

Hi,

## **THIS IS AN EMAIL I RECEIVED FROM A FRIEND, AND MY RESPONSE.**

Jack- about 4 months ago I opened a door and slammed it into my right foot middle toe. It broke my nail and I thought it probably broke my toe as well. It started getting better after a while , but then I looked down one day, it was swollen and it hurt like hell to walk. The pain moved around in different spots, even the bottom of the top part of my foot. I went to the doctor and the X-ray showed that it wasn't broken. I tried castor oil , salt and vinegar , ibuprofen . . .

Nothing works! It has been swollen for over 2 months.

I also have taking liquid turmeric

It seem to work some . But not completely .

Any suggestions?

Love and gratitude,

Hi,

I am sorry to hear that you can't put your best foot forward anymore. 😊

The first thing I would like you to do is watch this video again.

[DMSO - Dr Jacob on 60 Minutes](#)



Before I received your email, I was trying to figure out how I injured my foot. I then realized that I hadn't sprained it, but **CRUSHED** it three weeks ago. My hip was bothering me. I have an inversion table where I hang by my ankles. Part of my routine is that I do sit-ups while upside down. To relieve the pressure on my hip I was basically hanging by one foot. The pads that hold me up put pressure on the top of my foot where the injury took place. I then went and did a set of weight lifting exercises with my feet, where I am doing curls on a weight table, putting pressure on the **SAME** spot. I crushed my own foot. I was also ready to get my foot x-rayed when the word **DMSO** popped into my mind.

If you follow the protocol that I used I am **CONFIDANT** you will be able to put your best foot forward again. 😊

1. Massage entire foot with DMSO, and let it dry for two minutes - I prefer the gel and most Health Food Stores carry it.
2. Soak a white sweat sock with warmed Castor Oil. Make sure the sock is "SOAKED" with the oil so that it is almost dripping.
3. Put your foot inside a plastic garbage bag and wrap a heating pad around the bag .
4. Keep this on for at least an hour and a half, the longer the better.
5. Remove the sock from the bag and store the sock in the bag. The next day pour some fresh oil on the sock while it is in the bag. Fold the heating pad over the bag to heat the sock up, and then use it. I like to use a fresh bag everytime I use it.

6. After breakfast and lunch I apply the DMSO again alternating between Arthro Boost, which Baar sells, and an Arnica Gell.

All of the Edgar Cayce protocols are done in cycles. I would do it for five days and the leave off for two, until you are healed.

Most of the heating pads I have used recently are worthless, they don't get hot. I purchased one on Amazon that use Infrared Heat, (which Cayce recommended for Arthritis), and does get hot. The link is below.

[https://www.amazon.com/gp/product/B013S7KGUU/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o01\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B013S7KGUU/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1)

Stay in touch and let me know how you are doing.

Have a wonderful day.

Peace&Love

Jack 

<http://edgarcayceheals.com> - MY WEBSITE