he is so nervous, his right hand trembles, and what to do for same, and for his sore feet - callouses are causing him trouble."

TEXT OF READING 4661-1 M (OVER 50)

This psychic reading given by Edgar Cayce, this 7th day of January, 1931, in accordance with request made by his wife - Mrs. [1919].

1. EC: Yes, we have the body, [4661] and those conditions physical as surround the body. We find there are disorders that may be corrected in the physical forces of the body, that the physical may function the nearer normal - and these, we find, have to do with specific conditions that exist in the physical functioning of the body, hindering in the eliminations and the circulations of the physical body.

2. These, then, are the conditions as we find them with this body, [4661].
3. IN THE BLOOD SUPPLY, this we find shows an uneven balance. Not that the pressure is so abnormal, though THIS we find somewhat below normal. The divisions in the constituents or elements of the blood supply show a distress in the system's attempting to adjust self to those disorders or pressures as exist in system, that prevent the PROPER circulation. Hence the urea, the glucose, are unbalanced, making for some change in the CELL count in the blood supply also.
4. IN THE NERVOUS SYSTEM, here we find the greater disorder, and may be rightly termed the seat or the cause of the distresses that are produced in the system. There exist two very decided lesions in the cerebrospinal system, so that the nerve plexuses in these centers make for improper distribution of lymph circulation, as well as of nerve energies WITH the circulatory system. These we find in the last dorsal and upper lumbar, and in the coordinate reflex through the upper or lower portion of the cervical and upper dorsal. Hence these conditions are as a result of these pressures, and the manner or character of the lesions make for a nervous temperament - with pains in shoulders, neck, head; ringing at times in ears; tendency to produce an over abundance of lymph circulation in mouth and nasal portions of body; TREMBLING in the hands and arms. From the lower centers, a disturbed circulation in the lower extremities, reaching - to be sure - through those locomotary centers from the lower portion, forming perspiration in feet, tendency for cold and clammy sensations at times, making for those conditions in the lower portion of the nerve ENDS to limbs - as makes for disorders in heels, ankles, tendency toward the feet disorder, as well as accumulations - or sore feet, callous conditions resulting in same; circulation not being taken away properly through the proper eliminating portions of body.
5. In the SYMPATHETICS, in their coordination or conjunction in the brachial center - the 5th and 6th cervical centers - makes for those tendencies of the distortion in the sensory system. Bad taste at times - not merely from a disturbed digestion, but from reflexes from those conditions in cervical and upper dorsal area.
6. IN THE FUNCTIONING ORGANS, brain forces are very good.
7. Sensory system shows the disturbance from the conditions existent in the cervical and upper dorsal region.
8. Bronchials, lungs and larynx - naturally, from such disorders - show some reflex, though not an organic disturbance; neither is the heart's action other than of nerve reflex conditions.
9. Digestive system - rather that of a NERVOUS indigestion, rather than a functional one - for the balance in the lacteals and the conditions of digestion is very good, CONSIDERING other conditions. Not that these disorders from same do not arise, and at times an excess of acidity exists in the digestive forces of system, but these are rather reflex than of causes - or even effects, except at periods, or TEMPORARY conditions.
10. In the functioning of spleen, liver, pancreas - such a condition makes for an engorgement in spleen proper, with a tendency for sugars - or of those that should be as a stimuli towards the characterization of the digestive forces in the lower portion of stomach AND intestinal digestion making for a too full, or the

effluvia becomes disordered through reflex forces, rather than organic or even functional. Being, then, more a nervous disorder - even in these functionings, as is indicated by the hepatic circulation itself, where there is at times an over abundance of eliminations through kidneys - while at others sparse, and a tendency to make for sedimentary conditions. NOT an organic disorder, but a functional one, arising from pressures in the system.

11. In the lower intestines and the colon - these we find show the tendency of the poisons to gather, or those toxic forces arising that aid and abet the disorders in the extremities, as well as the nervous disorder of the body.

12. In meeting the needs, then, of the conditions we find for this body, [4661], we would first make those proper corrections in the lumbar, lower dorsal, sacral, and cervical regions, OSTEOPATHICALLY, that will loose, or allow a normal circulation through the system. This may not be done too fast, for the corrective forces in removing pressure should not be made more than once each week - while at least two GENERAL treatments will aid and REST the body.

13. Cleanse the colon at least once each week by high enemas or colonic irrigations, being sure there is sufficient of the antiseptic forces in same as to prevent irritation; and such antiseptics should be of those natures that are non-acid in their reaction.

14. Low form of electrical vibrations will also aid materially in quieting, allaying, and assisting the nerve plexus and centers to gain a NORMAL or nominal reflex.

15. Well that, at least every other day, there be a massage of the brachial centers, lumbar centers, with equal parts of Olive Oil and Tincture of Myrrh. These act as foods for centers, allaying the distresses in nerve ends.

16. Bathe feet in a mild or weakened solution of salt water at least two or three times each week; bathing the BOTTOMS of same with Carone Oil, or a mixture of alcohol, Olive Oil and Witchhazel - half and half of the oils and one-third of Witchhazel. These will relieve the pressures, as will also the MANIPULATIONS for the feet and limbs in correcting those irritations to the bursae in the heels and in the feet themselves. These, of course, will not necessitate as long application for correction as will the correcting of the disturbance in the cerebrospinal centers proper.

17. In the matter of diet - let this be a tendency towards an alkaline, rather than even an equal balanced diet. This may be as a sample, though it may be changed to meet the needs of the conditions of the body:

18. Mornings - diet of citrous fruits, prunes, prune whip or prune juices, tomato juices, or figs - so they are not in too much of the syrup. Raisins, and such, may be altered with these also.

19. In the noon - should be rather those of the soups, or a LIQUID diet - and not too hasty in consuming same.

20. In evenings there may be those of a well BALANCED diet, not making too much as weight without considering the assimilating possibilities of that taken.

21. In six to eight weeks we should have a near NORMAL body. We are through for the present.

INDEX OF READING 4702-1 M 79

ANEMIA

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

BLEPHARITIS: TOXEMIA

BLINDNESS: TENDENCIES: SPINE: SUBLUXATIONS

Electrotherapy: Violet Ray: Blindness: Tendencies Par. 12

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Physiotherapy: Applications: Boracic Acid:

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: Eyedrops: Belladonna: Blepharitis Par. 11

: Packs: Potato: Blepharitis Par. 11

Sensations & Symptoms: Nervousness: Spine:

Subluxations Par. 5

: Tremor: Par. 5

SPINE: SUBLUXATIONS

BACKGROUND OF READING 4702-1 M 79

B1. 5/24/26 Letter: "I have been told by Mr. [3977] that you are a man of a God-gift and that you are a man that is able to help suffering humanity. I am a man of 79 years of age and my eyesight has been failing me for a long time and now I can hardly see any at all. I wish you would please give me a reading of my case and see if I can be benefitted by the good work you are doing."

TEXT OF READING 4702-1 M 79

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 16th day of June, 1926.

2. EC: Now, we find there are many abnormal conditions with this body. Many of these are of long standing. Many are caused by disturbed functioning and are the results of this continued exaggeration in various functionings, and the conditions as produced by same.

3. Now, these are conditions as we find them in this body. First:

4. IN THE BLOOD SUPPLY, this we find low and below normal in the rebuilding within the system, carrying also much dross in various forms not eliminated through their proper channels. This is seen in many of the organs in their attempt to overcome this condition.

5. IN THE NERVE SYSTEM, with the age, and this exaggerated condition in various portions of the system, many of the centers in the cerebro-spinal system show the exaggerated condition produced about them, such as is seen in the plexus in the 3rd and 4th cervical. Hence conditions as we see in the sensory organism, especially in the eyes, ears, and the nasal cavities. In the 5th dorsal, this makes or produces in part, or is an effect in part, of the condition that is given. Also a reflex from same to the digestive system, through the assistance of deflections in the 7th and 8th dorsal. In the 4th lumbar another condition - this the nervousness, or the shaky condition through the lower extremities, also the condition in the kidneys.

6. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, brain forces are very good, considering many of the conditions as have existed in the body.

7. The organs of the sensory system, especially the eyes, now give the greater distress at the present time, showing the excess of drosses not eliminated, the excess of fluids as are attempting, through the lachrymal ducts, to cleanse the eye proper. Hence the over amount of secretions as show, and the inflammation as is produced in lids, and the dimness to sight itself. The condition in nasals and throat show the exaggeration of this same condition, with the extra amount of saliva as is created by this exaggerated condition through this portion of body.

8. Lungs very good, considering the condition in blood and of the nerve system, as is also the heart's action good - when many of the centers ABOUT the various conditions as affect this action are in so much derangement - these are very good.

9. Digestion - very poor assimilation takes place, from the condition in the liver and in the hepatic circulation, from that condition in the dorsal and lumbar regions.

10. To bring the better conditions, then, to this body at the present time, first we would, through manipulation, osteopathically given, more equalize the nerves supplying throughout the system, especially that as to the elimination and the assimilation for the digestion, the elimination for the GENERAL system, so that the respiratory system, the liver, the kidneys, act, as it were, more in unison, rather than shifting the responsibilities of elimination first from one to the other, so that the respiratory system, through this special season of the year, would eliminate much, as well as the kidneys being corrected, and the liver, through the general system. This, we find, would not necessitate so often treatment, but a PERSISTENT treatment - that is, at least once to twice a week for many treatments.

11. The condition for the eyes and for this portion of the circulation being assisted by such adjustments, we would apply those properties as would be found in scraped old potatoes (Irish potatoes). This applied to the eye of evenings, see? Large enough quantity to cover the whole orbit or socket - this bound about with a light cloth until morning, see? applied in the evenings, left until morning. Cleanse this at this time (when this is removed) with a weak solution of Boracic Acid. THEN we would apply drops in the eye, to CLEANSE this. These would be very small quantities of Belladonna. This, as we see, will dilate and keep the eye from its normal vision, but at the same time will allow the ducts to become a

normal eliminating source, through the adjustments as are being given at such times to the body. This should be applied with each application, or after each application of the potato (which should be given at least four to five times - every third day, see?). This, we find, will relieve this strain.

12. After this has been kept up for this length of time, then we would apply the vibrations from the Violet Ray over the whole system, and especially to the eyes, with the eye applicator, for at least three to five minutes every second day. This, as we see, will relieve this strain, relieve this condition as is produced through the general system, of the eyes, ears, nose, throat, and will bring nearer the normal condition for this body, [4702].

13. Do that. We are through for the present.

INDEX OF READING 4806-1 M 65

ANEMIA

ASSIMILATIONS: POOR

CATARRH

Diet: Blood-Building Par. 11--13
: Menu: Assimilations Par. 11--13

Environment: Altitude: Assimilations: Poor Par. 15
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Osteopathy: Spine: Subluxations Par. 14

Prescriptions: Alcohol, Grain: Assimilations Par. 10

Sensations & Symptoms: Tremor: Spine:
Subluxations Par. 8

SPINE: SUBLUXATIONS

Work: E.C.: Readings: Physical: Not Followed Par. Reports

BACKGROUND OF READING 4806-1 M 65

7/10/30 Questions submitted by friend [2504]:

What is deficient in my system to cause this unusual raising of mucous? What is the best line of treatment to follow to correct this condition? What diet is most beneficial for me to follow?...

TEXT OF READING 4806-1 M 65

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 10th day of July, 1930.

1. EC: We have the body here, [4806]. Now, we find there are disturbing forces as may be corrected in the physical forces of this body, [4806]. These, as we find, have to do with the assimilating system and the effects as are created by that tendency of keeping the vitality low through the non-building up, in a systematic manner, of the resistances through that assimilated.
2. These, then, are the conditions as we find them with this body, [4806] we are speaking of:
3. IN THE BLOOD SUPPLY, we find the red blood as deficient, the white blood as alternating between the two characters of white blood as should be builded for the resuscitation and for the coagulation as should exist in the system. Hence we find the tendencies of too much of the conditions where the activities of the lymph circulation cause for, through all of the eliminations, in a manner, an

excess of secretions; as is seen in the alimentary canal at times, as is seen in the manner of the activity of the kidneys in their frequency, as is seen at times in the character of the breathing when there is an over-activity physically, or when LITTLE exertion causes that tendency of fullness in throat; also the tendency of phlegm to accumulate in throat, through bronchi, and in nasal cavities. This, as we find, is from those excesses and the improper assimilating of that as is taken for the replenishing or rebuilding in the system.

4. IN THE NERVE SYSTEM, we find many of those centers, that ESPECIALLY show for the activities of the organs of the eliminating and assimilating system, show for a TENDERNESS in these regions, along the cerebro-spinal system; there the tendency at times, that at the 4th lumbar center, of an aching, or of uneasiness and heaviness, especially if body stands on feet for a time; also that of the tendency of feeling full after eating beyond that of normalcy. In the activities of the nerve centers from which the radial forces show for the digestion, these - as we find - in the 9th and in the 6th and 7th dorsal - also show for this tendency to be tender, sore, or at times to ache, in the manner as is indicated from their activity.

5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, we find the sensory system, especially, that tendency for the activities to the eyes, to the ears, to show the fullness of the lymph circulation; tendency of drumming or roaring at times in ears, of too much of secretions through the lachrymal ducts about the eyes, too much of that tendency of the saliva - or of the glands in the mouth and throat - apparently, secrete too much. These, as is seen, come from other causes, and produces that activity.

6. Heart's action shows an irregularity at times, but not of an organic nature; rather of the reflex nature.

7. The digestive system shows that there has been the tendency to keep for those of the pre-digested foods, and for the tendencies to increase the eliminations through the alimentary canal by the amount, or excesses of those secretions as are thrown off in the gastric forces of the system.

8. The hepatic circulation shows a coldness; not too high, but of a coldness in its activity. The tendency of the trembliness in extremities, from those pressures as come both from the brachial forces or centers, also from those of the locomotaries in the lower portion, or those just below the 4th lumbar centers.

9. In meeting, then, the needs of the conditions - these should be taken in to consideration, that - in forming for the system that which will produce for those of the proper vibratory forces - and even balance, a replenishing and rebuilding, must be taken into consideration, that will be done in a manner that will build up, but not to the expense of any one portion of system.

10. As for the medicinal properties, we would prepare, then, first as these: We would take first those of this, as a carrier for the properties as would be added together. We would take those of the bark of Wild Cherry 3 ounces, with 12 ounces of distilled water. We would reduce this by simmering, or slow boiling, to about HALF the quantity, see? 6 ounces. To this, then, we would add 2 ounces of simple syrup, with 1 ounce of 85% grain alcohol.

Then we would add those of:

Tincture of Stillingia.....1/4 ounce, Essence of Indian Turnip.....10 minims, Essence of Calisaya, or Tincture of Calisaya, or Elixir of Calisaya.....1/4 ounce, Essence of Wild Ginseng.....40 minims, Lactated Pepsin.....1/4 ounce.

Shake the solution together before the dose is taken. We would take half a teaspoonful 4 times each day, before the meals and before retiring.

11. We would also be mindful of the diet, that there are those of the full rebuilding - especially of those that build for the blood supply, and more of that in the vegetable forces than in meats - though the JUICES of meats may be taken occasionally. Let these, WHEN taken, not have TOO MUCH of the condiments, but especially as much of the SALT as the body can well take, or that is palatable to the body. Those in the vegetables should be, plenty of those of the citrous fruits - especially or mornings. These may be altered occasionally with those of the whole wheat or the buckwheat cakes, with a very NOMINAL amount of syrup - but the syrup should be of the pure character, or PREFERABLY that of the honey in the honeycomb; not that, that is slung, or that is made artificially, for this has a superficial action through the amount of the glucose as is in same - but that with the honeycomb, and of the fresh variety, is the better.

12. Then we would have, in the noon meal, those preferably of the vegetables that are raw, in part - and there may be added some sea foods, with oils that would be as dressings for same. Plenty of tomatoes, lettuce, and such, should be taken during this meal.

13. In the evenings there may be those of the soups, or of the broths from those of the meats, but little or NO meats. Then, spinach, celery, lettuce, carrots, turnips, and such - these should be taken in the evening meal.

14. The exercises for the body should be as much in the open as is possible, and at least twice each week the full manipulation osteopathically, as to keep for the system that, that will keep a normal balance in the system.

15. As to the residence, or to the altitude or longitude for the body - these, we will find that those of the seashore, and not too HIGH an altitude, would be the BETTER for the body, WILL these others as given be applied to the system. Ready for questions. We are through with this reading.

REPORTS OF READING 4806-1 M 65

9/16/30 [4806]'s ltr. to Research Department [Report in answer to questionnaire]: Cayce Hospital Research Dept. Virginia Beach, Va.

Gentlemen:

I received the report you forwarded to me while in Canada.

I was unable to have your prescription filled so was not able to follow out your suggestion. Circumstances prevented me from acknowledging the report earlier. Yours truly, [4806]

GD's note: Mr. [4806] died in Dec. 1935.

INDEX OF READING 5127-1 F 65

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BACKGROUND OF READING 5127-1 F 65

8/16/43 Daughter's letter from Canada: "I am writing to you because you are the one person who I believe can help us. Having read your biography, and having heard personally from Dr. [3211] from New York (who is my brother-in-law, and who spent some time with you) of the wonderful work you are doing... I hope you will be willing to help my mother. She came to visit me a couple of months ago from the states and took ill very suddenly last week. So far, the doctors have not been able to diagnose the case. X-rays reveal nothing. She has taken no nourishment and is suffering greatly... Will you please answer the following questions for her? (1) Why have I such a pain in my back? (2) What has caused the lump on my side? (3) What is wrong with my foot? (4) Can my foot be cured? (5) What causes my nausea and lack of desire to eat?.."

5/18/44 Telegram: "Questions are in original letter of application sent last August by my daughter. Please explain causes and cures for lump on side; pain in foot; shaking hand; morning nausea; mental depression...."

TEXT OF READING 5127-1 F 65 (Widow, Hebrew), 5/19/44

3. As we find, there is a complication of disturbances here. These as we find primarily arise from conditions arising from too-highly seasoned foods, those foods at times too rich to be handled by the elimination channels or drosses from the body.
4. As a result we have poor coordination between the sympathetic and cerebrospinal nervous systems, producing in the organs, with this combination, disturbance between the liver and kidneys.
5. Thus we have a heaviness almost as neuralgia, through the muscular forces in the back. With this poor coordination we have accumulations that form as the knot, or the gathering of lymph pockets, as that in the side.
6. The poor elimination and the slowed circulation cause trouble with the feet and the digestive system.
7. These, as we find, are the sources or the causes of the greater distresses.
8. We find that there may be some help brought to the body by taking a series or some courses of adjustments osteopathically made to set up better drainage through the body, and at the same time breaking up the congestion with the short-wave electrical treatments. These should be applied in the areas of the 9th dorsal and the lumbar axis, and when the manipulations or adjustments are made, these should be towards setting up the drainages or eliminations through the central organs of the body.
9. These will, as we find, bring the better conditions for the body.
10. In the assimilating system we find that the combination of Milk of Bismuth with a few drops of Elixir of Lactated Pepsin would aid the digestive system. These may be prepared in quantity or as they are to be taken. To prepare to be taken: In one-half glass of water, put one-half teaspoon of Milk of Bismuth and 5 drops of Elixir of Lactated Pepsin, stir together and take after the meals.
11. Do not make the meals too heavy; liquid diets, or those of semi-liquid nature would be preferable for the body. 12. Ready for questions.
13. (Q) Why cannot I stand even slight heat and why do I perspire so profusely?
(A) As has been indicated, the poor coordination between the superficial and the deeper circulation, which with standing, walking, causes the organs of the circulatory system to become more over-heated, and this produces through radiation the perspiration.
14. (Q) What is the incision in my side?
(A) As has been indicated, all of these are the effects of conditions that have been indicated. Do as outlined for the greater help for the body. There should be periods when these would be taken two or three weeks, and rest a week, two or three or four weeks, and rest two weeks, two or three or four or five weeks more, then a period of rest. Do these for better conditions of the body.
15. We are through with this reading.

REPORTS OF READING 5127-1 F 65

3/13/50 Questionnaire sent to Dr. [3211]. No reply.

10/52 Dr. D. H. Fogel indicated that he would index this case under Tumor, Tremor, Gout, Nausea, Anorexia.

Testimonial on Eye Twitching

11/18/73 Letter to A.R.E. from Sponsoring Member:

A.R.E. Box 595 Virginia Beach, Virginia 23451

Gentlemen:

Following is my testimony on the wonderful results I received following the use of castor oil on my eyes to stop the twitching.

I have a severe allergy to sugar and caffeine. I get a severe reaction in my eyes, the severity depending upon how much I have eaten. The reaction includes itching, running, scaling of eyelids, red and inflamed, bloodshot eyes, and microscopic lumps under my top eyelids. The newest development was about 2 - 3 years ago. My upper and lower eyelids started to twitch and go into spasms. The spasms could barely be seen but it felt terrible. The spasms would occur maybe 4-10 times during the day. Each time it happened, maybe my eyelid would twitch 5 times before it would stop.

My allergy doctor gave me a special prescription, a strong eye ointment called NEO-DECADRON, which would control all the other symptoms except the eye twitching. My allergy doctor said he had other patients with the same twitching but there was no medicine to stop it.

I had read about castor oil and putting it in one's eyes but I was afraid to try it because of my eye allergies. After reading the book on the castor oil packs I decided to use it. I put it in my eyes and rubbed it all over my top and bottom eyelids. The twitching stopped on about the 6th day of treatment. I thought I was permanently cured so I immediately ate some chocolate candy. The twitching started again. So I put it in my eyes again and it stopped again.

I now use it once or twice a day, every day, and it keeps the twitching under control, provided I do not eat sugar and caffeine, although there is always some sugar present in small amounts in all foods (bread, soup, canned foods, etc.

I am extremely happy with the results. My eyelids do not twitch. The treatment is simple and cheap and convenient.

If you need any more information, please let me know.

Sincerely, Mrs. Leonora Saikami

Mt. Prospect, Illinois 60056

(Not so) good vibrations

By Dr. Jonathan Wright

11/25/2009

<http://www.healthiertalk.com/not-so-good-vibrations-1158>

Hand Tremors

Question: I've noticed that the index finger on my right hand "shivers" when I use the mouse on the computer. It lasts about 20 seconds and then goes away. What do you think is causing this?

Dr. Wright: There are a number of factors a physician needs to consider when trying to make a diagnosis for this type of symptom, so the first thing I'm going to advise is that you see your doctor.

From your description, you could be experiencing some kind of tremor. There are many different kinds of tremors -- some serious, some not. Your doctor will probably inquire if the tremor occurs when you are still, when you attempt to move, if it only occurs in one position, whether there is a history of tremor in your family, or if it has come out of the blue.

Tremors may be caused by any number of situations. They can include: injury such as Carpal Tunnel Syndrome, other forms of nerve damage or degeneration, a specific disease process such as Parkinson's disease, medication side effects, heavy metal poisoning, thyroid disease, alcohol abuse or stress, just to name a few. Treatment should be based on cause and may include supplementation, physical therapy, or stress management.

I would encourage you to see a natural health physician about this to ensure a thorough evaluation of ALL the factors that may be contributing to your problem. And you'll be more likely to find the most natural approach for treating it. To find a natural medicine doctor in your area, contact the American College for Advancement in Medicine at (800)532-3688 or go to www.acam.org [2].

About the author



Jonathan V. Wright, M.D. has degrees from both Harvard University (cum laude) and the University of Michigan. More than any other doctor, he practically invented the modern science of applied nutritional biochemistry and he has advanced nutritional medicine for nearly three decades.

As of today, Dr. Wright has received over 35,000 patient visits at his now-famous [Tahoma Clinic](#) in Washington State. To learn more about Dr. Wright, and to sign up for his free Health e-Tips eLetter, please visit www.wrightnewsletter.com.