

**Circulating File**

**ALLERGIES: GENERAL**

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

**Edgar Cayce Readings Copyrighted by  
Edgar Cayce Foundation  
1971, 1993-2010  
All Rights Reserved**

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

**Printed in U.S.A.**

## ALLERGIES: GENERAL CIRCULATING FILE

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

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

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

Library: Circulating File Desk  
A.R.E.  
215 67<sup>th</sup> St  
Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

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

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

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

Blessings, A.R.E. Member Services Team

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

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

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

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

ALLERGIES: GENERAL CIRCULATING FILE

**Allergies: General**

<u>Contents</u>	<u>Pages</u>
A. Introduction to the Edgar Cayce Readings on Health & Healing	5
B. Commentary on Allergies by James Kwako, M.D.	9
C. Extracts from the Readings on Allergies	17
D. Case Studies from the Readings:	
1. Readings # 257-204, 208, 249, 45-year-old man	21
2. Reading # 678-5, 57-year-old woman	32
3. Reading # 1519-7, 15-year-old teenage boy	35
4. Reading # 1861-9, 35-year-old man	37
5. Reading # 1891-2, 20-year-old woman	40
6. Readings # 1964-1, 2, 27-year-old man	43
7. Reading # 2278-1, 36-year-old woman	50
8. Reading # 2518-3, 31-year-old man	53
9. Reading # 2541-5, 54-year-old woman	56
10. Readings # 2884-1, 6, 10-year-old girl	58
11. Reading # 2973-1, 67-year-old woman	67
12. Reading # 3109-1, 2-year-old boy	71
13. Readings # 3125-1, 2, 3, 40-year-old woman	76
14. Reading # 3201-1, 37-year-old man	93
15. Readings # 3224-1, 2, 3, 6-year-old girl	96
16. Reading # 3400-2, 39-year-old man	104
17. Reading # 3422-1, 32-year-old man	106
18. Reading # 3556-1, 20-year-old woman	108
19. Reading # 5292-1, 5-year-old girl	113
20. Reading # 5578-1, adult woman	115
E. "Allergies: All in the Body-Mind" by Carol Baraff	119
F. "Blessed Ragweed - The Most Hated of Weeds" by Robert Clapp	121
G. Reports by Members	126
H. Related Circulating Files and Research Bulletins*:	
1. Asthma	
2. Dermatitis	
3. Eczema	
4. Osteopathy	
5. Hay Fever	
6. Hives (Urticaria)	
7. Sinusitis	
8. Suggestive Therapeutics	

---

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

A.R.E. TODAY

Kevin J. Todeschi, Executive Director and CEO

# Sharing the Best That You Know



*I shared how the Cayce material had helped me, hoping to plant a seed of tolerance and understanding.*

March 2007 marks significant birthdays for two of this work's most prominent founders – Edgar Cayce was born 130 years ago on March 18; and Hugh Lynn Cayce was born on March 16, 1907, making this his 100th! The life's work of these two men has had a tremendous impact upon the Cayce work, as well as upon the consciousness of the world. It will only continue to grow as this work grows and expands – changing people's lives for the better: physically, mentally, and spiritually.

Once while at a conference in the 1980s, I remember Hugh Lynn speaking to those in attendance (an audience of well over 200 people) about the helpfulness of this work. He spoke about how there are principles in the readings that can assist people with their physical health. He discussed concepts about the purpose of life and ways of working with other people that transform lives and relationships. He talked about the readings' information on deepening our personal relationship with the divine – regardless of our background or religious heritage. After presenting an overview of this information that had been so helpful in his life and in the lives of countless others, Hugh Lynn asked the audience a rhetorical question: "How can you not share the best that you know?"

I have asked myself that same question countless times, whether on a plane, or standing in line at a grocery store, or having a brief conversation with a nearby diner at a restaurant, when some version of the question was asked of me, "What do you do for a living?"

I have to admit there have been times when I wanted to give a very brief answer like: "I work for a non-profit ..." rather than having to go into a long discussion beginning with: "Well, have you ever heard about Edgar Cayce ...?" But I have shared the best that I know many, many times.

On one occasion, I remember seeing a husband and wife sitting at the gate and waiting to board the same plane I was on. Each of them had carry-on luggage emblazoned with a large, yellow bumper sticker: "Be saved or be in Hell." When I saw the luggage I thought to myself, "I bet they'll be seated

next to me." And they were. When we were on board the plane, the man sitting on my right, he reached out his hand and said, "I'm so and so; what do you do for a living?" I remembered Hugh Lynn's words, and I shared how the Cayce material had reenergized my faith, taught me tolerance, encouraged me to read the Bible, and aided my health. I got off the plane hoping that I had planted a seed of tolerance and understanding.

I remember another occasion of sharing during my last semester of undergraduate school. The teacher was crippled from allergies. She had allergies to carpets, perfumes, smoke, the Denver pollution, etc. She was so ill that she limped into classes with a cane and medicated herself several

times during the course of each class. About the second week, I worked up the nerve to talk to her about my experience with allergies. There was a period in my life when I got three shots two times a week for allergies. I started working with the Cayce information on allergies and taking a few drops of castor oil on my tongue each morning and 5-6 drops of Glyco-thymoline® in a half-glass of water when awakening (both designed to help improve the body's own elimination system) and in a very short time I no longer took the shots and my allergies had improved tremendously. I told my professor my experience and wrote down what I had done.

A few weeks passed and this professor came into class without her cane and without her box of medication. When someone asked what had happened, she told the class about her conversation with me. She volunteered that with her medication she usually got 40% relief from her symptoms. However, with the "prescription" I had suggested, she was getting 85-90% relief. For the rest of that semester she

referred to me as her "physician." Her life had been immeasurably changed for the better simply because I had shared the best that I knew.


Perhaps we all have someone in our lives that could be helped physically, mentally, or spiritually by sharing the best that we know from the Cayce work. Why not take a chance and simply tell someone else what has been helpful in your own life?

**ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT**  
*Chartered by the Commonwealth of Virginia in 1931*

**EXECUTIVE DIRECTOR AND CEO**  
Kevin J. Todeschi

**BOARD OF TRUSTEES**  
David G. Nichols, Jr., *Chairperson*  
Eileen D. Malo, *Vice-Chairperson*

Charles Thomas Cayce, *President, Edgar Cayce Foundation*;  
Patricia Abrams, Elizabeth O. Bickham, William R. Brown, Charlene K. Buford, Harold E. Costley, Fred Dewey, Russell E. Dyke, P. Lawrence Hester, Phyllis Martin, Humberto S. Martinez, Joe J. Mathis, Jr., Douglas E. Torrance, Kathleen Welsch, *Trustees*  
Edgar Evans Cayce, Erik Jensen, *Trustees Emeritus*



## 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.

## ALLERGIES: GENERAL CIRCULATING FILE

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

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

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

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

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

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

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

## ALLERGIES: GENERAL CIRCULATING FILE

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

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

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

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

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

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

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

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

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

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

## ALLERGIES: GENERAL CIRCULATING FILE

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

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

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

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

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

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

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

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

Library: Circulating File Desk

A.R.E.

215 67<sup>th</sup> St

Virginia Beach VA 23451 Or e-mail: [CirculatingFiles@edgarcayce.org](mailto:CirculatingFiles@edgarcayce.org)

To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or [Baar.com](http://Baar.com).

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

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

Blessings,

A.R.E. Member Services Team

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation



**NOTE: This information was compiled decades ago by physicians interested in the Edgar Cayce material. It is included for your ease of reference and is not intended to be used as a course of treatment without professional medical supervision. Please keep in mind that contemporary medical knowledge and insight may have changed over the ensuing decades; for that reason please work with your personal health care provider before undertaking any course of therapy.**

## **Commentary on Allergy**

by James Kwako, M.D.

### **I. Introduction**

Current medical opinion on allergy has many very interesting findings in light of the Edgar Cayce readings. Allergy is considered to be an abnormal reaction to a normal substance. The abnormal reaction is generally accepted as an inherited characteristic, but more recently it is felt that the tissue affected and the degree of sensitivity are not inherited. Prigal suggests that, "Today one is wise not only to consider whether symptoms might be due to allergy (i.e. inherited) or to infection or to psychological stress (they can arise from each of these), but infinitely more fruitful to ask how much allergy, how much infection, how much psychological stress. Since each is a form of stress, perhaps their interrelationship is mediated by the pituitary-adrenocortical axis." Szentivanyi suggests that the constitutional abnormality common to all atopic patients, including these with asthma, is an inherited or acquired partial blockade of the beta adrenergic receptors regardless of the precipitating factors (immunologic, infections, psychic). Excessive irritability of the respiratory tract reflects a diminished responsiveness of the beta adrenergic receptors of the bronchial glands, smooth muscle and blood vessels of the mucosa. The diminished response of the adrenergic receptors results in a failure of the normal homeostatic defenses against bronchoconstrictive stimuli operating either directly or by way of reflex cholinergic pathways. According to Szentivanyi and Fishel, the adrenocortical steroids and catecholamines appear to function largely as a single unit. Physiological levels of corticosteroids may be essential to maintain the normal response of adrenergic receptors to stimulation, which seems to be evidenced by the popular use of steroids and sympathomimetic agents for the relief and prevention of nasal and bronchopulmonary symptoms.

Common symptoms and signs of allergy include sneezing, rhinorrhea, lacrimation, itching, Eustachian tube blockage, conjunctivitis, palatine and pharyngeal itching, and wheezing. According to Ashley, acute attacks of respiratory allergy are usually produced by one or a combination of several triggering mechanisms: sudden changes of temperature and humidity; mental or physical fatigue; chilling; emotional upsets; overindulgence in food, tobacco, or alcoholic beverages; constipation; or contact of an overpowering dose of an inhalant (dust, pollens, irritating gasses, paint, insecticides). He states that all place stress upon the autonomic nervous system by overstimulating the parasympathetic nerves or understimulating the sympathetic system, and that "the lower the threshold of tolerance to stress and the more unstable the sympathetic-para-sympathetic balance, the more apt the individual is to develop allergic manifestations when subjected to any one of these stresses."

## ALLERGIES: GENERAL CIRCULATING FILE

The respiratory tree is a single physiologic unit. Mullins and others proved many years ago the existence of an interrelationship between the lymphatic drainage of the upper and lower respiratory tract. The lung roots, paranasal sinuses, the middle and inner ear should be considered as a clinical unit which participates in a common immunologic and physiologic response to allergy and infection.

Clinically it is well recognized that viral infections of the respiratory tract frequently precede bacterial invasion. Horesh, in studying the relationship between allergy and infection noted that environmental stress may activate bacteria, commonly referred to as the jolt reaction. Subsequently these bacteria may initiate infection or cause a hypersensitivity reaction, directly or indirectly; the latter may be the result of increasing the reactivity of the bronchi to chemical mediators and nonspecific irritants, as suggested by Szentivanyi and Fishel.

There are many theories concerning the etiology of allergy. Most authorities agree about the importance of infection, allergens and the psyche and there is new interest about the autonomic nervous system but there is less agreement about the way in which these interrelate to cause allergic manifestations.

The Edgar Cayce readings have very specific comments about allergy. It is defined as "the effects of the imagination upon any influences that may react upon the olfactory or the sympathetic nerves." (3400-2) To one asking, "Am I allergic to any substances?" Edgar Cayce replied, "Did you ever consider what is meant by being allergic? Most of it is in your imagination! Do you imagine things? Then you are allergic to it." (3586-1) To another he stated that, "This is rather a fad. To be sure individuals may become allergic to certain conditions because of excess of certain elements in the body. But these are rather exaggerated off." (3172-2)

These statements are sensible in light of the influence of spirit and mind on the body. "Imagination" seems to refer to the process of creating mental patterns or thought forms, much or all of which takes place in the sympathetic ganglia. These patterns might have been created in recent childhood or past life conditions to produce physiologic and structural alterations. The imaginative forces reside in the sympathetic nervous system, which is the major response organ of the body to the conscious mind and the environment.

Etiologic factors vary widely. External substances that seem to trigger allergic manifestations include all of those previously mentioned as well as chocolate, white of egg, wool, aluminum, paper, ink color and noises. Not only foods are implicated but certain combinations, such as sea foods taken with, "Any sort of sweets or any of those foods that are of an acid nature.... Certain types of berries, if combined with other foods." (2772-4) Colors or lights that are especially mournful and deep can initiate symptoms.

Or acute allergic reactions are stimulated by mental conditions, such as nervous tension, emotions, suggestion or karmic patterns. A 40-year-old female developed allergy because of a previous experience as a chemist when "she used many of those various things for the producing of itching in others" from having "self's own way." (3125-2)

## II. Physiological Considerations

**Q-5. What should be done for hay fever, to prevent sensitiveness to dust, feathers, pollen . . . and tobacco smoke?**

**A-5. Most of this is imaginative, and the responses will be as the impulse to use these very things themselves in their activity in the body!...**

**386-3**

What is the imagination, or imaginative forces and how do they affect a person physically, mentally and spiritually? Our thoughts, impressions and desires build something real in our physical vehicle. The mediator of imagination seems to be the sympathetic nervous system. As the various ganglia or centers of activity are impressed, vibratory patterns are built. If these patterns are contrary to the ideal, an incoordination develops, usually between the sympathetic and cerebrospinal nervous systems. Inefficient nerve impulse prevents adequate circulation and lymph drainage. The former supplies nutrients which allow for constant rebuilding and regeneration. Lymph drainage carries out the used energies and foreign substances, providing a cleaner environment for cell workings. ". . . as the plasmas as have to do with coagulation are positive, and those of flowers or of any of the pollens that come from same, or vibrations, are negative – then they produce irritation." (2884-1) Substances that are foreign to our system will be "coagulated" and eliminated. However, if we build impressions of negativity of substances, such as foods, color, sound or people, then these become recognized as foreign to our system. One might say, that reactions to substances may be created to trigger the immune system, and that the reaction to even normal substances may be exaggerated as we so choose.

There are primarily three physiological causes of allergy. A supersensitive sympathetic nervous system predisposes an individual to react to environmental substances. This class includes those with a genetic or familial history. It is more likely to be imaginative in nature and subsequently karmically related. The second class involves those with a specific physical condition, which causes allergic symptom manifestation during periods of stress, especially seasonal or atmospheric changes. Examples of this class are birth injury to the spine, cholelithiasis, chronic indigestion, constipation, diabetes mellitus, endocrine dysfunction or spinal abnormalities in areas other than the lower cervical and upper dorsal spine. The third group of people have a susceptibility to the whole body, as a result of a general debilitation usually associated with anemia, neurosthenia, malnutrition, neuritis, arthritis or multiple sclerosis.

The primary pathology of allergy is an abnormal nervous system function that produces a supersensitiveness. The mediator of allergic symptoms is the autonomic system as a whole, more specifically the lower cervical and upper dorsal areas. "It is true that the cervicals are the more active to the nasal passages and soft tissue, but it is from the upper dorsals that the coordinations of the patches of the sympathetic system go to those activities in the mucous membranes in antrum and nasal passages the more...." (3180-3) The coordinating function of the upper dorsals seems to be very important, but it is also aided by a cooperative effort of the cervical spinal and the vagus nerves, the combination of which controls the circulation to the upper respiratory tract. As the

## ALLERGIES: GENERAL CIRCULATING FILE

circulation is subsequently compromised and is impaired, nutrients are less available, the acid-alkaline balance is disturbed and local areas deteriorate. However, the coordination and efficiency of these areas are dependent upon nutrients available as related.

The lymphatic system is affected by neurological and circulatory changes. With incoordination, there is increased facilitation and irritation. Subsequent swelling of the sympathetic chain places a burden on the eliminatory organs, the first of which is local lymph vessels. "Here we find the sources or causes of allergies to some foods, some pollens, some odors. Noises to the body are also just as bad at times. This is a self-consciousness of the lymph patches or spots where there is connection or association with the centers along the cerebrospinal system." (3224-1) The self-consciousness of the lymph patches may be a limited ability due to the formation of impressions contrary to the ideal. This may result in a confused function that over-reacts to normal substances or attempts to eliminate that which is constructive. This may occur anywhere along the nerve tract, most likely at its endings in the mucous membranes. Whatever may be the situation, a poor elimination allows for infection to establish itself, for scar tissue to develop, and for the cycle to crystallize more firmly.

Allergic conditions may have origin in a previous lifetime.

**As in that experience in Atlantis, the thought forces brought into being were of the animal and the *natural* tendency of abhorrence arose from seeing these things take form as menaces, or seeds of indiscretion . . . in the experience." 288-29**

This 27-year-old female doubted herself, feared her creations and maybe was overly responsible for her work, but is being allowed a chance to rebalance and further evolve. Another person used her knowledge of chemistry to produce itching in others only to find it in herself this time.

The effects of allergic conditions are as widespread as the causes may be varied. The incoordination between the sympathetic and cerebrospinal systems are a physiologic source of many symptoms other than allergic manifestations: e.g., hot flashes, fatigue, stiff neck, back and legs, indigestion, neuritis, arthritis, and the development of chronic sinusitis and asthma. These difficulties may be fostered by a continual misuse of the mind and emotions, as with this 40-year-old woman: "To continue to stress in the mind the physical conditions to be applied by others or to continue in the mind of self to find fault with those things that apparently disagree or cause allergies, is to continue to build that which is harmful for the body...." (3125-3) The autonomic nervous system is the mediator; it is influenced by internal events, including karmic memories, and reacts to external events, depending on its balance and coordination.

### III. Suggested Therapeutic Regimen

The imaginative forces, in the Cayce readings, have a major effect in the formation of allergies. The responses in the body to the environment of substances, conditions and people depend on the purpose directing their use in

## ALLERGIES: GENERAL CIRCULATING FILE

daily activity. The cerebrospinal and sympathetic nervous systems may be broken by aggravations, grudges or poorly controlled emotions and thus seem to require a coordinated spiritual and mental effort. A decision is required as to what we know to be helpful, morally good and what the creator would have us do in considering its creation.

A 43-year-old female, allergic to flowers and animals, was suggested to look for "the *awareness* that they *must* be one and ARE one." She was also given a prayer: "Thou, O Lord, art holy in Thine dealings with Thy fellow man. I, O God, am Thine – body, mind and soul! *Purge* Thou me, that I may be one with Thee – and through that power Thou givest me make known to others the beauty, the love, Thou hast shed on me." (264-45)

Physical applications focus on an inhalant, manipulation and diet. The most common suggestion given to an individual with coryza, post nasal drainage or sinusitis is an inhalant. The main purpose of the inhalant is to stimulate the nerves of the mucous membranes. There are two kinds of inhalants that are recommended, the alcohol inhalant for the upper respiratory tract and the steam inhalant for the lower respiratory tract. Although varying in substances added and amounts given, there are general matters in the readings from which the presently available inhalants have been made.

<u>Ingredients</u>	<u>Steam Inhalant</u>	<u>Alcohol Inhalant</u>
Grain alcohol		2 oz.
Oil of eucalyptus	180 ml.	30 minims
Oil of turpentine	60 ml.	10 minims
Oil of pine needles	10 ml.	5 minims
Balsam of tolu	10 ml.	15 minims
Compound tincture of benzoin	q.s. ad 500 ml.	20 minims

These are accompanied with directions for use.

Manipulation is useful for many acute situations and for virtually all chronic conditions. Even though one has a familial or genetic tendency, it is essential to have coordination of the cerebrospinal with the autonomic nervous system and sympathetic with the parasympathetic nervous system. The lower cervical and upper ' dorsal areas relate especially to the upper respiratory tract. One broad generalization also suggests that if basic chiropractic techniques are used that they be followed with a vibrator.

Basically, a diet of fresh fruits and vegetables is recommended. Approximately 80% of one's food should be alkaline reacting, since an overly acid system predisposes one to respiratory tract infections. Whole grain cereals and raw foods, especially greens, are desirable. Foods generally to be discouraged include sweets, large quantities of dairy products, fats or starches, raw apples, and chocolate. [For further information concerning general dietary suggestions, please refer to *Edgar Cayce on Diet and Health* or *Nourishing the Body Temple*.]

Climate and atmospheric conditions are factors in many illnesses, especially allergic rhinitis and sinusitis. Many people asked in their reading about the benefit of moving to a drier climate. The answer invariably was that that could

## ALLERGIES: GENERAL CIRCULATING FILE

be helpful if indicated by other factors in the person's life, but that a higher altitude was of greater benefit. Thus, a current "dust researcher," Alfred Frankland, has found that dust in higher altitudes is drier and less active, possibly due to a decreased number of house dust mites. However, Cayce observed another phenomenon of higher altitudes: "In this particular body we find that in certain climates the sun and the sun's rays would be most beneficial and in others most harmful – because of the actinic value of the rays in those vicinities of a high altitude." (3224-1)

Desensitization is a primary therapeutic tool of nearly all allergists. The readings often commented on the use of injections, but had a very consistent view.

**To be sure, there may be given those elements hypodermically that will react upon the body, but common reasoning should indicate that such is not as effective as would be nature's reproduction of itself in the body-forces. This may be attained by the stimulation of the sympathetic centers and those where the lymph and emunctory circulations function with the assimilating sources in and through this body.**

3224-2

It is recognized that symptoms are relieved in this manner. However, an alternative method is suggested in the readings. For those sensitive to ragweed, one might find the young plant and chew the leaves only. Choosing a young plant implies that it be taken prior to its pollinating season, in agreement with a common desensitizing principle of allowing two to three months to build immunity. In addition, it is an element which may be a more significant factor in some.

The emphasis in this commentary has been on the respiratory components of allergy, mainly because it is the most common aspect in humans as well as in those seeking counsel from Mr. Cayce. However, the gastrointestinal and cutaneous forms of allergy were recognized and were largely explained by many of the above suggestions and ideas. The only major difference in these forms seems to be an emphasis on more efficient assimilation and elimination, and that cutaneous disorders largely result from improper eliminations. In addition to the above, these would especially require careful dietary instructions, possibly castor oil pack applications to the right upper quadrant, and colonic irrigations.

A comment about prognosis is especially worthy. Consistent with much of the advice given through this source, there is a great deal of hope for chronic allergic sufferers. After three osteopathic treatments a two-year-old male could drink fresh milk for the first time without reaction. Although not completely cured, "(He) didn't seem like the same child," reported his mother.

Immediate results were rarely offered; however, complete normalization was suggested to many, as was prevention of asthma and hay fever. "With these corrections and minding the diet, you can forget you ever had any hay fever; for you won't!" (261-8)

## ALLERGIES: GENERAL CIRCULATING FILE

In summary, allergies are seen in the Cayce readings as originating in the mind, especially in the imaginative aspect of the mind. The role of the mind is often mentioned in this consistent theme: The spirit is the life, the mind is the builder, and the physical is the result.

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

James Kwako, M.D.

### References

1. *Dorland's Illustrated Medical Dictionary*, 24th ed., Philadelphia and London: W.B. Saunders Co., 1957.
2. *Advances in Asthma and Allergy*, Vol. 1, No. 2.
3. *Otolaryngologiz Clinics of North America*, Vol. 4, No. 3.

### Edgar Cayce readings referenced:

261-8, 10	394-10	934-2	2094-2
264-45	550-5	1202-2	2395-1
288-29	759-3	1734-4	2534-1
386-3	903-55	1968-3	2541-5
2772-4	3172-2	3400-2	5196-1
2884-1	3180-3	3436-1	5226-1
3040-1	3224-1, 2	3586-1	
3125-1, 2	3372-1	3808-1	

2/3/77 Gladys Davis' note: For some complete Edgar Cayce readings for individuals with so-called allergy diseases see the Circulating Files under the specific title; e.g.,

"Asthma,"  
"Dermatitis,"  
"Eczema,"  
"Hay Fever,"  
"Hives (Urticaria),"  
"Sinusitis," etc.

## ALLERGIES: GENERAL CIRCULATING FILE

### Allergies

Definition of some of the terms found in this report.

actinic:	pertinent to radiant energy such as X-rays, ultraviolet light, etc.
adrenergic:	nerve fibers which release adrenaline at their endings.
adrenocortical:	relating to the outer covering of the adrenal glands.
adrenocortical steroid:	substance relating to the adrenal cortex.
allergens:	any substance which brings on allergy.
autonomic nervous system:	a part of the nervous system which controls the involuntary body functions.
bronchoconstrictive stimuli:	constricting the lumen of the bronchi.
bronchopulmonary:	pertaining to lungs and their main passages.
catecholamines:	biologically active compounds which have a marked effect on nervous systems, metabolic rate, temperature, etc.
cervicals:	pertain to vertebrae in the neck.
conjunctivitis:	inflammation of mucous membrane which lines the inside of the eyelids.
coryza:	cold in the head.
cutaneous:	pertaining to the skin.
dorsals:	the middle twelve bones of the spinal column between neck and lower back.
etiologic factors:	causes.
etiology:	theory of the causes of a disease.
homeostasis:	balanced state of body fluids chemically and physically.
inhalant:	special formulae available from suppliers. [May be obtained from several distributors; ask for "Suppliers List" available from A.R.E. Membership Services.]
lymphatic drainage:	drainage of lymph fluid.
lacrimation:	discharge of tears.
palatine:	concerning the palate.
paranasal sinuses:	accessory sinuses which open into the nasal cavity.
parasympathetic nerves:	part of the involuntary nervous system which slows the heart, constricts the pupils, etc.
pharyngeal:	relating to the passageway at the back of the throat that serves for both food and air.
pituitary:	an endocrine gland at the base of the brain, known as the master gland; controls metabolic activities.
rhinorrhea:	thin watery discharge from the nose.
sympathomimetic:	mimicking impulses conveyed by the sympathetic nervous system.



### Extracts on Allergies

(Q) Is there such a thing as allergy?

(A) This is rather a fad. To be sure individuals may become allergic to certain conditions because of excess of certain elements in the body. But these are rather exaggerated oft. 3172-2

(Q) Am I allergic to dust, and does it cause my colds?

(A) Who isn't? All of these are just part of the general debilitation - the inability of the circulation, because of these disturbances, to call into play, as it were, sufficient of the leucocytes to destroy dust. Or any sufficiently strong odors are just as harmful to the body as dust. 3644-1

(Q) Am I allergic to certain foods?

(A) If you imagine it, you can be allergic to most anything, if you want to! But these conditions in the present come from strep in the blood. Do these things indicated and we will find much better conditions for this body. 3268-2

(Q) Any warnings?

(A) Not to take the character of foods to which the body knows that the conditions in the lymph circulation are allergic, that is, red meats or any form of the hops or the by-products of same. 257-254

(Q) Is this rash an allergic case? [a case of eczema]

(A) As indicated, there are certain foods, or properties in foods, to which the body has become allergic, - which is those that are not assimilated through the regular digestive system.

Hence the necessity of purifying the alimentary canal through the use of the properties indicated (Glyco-Thymoline), and the application of same externally.

Of course, keep the liver active. This may be best done through the use of massage, or osteopathy, to stir the liver, - from those centers or areas from which radiates the impulse for activity to the organ itself. Those areas from the 4th and 5th dorsal up. 274-17

(Q) What should be done for hay fever, to prevent sensitiveness to dust, feathers, pollen, lint, lettuce, pears, and tobacco smoke?

(A) Most of this is imaginative, and the responses will be as the impulse to USE these very things themselves in their activity in the body! and as would be in taking that termed preventatives, they become a portion of the impulses in the system. See? For, as the body in its vibrations along the cerebrospinal system is set in accord with a perfect vibration in each ganglia along the system, then these are only that builded (that is, these sensitivenesses to those conditions named; and others as they would be seen), and they become a portion of the consciousness in the use of all of them. Handle them! Use them! Smell them! And know they will not affect you, unless you let them! 386-3

## ALLERGIES: GENERAL CIRCULATING FILE

(Q) Since the asthmatic attacks seem to occur every night between the hours of 3 and 7 A.M., is there something in the room in which he sleeps that brings on these attacks?

(A) It is not that sometimes called an allergy. It is more of the mental, but comes from the associations in the mind rather than physical things.

(Q) Is there any particular thing to which he is allergic?

(A) Mostly to himself and his family!

But, as indicated, it is not THINGS that he is allergic to - it's conditions! 2755-2

(Q) Why do I want my body and surroundings unnecessarily clean, and why do I dislike to touch flowers and animals?

(A) A natural consequence of those influences from the awareness of these necessary forces to be gone through; not as rote but as a cleansing. And that from the changing or falling away, or the evolving through those vibrations from animal or from nature or the flower; but the AWARENESS that they MUST be one and ARE one makes for purity of the whole! [GD's note: She said even going up the elevator with a bunch of flowers (held by someone else) would upset her equilibrium. See 264-31, Par. 13.]

(Q) How may I overcome this?

(A) By application. Let this, then, be thy prayer: "Thou, O Lord, art holy in thine dealings with thy fellow man. I, O God, am Thine - body, mind and soul! PURGE thou me, that I may be one with Thee - and through that power Thou givest me make known to others the beauty, the love, thou hast shed on me." 264-45

Now as we find, conditions are very specific; yet their causes and the effects are rather of a complex nature.

While the body suffers from the effects of asthmatic reaction, from the bronchi and the lungs, we find that the applications for the effective activity upon the system have produced many disturbing forces that at times become a great aggravation to the conditions.

As we find, there would be - under the existent circumstances - a great deal of betterment for the body in a drier and a much warmer climate.

But, to meet the needs of the conditions under the existent circumstances:

While we will have periods when there will be quite a reverting to old conditions, and some periods when a great deal of relaxation will be needed, we will find that if the sources of the conditions - or the causes - are carefully considered, and the applications followed which we will indicate, we will gradually get rid of a great deal of the trouble, - even under the existent conditions.

First, - know that the attitude of the mental self has much to do with the effects created; just as the self finds that overheating, overeating, overanxiety, anger, and conditions of any nature that work the body up to a state of exhaustion, produce a great deal of disturbance to the body; just as there has been builded into the mind of the body that there is the effect from, or as of the body being allergic to, so MANY things that are really helpful and necessary, if the corrections will be made properly! 2102-1

ALLERGIES: GENERAL CIRCULATING FILE

(Q) Each year beginning in May and lasting through July I have hay fever. Is there any way of preventing this?

(A) Hay fever, as we find, comes from three different direct sources, or the classifications of those who suffer from such a condition may be put under three general heads:

Those subject to odors, peculiar fermentations taking place in the atmospheric conditions throughout or wherever the body may be located. In such cases it is the supersensitiveness of the sympathetic system.

Then there is the class wherein there are physical conditions existent in a body that produce, under the impulses of the atmospheric pressures created at such seasons, the tendencies in that direction.

Then there is the general debilitation that exists, which makes the WHOLE body susceptible to the general condition.

This particular body, as we find, is subject to the second class.

So, there should be kept the general condition in the body that we have specified, as to bettering the resistance in the general physical forces.

Also (AT that particular season) make specific corrections in the cerebrospinal system.

Then, as a cleanser - or a PREVENTATIVE, in the form of an antiseptic for the general muco-membrane system (which will reduce the condition about 95% - and that would be well for the body!), prepare this as an inhalant:

In a container twice the size of the quantity, or an 8 ounce glass bottle - preferably a large-mouthed bottle requiring a cork that may be pierced with 2 small glass tubes, one a bulb on the end, where it may be inhaled into the nostrils and into the mouth, put 4 ounces of pure grain alcohol (which should be 190 proof). To this we would add, in the ORDER given:

Eucalyptol, Oil of.....20 minims,  
Canadian Balsam.....5 minims,  
A solution of Benzosol, a saturated solution.....5 minims,  
Rectified Creosote.....3 minims,  
Tincture of Benzoin.....10 minims,  
Oil of Turp.....5 minims,  
Tolu in solution.....30 minims.

Keep this tightly corked except when being used. When ready to use, shake solution together and inhale deep into the lungs (as in smoking a cigarette) and into each side of the nostril, night and morning.

With these corrections and minding the diet, you can forget you ever had any hay fever; for you won't! [7/5/33 See 341-40, Par. 10-A advising 261-8, Par. 26-A inhalant as preventive on Boy Scout trip for one of the boys subject to hay fever. It worked!]

261-8

(Q) The treatment given for hay fever [261-8, Par. 26-A] afforded temporary relief only. By also using Zyl or Vem, both of which have a petrolatum base, I can keep reasonably comfortable. Any further suggestion?

ALLERGIES: GENERAL CIRCULATING FILE

(A) We would keep these in this direction; that is, keeping comfortable by the use of the combination - but we would also have those corrections made occasionally (not so that they become rote) that will assist in ERADICATING the cause of this return, see? that is, the osteopathic adjustments or manipulations, that will aid in these applications being more effective in keeping comfortable - see? 261-10

(Q) Did the fur on the collar of my new coat cause the rash on my neck and face, in March and April?

(A) This was produced from the dyes used in same. This should be reported to the general health or welfare, and reparations should be made for same. 678-4

(Q) What brings on sneezing attacks to me?

(A) This we do not find other than the environment of the body at the time.

(Q) What special environments cause the sneezing?

(A) Odors. 2772-4

[Mother indicated the child had suffered severely from asthma since she was 3 years old.]

(Q) What causes my allergy? and why do I have so much mucous all the time?

(A) As indicated, there have been pressures in head and neck and face. These becoming sensitive to the activities of principles about it, the atmosphere, the home environ, the general activities all have their bearing upon the body. It is in a manner, to be sure, an escape from self, but something had better be done about the condition now, else we may have those periods when it will be greater to combat....

(Q) Would it harm me to eat eggs, citrus fruits, chocolate, or to have a dog or cat for a pet?

(A) Leave off your dogs and cats, and don't eat chocolate. And the rest you may do. Eat only the yolk of the egg, however, not the white.

(Q) Was it this physical condition that caused such poor grades last semester?

(A) Well, we can accredit it to this - but it is the general physical condition. For, with the repressions that have been and are caused through the body, it is naturally harder for the body to respond as it would if there were not these pressures. Do make the corrections. And this is a lovely body, with a good mind, and with good activities. Do that.

(Q) What will help me in my school work?

(A) Work! 3053-1

(Q) Am I allergic to any substances?

(A) Did you ever consider what is meant by being allergic? Most of it is in your imagination! Do you imagine things? Then you are allergic to it. There are some pollens and odors (more odors with this body) that are offensive, and thus the body is allergic to them. But these also will disappear if there is better circulation created and if the poisons are eliminated from the system. 3586-1

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 257-204 M 45**

Air: Exercise: Healing	Par. 20-A
Allergies: Malt	Par. 4--6
Attitudes & Emotions: Consistency: General : Healing	Par. 13 Par. 3, 9--13, 15-A--20-A
Bartlett's Familiar Quotations: 944-b	Par. 13
Diet: Beverages: Beer: Not Recommended : Hemorrhage: Intestines	Par. 4--6 Par. 4, 6
Exercise: Bowling : Walking	Par. 19-A Par. 20-A
<b>HEMORRHAGE: INTESTINES</b>	
Life: Balanced: Health	Par. 7, 8-- 11, 19-A, 20-A
Nature: Natural	Par. 20-A
Prescriptions: Eno Salts: Eliminations	Par. 18-A
Psychosomatics: Healing	Par. 8
Time: Budget	Par. 9, 10

**BACKGROUND OF READING 257-204 M 45**

B1. 11/23/38 He obtained 257-203.

B2. 1/12/39 He submitted questions saying: ". . . I had a recurrence of blood [from rectum] yesterday, the first in over four months, or really since September... Could or did one bottle of beer do it?..."

**TEXT OF READING 257-204 M 45 (Sales Mgr., Hebrew)**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 18th day of January, 1939, in accordance with request made by the self - Mr. [257], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11:05 to 11:15 A.M. Eastern Standard Time. New York City.

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

2. EC: Yes.

3. Now as we find, so long as there is consistency in the manner of diet, in the manner of the application of those things which have been suggested, we find little or no trouble.

4. As has been indicated, the body - through the alimentary canal - is allergic to malt; and those foods, and especially of drink, as beer, tend to cause a greater flow of the lymph through those areas when such are taken.

5. Consequently, there is a showing of blood, or bloody mucous, through the activity of the alimentary canal, or in the stool.

6. This then indicates that the condition becomes more of a reaction sympathetically, or upon the mind - unless there IS the CONTINUED use of either red meats OR those properties to which the body is allergic.

7. We would use those things that have been indicated from time to time; that is, taking time for play, for exercise, for a mental and a physical reaction.

8. Changing the line of thought, the line of activity, at times changes the whole reaction of that coordinated, cooperative influence that must ever exist between the physical, the mental and spiritual bodies; if there is to be kept anything like near a normal condition.

9. Then, we would follow those suggestions as indicated. With any of these do not become in that state of being where it says, "Well, this minute I must do this, and this minute I must do this, and the other minute I must do that." Let such be rather as a part of self, because there is something within self that NEEDS, that is accustomed to, the replenishing of self required. Have regular periods as may be in a budget, but do not let it become mere rote. Just as it would be about the rubs or sweats. If there is the "feeling" of the body that such is needed, then take same once or twice a week, or once or twice a month; but do not do it two weeks and then wait six weeks before another is done, see!

ALLERGIES: GENERAL CIRCULATING FILE

10. The same about reading a book, seeing a play, taking a drink of this or that.
11. That which is known to be harmful, leave off!
12. Do that.
13. Be consistent; for CONSISTENCY - thou art indeed a jewel! [See BARTLETT'S FAMILIAR QUOTATIONS 944-b, 11th edition, published 1938.]
14. Ready for questions.
15. (Q) Is there anything wrong in the kidney?  
(A) None other than that as we have indicated, which will, with the proper precautions, adjust itself; if consistency in the activity is applied.
16. (Q) In the spleen?  
(A) The same.
17. (Q) The liver?  
(A) Same.
18. (Q) Should body continue Eno Salt? How often?  
(A) How often? Whether it's every three minutes or every three years, just use consistency! If it is needed for the preserving of eliminations, to act upon the whole of the system, whether it's once or twice or three times a week or as just outlined, continue with same!
19. (Q) Does bowling hurt or benefit the body?  
(A) If taken consistently and not too much to overtire, it's helpful. As any exercise.
20. (Q) How much walking should be done daily?  
(A) Whether it's a mile or a step, do that which makes for a better "feel" for the body; getting into the open! Know something of nature. How many kinds of trees do you know? and yet you work in wood! How many kinds of birds do you know? and yet you use them as a part of that worked in wood! Do you know the call of any? Interest self in all nature!
21. We are through for the present.

**REPORTS OF READING 257-204 M 45**

R1. 2/3/39 He referred 1827-1 and 1828-1.

R2. 2/17/39 He obtained 257-205.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 257-208 M 46**

ACIDITY

Air: Exercise: Obesity: Tendencies	Par. 24-A
Allergies: Malt	Par. 11
Business Advice: Insurance	Par. 28-A
Diet: Acidity	Par. 10--14
: Beverages: Beer: Not Recommended	Par. 11
: Milk:	Par. 27-A
: Wine	Par. 11
: Cheese: Warnings	Par. 27-A
Doctors: Reilly, Harold J.: Ph. T.	Par. R2
Ears: Pruritus: Circulation: Poor	Par. 25-A
Eyes: Glasses: Toxemia	Par. 6, 7
Feet: Circulation: Poor	Par. 22-A
Hives: Circulation: Poor	Par. 20-A, 22-A
Intestines: Colonics: Toxemia	Par. 8, 9, 18-A, 19-A, 21-A
Life: Balanced: Health	Par. 15, 16
Nervous Systems: Sensory: Toxemia	Par. 5, 6, 7
Physiotherapy: Applications: DDD Prescription:	
Hives	Par. 22-A
: Tim: Hemorrhoids	Par. 9
: Massage: Eliminations	Par. 21-A
Prescriptions: Eno Salts: Eliminations	Par. 21-A
: Grape Juice: Acidity	Par. 10
: Russian White Oil: Eliminations	Par. 21-A
Teeth: Toxemia	Par. 23-A
Time: Budget	Par. 15, 24-A

TOXEMIA



**BACKGROUND OF READING 257-208 M 46**

B1. 3/17/39 He obtained 257-207.

B2. 7/19/39 He submitted further questions.

**TEXT OF READING 257-208 M 46 (Sales Mgr., Hebrew)**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 22nd day of July, 1939, in accordance with request made by the self - Mr. [257], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3:55 to 4:15 P.M. Eastern Standard Time. . . ., N.Y.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions which he has submitted, as I ask them:
2. EC: Yes, we have the body, [257]; this we have had before.
3. As we find, the physical conditions generally are not so good with the body as at some periods we have had.
4. There is that inclination for the neglecting to keep fit in the manner that has oft been indicated for the body. While the conditions have not assumed those proportions that there are immediate dangers apparent, we find that the precautions and PREVENTATIVES would be the order for the body; else those warnings that have been indicated may become too much manifested in the present period.
5. As we find, there are still some disturbances through the soft tissue of face, nasal passages, antrums and the like. These, with a toxic condition that arises from a super- acidity in the bloodstream, and with a congestion in same through the abdominal area, tend to produce poisons in the system that are irritating to the organs of the sensory system; that is, producing a weakness.
6. Yet, as we find, it would be much more in accord with the general conditions if glasses were fitted for the body, in this particular.
7. While there will be a great relief with those applications as we find that would be the more beneficial in the present, the glasses will relieve a great deal of the nerve tension; especially the strain on the nerve forces as related to the sensory system.
8. Also we find there needs be considerations for the removal of toxic forces by the use of the hydrotherapy treatments, as have been oft indicated, - which have been neglected in part and should be adhered to and taken at regular intervals, so as to keep the general physical forces much nearer normal reactions.
9. To be sure, precautions will be needed when the colonics are given, owing to the disturbance in the rectal area; but the general reaction and the use of Tim after such an activity would be most advisable and advantageous.

## ALLERGIES: GENERAL CIRCULATING FILE

10. Also we find that grape juice taken three or four times each day would be very helpful. Take three-fourths grape juice and one-fourth water, and a small tumblerful would be taken, you see - as of an orange juice glass. This would be taken about half an hour before the meal is eaten.

11. Do not eat too much of sweets. Light wines may be taken, but not strong drinks nor any fermentations as of beer or hops, - for these are not well, - the body is allergic to these.

12. Fish, fowl, lamb, - these are preferable as the meats, though other meats may be taken occasionally, - but these prepared in any manner save fried would be the better for the body.

13. Have vegetables that are of the leafy nature, rather than too many of the bulbous. Three at least of those above the ground to one below the ground, or in that proportion, should be the order for the body.

14. Potatoes are not tabu but are to be taken more or less scantily, - as would be white bread. Rye, whole wheat, pumpernickel, black or brown bread, - these are preferable.

15. The activities should be kept in line with that which has been indicated, - namely; work a while, rest a while, play a while. Improve the mind. Improve the body, as well as the material surroundings.

16. For, an appreciation of values of every nature should be taken into consideration by the body.

17. Ready for questions.

18. (Q) Is the condition of rectum and intestines yet to be treated?

(A) These as indicated should be a part of the hydrotherapy treatments, by irrigations, - but be careful in the periods these are taken; and an expert in such, with a knowledge of the existence of disturbance in the area, should be the character of one to administer same.

19. (Q) Why the pains in abdomen once in a while?

(A) As indicated, a filling in the areas about the caecum. Hence the need for the irrigations, but very delicately given.

20. (Q) Why the hives?

(A) Poor circulation, and with those activities as indicated these should be eliminated.

21. (Q) Should I take Eno and Russian Oil?

(A) Occasionally. These are very well, but do not depend upon those for what should be accomplished by the massage and the cleansing of the colon occasionally.

22. (Q) What causes condition to feet?

(A) Poor circulation, and again as has been indicated, with the removal of the toxic forces we will find these conditions will disappear.

Use on same (as on hives) the liquid D.D.D., but the medium strength.

23. (Q) How are the teeth now?

(A) Some need local attention.

Of course, with trouble in the head and with toxic forces, the natural inclination is for disturbance to nerves of the teeth.

24. (Q) What exercises to reduce weight and keep health?

## ALLERGIES: GENERAL CIRCULATING FILE

(A) It isn't so much the exercise as the diet, though there should be consistent exercise in the open. So much time for each activity.

25. (Q) Why itching in ear, and cure?

(A) Poor circulation.

26. (Q) How are the organs of the body?

(A) As indicated, much of the disturbance arises from acidity and poor circulation from toxic forces affecting the organs sympathetically.

27. (Q) Why does milk disagree with body?

(A) As indicated, the toxic conditions in the system make milk a harmful thing to the body at times, owing to the inability of the system to digest certain caseins in milk.

Cheese is much better, though this too - unless there are the cleansing forces - will be found to be disagreeable and to disagree with the body, if taken in any quantity.

28. (Q) Any need of additional insurance for body's family welfare?

(A) This is outside of physical forces. It should be considered from the pure desire for help and aid.

29. (Q) Any other advice?

(A) Do that as has been indicated, if we would bring the better forces for the body.

30. We are through for the present.

### **REPORTS OF READING 257-208 M 46**

R1. 7/26/39 He referred 1978-1, 1977-1 and 2039-1.

R2. 7/31/39 He wrote:

". . . Well, I've been feeling very punk, but the reading was correct. I had a colonic and feel some better. I don't know whether I should take another or not. I'll go to Reilly's every week that I can do it. . ." [He submitted questions on his business.]

R3. 8/1/39 He obtained Business reading 257-209.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 257-249 M 49**

Allergies: Malt	Par. 21
Bible: Books Of: Galatians 6:7	Par. 5
: Luke 10:7	Par. 5
: II Peter 3:18	Par. 18
<b>CIRCULATION: INCOORDINATION: TENDENCIES</b>	
Clairvoyance of E.C.: Conditions Confirmed	Par. 16
: Discretion	Par. 22
Cycles: Body: General	Par. 18
Dermatitis: Eliminations: Incoordination	Par. 9, 26-A
Diet: Appetite: Obesity: Tendencies	Par. 20
: Beverages: Carbonated: Not Recommended	Par. 21
<b>ELIMINATIONS: INCOORDINATION</b>	
Exercise: Head & Neck: Eyes	Par. 15, 17
Eyes: Glasses	Par. 15
: Nervous Systems: Incoordination	Par. 14, 15, 26-A
Feet: Eliminations: Incoordination	Par. 9, 10, 26-A
Healing: Consistency & Persistency	Par. 10, 13, 15, 17, 24
: General	Par. 18, 19
Heart: Circulation: Incoordination: Tendencies	Par. 8, 20, 23, 26-A
Humor	Par. 16, 18
Karma: General	Par. 5
Kidneys: Overactive	Par. 23
Knowledge: Application	Par. 24
Life: Balanced: Health	Par. 7
Longevity	Par. 3--7
Nervous Systems: Incoordination	Par. 12--14
Obesity: Tendencies	Par. 20
Physiotherapy: Hydrotherapy: Eliminations:	
Incoordination	Par. 10, 11, 15, 17, 26-A
: Massage:	Par. 10
Prescriptions: Figs, Syrup Of: Eliminations:	
Incoordination	Par. 11
: Inner Clean:	Par. 11
: Senna, Caldwell's Syrup Of:	Par. 11
Prophecy: Personal: Warning: Physical	Par. 3--5, 21, 22, 26-A
Pruritus: Eliminations: Incoordination	Par. 9, 26-A
Psychosomatics: General	Par. 18, 19
Throat: Acidity	Par. 16, 26-A
Tumors: Lymph: Tendencies	Par. 13, 15
Will: Decisions	Par. 22
Work: E.C.: Quotations & Similes:	
"More Than Life To Live. . . Death to Die"	Par. 5

**BACKGROUND OF READING 257-249 M 49**

B1. 8/3/42 He obtained Check Physical reading 257-247.

B2. 8/6/42 He obtained Check Life reading 257-248.

B3. 12/5/42 He submitted further questions. [4/23/40 He had surgery to remove colon tumor.]

**TEXT OF READING 257-249 M 49**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 5th day of December, 1942, in accordance with request made by the self - Mr. [257], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10:50 to 11:25 A.M. Eastern War Time. . . ., N.Y.

1. GC: You will give the physical condition of this body at the present time, with suggestions for corrective measures; answering the questions, as I ask them.
2. EC: Yes, we have the body here, [257]; this we have had before.
3. As we find, in the main, conditions are very good; yet there are those warnings that have been so oft indicated for the body; to which the body should take heed, else we will find - as we have indicated for the body - the labors, the plannings in the material will be of very little help, - unless these precautions are taken.
4. Then may the body enjoy the fruits of its labors in the material world and go on to accomplish much in a mental and spiritual manner.
5. For, remember, it is not all of life just to live nor yet all of death to die. For it is self that one has to meet. And what ye sow, - mentally, spiritually, physically, - that ye WILL eventually reap. And the laborer is worthy of his hire; or that effort, that purpose for which ye as an entity plan, consider, has already brought in eternity its own shadow of things to be.
6. These, then, are conditions as we find them with this body, [257], we are speaking of, . . ., New York:
7. The blood supply indicates that the body has reached that age when it must be careful as to eliminations, as to diet, and as to sufficient exercise to keep a normal balance.
8. For, as indicated here, there are those inclinations for the incoordination between the superficial and deep circulation. This produces in the present those tendencies for the awareness of the heart's pulsation, though there is no organic heart disturbance.
9. It produces those tendencies for a rash, or an itching on portions of the body; at times on the feet, at others the small of the back, and at others on the abdomen, neck and shoulders. This is the lack of proper eliminations and proper coordination in the eliminating systems. This tends to weaken the supply of muscular forces through the areas of the sciatic centers, or across that portion of the small of the back where the rash is a signal. And this weakens the tendons, causing a lack of supply to the bursae of the feet.

## ALLERGIES: GENERAL CIRCULATING FILE

10. This does not indicate that there are fallen arches, but an inclination towards the lack of circulation. Not as at some times indicated, even as a locational disorder, but - for this particular phase, as we have given again and again - when there is the least disorder in any of these manners, there should be the consistency in having the hydrotherapy treatment, with a full massage; having the limbs massaged as well as the feet, ankles, and across those areas, as well as the rest of the body, to keep a better circulation; stimulating eliminations, then, from an internal manner.

11. Do as has been so oft indicated, take a laxative - for this body - that is preferably of a vegetable nature, but alter same from time to time; that is, from one month to another, or one year or five years or a thousand years! Take varied things, not just taking one alone! As figs, Syrup of Senna, prunes and such natures; even Inner Clean or such would be well to be taken at times when such disturbances have bothered the body, and after the hydrotherapy treatment has been taken. Not something to be kept up daily, daily, daily, or even weekly, but when the exercises and the activities have been indiscrete so as to cause an upset in these directions.

12. Naturally, such disturbances produce varied effects upon the nervous systems.

13. When there is the incoordination between superficial and deeper circulation, or the arterial and the veins, then there is the settling of accumulations in varied portions. As the body should thoroughly understand from its experience in the accumulations that became segregated through the body in the lymph pockets, that produced the setting up of a system in itself. That these tendencies exist, then, SHOULD cause the body - if it is sensible - to be at least consistent and to take the time, - purely from the physical conditions!

14. Naturally these disturbances upset the nervous system, both the cerebrospinal and sympathetic, through the organs of the sensory system; as the eyes, the taste, odors, and such activities.

15. The eyes need their own local attention; by the use of lenses these are helped, but the body should be consistent in its use of same. And when there are such disturbances in the circulation, naturally, being weak from such strains, at times there is a burning, a dimness in the eyes. At such times, take slowly but consistently, for three to four days, the head and neck exercise; as well as having the hydro therapy reaction to aid in assimilating, or taking from the system those poisons that tend to form the general conditions such as we have indicated.

16. In the throat, bronchi, larynx, - there have been in times past some disturbances through the antrum, soft tissue of the face and head; the sudden changes also causing a tendency for acidity through the poor circulation and indiscretions in diet at times. This causes a stickiness, pricking sensation through portions of throat and larynx at times, which causes the body to hem and haw - that is, in clearing the throat, not in the other attitudes! [GD's note: Indexed under humor. This is one man who NEVER hemmed and hawed except in clearing his throat!]

17. These bring about those disturbances, but the head and neck exercise, consistently, and the hydrotherapy and cleansing of the system, will keep these from becoming localized.

## ALLERGIES: GENERAL CIRCULATING FILE

18. Know, all that may be added to the body is only to enable each organ to reproduce itself in a consistent way and manner, and it will get rid of drosses with its reproduction. For, as in the spiritual life ye grow in grace, in knowledge, in understanding of the law of God, ye also in the mental life grow in unfoldment, in the awareness of thy associations with spiritual and material activities. So in the mental and spiritual, these throw off. For, have ye not heard how that constantly there is the change, and that the body has in a seven-year cycle reproduced itself entirely? No need for anyone, then, to have ANY disturbance over that length of period, if - by common sense - there would be the care taken. But if your mind holds to it, and you've got a stumped toe, it will stay stumped! If you've got a bad condition in your gizzard, or liver, you'll keep it - if you think so? 19. But the body, - the physical, the mental and spiritual, - will remove same, if ye will LET it and not hold to the disturbance!

20. In the organs of the chest, lungs and heart, - these are very good. There is the tendency at times, through the sedentary life, to become overweight. This will produce too large a waistline. Stoking the intestinal canal only tends to make it harder for circulation from lungs, heart, liver, kidneys, and these - smothering - cause the activities that increase the heart-beat and make for hardships; not slowing it down, for it has a job to do, and it will do it, if you give it half a chance! Because a thing is good to eat, or pleasant to the taste, or pleasing to the eye, doesn't necessarily mean that it is what your heart or your liver or your kidneys or your lungs need! You better leave it off!

21. As has been indicated, carbonated waters or those things of the nature coming from hops, or the like, are poison for this body. If you wish to pay the price, keep on taking it - but you'll be sorry in the end!

22. These can only be warnings. Ye have to do the do. God only gives an individual the ability to choose, but you do the choosing. He does not choose for you. Neither with any information that is of a creative or constructive nature.

23. The heart at times, as indicated, becomes aware of a disturbance; not organic, neither is the thrombose even dilated, but pressures through the colon area at times give rise to the necessity of frequent activity of the kidneys, reflecting in the nerve forces through the adrenals, kidneys, heart, eyes, by their coordinating natures in the body.

24. Those things as we have suggested would keep the body physically fit, if there would be consistency and persistency on the part of the body to know the truth - of self, of body, of mind, of associations, and apply them diligently.

25. Ready for questions.

26. (Q) Any disturbance in colon, where I had the operation, to be warned of?

(A) As indicated, there needs to be these cleansings occasionally. For, when there are poisons or toxic forces, and ye have warnings in the rash, in the feet, in the heart, in the eyes, in the throat, DO SOMETHING ABOUT IT!

27. We are through.

### **REPORTS OF READING 257-249 M 49**

R1. 12/12/42 He obtained 558-8 for his sister, and Check Life 257-250 for self.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 678-5 F 57**

DERMATITIS: ALLERGIES

Diet: Citrus & Cereal	Par. 12-A
: Dermatitis	Par. 12-A
Physiotherapy: Applications: Glyco-Thymoline:	
Dermatitis	Par. 6
: Massage: Camphorated Oil:	Par. 6
: Castor Oil: Moles	Par. 11-A
: Lanolin: Dermatitis	Par. 6
Prescriptions: Atomidine: Dermatitis	Par. 8
: Eno Salts: Toxemia	Par. 5, 7, 8
: Glyco-Thymoline: Dermatitis	Par. 7
Prophecy: Prognosis: Dermatitis	Par. 8
: Moles	Par. 11-A
Scabies	Par. B2

TOXEMIA



**BACKGROUND OF READING 678-5 F 57**

B1. See 678-4 on 8/12/41.

B2. 4/11/24 Letter: "I thought it might be poison ivy, but after a wk. it was getting worse all the time so I had the doctor see it and he said it is Scabies (or itch). Anyway, the strong ointment he gave me nearly burns me up & still I'm worse, after 19 days. I have it nearly all over from my neck to my feet. I don't think it is scabies or his medicine would have helped, besides I don't know how I could have gotten scabies. I thought at one time it might be dye poisoning, as I had been cutting a lot of strips for blackout from shade material made ESPECIALLY so no light would shine thru. It was GREEN on one side and cream on the other and had a very strong odor and felt almost wet. One reason I didn't ask for a Rdg. as soon as the usual remedies for poison ivy failed to help was because I had not carried out the last Rdg. It took me so long to find out where to get all the necessary things, that when I finally got them all ready this rash broke out. I was afraid the Information might not tell me anything except that I had NOT done what it last told me. Anyway I'm going to try to get help now. The Information has always been MORE THAN PATIENT AND KIND TO ME."

1. What is this skin eruption and how did I get it? What should be done for my present condition? 2. Shall I wait until this present skin trouble has cleared up before I begin the Atomidine and Eno treatment given in last Rdg.? 3. How often should the moles on back be massaged with Castor Oil, and how long will it take them to dry up? 4. Mrs. Cayce, please ask any other question which might help me.

**TEXT OF READING 678-5 F 57**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 14th day of April, 1942, in accordance with request made by the self - Mrs. [678], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11:00 to 11:05 A.M. Eastern War Time. Washington, D.C.

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

2. EC: Yes, we have the body here, [678]; this we have had before.

3. If there had been the application of the suggestions indicated, the present acute condition of irritation to the skin might not have existed at all.

4. Hence this we find is a combination of disturbances. With the condition of the perspiratory and respiratory systems, and the body attempting to eliminate the poisons that should be carried through the alimentary canal, and with the paint and the combinations from some work, it caused the rash on the body.

## ALLERGIES: GENERAL CIRCULATING FILE

5. In the beginning, now, first, we would start with the Eno Salts as indicated; a teaspoonful in a glass of water before the morning meal is taken - for at least five to six days.

6. At least twice each day, oftener if the irritation still becomes aggravating, we would bathe off the affected parts with Glyco-Thymoline - full strength - this used on a small tuft of cotton. Bathe off the body with this, letting it be absorbed somewhat. Then, after this has dried somewhat, apply a combination of two ounces of Camphorated Oil and one-half ounce of Lanolin - the Oil. Mix these two ingredients and massage into the body, or sponge off the body thoroughly with same.

7. It wouldn't be amiss in the beginning if a little of the Glyco-Thymoline were taken internally; five to six drops in water once or twice a day - even while taking the Eno. But begin that at once.

8. When the Eno has been taken a week, begin with the one drop of Atomidine - and follow ALL of the other suggestions that have been given; though by that time the rash should have disappeared.

9. Do that.

10. Ready for questions.

11. (Q) How often should the moles on back be massaged with Castor Oil, and how long will it take them to dry up?

(A) At least once each day. This should not require more than three to four weeks to find these disappearing, or sluffing off.

12. (Q) Any suggestions regarding diet during this period?

(A) Keep away from fats. Use mostly those foods that are easy to digest. Plenty of whole grain cereals, as oats or wheat or combinations of oats and rye; also plenty of citrus fruits (though not at the same meal with the cereals). A little fish or fowl may be taken, but little of other meats.

13. We are through with this Reading.

### **REPORTS OF READING 678-5 F 57**

R1. 11/5/42 "It would serve me right if I failed to get one (of the special editions of THERE IS A RIVER), for I know I do put off doing things. I never even wrote you how much good my last Physical Reading did me. It probably saved my life and a great deal of pain, also much money, as I was headed for a skin specialist, since the family doctor couldn't do me any good. Mother joins me in love to you and yours."

R2. 5/19/43 She obtained 843-10 for her brother.

R3. 6/12/43 She obtained 678-6 for her sciatica.

**INDEX OF READING 1519-7 M 15**

Allergies Par. 6-A  
ANEMIA  
STREPTOCOCCUS  
TUBERCULOSIS  
Work: E.C.: Readings: Physical: Not Followed Par. 3, 7-A

**BACKGROUND OF READING 1519-7 M 15**

B1. See 1519-6.

**TEXT OF READING 1519-7 M 15**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of June, 1941, in accordance with request made by the mother - Mrs. [2470], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

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

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes.
3. As we find, while there are SOME improvements, we would not change the applications that have been suggested for the body; but we would carry out same a little more consistently and in keeping with those things as we have suggested.
4. Ready for questions.
5. (Q) What causes the continual sneezing and blowing of nose? Can it be corrected?  
(A) This is a deflected circulation, and we find that the carrying out of those applications suggested would be the most beneficial procedure.
6. (Q) Is it because he is allergic to some food? If so, what?  
(A) Tests would show that he is allergic to many things, but this is not the cause here!
7. (Q) Any other advice?  
(A) Do those things suggested, consistently; else, as given, there will be a weakness that will be hard to overcome.
8. We are through with this reading.

**REPORTS OF READING 1519-7 M 15**

R1. 7/21/43 [1519]'s Mother [2470]'s letter to EC:

ALLERGIES: GENERAL CIRCULATING FILE

". . . I am pleased to note that [1519] is scheduled for his Life reading the afternoon of August 22nd. We are looking forward to seeing you at that time.

"Mr. Cayce, do you think it would be possible to ask just one question about [1519]'s health in that reading or do you think it might be possible at the end of one physical reading you might have between now and then. You will recall that we have had a Physical reading and rechecks for [1519] and each time I ask for information on a very chronic head condition. I have had him under treatment several times and this condition seems to gain ground. That was the main reason I chose K.M.I. to send him to school on account they spend the winter months in Florida and I thought it might relieve that acute head congestion he has all the time. But, when he came home on the way from Florida he contracted a heavy cold and ever since he has had a cough and I am really worried about it. I have done all the things that have been prescribed, including inhaling the brandy from the keg. I can, of course, have him examined again by a doctor but I would not be satisfied as much as I would be from advice from the reading. All I want to ask is the cause of this cough and treatment for same. Now, if you think it can be taken care of when we have the reading, I will try to content my mind until that time.

"Trusting that you will be given strength to carry on and on and on, with our love and best wishes until we see you on August 22nd. . . "

R2. 8/22/43 See 1519-8, a Life reading.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 1861-9 M 35**

Allergies: Tendencies	Par. 11-A
BLINDNESS: AFTER EFFECTS	
CATARACTS	
Ears: Deafness: Tendencies	Par. B2, 10-A
Electrotherapy: Vibrator : Violet Ray: Cataracts	Par. 12-A Par. 5, 6, 10-A--12-A
Hay Fever: Tendencies	Par. 11-A
Healing: Spiritual	Par. 7, 13-A
LESIONS	
Meditation: Visualization	Par. 7, 13-A
Osteopathy: Lesions	Par. 4, 10-A
Prescriptions: Adiron: Body-Building	Par. 5, 11-A
Psychosomatics: Healing	Par. 13-A
Rest: Cataracts	Par. 7
Science: Inventions: Phonograph	Par. R3

**BACKGROUND OF READING 1861-9 M 35**

B1. See previous readings.

B2. 7/23/41 Comment when coming to be present for the reading: "My ear feels as if it is clogged - it is impossible to hear at times."

**TEXT OF READING 1861-9 M 35**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of July, 1941, in accordance with request made by the self - Mr. [1861], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [1861] and Mrs. [2072].

## ALLERGIES: GENERAL CIRCULATING FILE

### R E A D I N G

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

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [1861].
3. As we find, there are bettered conditions in the general physical forces of the body than when we last had same here. While there is not so much change in the specific reactions from the sensory forces, we find that the general physical health improved is gradually aiding also in the vision.
4. There needs to be kept the activities of the adjustments. We would make these at least twice each month, if this is practical. We find that this should aid in creating a better influence through the body.
5. With the violet ray vibrations we would add elements or chemical forces as a tonic, - in the form of ADIRON, in a mild form but taken consistently for at least a period of six to ten weeks. But only take one tablet a day for five days out of each week - five successive days, you see, and not skipped; five days out of each week for some eight to ten weeks.
6. The violet ray to the eye we would take not longer than a minute, using the double eye applicator. The bulb applicator we would use for a minute or minute and a half, from the area of the 4th dorsal to the base of the brain, and around the side of head and neck.
7. Then keep up the rest, - the regular exercise, walking AND resting, AND the spiritual meditations. Use these regularly. Have a set period for same. SEE the activities that are being created by the applications, as to how - from the vital forces of the body itself - there is being supplied those energies for purposeful influence in the vision.
8. Do that.
9. Ready for questions.
10. (Q) What can be done for ear trouble?  
(A) The treatments more regularly; that is, the osteopathic adjustments in the neck and in the upper dorsal, you see, and the violet ray around the neck and back portion of head.
11. (Q) What can be done for occasional attacks of hay fever?  
(A) Most of this comes from the conditions in which allergic reactions are attained by the poor assimilation, and not the proper distribution through the areas from the upper dorsal and cervical to the nasal passages.  
Hence the better stimulation through those areas as indicated with the violet ray, and the addition to the body of those assimilated properties as indicated in the Adiron, should eliminate the causes and bring the bettered conditions for the body.
12. (Q) Should vibrator treatments be kept?  
(A) Keep the vibrator treatments especially, though, for the area from the lower portion of spine to that area where the violet ray begins. Not that it is not to be given over the upper area, but more or deeper should the vibrator be given below that area where the violet ray is used.

ALLERGIES: GENERAL CIRCULATING FILE

13. (Q) Any other advice?

(A) Keep that same helpful and hopeful mental attitude towards the using of the vision, and the mental and spiritual self, for helpfulness to others.

14. We are through with this reading.

**REPORTS OF READING 1861-9 M 35**

R1. 8/1/41 [1861]'s letter to EC:

"We plan to come to Norfolk Wednesday for a treatment from Dr. Richardson. I wish we could come over to the Beach to see you then, but we can't arrive in Norfolk until 4: 30 that afternoon and have to return to . . . that night, leaving Norfolk at 9: 35. As you were good enough to say you would come over to see us if you could, we would be so glad to have you come over and take dinner with us, should you be able to make it. We will finish our treatments at about six. You could meet us either at Dr. Richardson's office or at the Monticello or any other place that you might care to suggest.

"[2072] had a letter from her sister, [. . .], today, saying that she hopes to come to make us a visit, bringing her two children, about August 10th. She would stay something like two weeks. Of course we are all looking forward to seeing them.

"I haven't had time to do as much with the crystal as I should like, but it seems to disappear, after gazing at it for a few minutes and I see a lot of people. Maybe these are those that you are always thinking of and the many friends that you have gathered around you.

"There isn't a day that passes that we don't think of you many times. Well, how could we help it, when you have done so much for us...."

R3. 10/11/41 [1861]'s letter to EC:

"I have been pretty busy since school started. My classes are larger than they have been for some years.

"I will be here at home for the reading Wednesday afternoon. Following are the questions I hope to have answered:

1. Should any change be made in use of vibrator and violet ray and Adiron? 2. Is present diet sufficient in vitamins, minerals and other elements? 3. What can be done to shorten period of correction of vision? 4. Give a suitable breathing exercise for the physical, mental, and spiritual development of this body. 5. Please advise as to use of Estep and Yogi methods.

"I have been having so much trouble with my new RCA radio-phonograph I wonder if you could answer a question about it if there is any time left in my period, after answering the other more important questions above. If there is not enough time left, tell Mrs. Cayce not to bother about asking this question.

"Q. What can be done to eliminate tonal difference, skipping and sticking of pickups in my phonograph?"

R4. 6/24/41 He obtained 1861-8 regarding static eliminator.

R5. 10/15/41 See 1861-10.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 1891-2 F 20**

ALLERGIES: TENDENCIES

Attitudes & Emotions: Drudgery Par. 13

CATARRH: NASAL

Clairvoyance of E.C.: Conditions Confirmed Par. R1

Diet: Allergies Par. 13

Digestion: Indigestion: Catarrh Par. 8

Doctors Suggested: Reilly, Harold J.: PhT. Par. 10, 11

Glands: Allergies Par. 5, 9

Habits Par. 13

Healing: Magnetic: Allergies Par. 10, 11

Odors: Allergies Par. 8

Pelvic Disorders: Glands: Allergies Par. 9

Physiotherapy: Hydrotherapy: Allergies Par. 10, 11

Psychosomatics: Allergies Par. 5

**BACKGROUND OF READING 1891-2 F 20**

B1. 5/23/39 She obtained a Life reading. See 1891-1.

B2. 4/29/40 Mother reporting on daughter [2171]'s reading: ". . . Now I should like to have a Physical reading for my daughter, [1891]. . . "

**TEXT OF READING 1891-2 F 20**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of June, 1940, in accordance with request made by the mother - [ . . . ], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading Taken bet. 11:00 to 11:10 A.M. Eastern Standard Time.

As of 9:30 A.M. Daylight Savings Time. New York City.

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation



## ALLERGIES: GENERAL CIRCULATING FILE

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

2. EC: Yes.

3. Now as we find, - rather would there be the warnings respecting tendencies or weaknesses indicated with this body.

4. We find that these arise from conditions existent that have the tendency to make the body allergic to certain disturbances.

5. Hence they are partially of a glandular nature, and partially of a nervous nature.

6. Then, these are the conditions as we find them with this body, [1891] we are speaking of:

7. In a general manner conditions as we find are very good; but in the soft tissue of face, throat and head are the inclinations and tendencies for a slowed circulation, that at times produces some congestion through these areas.

8. And from this, with a general inclination of this slowed circulation, a catarrhal condition is produced in the form of congestion which arises. These then in combination tend to upset the assimilating system as related to the digestive forces, in that the conditions are allergic to certain elements, - or there are the inclinations for certain odors or certain activities to produce a disturbance at times - through sympathetic irritation to the areas indicated.

9. These weaknesses at times cause disturbance as related to the glandular activity of the eliminations through the organs of the pelvis. While these do not cause disturbance in the present, there are weaknesses and inclinations which indicate warnings that there should be brought better conditions for this body.

10. Then, as we find, - twice each week we would have a general massage as combined with the hydrotherapy treatments, with every other time the use of the VERY low form of electrical vibrations. Not the whole short wave therapy, but that which will stimulate - through the application of the electricity given through the hands of the masseur, you see; with the massage given to the head and neck, and those areas about the face, to stimulate activity to aid in throwing off, and creating a normal balance.

11. This, as combined with the general hydrotherapy as would be had from Reilly's, as we find would be the better manner. These treatments we would have twice each week (with the electrical treatment added every other week), for a period of three to four weeks; then leave off for a period of two weeks, and then have them for two to three weeks more.

12. These as we find would eliminate tendencies, and bring bettered conditions for this body, [1891].

13. Of course, the diet should be kept normally balanced. The principal portion of at least one meal each day should consist of green, raw vegetables. At least have a combination of these in a green salad three or four times each week, if not every day. For, to the body, any general routine becomes such rote as to become disturbing to the general nervous forces of the body.

14. Do these.

15. Ready for questions.
16. We are through for the present.

**REPORTS OF READING 1891-2 F 20**

R1. 6/17/40 [1891]'s mother's letter to EC:

". . . Thank you for your letter regarding [1891]'s reading. I think the diagnosis is correct. It's perfectly true that her main trouble has been in her nose and sinus and I believe the therapy treatment would be beneficial but we shall have to wait to take it in the fall because [1891] has a paid job at the Fair where she works every day in the week and four performances a day. She's studying for the drama and she is in a show there. So she couldn't possibly spare the time at present but will do so later. . . . "

R2. 7/14/40 [1891]'s mother's letter to EC:

". . . Enclosed is the blank which you sent me. The answers I inserted are as near as I could correctly analyze the subject. I shall take up the matter of treatments for [1891] when she finishes her job which allows no time for any treatments at present. She treats herself with an oil inserted up the nose which Dr. Brandon [Brandon? - M. D. ?] advised sometime ago.  
"Thank you for your letter. . . . "

R3. 7/14/40 [1891]'s mother's reply to Individual Case Report questions:

1. In your opinion did the analysis of the Reading cover the condition? "Yes, partly."
2. Give symptoms of condition described correctly? "The part about the clogging of the passages in the nose and antrum."
3. What was the physician's analysis of this condition? "Similar to yours."
6. Describe the extent to which improvements have resulted. "The hydrotherapy treatments could not be taken now because [1891] has a job at the Fair every day in the week from 10:30 A.M. until 7:30 P.M. When she finishes she can take the treatments. . . . "

R4. See mother's subsequent correspondence under 1891-1 Reports.

## ALLERGIES: GENERAL CIRCULATING FILE

### INDEX OF READING 1964-1 M 27

#### ALLERGIES

Bronchitis Par. 7, 12, 13, 19, 20

#### CIRCULATION: INCOORDINATION

Clairvoyance of E.C.: Action & Places Par. 2

Diet: Eliminations: Incoordination Par. 23--25

#### ELIMINATIONS: INCOORDINATION

Emunctories: Circulation: Incoordination Par. 16, 17

Inhalants: Alcohol 90%: Bronchitis Par. 19, 20

: Benzoin, Compound Tincture Of: Par. 19, 20

: Creosote, Rectified: Par. 19, 20

: Eucalyptus, Oil Of: Par. 19, 20

: Tolu In Solution: Par. 19, 20

: Turp, Rectified Oil Of: Par. 19, 20

#### NERVOUS TENSION

Osteopathy: Circulation: Incoordination Par. 22

Physiotherapy: Massage: Camphor: Bronchitis Par. 21

: Mutton Tallow: Par. 21

: Turpentine: Par. 21

Research Potential Par. 2

Sinusitis Par. 7, 12, 13, 19, 20

#### TORTICOLLIS

### BACKGROUND OF READING 1964-1 M 27

B1. 7/11/39 Father [1965]'s letter wrote that [1964] had been ailing for a long time, and asked: ". . . Why does his spine pain him? Why is there a pain in the back between the shoulder blades? Why does he often get a stiff neck, and a buzzing in the ears? Also would like to know the general condition of his health."

B2. 7/19/39 [1964] himself verified appointment, saying: ". . . During the winter months I am in perfect health, but as soon as the warm weather rolls around, my troubles begin. I get such a stiffness in the neck that it is hard for me to turn my head. Then the pain travels to my left shoulder and down my spine. This pain stays with me all summer. . . "

ALLERGIES: GENERAL CIRCULATING FILE

**TEXT OF READING 1964-1 M 27**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 24th day of July, 1939, in accordance with request made by the self - Mr. [1964], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by the father, Mr. [1965] and by Mr. [257].

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading 10:45 to 11:00 A.M. Eastern Standard Time. . . ., N.J.

1. HLC: You will have before you the body of [1964], etc. You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions which may be submitted, as I ask them:
2. EC: [In undertone] - Yes - crook in the street here.
3. Yes, we have the body, [1964].
4. Now as we find, this body is very susceptible to changes; is of a very high nervous tension under certain disturbances or conditions.
5. Hence it may be said that the body is allergic to temperatures, as well as to dust and other conditions.
6. These, then, are conditions as we find them with this body, [1964] we are speaking of:
7. The blood supply indicates an inflammatory condition which exists in the soft tissue of nasal passages and portions of the bronchi, and in the trachea.
8. Hence an accumulation of poisons is caused by lack of elimination, or lack of the coordination between the superficial and the deeper circulation, - especially as related to the eliminations through alimentary canal AND the perspiratory system.
9. Thus there are periods when there is the stiffness in the back of the neck, through the shoulders, and extending to the lower lobes of the lungs or pulmonary system.
10. This is usually followed by the upsetting of the digestive tract, and some conditions that arise of a sympathetic nature with the lower hepatic circulation.
11. The conditions in the lower extremities, the feet and the lower limbs at times cause disturbances.
12. All of these, as we find, are from those conditions in the trachea, the bronchi, the larynx and the soft tissue of the face.
13. While these have not as yet caused any considerable disturbance through the pulmonary system, we find that without a great deal of care they may develop, - or produce a condition that would continue to make the lung supply susceptible to outside influences.
14. These as we find are the disturbing factors with this body.
15. Naturally, they upset the digestive system.
16. There is the lack of the proper coagulation or volatile activity in the humor of the blood supply itself, or the hormones in the various activities of the blood supply in its flow to carry proper actions of the leucocyte in aiding in elimination.

ALLERGIES: GENERAL CIRCULATING FILE

17. Hence the tendency for accumulations in lymph, and especially in emunctory portions of the lymph circulation.

18. In meeting these conditions, as we find:

19. First we would prepare a compound to be used as an inhalant. Prepare this in a container with a largemouth bottle, in which there may be two vents put through the cork, - one through which the fumes would be inhaled and the other to allow the passage of air when inhaling the fumes from the other. Neither of these vents or their holders should extend into the solution. When ready to use, shake the solution well and inhale through the nostrils the fumes from same - deep; so that the fumes act as a purifier and as an antiseptic for the mucous membranes of the head and throat. Inhale also in the mouth or throat itself. Do this two or three times a day, and especially at night when there is the feeling of the fullness in throat or head. Prepare same in this way and manner, then:

20. In an 8 ounce container (of the type and style just described) put 4 ounces of 90% proof pure Alcohol. To this add, in the order named:

Oil of Eucalyptus. . . . . 20 minims,  
Compound Tincture of Benzoin. . . . 15 minims,  
Rectified Creosote. . . . . 5 minims,  
Oil of Turp. . . . . 10 minims,  
Tolu in Solution. . . . . 20 minims.

Inhale the fumes from same in the manner just indicated.

21. Begin also with the use each evening of a massage across the brachial area with an equal combination of Mutton Suet, Spirits of Turpentine and Spirits of Camphor. Then apply an electric pad over the area which has been massaged with this compound.

22. Also have at least fifteen osteopathic adjustments, with special reference being given to the adjustment needed in the 5th cervical, as well as in the 1st, 2nd and 3rd and 9th dorsal plexus, and the lumbar axis.

23. Keep away from too much sweets. Use rather the natural sweets as found in fruits, melons, berries or the like. A little honey may be taken, preferably with the honeycomb.

24. No fried foods at any time.

25. Especially mushrooms or such natures are well for the body, for the fungi growth in the soil would be beneficial, - if these are prepared with the meats of any nature that is desirable.

26. Do these and as we find we will eliminate the causes and prevent a great deal of trouble that is apparent to become manifested in the lungs and perspiratory and respiratory system.

27. Ready for questions.

28. (Q) What was the original cause of this condition?

(A) Breaking down of the blood supply and the lack of the plasm, weakening the areas as indicated where the mucous membranes come in contact with the various characters from the atmospheric pressures. We are through for the present.

**REPORTS OF READING 1964-1 M 27**

R1. 4/18/40 He referred [2169] for a Physical Rdg.

R2. 5/6/41 He secured 1964-2.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 1964-2 M 29**

Adhesions: Tendencies	Par. 35-A
ASSIMILATIONS: ELIMINATIONS: INCOORDINATION	
Asthenia: Assimilations: Eliminations: Incoordination	Par. 32-A
Breathing: Shortness: Assimilations: Eliminations: Incoordination	Par. 33-A
CHOLECYSTITIS	
Diet: Cholecystitis	Par. 26--29
Headache: Toxemia	Par. 34-A
Lacerations: Stomach: Tendencies	Par. 35-A
LESIONS	
Osteopathy: Lesions	Par. 23--25
Physiotherapy: Packs: Castor Oil: Cholecystitis	Par. 19--21, 35-A
Prescriptions: Olive Oil: Eliminations	Par. 20, 21
TOXEMIA	

**BACKGROUND OF READING 1964-2 M 29**

B1. See 1964-1.

B2. After following other reading [1964-1] got SO MUCH better, but now feeling terrible, so tired all the time.

**TEXT OF READING 1964-2 M 29**

This psychic reading given by Edgar Cayce at the home of Mr. David E. Kahn, 20 Woods Lane, Scarsdale, N.Y., this 6th day of May, 1941, in accordance with request made by the self - Mr. [1964], Associate Member of the Ass'n for Research & Enlightenment, Inc., Virginia Beach, Va.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [1964], Mrs. [1902], Mr. [1844], Raymond Kahn, and others.

R E A D I N G

Time of Reading 3:55 to 4:15 P.M. Eastern Daylight Savings Time. . . ., N.J.

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation

## ALLERGIES: GENERAL CIRCULATING FILE

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here, [1964]; this we have had before.
3. As we find, there are changes in the physical forces of the body since last we had this here; and there are those disturbances that without correction may soon bring about conditions that would be hard to cope with.
4. These in the present can be corrected, so as to bring about near to normal conditions - if they are taken in time.
5. Then, these are the conditions as we find them with this body, [1964] we are speaking of:
6. In the blood supply there are indications of a form of toxic condition that arises from hindrances in the functionings of the gastric flow and those secretions from the gall duct to the activity of the properties that go to make up the dissolving or assimilating of certain characters of foods for the body.
7. Hence those disturbances indicated in the areas as deal with the activities of the liver, the spleen and the kidneys; and deflections from these disturbances to the circulation in the heart and lungs.
8. In the nervous system we find a part of the cause of the present conditions, in combination with the old disturbances. For, deflections arise in the vagus center and the 4th and 5th dorsal centers - that aid in supplying the energies to the organs under distress.
9. These now, under the conditions, become a contributory cause; though the first cause of this disturbance, as we find, arises from the unbalanced chemical reactions in the system.
10. Thus, first forming those deflections in the nerve impulses through the system's attempting to adjust itself to the changes, lesions are formed in the centers as indicated; not so much subluxations but more of the plastic and circular form of pressure.
11. In the organs themselves of the body, we find that brain forces and their reflexes are very good.
12. Those conditions in throat, bronchi, lungs and larynx, - lungs are involved because of the character of circulation; though not organically, only sympathetically.
13. The soft tissue in portions of the throat at times has a sympathetic reaction.
14. The heart's activity is sympathetically irregular at times; not an organic disturbance.
15. Digestive area becomes more and more involved; and will, unless conditions are corrected.
16. In the liver and pancreas we find the areas through which there is the greater distress, though sympathetically we find formations also of sedimentary forces in the gall bladder itself, as would be indicated in urine tests.
17. All of the activities of these to the lower hepatic circulation may gradually become involved.
18. In meeting the needs of the present conditions:

## ALLERGIES: GENERAL CIRCULATING FILE

19. For an hour each evening for three evenings a week we would have an application of the Castor Oil Packs over the liver to the caecum area. This would extend well towards the back, as well as to the umbilical or navel center. Use at least three thicknesses of flannel well saturated in Castor Oil, and have it warm - not so hot as to burn, but warm. Apply this directly to the body, and then use at least two electric pads to keep this as warm as possible for the body, for at least an hour.

20. On the evening of the third day take internally two tablespoonsful of Olive Oil.

21. Then leave off the Packs until the same three days the next week, when they would be again applied. After that three-day period take the Olive Oil, and so on.

22. Follow this procedure each week, you see, for a period of at least six weeks.

23. After the second series of the Castor Oil Packs, - that is, at the end of the second week, you see, - begin also with the adjustments, osteopathically administered; with special reference to the vagus center - in the cervical and the 3rd and 4th dorsal center; coordinating the lower portion of the 9th dorsal and lumbar axis WITH that correction made in the upper dorsals and cervicals.

24. Make these at least twice a week until six have been given.

25. Then after the sixth adjustment, GENTLY but surely - osteopathically - EMPTY the gall duct.

26. During those periods, and for a little time afterward, be very mindful of the diet.

27. Not too much of fats of ANY nature.

28. Have plenty of liquids, - such as the citrus fruit juices, and vegetable soups as combined with meats - but not too great a quantity of the meats.

29. As to meats, - only fish, fowl or lamb would be preferable, and all well-cooked.

30. Do these, and we will bring near to normal conditions for this body, [1964].

31. Ready for questions.

32. (Q) Why do I feel so tired at all times?

(A) The inability of the system to assimilate properly under the conditions gradually arising in the areas indicated.

33. (Q) Why the tired feeling in lower part of my lungs when I take a deep breath?

(A) Just as indicated, - it is the beginning of the disturbance involving the circulation between liver, heart and lungs, which calls upon the lungs, as it were, to give up part of their respiratory activity. Thus the effect when taking deep breaths; also when at times there is the tendency to take deep sighs - which is a part of the respiratory reaction. These make an awareness of heaviness in the area.

Do the things indicated and let's prevent more serious troubles.

34. (Q) What causes and what should be done to correct the headaches?

(A) These arise from this inactivity of the gastric flow in the digestive forces, owing to those sedimentary conditions beginning in the gall duct area itself, and involves the lower hepatic circulation also, of course.

35. (Q) What causes the cramps in the stomach?



## ALLERGIES: GENERAL CIRCULATING FILE

(A) Well, you let stones begin to form and you will have all sorts of cramps and pains and cutting conditions! These occur at most times a few hours, or an hour or so, after attempting to eat, or just before the completing of the normal period of digestion. Hence there is a lack of the flow of the gastric juices, or the excretory and secretive functioning as the liver does in its activity for digestion and assimilation.

These questions have all been covered. Do as indicated. Follow that as outlined.

Do not give up the applications under at least six series of the Castor Oil Packs; else we may find a recurrence of this condition, or the formation in some portion of the stomach of the effect of either thickening tissue, lacerations or hard portions. For this, of course, IS a condition that needs attention.

36. We are through for the present.

### **REPORTS OF READING 1964-2 M 29**

R1. 12/19/42 Father, [1965]'s letter with best wishes from all the family, ordering the book THERE IS A RIVER, indicates his younger son, [1844], who was cured of blindness by the readings, is now in the army.

R2. 12/23/42 EC's letter to Father, [1965]:

". . . Thank you, Mr. [1965], for yours of the 19th - hope you get a real pleasure from reading the book. Do remember me to [1844] when you write him. One of our boys are in the army also. We have a grandson now, a very happy little fellow - nearly three months old now.

"Thanking you again and with every good wish for a happy Christmas season..."

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 2278-1 F 36**

Allergies	Par. 30-A
Appendicitis: Tendencies	Par. 31-A
ASSIMILATIONS: ELIMINATIONS: INCOORDINATION	
CHOLECYSTITIS	
Cold: Congestion: Susceptibility	Par. 10, 11
Diet: Assimilations: Eliminations: Incoordination	Par. 21--26
: Citrus & Cereal	Par. 23
: Vegetables: Carrot Juice	Par. 24
Glands: Thyroid: Assimilations: Eliminations: Incoordination	Par. 9--11
Healing: Consistency & Persistency	Par. 27
Intestines: Colonics: Eliminations	Par. 17
Nervous Systems: Sensory: Assimilations: Eliminations: Incoordination	Par. 8--12, 20, 29-A
Osteopathy: Cholecystitis	Par. 18--20
: Nervous Systems: Sensory	Par. 18, 29-A
Physiotherapy: Packs: Castor Oil: Cholecystitis	Par. 15, 16
Prescriptions: Eno Salts: Eliminations	Par. 20
: Olive Oil:	Par. 16, 17

**BACKGROUND OF READING 2278-1 F 36**

None.

**TEXT OF READING 2278-1 F 36**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of June 1940, in accordance with request made by the self - Miss [2278], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [2164].

P R E S E N T

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

R E A D I N G

Time of Reading 4:10 to 4:30 P.M. Eastern Standard Time. . . ., Mich.

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

## ALLERGIES: GENERAL CIRCULATING FILE

2. EC: Yes, we have the body here, [2278].
3. Now as we find, there are conditions the correction of which would allow for better physical activity through the system.
4. These as we find are rather a complication of disturbances. While the correction in some, and the improvement in the general health conditions will relieve most of the disturbances, this complication which attempts to set up activity in itself would need local attention also.
5. Then, these are conditions as we find them with this body, [2278] we are speaking of:
6. In the blood supply we find there are hindrances from a submerged condition, or a deep fold over the gall duct area. This lack of sufficient activity of the system in this duct - and the gall activity upon certain characters of foods that are at times taken by the body, and the general reaction from same - causes an impairment to the manner in which there is carried on the assimilations.
7. Thus we find a reflex action from this to the lower hepatic circulation.
8. Thus some disturbance to the complications arising from the sensory forces, particularly the eyes and the throat.
9. Through this same condition, then, we have some conditions that disturb through the lack of proper flow and activity in the thyroid system.
10. This also tends to cut off the circulation, or leaves an impaired circulation in eliminations, - from the organs of the sensory system; as well as through that same activity in this area, in the gall duct, - not gallstones, but as a granular, soft sediment in same, which causes the body to easily take cold - or the acids in the system to be predominant at times. Thus the body is subjected to this tendency for an increased DEEP circulation, and a coolness or coldness or slowed circulation through the lymph and superficial circulation.
11. Thus congestion is easily caused in the mucous membranes of the face, nasal passages, the throat and bronchi.
12. These as we find are the disturbing conditions, - while the complications come from this impaired condition having caused a direct influence upon the vagus center, and thus hindering supply to the optics, or optic nerves themselves.
13. We find that these conditions have not reached such serious disturbances, but with a continued lack of proper elimination, and a continued disturbance through the liver and gall duct, with the combinations that the acids produce in the system, there may be brought constitutional or deeper-seated and more far-reaching disturbances, - unless these are corrected.
14. Then, we would begin first with these, - continuing with those applications which have been and are being made for corrections of the nerve forces, as well as the general supply of circulatory forces for clarifying and strengthening the nerves and muscular forces for the sensory system, and eyes particularly:
15. Each day for five days we would apply the Castor Oil Packs over the liver and gall duct area. Have three thicknesses of flannel soaked in the Castor Oil, not just the Oil poured on. Apply this directly to the body, as warm as can be well stood; and then - after padding - apply the electric pad to keep same warm for an hour.

## ALLERGIES: GENERAL CIRCULATING FILE

16. On the evening of the fifth day of taking the Packs, we would take internally two tablespoonsful of Olive Oil; lying upon the right side with a pillow under the gall duct or liver area, to assist in draining this area.
17. Then the next day, or day after, have a high colonic irrigation to purify or cleanse the whole of the colon from all of the refuse forces stirred up by the activity of this absorption and the conditions created by the Oil.
18. We would begin then almost immediately, or the day after, with osteopathic adjustments; with particular reference to stimulating the glands about the throat and head and neck, as to the drainage.
19. Also, - though not even attempted at the first or even the second treatment, - we would gradually empty the gall duct, osteopathically; stimulating at such treatments the 9th dorsal to the end of the spine, through such periods.
20. After some ten or twelve such adjustments, if there is a recurrence of the nausea, the headaches or the pains even through the throat, - take a series of the ENO SALTS; each morning a teaspoonful in a full glass of water. This as we find should flush the system.
21. Then, in the diets:
22. Refrain from any fried foods at all.
23. Take plenty of citrus fruit juices, but not at the same meal with cereals.
24. Take plenty of raw carrot juice. This as we find is a stimulation for better eliminations, as well as a certain strengthening that comes to the system from the amounts of the B and B-1 vitamins obtained from taking at least half an ounce of the carrot juice once each day.
25. As to meats, - fish, fowl and lamb are preferable.
26. Plenty of vegetables.
27. Do these, and we will find near to normal conditions for this body, - if these are adhered to, consistently, persistently.
28. Ready for questions.
29. (Q) Any other treatment for eyes?  
(A) Only the stimulation from the osteopathic adjustments, with the treatments for the throat, head and neck.
30. (Q) Shall I continue with my treatment of allergies?  
(A) These as we find will not be found necessary if those conditions existent in the present are eliminated; for the body will not find itself allergic to as many variations as disturb the mucous membranes of face, throat and head.
31. (Q) Any appendix difficulties?  
(A) Only a sympathetic condition, as yet. Rather the involvement, as we have indicated, in the gall duct and the liver area.
32. (Q) Any other internal development?  
(A) These as we have suggested, with the adjustments of these conditions through the channels or means indicated, would correct most other disturbances - save the completion with the eyes, which as we have indicated should be carried on, with the addition of those other adjustments that should go with same.
33. We are through for the present.

### **REPORTS OF READING 2278-1 F 36**

None.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 2518-3 M 31**

Allergies: Metals: Eczema	Par. 3, 4, 10
Circulation: Incoordination	Par. 6
Diet: Beverages: Beer: Not Recommended	Par. 15-A
: Carbonated:	Par. 15-A
: Coffee	Par. 15-A
: Cooking Utensils: Aluminum: Not Recommended	Par. 10
: Eczema	Reports
: Vegetables: Watercress: Eczema	Par. 8
: Vitamins: B Complex:	Par. 14-A

ECZEMA: CURED

ELIMINATIONS: INCOORDINATION

Habits: Smoking	Par. 15-A
Osteopathy: Spine: Subluxations	Par. 6, 16-A
Physiotherapy: Applications: Glyco-Thymoline: Eczema	Par. 7
: Ray's Ointment:	Par. 7
: Baths: Sun: Eczema	Par. 13-A
Prescriptions: Saffron, Yellow, Tea: Eliminations: Incoordination	Par. 9

SPINE: SUBLUXATIONS

**BACKGROUND OF READING 2518-3 M 31**

B1. See 2518-2.

**TEXT OF READING 2518-3 M 31**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 17th day of July, 1943, in accordance with request made by the self - Mr. [2518], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11:20 to 11:30 A.M. Eastern War Time. . . ., Ohio.

1. GC: You will give the physical condition of this body at the present time, with further suggestions for corrective measures; answering the questions, as I ask them:
2. EC: Yes - we have had this body before.
3. Some indiscretions, as well as hot weather, and certain conditions to which the body becomes allergic.
4. DO NOT work in any portion of plant where the dust of aluminum is flying. For this will CONTINUE to irritate the hands.
5. As we find, now, we would do these, for the conditions:
6. About once a week, or once in ten days, DO have the osteopathic adjustments - this in the main to set up better drainages through the alimentary canal. For, a portion of the disturbance is the effect of the incoordination between the superficial and internal circulation. Thus poisons and accumulations produce those forms of the skin irritation.
7. We would apply externally a mild antiseptic. Wash off with Glyco-Thymoline. Then apply Ray's Prescription for treatment of eczema (the salve).
8. Each day we would take internally a small can of Watercress. This may be taken at two meals or at one meal, but take a small can each day.
9. Do take the Yellow Saffron Tea to aid the digestive forces, the stomach proper, to relieve those tensions from the effect of absorption through the irritations in same, that cause a great deal of disturbance.
10. Do keep away from the dust of aluminum. For this body, foods should not be cooked in aluminum, but rather in enamel or glassware.
11. Do that, for the better conditions of this body.
12. Ready for questions.
13. (Q) Should I stay out of the sun and heat?  
(A) Except in the early morning or late in the afternoon.
14. (Q) Does Vitamin B-Complex help?  
(A) Vitamin B-Complex helps, but it is best for this to be taken AFTER the poisons have been eliminated somewhat from the system. Do the rest of these indicated, and then in the course of ten days to two weeks begin the vitamins.
15. (Q) What effect does cigarette smoking, coffee, beer, fresh tomatoes, have on this condition?

## ALLERGIES: GENERAL CIRCULATING FILE

(A) There is no disadvantage for the body in either cigarette smoking or coffee, in moderation. But ALL of those such as beer or any carbonated drinks DO NOT TAKE! Fresh tomatoes should not be harmful for the body.

16. (Q) What specific areas should be treated osteopathically?

(A) As indicated, have these to set up drainages through the alimentary canal. That's the upper dorsal area and through portions of the cervical. Of course, then, kneading the abdomen and the stomach itself. The 6th dorsal area, especially.

17. We are through for the present.

(7/17/43 GD's notes: Ray's Ointment for Treatment of Eczema, sells for \$1 a jar, and is manufactured and distributed by Ray Chemical Co., 1001-3rd St., Roanoke, Va. Rolle Watercress Macerate, a diffusion of cultivated watercress, is made by Vegetable Juices, Inc., Chicago, Ill. and sells for 20 cents a can. You may be able to obtain this locally, however. Obtain the American Saffron, make as ordinary tea - pouring boiling water over a good pinch of the Saffron in a cup of water and allowing it to steep for twenty to thirty minutes. Make fresh each time. Drink this once or twice each day. )

### REPORTS OF READING 2518-3 M 31

R1. 8/23/43 Wife [2899]'s letter: ". . . [2518] is much better and his hands are beginning to clear up. I want to thank you a thousand times for what you have done for both of us. . . "

R2. 9/30/43 Letter: ". . . My husband [2518]'s hands are completely cleared up and he is feeling much better physically and putting on some weight. . . "

R4. 9/10/44 Letter: ". . . My husband [2518] is in the Navy. . . "

R5. 7/1/52 Miss [1747]'s report:

". . . Mr. [2518]'s condition of eczema existed for several years previous to the date of the first reading. His hands and arms (where the sun hit him) were constantly broken out. He used to wear gloves because he was ashamed, and afraid that other people would think he had some bad disease. He went to many doctors - skin doctors included and didn't get any relief. If anything the condition grew worse.

"I did not in any way help with carrying out the treatments in the reading, but I did ask Dr. Smith if Mr. [2518] and his wife [2899] were coming to him for their osteopathic treatments, and he said yes, that they were following through very consistently. Mr. [2518] would get impatient and try other treatments suggested by others, and then wonder which was working. His breaking over in the diet was one of the problems that his wife was most cooperative in helping him to avoid. He was so fond of starches, peppers and tomatoes together, and beer, it was difficult for him to stay on the diet suggested in his reading.

"His hands are much better, but I could not say that they are permanently cured, for when he breaks over in the diet they are apt to flare up again. . . "

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 2541-5 F 54**

Allergies	Par. 5, 17-A, Reports
CATARRH: NASAL	
Diet: Foods: Yellow	Par. 16-A
: Vitamins: B-1: Catarrh: Nasal	Par. 11, 12, 15-A
Doctors: Suggested: Reilly, Harold J.: PhT.	Par. 8, 9
Electrotherapy: Diathermy: Catarrh: Nasal	Par. 7, 10, 16-A
Physiotherapy: Hydrotherapy: Catarrh: Nasal	Par. 8, 9, 16-A
: Massage:	Par. 8, 9, 16-A

**BACKGROUND OF READING 2541-5 F 54**

B1. See 2541-1 and 2541-2.

B2. 7/17/41 Letter: "Suffering, coughing. . . what should be done to relieve it? Have I an allergy? Should there be a change in diet?"

**TEXT OF READING 2541-5 F 54**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of July, 1941, in accordance with request made by the self - Mrs. [2541], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3:55 to 4:05 P.M. Eastern Standard Time. . . ., N.Y.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2541]; this we have had before.
3. Many changes of many natures have taken place in the body since last we had same here.
4. As we find in the present, there is a lacking of vitamins in the supply to the glandular forces of the body.
5. Thus in the lymph, or the mucous membranes of the throat and nasal passages, we find the body becoming susceptible or allergic to certain characters of odors, pollens or dust; by the lack of the ability of the lymph to supply sufficient of the vital forces for proper coagulation where and when irritation occurs.
6. There is thus a lack of that vital force or energy of a character in the leukocyte of the lymph circulation.



## ALLERGIES: GENERAL CIRCULATING FILE

7. We find that this might be stimulated or acted upon by a low reverse form of electrical vibration for the body, or that which is of the deep nature - or diathermy - that heats the central portion of the nerve force in the low charge of electrical forces.

8. The tepid baths and massages along with this would be most helpful in assisting to stimulate the proper activity of the body.

9. These we would have through the hydrotherapy methods such as Reilly's.

10. The electrical treatments would be given about twice to three times a month, while the massage and the hydrotherapy should be given at least once each month.

11. Also we would begin to supply extra quantities of the vital energies necessary; which as we find may be supplied either directly by taking the Vitamins B-1 especially, or by increasing the quantities of foods that carry extra quantities of these vitamins for the body.

12. If the vitamins are taken by injection or by mouth, take these each day, of course supplying sufficient quantity to increase the amount to that needed. This vitamin is not stored, and thus it is the energy-producing vitamin in the influences of the body.

13. These as we find will bring the bettered conditions for this body.

14. Ready for questions.

15. (Q) Should there be a change in diet?

(A) Include in the diet, as indicated, more of those foods - that contain the vitamins and iron necessary for the body. These are found in greater quantities in both fruits and vegetables that are yellow in color.

16. (Q) What may be done to relieve the coughing?

(A) The massage and hydrotherapy should relieve this, because it will relieve the tension in the dorsal and cervical areas.

17. (Q) Have I an allergy?

(A) As indicated.

18. We are through with this reading.

### **REPORTS OF READING 2541-5 F 54**

R1. 8/23/41 Letter from [2541] to EC:

"I wanted to wait until I could give you a full report before answering your letter.

"In the meantime an allergist has put me through the tests and we have found out that dust, mold, tobacco are the ones most active for which I am going to get vaccines; also the yellow fruits and vegetables you recommend have shown that I am allergic to orange and squash and carrots. I am feeling so much better since I am avoiding the things harmful.

"Thanking you for your interest and greetings to you and Mrs. Cayce. . . "

R2. 1/15/50 GD's note: She contributed to E.C.F. program for preparing the readings.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 2884-1 F 10**

ABRASIONS

Allergies: Feathers	Par. 15-A
: Flowers	Par. 15-A
: Furs	Par. 15-A
Appliances: Wet Cell: Blood: Coagulation: Poor	Par. 10
Bible: Books Of: Genesis 9:4	Par. 3
: Hebrews 4:12	Par. 25-A
BLOOD: COAGULATION: POOR	
: Rh Factor	Par. 24-A, Reports
Clairvoyance Of E.C.: Action & Places	Par. 1
Cycles: Body	Par. 8
Diet: Blood-Building	Par. 16-A
Eyes: Circles Under	Par. 23-A
Glands: Peyer's: Assimilations	Par. 22-A
Heredity: Influences: Prenatal: Blood	Par. 24-A, Reports
Home & Marriage: Parenthood: Preparation	Par. 24-A
: Preparation	Par. 24-A
Nausea: Vomiting	Par. 22-A
Osteopathy: Nervous Systems: Incoordination	Par. 12
Pelvic Disorders: Menstruation	Par. 18-A, 19-A
Physiology & Anatomy: Allergies	Par. 15-A
: Blood	Par. 3, 15-A, 17-A
Physiotherapy: Applications: Cream: Abrasions	Par. 11, 12
: Plantain Salve:	Par. 11, 12
Prophecy: Prognosis: Abrasions	Par. 13, 14-A
Science: Polarity: Vibrations	Par. 15-A

**BACKGROUND OF READING 2884-1 F 10**

B1. Born 5/3/19 in N.Y.C.?

**TEXT OF READING 2884-1 F 10**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 17th day of September, 1929, in accordance with request made by her mother, Mrs. [5423], via Messrs. [257] and [5417].

**P R E S E N T**

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mrs. [5423], Mrs. Strauss, Mrs. Rome, Mrs. Solomon, L.B. Cayce and others.

**R E A D I N G**

Time of Reading 3:45 P.M. Eastern Standard Time.

. . . Farm, Dutchess County, . . . , New York.

(Physical Suggestion)

1. EC: Have plenty of grapes!

2. [Pause] Yes, we have the body here, [2884]. Now we find there are conditions with the physical forces of this body - these are rather unusual, for there are those conditions in the vibratory forces of the body in which there has, does refuse to be the proper coagulating elements in the blood supply. Now, these conditions have acted in such a manner as to bring many VARYING things or conditions - yet, as WE see, these may be entirely changed, and the normalcy brought to this body, [2884] we are speaking of. These, then, are the conditions as we find them with this body:

3. IN THE BLOOD SUPPLY, here we find the apparent cause or seat of the trouble. While there are elements as go to make up this condition, even from the structural portion of the body, or the bone and sinew and marrow, that has to do with the elements of the blood as are affected in various portions of the system, and the functioning of the blood in its various activities IN the body - for while the blood is the life giving factor from that as is assimilated by the body, it must go through that form or process within the body itself for the USE of same in building, in replenishing, or in resuscitating life giving forces. Peculiarly to this body, we find most of the FUNCTIONING of organs themselves near normal. Some more accentuated than others, but that plasm necessary in the elements and constituents of the bloodstream to prevent those cells in the lymph and capillary circulation from carrying poisons out of the system through these channels, and for the system to carry on properly in the replenishing, so that the rebuilding and the destructive forces - that are ever active in a living organism - is carried on in its NORMAL, or through the normal or nominal channels. Hence we see the varied and various conditions as are PRODUCED in portions of the system, through this attempt of the body to eliminate in the IMPROPER manner those forces and coagulation NOT taking place in the proper manner, throws same to the capillary and lymphatic circulation.

4. Then, the cause or the seat of this, we find, comes from that (this is physically speaking) - inability of those organs with the structural portion of system to replenish or to throw from the system that NECESSARY for this activity to take place normally in the body.

## ALLERGIES: GENERAL CIRCULATING FILE

5. Now, the organs of the system, as have been given, function near normal - save the liver and those of the lacteal ducts, that carry the chyle, or assist in that assimilating of the properties in the system that will carry ON those NECESSARY functionings for the system to replenish its blood supply, that it may build properly in the body.
6. The NERVE system very good, CONSIDERING the condition as exists - as is also the sensory nerve system, or the brain forces and the functioning of the organs with same.
7. Then, to meet the needs of these conditions at this present time:
8. In the cycle of the body's development, these conditions must be considered in the light of the changes as are taking place, and as will take place in the system as it develops. Necessarily, this will require some time - eight to ten, to fourteen weeks - then CHANGES as will and must occur must be met as the changes come about. Changing of the vibratory forces in the system will be the manner in which these are to be met.
9. We would, then, prepare for THIS body, as this:
10. First we would make this as a solution: Take Plantain leaves and root 6 ounces. Put into 16 ounces of distilled water. Reduce by simmering, retaining the steam in same, until there is not more than 6 ounces. Strain off and allow to cool. Then prepare the wet battery, that would nominally charge itself - that of the acid battery, and place same (this solution as has been made of the Plantain) suspended in the battery, and charge same until the discharge is at least three and one-half ohms. These, then, will be applied to the body through the charges from the anode. The copper anode shall be made the positive, or the small plate. The nickel anode shall be made the larger plate. These are to be attached to the body at the wrist and at the ankle - that is, one one day, one the next, with the first - or the copper anode plate, and the negative anode plate to be attached to the umbilicus, or just above and to the right, so that the vibratory forces as are created by this charge and discharge from the system will apply directly to those vibrations created in the central portion of the system.
11. Then, we would prepare THIS as an applicant to those abrasions, sores or distresses as come to the exterior portion of the body:
12. Take, of the Plantain leaves and seed, at least 8 ounces, and take 8 ounces of pure cream. Not that that has soured, but sweet cream. Boil, or stew these together, until they are near a paste. Use these (with the leaves and seed, as is bruised before they are put in the solution) as an applicant, and while these are being applied to the body use those manipulations osteopathically applied, that will bring the proper coordination of the central, the cerebro-spinal, the solar plexus, the brachial plexus, the lumbar plexus. These, we find, will be NECESSARY for the first six weeks of treatments.
13. Do that. Then we will give the further changes for this body - for this body may be made PERFECTLY whole. Ready for questions.
14. (Q) Will the body be permanently cured of the abrasions?  
(A) As has just been given.
15. (Q) Does coming in contact with flowers, feathers or furs have any effect on this body?

## ALLERGIES: GENERAL CIRCULATING FILE

(A) It does! for there are the radiations from every form of life, and as the plasmas as have to do with coagulation are positive, and these of flowers or of any of the pollens that come from same, or vibrations, are negative - then they produce irritation.

16. (Q) What diet is best for the body?

(A) Blood and nerve building. A well BALANCED diet. Not too much of the activities of either those of acid or alkaline, but WELL balanced.

17. (Q) Are her brain forces normal?

(A) They are above normal! The body is GOOD in this direction! It's the vibratory forces, as is seen in the blood supply - and this comes from the plasma itself, from which gestation begins in the body.

18. (Q) When the body starts her menstrual period, will that effect a change for the better?

(A) Not NECESSARILY, unless the vibrations are changed - it would rather be the OTHER way, for the strain NATURALLY on the system through such a period, while changing naturally the vibratory rates of the system during such periods, MUST work a greater hardship, and would make more detrimental, IN that the blood would have less of the REBUILDING forces, or ENERGY for the body.

19. (Q) When will this occur?

(A) Changes should be brought in the body before it DOES occur! This should occur through its natural courses, or in two to three years.

20. (Q) Is the body being treated properly?

(A) Dependent upon what would be termed properly! for we have given the correct treatments for the body to bring the normal forces!

21. (Q) Would the body improve by remaining where it is now? and is it receiving proper care there?

(A) The care is very good. Those properties necessary to bring proper vibration are not being given!

22. (Q) What causes the acute vomiting at times?

(A) Just that as has been explained, as to that which has to do with the assimilations as occur, especially with those of the glands that have to do with assimilation - ESPECIALLY the lacteal glands, or those that digest certain foods for the body, and are only called into use at the period - when these empty themselves back into the system for the blood supply - it also pushes out, or causes expulsion, or convulsion in the stomach proper, or through the duodenum and up.

23. (Q) What causes discoloration under eyes?

(A) So much strain on the whole blood supply!

24. (Q) Is the close blood relationships of the parents the cause of the body's illness?

(A) Not necessarily so. This MIGHT occur in any condition where the blood plasma were of such natures. That's why the blood should be tested for all of those who would wed, or who would bring those into being - so far as physical forces are concerned.

25. (Q) Are the intercostal nerves at fault?

## ALLERGIES: GENERAL CIRCULATING FILE

(A) They are weakened, but not wholly at fault. Rather those of the plasm cells as have to do with assimilation, as related to the blood supply and to the soft portions in the joint and marrow of the bone. For well has it been given, that conditions may so apply as to become dividing asunder, even to the joint and marrow. That doesn't mean PHYSICALLY! but rather that of the INTERNAL FORCES of the individual, see?

Do as we have given here, and we may give more. We are through for the present.

### **REPORTS OF READING 2884-1 F 10**

R1. 10/31/31 See 2884-2.

R2. 5/9/57 Newspaper article from the Ledger-Dispatch and Star, Thurs., Norfolk-Portsmouth, Va. [in re 2884-1, Par. 24-A]:

IT'S YOUR BODY OPPOSING BLOOD FACTORS AFFECT ONLY ONE IN 20

By James W. Barton, M.D.

Erythroblastosis is a disease of the newborn which is acquired while the baby is in the uterus. It occurs when there is a difference between the blood group of the mother and that of her unborn child. A few but not all of such mothers will build up antibodies against the red cells in her unborn child. The fetus has a different blood group from the mother because of characteristics which it has inherited from the father. The antibodies in a mother thus sensitized pass across the placenta (the organ on the wall of the uterus to which the unborn infant is attached) and injure the red cells in the blood of the fetus. The disease is due to the extremely short life and rapid breakdown of these damaged red cells.

In the most severe cases, the fetus will be stillborn. They are characteristically pale and puffy. A few of these may be born alive. Typically most cases develop rapidly deepening jaundice within a few hours after birth. This is frequently associated with enlargement of the liver and spleen. Some are mild cases which are not detected at birth but who may develop severe anemia about one or two months of age.

The red blood cells of 85 per cent of white people, regardless of sex, have a blood type known as Rh positive. The remaining 15 per cent are Rh negative. These blood types are inherited. In almost all of the severe cases of this type of disease in the newborn, the mother is Rh negative and her infant (having inherited the characteristics of the father) is Rh positive. In about 13 per cent of marriages in whites, the husband is Rh positive and the wife is Rh negative. However, only about one in 20 or 25 of such matings will produce infants with erythroblastosis. The disease occurs about once in every 200 pregnancies.

BEFORE BIRTH, laboratory investigation of a mother's blood can determine whether or not she is Rh negative. If she should prove to be so, the presence or absence of the antibodies which destroy the infant's red blood cells can be found out. The death rate in infants with this disease who are untreated or inadequately treated may be as high as 50 per cent. With prompt and effective treatment, providing the infant is born alive, the death rate may be reduced to less than 5 per cent. This is done by giving the infant a replacement transfusion

## ALLERGIES: GENERAL CIRCULATING FILE

of blood as soon after birth as possible, preferably within two hours. Repeated replacement transfusion should be done if necessary. Jaundice in the first 24 hours of life is the most important sign that this disease is present but it is unwise to wait for this sign if the mother is known to be sensitized. The properly treated infant will develop as a perfectly normal individual.

Investigation before birth is the key to the problem. All women having their first infant should be tested as to whether they are Rh negative or positive. In all except the mildest cases, replacement transfusion is the treatment of choice and repeated if necessary.

R3. 8/1/77 Newspaper article from the Virginian-Pilot, Monday:

### RH DISEASE: CURE AT LAST

By David Zinman Washington Post News Service

NEW YORK-Less than a generation ago, Rh disease threatened the lives of tens of thousands of babies born to parents with different Rh blood types. Women with Rh negative blood whose husbands had Rh positive blood were haunted by the possibility that the biological incompatibility would lead to death or permanent affliction of their offspring.

But now, nearly all those same parents can have normal, healthy babies if the parents take appropriate action. Researchers have developed a safe and effective vaccine.

"I would characterize the clinical use of this (vaccine) as a genuine medical breakthrough," said Dr. Frederick Miller, acting chairman of the pathology department of the State University at Stony Brook, on Long Island.

Amazingly, it took less than 25 years from the time that scientists discovered the cause of Rh disease in 1939 to the time when teams of researchers developed the vaccine in 1961. It was first tested on mothers in 1964 and made commercially available in 1968.

All human blood is either Rh negative or Rh positive. That term refers to the absence or presence of the Rh factor - a protein on the surface of the red blood cell, so named because scientists first observed it in the rhesus monkey.

Among Caucasians, about 85 per cent have the protein. They are Rh positive. The other 15 per cent who lack it are Rh negative. Among blacks, about 95 per cent are Rh positive.

The blood typing of an Rh negative woman becomes important when she is pregnant and her husband is Rh positive. The child of such parents can be either Rh negative or Rh positive. But when the baby is Rh positive, the baby's life is potentially endangered.

The danger comes from the fact that some of the baby's "positive" blood enters the mother's "negative" bloodstream during the birth process. The mother's body defenses then go to work. In much the same way that her immune system protects her from disease, it identifies the baby's positive blood cells as a "foreign" menace and produces antibodies.

There is almost never a threat to the first baby because its red blood cells usually do not enter the mother's blood stream, causing the formation of the antibodies, until the child is leaving the uterus at birth. (The first child of the Rh incompatible couple is affected less than . 5 per cent of the time.)

## ALLERGIES: GENERAL CIRCULATING FILE

But the antibodies become a permanent part of the mother's blood supply. So if she becomes pregnant again and that baby is also Rh positive, her antibodies will cross over to the fetus and attack and destroy the unborn baby's Rh positive red cells - just as if they were attacking a virus in the mother's system.

If the baby survives, it will be born an Rh baby, with anemia or jaundice or brain damage, and requiring extensive medical care.

In 1961, scientists at the Columbia-Presbyterian Medical Center here and in Liverpool developed a specially prepared Rh immune globulin, called RhoGAM, which is injected into an Rh negative mother within 72 hours after she has delivered an Rh positive baby. (Possibly, the Rh injection would be as effective if given at 96 hours, or even a week. But the first study showed that it works within 72 hours and no researchers have tested it beyond that time span. )

That Rh vaccine serves as a neutralizer. It prevents the mother's natural defense system from recognizing the baby's blood cells now in her own body as foreign. So no antibodies are produced, and the foreign cells are simply cleared from her system, passing out through the urine or perspiration, or are stored in the liver.

Each time she delivers, aborts or miscarries an Rh positive baby, however, an Rh negative mother must get another injection of the Rh antibody preparation. If she neglects to do that, or if she accidentally is transfused with Rh positive blood (and does not get Rh injections), her antibodies cannot be neutralized. In such cases, doctors have to resort to methods used before the discovery of the Rh vaccine, according to Dr. Jahangir Ayromlooi of Long Island Jewish-Hillside Medical Center.

Those methods include premature delivery, and even transfusions to the fetus in the uterus. Sometimes, transfusions are given right after birth.

Ayromlooi, who heads the division of maternal and fetal medicine, said that RhoGAM is not absolutely effective.

"There are a few cases where the amount of positive red blood cells the baby gives the mother is so great that they will all not be neutralized by one injection of RhoGAM."

But the failure rate - the number of babies born with Rh disease after the mothers have been injected - is only between 1 and 1.5 per cent at his hospital. And he says that reflects national trends.



ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 2884-6 F 23**

Allergies: Dermatitis	Par. 10-A
ANEMIA	
ASSIMILATIONS: ELIMINATIONS: INCOORDINATION	
DERMATITIS	
Insomnia: Dermatitis	Par. 9-A
Intestines: Colonics: Assimilations: Eliminations: Incoordination	Par. 4
Physiotherapy: Applications: DDD Cream: Dermatitis	Par. 6
Prescriptions: Elm Water: Assimilations: Eliminations: Incoordination : Saffron Tea:	Par. 5 Par. 5

**BACKGROUND OF READING 2884-6 F 23**

None.

**TEXT OF READING 2884-6 F 23**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of February, 1943, in accordance with phone request made by the mother - Mrs. [5423], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3:55 to 4:00 P.M. Eastern War Time. New York City.

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

2. EC: Yes, we have the body here. While there are greater anxieties, if the body is able - through its own mental self - to continue in those lines of endeavor that have been indicated for it, we should find these should materially change the conditions.

## ALLERGIES: GENERAL CIRCULATING FILE

3. Remember, it has been a long standing condition; it may not be cured in a day or week or even a month.
4. To be sure, one would not desire that there become such great irritations as to become unbearable; but we would continue with the use of colonics so long as there is any mucous indicated in the discharge. When this is not indicated, then leave off for at least two of the periods as were first indicated. And then have another irrigation.
5. Do keep up those valuable forces of the elm and the saffron, as this is getting to the basis of the disturbance.
6. Where there is a break in the skin, or where it tends to blister, use the DDD Prescription in the Ointment. This is not as severe as Zemo, but should be more allaying to the body.
7. Ready for questions.
8. (Q) Why are arm and body getting worse?  
(A) As oft, where the basis of the condition is being corrected at its source, the outward appearance may be of greater irritation. Use more local application, and do give those things suggested the opportunity to correct the source of the disturbance.
9. (Q) She doesn't sleep very well. Any suggestions?  
(A) This, of course, is due to the mental anxiety. If there is the necessity, use a mild sedative - until the body can adjust itself to changes that should come about. This had best be administered by a physician.
10. (Q) Is she allergic to bedding or clothing?  
(A) At times, yes; those that have any woolly feeling, she is allergic to; such as ANY wool cloth.
11. (Q) Any other advice?  
(A) Do these things, and as we find we should see changes for the better.
12. We are through with this Reading.

### **REPORTS OF READING 2884-6 F 23**

None.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 2973-1 F 67**

Colitis	Par. B1, R1, R2
Diet: Vitamins: Vims: Toxemia	Par. 14
Doctors: Reilly, Harold J.: PhT.	Par. R1, R2
Edema: Angioneurosis	Par. R1
Electrotherapy: Vibrator: Toxemia	Par. 12, 17-A
Intestines: Colonics: Toxemia	Par. 11
Names: People Mentioned: Kahn, David E.	Par. B1
NERVOUS SYSTEMS: INCOORDINATION	
NEURITIS	
Odors: Allergies	Par. 20-A
Osteopathy: Nervous Systems: Incoordination	Par. 13
Physiotherapy: Baths: Fumes : Witchhazel: Toxemia	Par. 11
TOXEMIA	

**BACKGROUND OF READING 2973-1 F 67**

B1. 3/29/43 [2973]'s letter:

As to the questions I should like to ask, I suppose they are the same type you receive most of the time, the CAUSE of physical ailments.

First, are the attacks I [I've] been subject to, all my life due to allergy? If so what food or combinations of food cause it? Or what element common to many articles of food might be the cause?

Also what part might dust or contact with fumes of paint, sprays or chemicals of various kinds have?

Does the headache which occurs from time to time have any connection? If allergy is not the answer, can you find another?

Mr. Kahn told me the requirements at the time of the reading, to be at home and quietly occupied by one's self.

I shall be very happy to fill out the application blank when it comes also to read and follow instructions in the booklet. Thanking you for the prompt and sympathetic answer to my request for help, I am, Sincerely yours [2973]

ALLERGIES: GENERAL CIRCULATING FILE

**TEXT OF READING 2973-1 F 67**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 17th day of April, 1943, in accordance with request made by the self - Mrs. [2973], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mr. David E. Kahn, via There Is A River.

P R E S E N T

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

R E A D I N G

Time of Reading 10:55 to 11:10 A.M. Eastern War Time. . . ., New York.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [2973].
3. As we find, the reflexes - or the reactions in the body which occur at times - are a combination of disorders.
4. The condition arises, primarily we find, in the colon, as well as from a disturbance that causes a reaction in the pulsation - or heart and its activity.
5. We find that if there were the removal of this disturbance in the colon, and a coordinating of the centers in the cerebrospinal system from which these activities emanate, we would bring bettered conditions for the body.
6. The blood supplies indicate the toxic conditions.
7. The nerve forces indicate, in the central nervous system, the tensions in those ganglia along the spine where sympathetic AND cerebrospinal coordinate in their reflexes.
8. Thus the tendencies for this variation in not only the blood pressure but also the quickening, and the lack of the necessary impulse for the flow. But this is reflex.
9. The neuritic reactions are from those poisons and pressures upon the sympathetic nerve forces.
10. The organs in their activity, in a general manner, show the lack of their revitalization, or the abilities of each to, at all times, especially under the stresses, supply energies for proper recuperation.
11. As we find, it would be well if the body would have at least ten to fifteen good hydrotherapy treatments. These should include a light Fume Bath with Witchhazel, also - at least during the period of the whole course of treatments - two or three colonic irrigations. These should be given very carefully, so that there is not the reaction upon the central circulation when such are given.
12. When toward the latter portion of these treatments, the very MILD electrical treatments may be included; but DO NOT begin these in the first part of the course of treatments. These will also stimulate better conditions between the coordinating of the sensory forces, - as the hearing, the vision, and the general reactions of these.

## ALLERGIES: GENERAL CIRCULATING FILE

13. Also at those periods when the hydrotherapy treatments are given, we would have a gentle correction osteopathically in the 4th lumbar, 9th dorsal, through the 1st, 2nd, 3rd and 4th dorsal, and throughout the cervical areas.

14. When the vital forces have been cleared, in the latter portion of the treatments, DO begin taking the vitamins known as VIMS, - the combination of both the vitamins in their elements and their minerals, in their proper relation. Take only one each day, but do not begin these until toward the latter part of the hydrotherapy treatments.

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

16. Ready for questions.

17. (Q) What specific kind of electrical treatment is indicated?

(A) That which is applied the more through the body of the manipulator; and this should be not so much on face and head but along the spine.

18. (Q) Are the attacks to which I have been subject all my life, due to allergy?

(A) Due rather to the incoordinations between the sympathetic and cerebrospinal system, as they arise from and at those periods when the activities arise from colon and the pressures produced on the circulation of the heart, the liver, the kidneys, the lungs.

19. (Q) What effect does food combinations have?

(A) These as we find at times vary a very great deal. With the cleansing of the body, and the stimulating of the centers indicated, these conditions should be improved considerably.

20. (Q) What part, if any, does dust have, or contact with fumes of paint, sprays or chemicals of various kinds?

(A) Any of these, of course, produce on the olfactory nerves the repulsion or nausea to the body; but it is the accentuation of the sympathetic nerve forces becoming involved.

Do those things indicated, if we would make better conditions for this body.

It may seem apparent that these are not interlaced with the superficial activity in the perspiratory and respiratory activity, - or the abrasions, - but cleanse the system and we will find that these conditions will be aided in correcting themselves.

21. We are through with this Reading.

### REPORTS OF READING 2973-1 F 67

R1. 5/22/43 (Saturday) [2973]'s letter to EC:

. . ., New York

Dear Mr. Cayce:

I am writing to thank you for your very kind letter of the twenty-fourth of April and to report on progress made in following treatment outlined in the reading. I went to New York at once after receiving the reading and arranged with Dr. H.J. Reilly for appointments twice a week for a period of six weeks. Up to the present I have been six times which means that the course is half through. The last four visits will include the electrical treatments as well as the baths and corrections. Two colonics have been given. Do you think it would be well to have a check reading at the end of the treatments or as soon after as can be? If I am

## ALLERGIES: GENERAL CIRCULATING FILE

able to meet all of my appointments as scheduled, shall be finished by June fifteenth or thereabouts.

In answer to the request for a history of my case, I would say first of all that it is hereditary, having been in my father's family for many generations. One of my own children has the same affliction. The form the disturbance has always taken is an intestinal colic with another phase the doctors have called angio neurotic edema. The attacks of pain and nausea have appeared anywhere from ten days to two or three weeks apart. At times just the swelling, again both phases of the trouble together but most often the colic attacks alone.

You can understand how very anxious I am to find relief for this distressing and baffling disorder, not only for myself but for younger members of my family. It has been such a curse and as I said before so baffling.

Mr. Sugrue's book telling the story of your life and work seems to me like an answer to prayer. I cannot tell you how grateful I am for your interest in trying to help by giving me the reading. I have just finished reading 'There is a River' a second time and find I missed a great many points the first time so found it even more interesting than at first.

Thanking you again, I am

Gratefully yours, [2973]

R2. 7/5/43 [2973]'s letter to EC:

Dear Mr. Cayce:

It has been three weeks since the course of treatments at Dr. Reilly's were finished. In a general sense I feel much better - as far as the colic attacks and also the swelling is concerned there have been a number of them - during and since the treatments.

I should like so much to have a check reading if you agree this is the time for it.

Thanking you for your kindly interest in trying to help me, I am

Sincerely your [2973]

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3109-1 M 2**

Allergies	Reports
Clairvoyance of E.C.: Action & Places	Par. 2
Diet: Eliminations: Incoordination	Par. 16--23
Doctors: Blackstone, Michael: M.D.	Par. R1
ECZEMA: SEASONAL	
ELIMINATIONS: INCOORDINATION	
Food Intolerance	Background
Halitosis: Eliminations: Incoordination	Par. 28-A
LESIONS	
Mechanotherapy: Lesions	Par. 11, 12, 15
Names: People Mentioned: Cerminara, Gina	Par. R2, R3
Osteopathy: Lesions	Par. 11, 12, 15, 27-A
Physiology & Anatomy: Eliminations: Incoordination	Par. 6
Physiotherapy: Applications: Ray's Ointment: Eczema	Par. 15
Prescriptions: Coca Cola Syrup: Eliminations: Incoordination	Par. 19
: Mullein Tea: Eczema	Par. 14, 15
: Saffron Tea:	Par. 13, 15

**BACKGROUND OF READING 3109-1 M 2**

B1. 4/12/43 "He has eaten the same meals every day for over a year; cream of wheat at breakfast and supper, strained squash and beef steak for lunch. If he deviates in any way he'll have eczema, vomiting, sour stomach and diarrhea. This is the only course I can follow, because no doctor knows just what reaction takes place in his body or any procedure to follow, to cure it."

ALLERGIES: GENERAL CIRCULATING FILE

B2. 6/4/43 Mother's letter: "My son is subject to allergy of all but 3 or 4 certain foods. . . You are probably the answer to my prayers since the child was born, that some method would be found to help him. I don't think there is a doctor living who could hold out any promise to cure him fully."

B3. 7/7/43 Mother's letter: "If there are too many ques., please ask the 2nd, 3rd and 5th for certain. They are the largest problems facing me."  
(Questions - First Physical)

1. What causes eczema only during the winter months? 2. Please outline a balanced diet that will not cause an upset condition. 3. Precisely what reaction takes place when an offensive food is given, and how can the pain be alleviated quickly? 4. Is the bad odor on his breath caused by this condition? 5. Will there be a tendency towards asthma and hay fever in later life? 6. Is a check reading on his condition necessary?

**TEXT OF READING 3109-1 M 2**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 26th day of July, 1943, in accordance with request made by the mother - [ . . . ], Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the book, THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Phyllis A. Goodall and Herman Theaman.

R E A D I N G

Time of Reading 11:00 to 11:20A.M. Eastern War Time. . . ., Penna.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here - they almost forgot to keep the appointment period!
3. As we find, there are disturbances that cause discomfort and irritation to the body.
4. If there are the general precautions taken to keep a body-balance as to the energies and vitamins, to keep a normal balance in the chemical forces of the body, we may find that the body will gradually of itself outgrow this disturbance.
5. For, the disturbance began with an unbalancing of the chemical changes in the body soon after the presentation. Or when the body became an individual entity itself, those vital forces were lacking in the system that produce a coordination between the eliminating channels; that is:
6. We find that poisons, excesses of any nature, or drosses, are eliminated either through the alimentary canal, the activity of the kidneys and bladder, or are thrown off in the respiratory or perspiratory system. These arise from those variations produced in the flow of the lymph circulation, as especially controlled - that is, for this particular body - through the lacteal duct centers AND the lacteals throughout the jejunum and the alimentary canal.



## ALLERGIES: GENERAL CIRCULATING FILE

7. When these become covered, or there is the heat from the body-radiation, they may take from the radiation of heat or cold, or from applications made to the skin itself, that which absorbed or taken into the body may relieve these poisons or drosses or conditions that are to be the regular eliminations from body. For, we find the effects, principles, or bodies, may absorb from mineral or vegetables the various conditions that act upon the body-forces.

8. Here, when body-heat is produced, there is the tendency - through radiation - as about the alimentary canal, or about the torso of the body - for that which should be eliminated through the regular channels to become as a rash on the body.

9. Then, those areas controlling the lacteal duct activity, - as in the 6th, 7th dorsal, the lower portion of the secondary cardiac plexus, the pylorus, and the activities to the lacteal duct and the activity about those parts of the body, - do not carry sufficient activity along nerve centers that follow the circulation of the blood and of the lymph along these channels. These become slow, and thus radiation has its effect upon the system.

10. These we would do, then, to correct these conditions in the present - that are not as severe as they have been, and yet they EXIST in the system. But the variation in radiation causes the active forces or principles in the body.

11. Through MECHANO-THERAPY (that is, osteopathic adjustments) we would CORRECT those subluxations which exist especially in the dorsal area, from the 9th dorsal to the 1st cervical, and especially the 6th and 7th dorsal where there will be found a circular lesion.

12. These corrections we would give regularly, at least once each week, for a period of about four weeks. Then leave off a couple of weeks, and then give them again for six weeks - once each week.

13. Throughout this period we would take the Yellow Saffron Tea, made from the regular American Saffron. This will be active especially upon the digestive forces, or will keep the correct activity in such as to cause a better flow of the lymph through the tissue of the lower digestion in the pylorus, in the upper portion of jejunum, and especially in the lacteal duct center. This would be made - the Saffron Tea - by putting a pinch of the Saffron (between the thumb and forefinger) in a cup and pouring boiling water over it. Allow it to stand for about twenty to thirty minutes, then strain and drink - taking about two ounces of this once each day, but make it fresh each time, you see.

14. Also occasionally - that is, once each week - drink two ounces of Mullein Tea, made from the small leaves and the blossom of the green Mullein that is in season at the present time. Put in a quart of cold water a pint measure of the green Mullein leaves and blossoms. Let come not wholly to a boil, but just to the point where it begins to simmer and boil up. Then take off and cool. Strain. Then add - to this quantity - one and one-half ounces of Grain Alcohol, as a preservative. Put a tablespoonful of this in two ounces of tap water and drink once each week, see?

15. Then, when there is a rash - or the irritation, apply Ray's Ointment. The salicylic activities here will allay the irritation, and - with the osteopathic corrections AND the properties taken internally - will aid the system.

## ALLERGIES: GENERAL CIRCULATING FILE

16. In the matter of the diet, - keep away from too-high proteins for this body, until it passes at least another year.
17. Keep away from candies or pastries.
18. Ices and ice cream may be taken in moderation.
19. Here we find that Coca-Cola will be good, even for this baby. This will act to purify the circulation between the kidneys and the liver. Preferably use this in plain water, however, NOT carbonated or charged water. The effect of the tannic forces will be helpful for this condition. Two to three ounces we would take at the time, not necessarily every day - but three to four times a week would be better.
20. Fruits such as peaches or tomatoes are tabu for the body; though berries of certain kinds are very well.
21. Apples - these should be cooked, NEVER taken raw.
22. Not too much of greases, ever, for the body.
23. Stewed chicken, fish, may be gradually fed the body; also cereals. But combinations of cereals are at times bad for the body, though oatmeal and whole wheat and the Wheat Germ with the oatmeal will be very good for the body.
24. Ready for questions.
25. (Q) Why does the eczema come only during the winter months?  
(A) Read what we have just given, as to the variation in the radiation of those conditions which exist in the circulation - from the unbalanced chemical condition at the time of, or just after, birth.
26. (Q) Precisely what reaction takes place when an offensive food is given, and how can the pain be alleviated quickly?  
(A) Vomiting is the better way to relieve the pain quickly. The reaction is to cause the spasmodic condition here, between the cardiac and pylorus, from the conditions which exist in the 6th and 7th dorsal center.
27. (Q) Will there be a tendency towards asthma and hay fever in later life?  
(A) Not if the osteopathic corrections are made properly along the spinal column, so that the whole of the lymph circulation is changed.
28. (Q) Is the bad odor on his breath caused by this condition?  
(A) Caused by the condition in the stomach, the lack of the emptying of the stomach, you see.  
Do these things as we have indicated.
29. We are through with this Reading.

### REPORTS OF READING 3109-1 M 2

R1. 8/16/43 Extract from [3109]'s mother's ltr.:

"Dr. Michael Blackstone, who is treating [3109] is very excited and enthusiastic. When he read the reading he said 'This fellow is an osteopath, isn't he?' I laughed and tried to explain just how you go about this thing. I think he's still skeptical, but doctors are the last people to admit to themselves that they might be wrong or don't know everything. "

R2. 3/11/46 Gina Cerminara's letter to [3109]'s mother:

Mrs. [ . . . ]

Dear Mrs. [ . . . ]

## ALLERGIES: GENERAL CIRCULATING FILE

We are at present conducting intensive research into the validity and efficacy of the readings of Mr. Cayce, in order to be able to publish whatever may prove to be of benefit to many people. As you may have read, Mr. Cayce died in January 1945; but hundreds of people still write asking for help. The only way we can be of any assistance to them is to compile and critically analyze the data given in other cases.

We sincerely hope that the reading given for your son proved to be of genuine value, and that the allergies from which he was suffering were completely overcome.

Would you be good enough, Mrs. [ . . . ] to write us a brief report on your case? We hope that the results were not negative; but even if they were, we would like to know about it. In general, we would like to have the answer, for our research records, to the following questions:

1. Did you follow carefully all the recommendations of the reading? 2. If not, what recommendation did you fail to follow? 3. Was there any improvement in the condition? 4. Was the condition completely cured? 5. Do you attribute this improvement or this cure to the advice of the readings, as followed by you?

We will be deeply appreciative of any information you can give us in this matter. Naturally all information is kept strictly confidential and is requested only for purposes of research. Thank you for your courtesy.

Sincerely yours, [signed] Gina Cerminara

R3. 7/29/46 Mother's letter:

Association for Research and Enlightenment Virginia Beach, Virginia

Dear Gina Cerminara,

If you will forgive the inexcusable delay in answering a misplaced letter, I will try to answer the questions you asked me in your letter of March 11.

Question #1. The recommendations were followed as fully as possible considering some balking by a three year old boy with some ideas of his own.

Question #2. As regards the Yellow Saffron tea each day, [3109] refused to drink it because he didn't like it. The same applied to the Mullein tea that was recommended once a week.

Question #3. After the first 3 osteopathic treatments [3109] could drink fresh milk for the first time, without any reaction. He also slept a full night in his life without waking & crying from irritation. After all ten osteopathic treatments were given there was so much difference it didn't seem like the same child.

Question #4. The condition was not COMPLETELY CURED. The eczema broke out in the coldest months when it was essential to wear woolen leggings and cover his body entirely. Also, he still is allergic to raw apples, eggs, citrus fruit and any foods containing grease or shortening. I avoid rich pastries & meat such as pork or bacon. However he can eat the pork or bacon if I don't give it to him two days in a row. Question #5. I certainly do credit the readings with the improvement in [3109]'s condition. Not so much myself & the things I did, but mainly the osteopathic treatments that were given to him.

If you had been able to see the reactions to offensive foods, as I did, and also the suffering he went through before the reading, I'm sure you would have noticed the difference yourself.

I hope the answers I've put down here, will help you in some way. If you should like more and detailed answers I'll be happy to answer.

Yours sincerely, Mrs. [ . . . ]

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3125-1 F 40**

ALLERGIES

Circulation: Lymph: Allergies	Par. 5, 6, 19-A
Diet: Allergies	Par. 14
Doctors: Joyner, James Craig: M.D.	Par. R4
Doctors Suggested: Garrett, Thomas L.: PhD. : Kuhn, Leslie: M. D.	Par. 10, 11, Reports Par. 10, 11, Reports
Electrotherapy: Ultra-Violet Light: Green Glass: Allergies	Par. 9, 10
Healing: Consistency & Persistency	Par. 15

HYPNOSIS: ALLERGIES

Names: People Mentioned: Kahn, David E.	Reports
---	---------

NERVOUS SYSTEMS: INCOORDINATION

Prescriptions: Alcohol, Grain: Nervous Systems: Incoordination	Par. 11--13
: Black Snake Root:	Par. 11--13
: Buchu Leaves:	Par. 11--13
: Burdock Root:	Par. 11--13
: Calamus Root:	Par. 11--13
: Cincho Bark:	Par. 11--13
: Elder Flower:	Par. 11--13
: Elm Gum:	Par. 11--13
: Podophyllin:	Par. 11--13
: Red Root:	Par. 11--13
: Snake Root:	Par. 11--13
: Tolu, Balsam Of:	Par. 11--13
: Water, Distilled:	Par. 11--13
: Water, Rain:	Par. 11--13
: Yellow Dock Root:	Par. 11--13

SUGGESTIVE THERAPEUTICS: ALLERGIES

**BACKGROUND OF READING 3125-1 F 40**

B1. 4/24/43 [3125]'s letter to EC:

". . . I am deeply absorbed by the book about your life, THERE IS A RIVER, and I cannot wait to finish it before asking for your help.

"I am thirty-nine years old and since childhood have suffered from a lot of symptoms which have been diagnosed as allergies. These have become so pronounced that I have trouble finding any materials I can tolerate or food I can safely eat. The symptoms are chiefly a stopped up nose, and neuritis in the left side when contact is made with certain materials.

"I broke my leg when I was four, and have had a certain amount of trouble with that side ever since, for which I have taken diathermy and massage treatments. The neuritis in that side, however, is a recent development and ONLY comes from contact with certain materials.

"I have consulted innumerable doctors over a period of years, but the only relief from my allergies I've ever got, was as a result of hypnotic treatments some fifteen years ago. I never went to sleep during the treatments, but suggestions were given me while in a relaxed state and at the end of three weeks my allergies disappeared. This relief lasted six years. Then the symptoms gradually returned.

"I am in desperate need of help and believe you can give it to me. I can easily arrange to come to Virginia Beach, as I have a sister living in Norfolk, or I can send you more details of my case. If you will let me know what it is necessary for me to do in order to have a reading I shall be most grateful to you. . . "

B2. 4/27/43 Dr. Thomas L. Garrett's letter to EC:

". . . A patient of mine, Mrs. [3125] is interested in having a reading from you to get a diagnosis of her condition, or rather suggest a remedy. She has read THERE IS A RIVER and is quite enthusiastic over it.

"Mrs. [3125] has suffered for many years from an allergy that causes hay fever. She is allergic to literally hundreds of things. The most painful of all, however, is something from shoes. In about three minutes after she puts on her shoes, she has a pain in her left side that goes all the way up to her head. She will get the same reaction from just holding the shoe in her hand. She has found no relief from anything she has tried for this pain.

"The only relief she has had from hay fever has been a series of suggestive treatments in the spring that usually lasts about six months. She is a refractory patient for hypnosis consequently I haven't been able to put her into a deep sleep. If it were possible to put her into a deep state of hypnosis, I believe most of this condition could be corrected. She has tried all kinds of doctors, and they frankly admit they don't know what to do....

"I enjoyed your book so much and have told a great many persons about it. . . "

B4. 5/3/43 [3125]'s letter to EC:

## ALLERGIES: GENERAL CIRCULATING FILE

". . . Thank you very much for your very prompt letter of April 26th and for the booklet, which I have read through, as well as reading THERE IS A RIVER. I am terribly disappointed, however, that you have no periods open for another two months, because I am in such desperate need of help. I did not explain to you in my letter of April 24th, that one of my allergies is to some one of the new plastic materials, which is now used in the glue, which is put in the soles of shoes, and is also used as a filler in materials, and in the frames of glasses.

"I am unable to wear glasses with plastic frames, and cannot wear any sort of brassiere because ALL the materials used to make them seem to have this same filler or sizing in them, and the minute the material is put against my skin I get neuritis on my left side. The most serious development of all has been with the shoes, because for two years now I have not been able to buy a single pair of shoes of any make or material, which I can wear, because this plastic is used in the glue that glues on the soles. I can wear all of my old shoes, which were made before this plastic material was used in the glue, but now every pair I own is worn out completely. I have had them repaired and made over until there is nothing left of them and my feet are being ruined by wearing shoes so worn out that I get no support. It may not sound serious, but I can assure you it is a desperate situation. I cannot get along without shoes. I have been to a man to have some made, because he would try to make them without any glue, just hand sewn, but he is unable to obtain any leather at all because of the war. As I am an active, busy woman, it is a terrible handicap not to be able to go any place because I literally cannot get any shoes.

"I have tried taking injections of this glue but in a year's time have not become immunized at all. I have talked to Dr. Thomas L. Garrett about my difficulties because he has helped me before, but been unable to do anything for this situation. He felt quite certain that you could help me and did not seem to think it was necessary for me to go to Virginia Beach. I can come, though, if you think it would be better for me to be there at the time of the reading, but as expense is a consideration with me and I don't want to make the trip unless it is necessary. However, of course I want to do whatever you advise. If it is necessary for me to come, I could do it any time right now, but I'm afraid two months from now I will be up in the Catskills where I am rather isolated without a car. Also it would be difficult for me to follow any course of treatment up there which might be suggested by the readings, whereas I could do something about it immediately here and if necessary not go to the Catskills at all - I mean in case going away interfered with the treatments.

"I realize there are many other people just as anxious as I, to get readings, but if you can possibly do anything for me sooner, I should very much appreciate it. I would not ask this if I weren't just desperate to know how to get along any longer with my one worn-out pair of shoes. I do need help so badly as soon as I can get it. On a separate [page] I am listing some questions I would like to ask concerning my condition. I'd also like to know whether you think it would be advisable for me to have a reading with a pair of the shoes on or without them, or whether I should have one each way, so that it could be determined what effect the shoes have on my body.

## ALLERGIES: GENERAL CIRCULATING FILE

"I am enclosing my check for twenty dollars, to cover a year's associated membership in the Association for Research and Enlightenment, and to include the first reading. I shall appreciate so much hearing from you again as to whether I can hope for a reading at an earlier date. . . "

Questions submitted for 3125-1:

1. What causes the tingling in the sole of my left foot all the time? 2. What causes the neuritis in my left side whenever I put on a pair of shoes (manufactured within the last two years) or brassiere, or glasses with plastic frames? How can I get over it? 3. What can I do to become normal so that I can eat food like other people and not get itches and a stopped up nose? 4. What causes my finger joints to swell up and get sore? 5. How can I improve my eyesight?

### **TEXT OF READING 3125-1 F 40**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 31st day of July, 1943, in accordance with request made by the self - [3125], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Dr. Thomas L. Garrett.

#### P R E S E N T

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

#### R E A D I N G

Time of Reading 10:40 to 11:00 A.M. Eastern War Time. New York City.

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

2. EC: Yes, we have the body here, [3125].

3. Now, as we find, the allergies in this body have reached such states and conditions as to form the pathological and psychological reactions. And, to be of any great material aid in correcting these conditions, there will need to be those preparations of the body, with the chemical changes prepared for the body, and then the use of the psychological reactions to create those coordinations between the sympathetic and the cerebrospinal nervous systems.

4. These, then, are conditions as we find them with this body, [3125] we are speaking of:

5. The blood supply is so acted upon by the nerve forces and centers in the lymph and the emunctory circulation as to become very much disturbed when in contact or association with a great many elements.

6. ANY that have to do with animal, or skins of animal, or that have to do with any pollen-forming plant, all affect the body in an irritating way and manner, and are exercised through the blood in the lymph and emunctory circulation.

7. The suggestive forces must react upon those centers in the nerve system, or bursa (sometimes called). These are not so disturbing to the organs of the central nervous system, nor to the organs of the body-forces, save sympathetically.

8. These as we find, then, may be materially aided, if applications will be made in this manner:

ALLERGIES: GENERAL CIRCULATING FILE

9. Each day for a minute to a minute and a half, for seven days in succession, we would apply the ultra-violet ray with the green glass projected between the ray and the body. Use only the Mercury Quartz Light, and not the Carbon Light. Do not use longer each time than a minute and a half to two minutes, at least not over three minutes, ever.

10. After the seven days of using the ultra-violet with the green glass (not before), begin with the suggestive treatment by a hypnotist, or through hypnosis; such as may be had by Kuhn or Garrett. As Garrett has undertaken this, Kuhn may be the stronger - with this body. Do this about twice each week, covering a period of at least twenty-eight to thirty days. Do not undertake the hypnosis until the electrical treatments are given.

11. As the suggestions are made, begin taking internally those properties to change the whole chemical reaction that forms the basis of this breaking between the sympathetic and cerebrospinal systems. Prepare a compound very carefully, in this manner:

12. To 2 gallons of Distilled or Rain Water, add - in the order named:

Yellow Dock Root. . . . . 2 ounces,  
Burdock Root. . . . . 1 ounce,  
Calamus Root. . . . . 1/2 ounce,  
Black Snake Root, or Snake Root. . . . . 1 ounce,  
Red Root. . . . . 1 ounce,  
Buchu Leaves. . . . . 1 dram,  
Cincho Bark. . . . . 2 grains,  
Podophyllin (dry). . . . . 1 grain,  
Elder Flower. . . . . 4 ounces.

Reduce by slow boiling, in an enamel container with an enamel or glass top (not tin or metal), to 1 gallon. When partly cooled, cut 4 drams of Gum of Elm in the alcohol - that is, cut 4 drams of the Tolu elm, or Balsam of Tolu, in 6 ounces of Grain Alcohol, and add to the solution.

13. The dose will be a teaspoonful four times each day, before each meal and at retiring.

14. Keep to those foods that are body-building, but little of the flesh. However, seafoods and fowl may be taken. Beef juices may be taken as medicine, for the strength and the helpfulness in same. Watercress, celery, lettuce and the like should be taken several times each week; preferably each day. Carrots, grated and eaten raw, or cooked, are good.

15. Do these, being consistent, being persistent, and we will bring better conditions for this body of [3125].

16. Ready for questions.

17. (Q) What causes the tingling in the sole of my left foot all the time?

(A) Because of the connections along the nerve centers, and these will be parts of the suggestions made under the hypnosis; that there will be the perfect coordination through the centers of the body - between sympathetic and cerebrospinal system. This is particularly indicated in the sacral and lumbar area nerves.



## ALLERGIES: GENERAL CIRCULATING FILE

18. (Q) What causes the neuritis in my left side whenever I put on a pair of shoes, or brassiere, or glasses with plastic frames? How can I get over it?

(A) These, as indicated, are allergies through the sympathetic system, and are to be overcome through the suggestive treatments, following the light treatments as indicated, and through the same period the taking of the properties to change the chemical reactions in the body.

19. (Q) What causes my finger joints to swell up and get sore?

(A) Do these things as indicated. We have given as to how the activities of the lymph and emunctory circulation, being charged - or through the allergies, cause the accumulations in any area where there are the larger patches of the emunctory or lymph bursa. There are a number of these patches, of course, in the feet, in hands, more than in other portions of the body, save in the soft tissue of lung and head and nasal passages.

But do as we have indicated, for help for this body.

20. We are through for the present.

### REPORTS OF READING 3125-1 F 40

R1. 8/7/43 [3125]'s letter to EC:

". . . The report from my reading is here and I want to express my gratitude without a moment's delay. I firmly believe that by following your suggestions I will have normal health. Goodness knows I should have, I am so well in many ways if I were not completely handicapped by my allergies. You can be assured that I will follow every suggestion you have made in minute detail, and I hope later on you can give me another reading to tell me how to carry on. Do you think it would be wise for me to make another appointment now as you are booked up so far ahead?

"I am going to New York City on Monday and will take the report with me and give it to the doctor, though I shall not be able to begin my treatments until about the middle of September because the painters are in my apartment and I am terribly allergic to Linseed Oil, so don't dare stay in the apartment until the paint is completely dry. I wish I could begin the cure tomorrow, but I will begin within a month, and trust you will let me know if I'd better make a further appointment with you now.

"I will be sustained during my month of waiting by the hope I've derived from your diagnosis and suggestions. I admit I've been nearly desperate, it seemed such a vicious circle, but now I know I'm going to get well, and my gratitude to you cannot be put into words. Also that of all my family, whose prayers have been with me, and each of whom have read THERE IS A RIVER with a feeling of renewed hope for my recovery.

"May God continue to give you guidance and the strength to carry on the wonderful work you are doing. . . "

"P.S. There is one more question I'd like to ask. I do not believe I know what Mr. Kahn [GD's note: The name was supposed to be Kuhn and not Kahn] it is you suggest for giving hypnotic suggestions. Last spring when I asked Dr. Garrett about him, he did not know either. Can you tell me what Kahn he is and where to find him?"

## ALLERGIES: GENERAL CIRCULATING FILE

R2. 8/27/43 [3125]'s letter to EC:

". . . I sent a copy of the report from my reading to Dr. Garrett, together with your letter suggesting that he might help me find Dr. Kahn. [Kuhn?] However, Dr. Garrett replied that there must be some mistake about his getting in touch with Kahn for any other patient as he did not know him. He did suggest a Dr. Hermann, whom he knows and said he would be glad to introduce me to him when I return to town, so I will try him for the hypnotic suggestions if it can be arranged. It is very difficult to find anyone in New York to give that sort of treatment. I spent the better part of last winter trying to locate someone as this sort of treatment had helped me once before years ago.

"I expect to return to town and start my treatments in about two weeks now, so should be through carrying out the suggestions made in this first reading by November. Therefore I would like very much to make an appointment RIGHT NOW for another reading as soon after November 1st as you can give it to me. Will you let me know? . . . "

R3. 9/24/43 [3125]'s letter to EC:

". . . I am back in New York City for the winter and have started the treatments prescribed in the reading you gave me on July 31st. I'm taking the electrical treatments from Mr. Reilly, but have been unable to find the Dr. Kahn [Kuhn] you mention to give hypnotic suggestions. Dr. Garrett says he's in the Army and Mr. David Kahn has been unable to find him. Nor can I find anyone else to give me the suggestions unless I go back to Dr. Garrett. Do you think that would be a good idea? I am anxious not to lose any more time, but want to follow your suggestions exactly if possible.

"I have not been able to get the prescription filled which I am to take each day while getting the suggestions, because one of the ingredients, Cincho Bark, is Quinine, and the only way to get Quinine is to have your doctor write on the prescription that you have malaria. I haven't, needless to say. The war is making everything more difficult to follow out.

"Both Dr. Garrett and Mr. [David E.] Kahn tell me that you will be in New York on November 9th, which is the date set for my check reading, so I would like very much to be present at the reading if you ARE here and it is possible.

"I know that since the article came out in CORONET you are even more swamped by patients and correspondence, but I'm in such a desperate state and waited so many months for my reading that I hate not being able to go forward with my treatments, so I would appreciate it if you can give me any further help at this point, and do let me know if I can have the November 9th reading here in New York City.

"I hope God will give you strength to cope with all you have to do and crown your efforts with success. . . . "

R4. 10/4/43 [3125]'s letter to EC:

". . . I'm terribly disappointed that you do not feel you can give me my reading on November 9th, as I will have completed all the treatments suggested in the first reading by November 1st. I finished the electrical treatments with Dr.

## ALLERGIES: GENERAL CIRCULATING FILE

Reilly on September 28th and began the hypnotic suggestions with Dr. Garrett on September 30th. My prescription has at last been filled and I am starting to take that today. The diet which you suggested is almost exactly what I eat anyhow, as I eat a raw vegetable salad every day, and during the summer these vegetables come out of my own garden. I'm not much of a meat eater, but I do eat a little meat as I'm allergic to bread and cereal grains of all kinds, so it rather limits my diet not to be able to eat any bread, rice, corn or their by-products. I am taking the beef juice made exactly as you prescribed, so I think I am following everything suggested in detail and to the letter....

"The drugstore [Eimer & Amend] which you suggest in your letter of September 30th is the first one I tried as it happens, and is the one which told me I could not get the Cincho Bark without a doctor's prescription and that, only if I had malaria. I know a very small quantity of Quinine is called for but just now there's such a desperate shortage and it is so badly needed by our troops, that it's very difficult to obtain. However I finally got the prescription filled through Dr. James Craig Joyner, [M.D.] who is very much interested in your work and anxious to do anything he could to help me carry out the suggestions.

"I have been unable to locate any hypnotist in New York other than Dr. Garrett, though I have had several doctors working on it, and have been trying for six months myself. I am particularly anxious to have another reading as soon as I have finished this first course of treatments, to find out whether Dr. Garrett is giving the suggestions in the right way, because so far he has only given the same suggestions that he's always given in treatments for me, and not anything specific according to the reading.

"Both Mr. Kahn and Dr. Garrett felt sure you would be able to give me the reading on November 9th while you are here in New York. Dr. Garrett said he hopes you would stay with him while you are in the city (and he lives just half a block from me), and both Dr. Garrett and Mr. Kahn said they would be glad to lend their secretaries for the reading. Mr. Kahn feels there are some questions we should get answered if possible, and I feel that it would be the greatest help to both the doctor and me if we could be present at the reading. So I do hope that you will be able to arrange it after all...."

R5. 10/7/43 Dr. Thomas Garrett's letter to EC:

". . . In regard to your lecture on November 9th, I shall be glad to have you stay here with me while you are in New York. I have plenty of room and will be happy to have you. I am sure you will have a very large audience on the 9th.

"I am seeing Mrs. [3125] as you suggested and have every confidence that she will be relieved of her condition when she completes her treatments. She too, seems to have that confidence. Unfortunately, she is not a good hypnotic subject so I just have to put her in a state of pacificity and give her the suggestions. This has been effective before in immunizing her against hay fever for the season.

"I understand from Mr. Kahn that you are booked up for the next year. What a pity you can't make yourself about a dozen persons!

"Looking forward to seeing you in November and with kindest regards and best wishes. . . "

## ALLERGIES: GENERAL CIRCULATING FILE

R9. 11/19/43 Questions submitted by [3125] when coming in person for 3125-2:

1. Is there an injury in the left leg between the knee and the hip or near the hip joint? If so, what is it and how can it be cured?
2. Is there anything wrong with the spinal column, spinal cord or individual vertebrae? If so, what is it and how can it be cured?
3. Are there any injuries near the base of the neck? If so, what should be done?
4. What in leather reacts as a poison? Is it a single ingredient or a combination?
5. How can this poisoning be stopped?
6. Why do plastic spectacle frames cause a bad reaction? What is the cause? How can it be cured?
7. Why do textiles placed next to the skin near the breasts cause a reaction, poisoning and possible eruption of the skin? How can it be cured?
8. Why do cereals in any form cause an irritation, itch, or poisoning? How can this be cured or corrected?
9. What course of treatments should be followed now to:
  - a. correct the leg injury?
  - b. correct the spinal injury?
  - c. stop the leather poisoning?
  - d. stop the plastic poisoning?
  - e. stop the textile poisoning?
  - f. stop the cereal poisoning?
10. Are any of these ailments due to psychological causes?
11. How can the patient be hypnotized? What technique should be used?
12. Has the course of prescribed treatments accomplished any results? If so, what and how?
13. What is wrong with this body?
14. Are the ailments due to psychological causes?
15. What causes the burning and discomfort in the left hip and leg; the coldness in the outside of the left ankle, and the constant tingling in the outside edge of the sole of the left foot?
16. What causes the stiff neck, the pain and contraction across the left shoulder from the back of the neck?
17. What causes the pain through the left breast and the itching in the breast when I cough?
18. What makes the back occasionally get stiff and the leg muscles contract?
19. What is it in shoe leather that poisons this body?
20. What is it in brassiere materials and the plastic frames of glasses that poison this body?
21. What foods poison this body?
22. What causes the lumps on the finger joints?
23. What causes the itch I sometimes get?
24. How many of these troubles, if any, are due to psychological causes, and how many are purely physical?
25. What can I do to produce a normal condition of the body so that I can eat normally and wear clothes that normal people wear?
26. Shall I continue with the medicine prescribed in the last reading?
27. Shall I continue with hypnotic treatments? If so, who should give them? Is Dr. Garrett giving the treatments right?
28. What was accomplished by the electrical treatments prescribed in the first reading?
29. Would Dr. Ralph Slater at 112 Central Park South, New York City, be able to aid in the hypnotic treatment of this body?
30. Has he good hypnotic ability?
31. Has he sufficient ability to handle this case?
32. Would it be better to have deep hypnotism such as given by Slater rather than surface hypnotism which does not seem to penetrate?
33. What suggestions should be used by the hypnotist?
34. In what way can the hypnotist work of Slater or Garrett and the psychic work of Cayce work together?

R10. 11/19/43 See 3125-2 for which she was present.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3125-2 F 40**

ALLERGIES

Bible: Books Of: Galatians 5:22--26 : Psalms 103:3	Par. 9 Par. 9
Blood: Corpuscles: Red: Deficient Body: Physical	Par. 6 Par. 6
Breathing: General Consciousness: Christ	Par. 6 Par. 9
Doctors: Garrett, Thomas L.: PhD. : Kuhn, Leslie: M. D.	Par. 15-A Par. 15-A
Doctors Suggested: Salter Forces: Creative	Par. 15-A, 16-A Par. 9
Healing: Spiritual Hypnosis: Allergies	Par. 9 Par. 3, 4, 8, 9, 11-A, 12-A, 15-A, 16-A
Jesus: Grace: Law of Karma: Physical: Allergies	Par. 9 Par. 7, 9
Mind: The Builder Names: People Mentioned: Slater, Ralph	Par. 6 Par. 16-A
<b>NERVOUS SYSTEMS: INCOORDINATION</b>	
Physiology & Anatomy: General : Karma: Physical : Mind	Par. 6 Par. 6, 7 Par. 7
Prescriptions: Mullein Tea: Allergies : Saffron Tea:	Par. 4 Par. 4
Suggestive Therapeutics: Allergies	Par. 3, 4, 8, 9, 11-A, 12-A, 15-A, 16-A

**BACKGROUND OF READING 3125-2 F 40**

B1. See 3125-1.

ALLERGIES: GENERAL CIRCULATING FILE

**TEXT OF READING 3125-2 F 40**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 19th day of November, 1943, in accordance with request made by the self - [3125], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch. ) Mrs. [3125] and Mother, Margaret Klepper and Harmon Bro.

R E A D I N G

Time of Reading 11:10 to 11:25 A.M. Eastern War Time. New York City.

1. GC: You will answer the questions regarding this body, as I ask them:
2. EC: Yes, we have the body here, [3125]; this we have had before.
3. As we find, there is the beginning of a great deal of help for this body. While those suppressions by the activities through the glandular forces of the allergies in body have not been overcome, they are being aided.
4. We would keep those suggestions. They will have more effect than all the dosages of other things that can be taken, but do keep up the Mullein and Saffron Tea. These should be taken at least two, three to four times each week. These will aid the body with the mind, the suggestive forces.
5. For as we find, here are the sources of the disturbances that cause certain conditions to become poisons to the body:
6. The body is made of the body-physical with all its attributes - that is, the blood supply, the heart, the lungs, the liver, the kidneys as the central blood supply. Then there are those activities of the glands - the brain, pancreas, spleen, organs of pelvis, the whole of the respiratory system or breath itself. Breath itself - few ever consider the necessity of breathing or the lack of same to keep alive. These are just as much a portion of body, mind, soul. Mind is ever the builder. Consider, there are thirty to forty million cells in this body - which are lacking in a great many, owing to the lack of sufficient red blood cellular force. And there is continual warring between the mind of the white cells here and the red blood cells. Thus we find from the glands the meanings in the body of those things that bring poisons.
7. In another experience we find that the entity was a chemist, and she used many of those various things for the producing of itching in others. She finds it in herself in the present! And many of those things that produced the ability in the body for the breath itself to become poisonous to others in their associations. Just as the body finds in itself in the present, in the presence of certain metals, certain plastics, certain odors, the body immediately is poisoned. Just as certain characters of leathers. If these are tanned with oak they do not harm the body. If they are tanned with those very same things the entity once used to hinder someone else, they hinder the entity. For, the cellular force in the mind has two points about each of the positive forces in mind with the cellular forces in the body, or red and white blood cells. For, about each is a positive and a negative influence. These in the body have now become subject to such things.

## ALLERGIES: GENERAL CIRCULATING FILE

8. Hence the suggestions given. The deeper the body may be put into the unconscious state, with the retaining with the remaining of the ability of the body for the soul-self to be aroused to the using of all influence within self constructively rather than to secondary or destructive forces, the entity will snap right out of the conditions.

9. For, who healeth thine iniquities? Who forgiveth thy sins? Who keepeth thee in every way? The spirit of truth! The spirit of love, the spirit of helpfulness, the spirit of patience, the spirit of kindness, the spirit of gentleness! And all are found in the one Christ-consciousness! Then, as the cells of the body are aroused in themselves to that awareness that each cell is to perform a functioning to the glory of a glorified consciousness - not of self but of Him, who is life itself - we may overcome these disturbances. With the continuing of those things that attune the body to nature, and the suggestions that attune the body to truth, to consciousness, we will break down the allergies that bring from the associations of the mind (though not conscious of same) the experiences which have come as a result of the entity's abilities being used to have self's own way. Now you have to do as something else wishes. Let's change it - in Him.

10. Ready for questions.

11. (Q) Is there an injury in the left leg between the knee and the hip or near the hip joint? If so, what is it and how can it be cured?

(A) This we find is not a break, not an injury, other than a strain to the joint itself where the fibia enters the socket of the pelvic bone. A strain there, when there was a twisting of the body. With the other suggestions and the body-forces built up, this should disappear.

12. (Q) Is there anything wrong with the spinal column, spinal cord or individual vertebrae? If so, what is it and how can it be cured?

(A) No - none that will not be corrected by the correct suggestions for normalcy through the body.

13. (Q) Are there any injuries near the base of the neck? If so, what should be done?

(A) We do not find any in any portion of the spine that will not be corrected by a gentle massage.

14. (Q) What in leather reacts as a poison? Is it a single ingredient or a combination?

(A) Depends upon what it has been tanned with, as we have indicated. If these are tanned in oak, they do not injure the body. The body is not allergic to those tanned in oak tanning. When tanned in those that are sympathetic, or where there is the use of ash in same, these become poison to the body - the radiation from same.

15. (Q) Who should give suggestions, and have they been done correctly by Garrett?

(A) As far as they have gone, they have been very well. Salter would be very well, as Kuhn is not available in the present.

16. (Q) Do you mean Slater or Salter? [See 3125-3, Par. R1.]

(A) We meant Salter. If we had meant Slater, we would have said Slater.

17. We are through for the present.

**REPORTS OF READING 3125-2 F 40**

R1. 11/24/43 [3125]'s letter to EC:

". . . I am enclosing a check for \$10 to cover my reading November 19th, and also, on a separate sheet of paper some questions I would like to get answered at the next reading, November 27th at 3:30 P.M.

"I certainly enjoyed seeing you personally again, and also the place where you live. And I do appreciate your working me into your time so soon again. I am returning to New York tonight, so for the reading this Saturday I will be in my bedroom in the S-W corner of my apt., . . . N.Y.C.

"In the last reading it was suggested that I 'continue' with the mullein and saffron tea. As this had not previously been suggested, I'd appreciate it if you would ask your secretary to tell me where to get the ingredients and how to make it. . ."

R2. Questions submitted for 3125-3:

What is it in brassiere materials that poisons me? Where can I get material my body can tolerate? What is it in the plastic frames of glasses which poisons me? Where can I get frames I can tolerate? What Salter is it that you have suggested to give hypnotic treatments, and where can he be found? What causes my stiff neck, the burning and discomfort in my left hip and leg, and the tingling in the outside edge of the sole of my left foot? What causes the sore lumps on my finger joints, the pain and itching in the left breast, and what makes my back get stiff and the leg muscles contract?

R3. 11/27/43 See 3125-3.



ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3125-3 F 40**

ALLERGIES

Clairvoyance of E.C.: Action & Places : Incorrect?	Par. 2 Reports
Doctors: Garrett : Salter, Hiram P., Jr.: M. D.	Par. R2 Par. 7-A, R4
Doctors Suggested: Slater	Par. 7-A, R4
Humor	Par. 2
Hypnosis: Allergies	Par. 4, 7-A-- 9-A
Karma: Physical: Allergies	Par. 4, 5
Mind: The Builder	Par. 4
Names: People Mentioned: Cayce, Gertrude : Cerminara, Gina : Slater, Ralph	Par. R4 Reports Par. 7-A, R4
Psychosomatics: Allergies	Par. 4, 8-A, 10-A
Suggestive Therapeutics: Allergies	Par. 4, 7-A-- 9-A

**BACKGROUND OF READING 3125-3 F 40**

B1. See 3125-2.

**TEXT OF READING 3125-3 F 40**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of November, 1943, in accordance with request made by the self - Mrs. [3125], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 4:10 to 4:15 P.M. Eastern War Time. New York, N.Y.

1. GC: You will answer the questions regarding this body as I ask them:
2. EC: Yes - she ought to quit talking for a minute.
3. Yes, we have had the body here before.

## ALLERGIES: GENERAL CIRCULATING FILE

4. As we find, there should be the efforts to apply those suggestions that have been made, spiritually as well as mentally and materially. To continue to stress in the mind the physical conditions to be applied by others, or to continue in the mind of self to find fault with those things that apparently disagree or cause allergies, is to continue to build that which is harmful for the body - as has been indicated. It is necessary that the body first, in its spiritual aspects, in its spiritual hopes and purposes set self right. Then those things that pertain to wearing apparel - as the brassiere, the glasses, the shoes, certain odors when it enters certain rooms, certain animals - will no longer have their effect upon the body; as the mind takes on those abilities to alleviate the disturbances produced by the resistance built up in the imaginative forces or mental aptitudes of the body-mind.
5. For the conditions that are sought, then, have those products made from the ordinary woven cloth and not those things that are chemically produced. For as indicated, as the body used such in other experiences for destructive forces, it is meeting these in the present. But the change must be in self, not in trying to make everybody else change to suit your idiosyncrasies (as they become to others). To self these are not idiosyncrasies, as is understood. For physical effects are produced through the psychopathic conditions of the body forces.
6. Ready for questions.
7. (Q) What Salter [See 3125-2, Par. 15-A, 16-A] is it that you have suggested to give hypnotic treatments, and where can he be found?  
(A) Slater may be used, if you prefer to use him. If that does not work with the one using it, then keep the one that you have.
8. (Q) What causes my stiff neck, the burning and discomfort in my left hip and leg, and the tingling in the outside edge of the sole of my left foot?  
(A) Lack of the proper circulation, as has been indicated. With suggestion, with the correct balance in the mental attitudes, this will be relieved.
9. (Q) What causes the sore lumps on my finger joints, the pain and itching in the left breast, and what makes my back get stiff and the leg muscles contract?  
(A) These are the conditions in the lymph circulation. These are the physical effects of just those conditions suggested that produce them through the imaginative or the emunctory and lymph circulation. These may be controlled by the suggestion to self, by those who should be able to make suggestion - when the body is in the passive state.  
Do those things. Don't be over-anxious. Do correct self mentally, spiritually, and the physical results will be normal reactions.
10. We are through with this reading.

### REPORTS OF READING 3125-3 F 40

R1. 1/17/47 Gina Cerminara's letter to [3125]:

". . . In 1943, as you will no doubt recall, you obtained a series of three physical readings from Edgar Cayce in an effort to overcome your allergies.

"We are now conducting some intensive research into the clairvoyant validity of these readings, and it would be very helpful to us to know whether or not Mr. Cayce's prescription proved helpful in your case.

## ALLERGIES: GENERAL CIRCULATING FILE

"We sincerely hope that it was beneficial. However, if your report is negative, we would find it equally as valuable to know that also.

"Would you be good enough to write us in this regard? We would like to know, for example, if you followed the instructions as to suggestion, mental attitude, diet, or the herb compound; and if so, if any or all of them proved in any way helpful. We would also like to know if the condition has disappeared completely or in part.

"Any other comment you would care to make on the reading or on your case will also be helpful. . . "

R2. 1/21/47 [3125]'s reply to Gina Cerminara:

". . . In reply to your letter of January 17th, I regret to say that Mr. Cayce's suggestions were a complete failure in my case. I went to him with faith and hope, but I came away with the distinct feeling that though he was probably endowed with clairvoyant powers at one time in his life, he had long since lost them.

"The readings which he gave me were not even consistent. At one time he prescribed my taking a complicated mixture which I went to a great deal of trouble and expense to get filled. The next time he said for me to 'continue' the 'saffron tea' [See 3125-2 Par. 4] - which had not been mentioned previously.

"He suggested that I take treatments from Dr. Garrett, a Psychologist, chiefly because I had already mentioned having been to him. I followed each one of Mr. Cayce's suggestions with meticulous care and no results.

"His prescription of the violet ray [See 3125-1, Ultra-violet ray with the green glass recommended.] lamp treatments seemed rather useless to begin with as I had been taking sun baths all summer to such an extent that my skin was impervious to a minute and a half under the violet ray lamp. If Mr. Cayce were really clairvoyant I should think he would have known this. The man who gave the treatments did. And Dr. Garrett said each time I went to him that he hated to take my money as he felt convinced my ailments were not due to mental causes.

"Having undertaken Mr. Cayce's treatments I tried to go through the summer without my usual treatment for allergies, which resulted in my having the worst summer I'd had in years. I had sties on my eyes and boils in my nose all summer and the worst hay fever I have ever suffered.

"The following fall I went back to an Allergist. Through patch tests we discovered a chemical in shoe lining material to which I am allergic and have now found a material I can tolerate with which to line my shoes. I take the usual injections for pollens, dust, animals, etc. and my hay fever has been greatly relieved. The foods to which I am allergic (grains) simply have to be avoided. An Orthopedic Surgeon found a tumor on my left hip, the result of the accident in my childhood when my leg was broken. The tumor was removed but without any beneficial results. The doctor believes it had been there so long the nerves and muscles may have been permanently effected, but that the condition would have grown worse without an operation. Injections of Histamine have helped to relieve the discomfort in that leg.

## ALLERGIES: GENERAL CIRCULATING FILE

"I hope this report is not too long-winded, but as my troubles were numerous it takes a bit of space to report on them. I am sorry I cannot give a favorable report upon my experience with Mr. Cayce. I am sure many cures have been made when the patient has had sufficient faith in his suggestions but I cannot believe he had any clairvoyant powers at the time when I saw him. . . "

R3. 1/25/47 Gina Cerminara's letter to [3125]:

". . . I want to thank you for your prompt reply to my letter of inquiry, and for your kindness in reporting so fully on your case.

"It was with both surprise and regret that I learned that Mr. Cayce's reading proved so unsuccessful in your case. I say surprise because I have come in contact with so many people, both personally and by mail, whose reports were entirely favorable.

"Of course, as you suggest, clairvoyance is a variable thing and Mr. Cayce's health at the time of your readings was not of the best.

"Your experience may have disillusioned you to such an extent that you no longer take any interest in Mr. Cayce's work; but in any event I am enclosing an announcement of a meeting to be held in New York on February 1st [E.C.F. open meeting].

"Thank you once again for your report, and with all best wishes for your health. . . "

R4. 12/11/62

GD's note: Could EC have meant Hiram P. Salter, Jr., M.D., a nephew of Gertrude Cayce, who was practising in Bronxville, N.Y. at the time? Or was he referring to a psychologist or hypnotist by the name of Salter?

It is interesting to note that in 1959-60 N.Y.C. telephone book there is listed one Andrew Salter, Psychologist. In the same N.Y.C. phone book there are two Ralph Slaters listed, one an M.D. and one a hypnotist, two different addresses. At the hypnotist's address is also listed Ralph Slater Enterprises.

It is also interesting to note that the following article appeared in the Va. Beach Sun News, 5/1/52 re one Ralph Slater: "HYPNOTIC GAZE. . . American hypnotist Ralph Slater was sued in Lewes, Eng., for hypnotizing girl in theater performance and then being unable to bring her out of the spell. His gaze had little effect on jury as it awarded. . . "

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3201-1 M 37**

ACIDITY: ACIDEMIA : Allergies	Par. 18-A
Allergies: Acidity	Par. 18-A
CIRCULATION: INCOORDINATION	
Ears: Infections: Eliminations: Poor	Par. 16-A, 17-A
ELIMINATIONS: POOR	
HIVES	
Intestines: Colonics: Eliminations	Par. 10, 12, 13, 17-A
Life: Balanced	Par. 19-A
Liver: Torpid: Tendencies	Par. 7
Osteopathy: Spine: Subluxations	Par. 10, 11, 13, 17-A-- 20-A
Physiotherapy: Baths: Fumes: Witchhazel: Hives	Par. 12, 13, 17-A
: Hydrotherapy: Hives	Par. 10, 12, 13, 17-A
: Needle Showers:	
Hives	Par. 12, 13, 17-A
: Rubdowns: Pine Oil:	Par. 12, 13, 17-A
SPINE: SUBLUXATIONS	
TOXEMIA	

**BACKGROUND OF READING 3201-1 M 37**

B1. 9/4/43 Mother [3006] submitted questions. See Text of reading.

**TEXT OF READING 3201-1 M 37**

This psychic reading given by Edgar Cayce at the office, of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of September, 1943, in accordance with request made by the mother - Mrs. [3006], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10:45 to 11:00 A.M. Eastern War Time. New York City.

1. EC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3201].
3. As we find, there are conditions of a specific or acute nature that are disturbing to the body. Also there are functional disturbances of which the body should take warning; else we may find a growing tendency towards disturbances that may be hard to control a little later.
4. These, then, are the conditions as we find them with this body, [3201].
5. The blood supply indicates a toxic condition; rather a superacidity, and a slowing of the draining of the duodenum and the pyloric portion of stomach.
6. Thus the form of irritation in the lymph circulation attempting to eliminate the poisons that should be carried through the drosses of the body.
7. We find that these may be eliminated easily. The causes will be a little different, but the correction of this particular disturbance at present will also be beneficial to the general condition - or a tendency for the liver, heart, kidneys and lungs to be slowed in their circulation; thus producing a torpid condition in the liver, making an overtaxation at times in the kidneys, causing a quickening in the heart's activity, and a slowing of the circulation through the lungs themselves.
8. For, there is a subluxation - and a form of lesion in the 6th and 7th dorsal area, as well as in the 3rd cervical and in the 1st and 2nd dorsal.
9. These conditions corrected, and a little closer attention paid to diet, will alleviate much of the acute condition.
10. However, this acute condition - along with the osteopathic correction of the subluxation indicated - should respond more readily to the hydrotherapy treatments and osteopathic corrections, with colonic irrigations.
11. We would have several osteopathic treatments, then, or until at least fifteen such corrective treatments have been taken.
12. During that period we would have one or two of the colonic irrigations, and the weekly general hydrotherapy treatments which should include a Fume Bath using the fumes of Witchhazel, the hot and cold showers or needle spray, followed by the thorough rubdown with the pine oils.

## ALLERGIES: GENERAL CIRCULATING FILE

13. The osteopathic corrections are for the general condition and to correct the causes, while the hydrotherapy is for the acute condition of the hives or to eliminate the poisons from the system.

14. Throughout the period be careful as to the diet, and we should bring bettered conditions and prevent those disturbances to the organs in their functioning, as indicated.

15. Ready for questions.

16. (Q) What has been causing the disturbance from infected ear and hives?

(A) The general condition has been a contributory cause to the acute disturbances. If the eliminations are set up in the manners indicated, these should be much improved.

17. (Q) Since previous ear infection, wax has not formed in the ear - can this be remedied?

(A) With the general improvement of the health of the body, increasing the flow of circulation for normalcy in these directions should improve all of these conditions.

Do this, of course, through the hydrotherapy and osteopathy corrections.

18. (Q) Are there any specific things to which he is allergic?

(A) As long as there is kept too much acid in the system, or those foods or combinations that produce acid, he will be allergic - of course - to those things that are in the nature tending to make this acidity.

19. (Q) Has he had too much nerve strain over pressure of business?

(A) Not enough relaxation. Not too much nerve strain, but not enough relaxation to keep an equal balance.

20. (Q) Are kidneys or heart involved?

(A) As just indicated, these may BECOME involved - because, through those subluxations, there are those variations in the circulation or in the activity of the organs outlined - lungs, liver, heart and kidneys; that is, the circulation needs to be corrected, and will be corrected, by the osteopathic readjustment or releasing of those tensions, that will also release the tendency for foods to remain too long in the duodenum which thus forms the character of the toxic condition that produces the irritation around the diaphragm area and over the torso.

Do as outlined and we will make for better conditions for this body.

21. We are through with this reading.

### **REPORTS OF READING 3201-1 M 37**

R1. 9/8/43 GD's note: Please let us have the name of the osteopath or physiotherapist. We would refer you to such an one as: Dr. H.J. Reilly, RCA Bldg., 1250 Sixth Ave., N.Y.C., who can perhaps recommend someone in your vicinity. Dr. Reilly has handled many cases who have come to him with readings to be followed, and has gotten remarkable results.

R2. 7/24/44 He obtained his Life reading. See 3201-2.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3224-1 F 6**

ALLERGIES	
: Animals	Par. 16-A
Child Training	Par. 18-A
Diet: Allergies	Par. 15-A
: Citrus & Cereal	Par. 15-A
: Fruit: Apples: Not Recommended	Par. 15-A
Doctors: McLean, Theodore, R.: D.O.	Par. R1, R3
Environment: Altitude: Allergies	Par. 6
Eyes: Nervous Systems: Incoordination	Par. 8, 17-A
LESIONS	
NERVOUS SYSTEMS: INCOORDINATION	
Osteopathy: Nervous Systems: Incoordination	Par. 12, 17-A
Prophecy: Prognosis: Allergies	Par. 11
Work: E.C.: Readings: Life	Par. 19-A



**BACKGROUND OF READING 3224-1 F 6**

B1. 7/11/43 Father [3211]'s letter: ". . . Our little daughter six years, a case of Allergy, causing dry nostrils and blowing and coughing throughout the night and sometimes slightly wheezing."

B2. 7/13/43 Letter: "What are the allergic tendencies due to? From infancy, she had an intropic of the lower eyelids, causing the eyelashes to irritate the pupil of the eye. Some doctors advised operation in order to bring back the lid. Other doctors said it was due to an allergy. While the condition is much improved, we would like to know whether the eyes have suffered any ill effects from it. Do the eyes need treatment of any sort? Is diet an important factor? If so, what foods should be avoided?"

**TEXT OF READING 3224-1 F 6**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of September, 1943, in accordance with request made by the father, Dr. [3211], Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10:45 to 11:00 A.M. Eastern War Time. . . ., N.Y.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3224].
3. Interpreting the disturbances as we find with this body, while in the main they are apparently minor in the present - and with good, wholesome foods and plenty of activity in the open, little or no consequential conditions should develop from the disturbances as exist in the present (save those that might come in later life), - here is a very good illustration of the sources and causes of allergies that effect [affect] a body in varied manners.
4. And there are some very definite ones here that affect even the muscular forces. It would thus become a very good demonstration or illustration as to the results that may be obtained through certain channels [osteopathic] that are efficient in meeting the needs of bodily conditions under certain circumstances; not all, to be sure, but in these most truly.
5. Here we find the sources or causes of allergies to some foods, some pollens, some odors. Noises to the body are also just as bad at times. This is a selfconsciousness of the lymph patches or spots where there is connection or association with the centers along the cerebrospinal system.
6. In this particular body we find that in certain climates the Sun and the Sun's rays would be most beneficial and the others most harmful - because of the actinic value of the rays in those vicinities of a high altitude.

## ALLERGIES: GENERAL CIRCULATING FILE

7. Here, though, we find these conditions existent in the body:

8. There are allergies from any activity at certain periods because of this incoordination, or a tautness at the center where sympathetic and cerebrospinal make their closer connections - at the upper dorsals; which are a part of those that control the activities to the sensory system and sympathetically even the eyes and eyelids. These show a variation in their activities. Also there is a variation as to the taste and odors, and activities as related to other portions as in the touch to the body.

9. These are accentuated. For this particular area there are the greater circular lesions, and these are about the second and third dorsal.

10. Then there are those in the third cervical areas that also make for associations of reflexes and activities to the lumbar areas of the body. And these, if there were not corrections made, would doubtless cause the greater trouble when the periods of puberty were reached with this body.

11. But here we would find - if these treatments are kept, consistently for a period of two to three to four years - normal developments in most every direction.

12. We would have osteopathic treatments in systematic series; not attempting so much adjustments after each segment, each vertebra is aligned, but just occasionally the adjustments to keep such in alignment and then a relaxing treatment. These we would give about once a week until ten or twelve have been given. Then leave them off for two or three months. Then have another series of about the same number.

13. And we will find, if there are precautions as to the diet, we can keep this body near to a normal balance.

14. Ready for questions.

15. (Q) What foods should be avoided?

(A) Not so much an avoiding of foods here, but these we would take - these we would cultivate for the body; that is, have the body's taste cultivated in these directions: Whole grain cereals should be a part of the diet several times each week, three or four times or more. All fruits should be included, though no raw apples especially for the body. Alternate the fruits and cereals at the morning meals. Vary these - cereals (or fruits - not both at the same meal) toast, milk, and those of that nature. At the noon meal include occasionally - especially after a year or so - seafoods; lamb; not too much beef. Never any hog meat or of that nature, but fowl. Especially wild fowl or wild game of any kind whenever practical or possible, would be well.

Keep a well balanced vegetable diet. Have at least three of those above the ground to one below the ground. This will keep the correct balance.

16. (Q) Would any kind of a pet animal aggravate the allergic tendencies - can she have a pet dog?

(A) If she likes a pet dog, have a pet dog, especially if these things indicated are done for the body. But if they are not, animals of any kind - their odor, their fur or hair - wouldn't be good - she would have a rash, an upset stomach, headaches and blinky eyes.

## ALLERGIES: GENERAL CIRCULATING FILE

17. (Q) From infancy, [3224] had an intropic of the lower eyelids, causing the eyelashes to irritate the pupil of the eye. Some doctors advised operation in order to bring back the lid. Other doctors said it was due to an allergy. While the condition is much improved, we would like to know whether the eyes have suffered any ill effects from it. Do the eyes need treatment of any sort?

(A) This is just what has been referred to. When those treatments indicated have been once established, we will find quite a difference. It may require some three to four of the treatments to find each segment along the spine doing or performing its functioning without being static. Then coordinate the lymph, or lymph patches, with the central circulation - both nerve and blood - and we will find that all allergies would disappear.

18. (Q) How should she be guided best?

(A) Spiritual purposes should be the basis of all its activities.

19. (Q) What walk of life is [3224] best fitted for?

(A) This depends. This could best be seen from its activities through the material plane or in a life experience (through a Life reading).

20. We are through with this reading.

### **REPORTS OF READING 3224-1 F 6**

R1. 10/5/43 Father [3211]'s letter: "Received [3224]'s reading and certainly find it very interesting. We no doubt will not have any skin tests made as contemplated but will follow through with the reading and watch results. The osteopath is Dr. T. R. McLean of . . ."

R2. 11/11/43 Father [3211]'s wire: "Had to discontinue [3224]'s treatment until we find out whether vomiting and diarrhea due to osteopathy. [3119] should also get check reading. Advise on special diet for both."

R3. 11/27/43 EC's letter to [3211]: "I am sorry indeed to hear the trouble that [3224] is having. I don't believe this is due to the osteopathic treatments. I would certainly question Dr. McLean about this."

R4. 12/27/43 See 3224-2, for which her father, [3211], was present.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3224-2 F 6**

ALLERGIES

Attitudes & Emotions: Spirituality	Par. 15-A
Child Training	Par. 14-A, 15-A
Circulation: Lymph: Allergies	Par. 3, 4
Diet: Citrus & Cereal	Par. 12-A
: Menu: Allergies	Par. 12-A
: Vitamins: Not Recommended	Par. 13-A
Doctors: Muffett	Par. 13-A
Environment: Arizona: Tucson	Par. 9-A
: Colorado: Denver	Par. 9-A
: Florida: Hollywood Beach	Par. 8-A
: North Carolina: Asheville	Par. 9-A
Glands: Allergies	Par. 3
Humor	Par. 4, 7-A
Injections: Hypodermic: Not Recommended	Par. 4
LESIONS	
NERVOUS SYSTEMS: INCOORDINATION	
Osteopathy: Nervous Systems: Incoordination	Par. 4, 6-A, 7-A, 11-A
Spiritual Advice	Par. 15-A

**BACKGROUND OF READING 3224-2 F 6**

B1. See 3224-1.

**TEXT OF READING 3224-2 F 6**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of December, 1943, in accordance with request made by the father, Dr. [3211], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Dr. [3211] and Harmon Bro.

R E A D I N G

Time of Reading 10:50 to 11:10 A.M. Eastern War Time. . . ., New York.

1. GC: You will give the physical condition of this body at the present time, with further suggestions for corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [3224]; this we have had before.
3. As we find, there are changes in the general physical forces. Most of these are for improvements. However, if there would be given the better stimulation to the centers of the lymph and emunctory circulation, the effect upon the glandular system would be materially aided.
4. To be sure, there may be given those elements hypodermically that will react upon the body, but common reasoning should indicate that such is not as effective as would be nature's reproduction of itself in the body-forces. This may be attained by the stimulation of the sympathetic centers and those where the lymph and emunctory circulations function with the assimilating sources in and through this body. Of course, if it is the desire to try to take shortcuts and you are too lazy to work, then do it!
5. Ready for questions.
6. (Q) Were diarrhea, temperature and vomiting due to improper osteopathic adjustments; if not, what other causes?  
(A) Effects of the inability of the body to digest and assimilate foods taken in the body. These were not from osteopathic adjustments - there were not enough of these to do any good. There should be the treatments not so much on the cerebrospinal system itself, as indicated, but on the areas where cerebrospinal and sympathetic coordinate one with another, or cooperate. These are indicated in coccyx end of spine, 4th lumbar, 9th dorsal, 6th and 7th dorsal, 1st and 2nd dorsal, 3rd cervical, and at the base of brain. Those in the frontal portion of the body are at the thorax or at the joining of the collar bone, the 2nd, 3rd, 4th and 5th rib centers, at the joining of the 9th and 10th rib center, at the frontal plexus and at the pubic center, at the areas of the points of the hip bones. These are the areas to be treated for this body.
7. (Q) Will proper osteopathic treatment coordinate the lymph with the central circulation?  
(A) Read what we have just been giving, in the attempt to tell what to do!

## ALLERGIES: GENERAL CIRCULATING FILE

8. (Q) The first reading advocated certain climates for this body - is it necessary for her to go to Hollywood Beach, Florida, at this time?

(A) Not necessary - it would be more effective, if the treatments are administered.

9. (Q) What vicinities of high altitude would be suggested now, or in the summertime?

(A) Those about Asheville, North Carolina; Tucson, Arizona; Denver, Colorado; or such.

10. (Q) Is the Scarsdale [Westchester] area a beneficial climate?

(A) For some things it is extra good. For this body here, as indicated, it is not as good as others.

11. (Q) How can we avoid the effect to the sensory system of various tastes and odors, until osteopathic adjustments take effect?

(A) You can't!

12. (Q) Would appreciate outline of an ideal daily diet at this age and for the near future.

(A) Mornings - whole grain cereals or citrus fruits, but these never taken at the same meal; rather alternate these, using one on one day and the other the next, and so on. Any form of rice cakes or the like, the yolk of eggs and the like. Noon - some fresh raw vegetable salad, including many different types. Soups with brown bread, or broths, or such.

Evenings - a fairly well coordinated vegetable diet, with three above the ground to one below the ground. Seafood, fowl or lamb; not other types of meats. Gelatine may be prepared with any of the vegetables (as in the salads for the noon meal), or with the milk and cream dishes. These would be well for the body.

13. (Q) Shall we continue with the vitamins Dr. Muffett prescribed?

(A) If you like. But why overtax the body, if you are giving sufficient in the diet? provided you prepare the body so that it may assimilate same?

14. (Q) Would piano lessons be more helpful than dancing at this time?

(A) Be more helpful; though there should be occasionally the dancing.

15. (Q) Any other advice?

(A) Do keep the spiritual attitude of the entity constructive. Let this be a part of the program, to feed the spiritual body. For food value is needed for the spiritual body as well as for the mental or physical body.

16. We are through with this reading.

### **REPORTS OF READING 3224-2 F 6**

R1. 5/15/44 See 3224-3.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3224-3 F 7**

Acidity: Alkalinity: Allergies	Par. 3
ALLERGIES	
ASTHMA	
Diet: Allergies	Par. 3
NERVOUS SYSTEMS: INCOORDINATION	
Prescriptions: Sulfa: Asthma	Par. 4
Temperature: Fever: Asthma	Par. 5-A

**BACKGROUND OF READING 3224-3 F 7**

B1. 5/15/44 Phone request by father Dr. [3224]'s remarks: ". . . We had [3224] at a camp and she began to get what we thought was another attack of asthma; the doctor gave her a dose of adrenalin and then phenobarbital. . . "

**TEXT OF READING 3224-3 F 7**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of May, 1944, in accordance with request made by the father - Dr. [3211], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, J. Fitch, Stenos.

R E A D I N G

Time of Reading Set bet. 3:30 to 4:30 P.M. Eastern War Time. . . ., N.Y.

1. GC: You will give the physical condition of this body at the present time with suggestions for further corrective measures, answering the questions, as I ask them:
2. EC: Yes, we have had the body here before.
3. There has been very good development and then too much of sweets caused an acidity which has produced in the throat and the lungs a bronchial disturbance.
4. As we find there had better be considered the sulfa drug, but not the strong, rather the mild or the new for teen-age children, for the infections of such nature, under the direction of a physician. For these will become too severe unless administered early.
5. (Q) Is this the cause of the temperature and nausea?  
(A) This is the cause of temperature and conditions in chest and throat.
6. We are through with this reading.

**REPORTS OF READING 3224-3 F 7**

R1. 11/13/62 GD's note: Dr. [3211] had readings for his entire family and referred several others to EC for help. He has remained to this date actively helpful in A.R.E. affairs.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3400-2 M 39**

Allergies: Definition	Par. 9-A
Appliances: Radio-Active: Tic Douloureux	Par. 5
Electrotherapy: X-Ray: Diagnosis	Par. 3, 10-A
HEADACHE: MIGRAINE	
Intestines: Colonics: Glyco-Thymoline	Par. 4
: Salt & Soda	Par. 4
: Toxemia	Par. 3, 4
Meditation: Appliances	Par. 5
Osteopathy: Tic Douloureux	Par. 6
Physiology & Anatomy: Allergies	Par. 9-A
TIC DOULOUREUX	
TOXEMIA	

**BACKGROUND OF READING 3400-2 M 39**

B1. 12/9/43 He obtained 3400-1 for agonizing pain in right forehead just back of right eye. He indicated that he also had asthma and bronchial trouble. His doctor asked whether the condition was migraine headaches or tic douloureux.

**TEXT OF READING 3400-2 M 39**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of January, 1944, in accordance with request made by the self - Mr. [3400], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 4:20 to 4:30 P.M. Eastern War Time. . . ., Pa.

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



## ALLERGIES: GENERAL CIRCULATING FILE

2. EC: Yes. Here we find some complications - the effects of or the beginning of migraine headaches. Most of these, as in this case, begin from congestions in the colon. These cause toxic conditions to make pressures on the sympathetic nerve centers and on the cerebrospinal system. And these pressures cause the violent headaches, and almost irrational activities at times.

3. These, as we find, should respond to colonic irrigations. But first, we would x-ray the colon, and we will find areas in the ascending colon and a portion of the transverse colon where there are fecal forces that are as cakes.

4. There will be required several full colonic irrigations, using salt and soda as purifiers for the colon; and we will find that these conditions will be released. The first cleansing solution should have two level teaspoonsful of salt and one level teaspoonful of soda to the gallon of water, body temperature. Also in the rinse water, body temperature, have at least two tablespoonsful of Glyco-Thymoline to the quart and a half of water.

5. Also we would use the Radio-Active Appliance each day for at least an hour, letting this be the period for meditation and study for the analyzing of self. Keep the attachment plates very clean, polishing them with the emery paper each time before attaching to the ankle and the wrist, and polishing them each time when taking them off.

6. Do have the osteopathic adjustments to relax the areas in the 1st, 2nd and 3rd cervical, in the 6th dorsal, and in the lumbar axis.

7. Do these and we should bring help for this body.

8. Ready for questions.

9. (Q) Is any of this trouble due to allergy?

(A) Some of it is due to allergy, but what is allergy? These are the effects of the imagination upon any influences that may react upon the olfactory or the sympathetic nerves. If we will cleanse the system, as we find, we should bring better conditions.

Do the things indicated here.

10. (Q) What mental factor is responsible for the disturbance in the subject's head?

(A) Those pressures, as indicated, between sympathetic and cerebrospinal system, and these arise from the condition in the colon. X-ray it [the colon] and you'll find it.

11. We are through with this reading.

### REPORTS OF READING 3400-2 M 39

None.

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3422-1 M 32**

Allergies: Metals: Eczema Par. 3, 4, 9-A

DERMATITIS

Diet: Eczema Par. 6

: Vegetables: Radishes Par. 6

ECZEMA

Physiotherapy: Applications: Cuticura Ointment

: Eczema Par. 5

: Hydrochloric Acid: Par. 5

Work: E.C.: Readings: Physical: Impressions Par. 2, 3

**BACKGROUND OF READING 3422-1 M 32**

B1. 12/14/43 He listed his occupation as lithographer:

". . . I have what is known in the medical world as chronic dermatitis, a form of eczema; it turns the blood under the skin into water, rises to the surface making blisters. You itch and the skin rots and spreads, develops into ulcers. I have it from my hairline and ears to the calf of my legs and toes, mostly on the back of my hands and inside part of my wrist. . . My employer took me out of the plate dept. and started to teach me the camera, but the eczema kept on coming right along and the sodium bisulphate or metal in the developer stands as the accused. . . The following foods stimulate: Pork in any form, sugar, excessive use of salt and condiments, carbonated beverages or alcohol. Milk or ironized yeast help a little. (Took iron shots 1 yr., no help.) So I believe that in this world there must be a compound of some sort to be taken internally to strengthen the skin to resist these chrome salts and chemicals.

"My grandparents died of t. b. Has this eczema filtered into my lungs? My breath is getting short and heavy. . . "

**TEXT OF READING 3422-1 M 32**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of December, 1943, in accordance with request made by the self - [3422], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by article in Coronet.

P R E S E N T

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

R E A D I N G

Time of Reading 10:45 to 10:55 A.M. Eastern War Time. . . ., III.

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

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation

## ALLERGIES: GENERAL CIRCULATING FILE

2. EC: We have those impressions here of that body called [3422].
3. As we find, from these vibrations, there are those effects from metallic substance that, because of certain elements in the blood supply, produce a very disagreeable and a very aggravating rash - wherever portions of the body become damp; forming into a running sore, or weeping eczema.
4. The better manner to cope with the condition, as we find, is to change the environs, the surroundings. We would find better conditions if the activities were entirely in steel, or in other forms of metal than chromium or aluminum.
5. For the disturbance, we would sponge the affected areas with a combination of one part hydrochloric acid to forty parts water. Then apply Cuticura Ointment. This had best be applied on gauze and put over such areas.
6. In the diet refrain from any meats other than fish or fowl, for at least ten days. Do include in the diet during those periods a great deal of raw vegetables, especially watercress, celery, lettuce, carrots, onions and the like. Radishes are also well, provided they are cut or grated or scraped. Taken in such a manner these release elements that are not released even in digestion, when taken whole.
7. Do these and we will make for better conditions for the body.
8. Ready for questions.
9. (Q) Please suggest an occupation that would be better.  
(A) As indicated, work in any other type of metal - just so it is not chromium or aluminum. Steel would be better than tin or such combinations where there are the filings of metals, for the body should refrain from activity with these.
10. We are through with this reading.

### REPORTS OF READING 3422-1 M 32

R1. 6/18/50 Report by Ivamay Dennewill re Mr. [3422]:

"In April I went to see this man, and found that his physical condition is not a great deal different than it must have been at the time of the reading given, 1943. His hands he showed me were red and raw, but not 'weeping', or so it seemed at the moment. He would much like to be rid of this troublesome condition, but feels happy only so long as he is working in the metal industry, although I have not discussed in detail the type of metal he works with. I asked him if he felt he received any benefit from the reading, and could elicit little indication that he followed much of it. He just felt he did not wish to leave the industry (although he did say he had tried other jobs, and they made him so miserable he was not a fit person to live with). I suggested bringing the copy of the reading and letting us go over it in our Group, and try to work out something from it with him. If he did not wish to do that, perhaps some one or more of us could meet with him at home and do that. He had no idea where the copy was, so I said I would try to get one. Therefore, I will take the copy back and go to see him. At the time I saw him, he was in the middle of a deal whereby he would go into business in a small way, with one or two other persons, setting up their own company. The decision was being held in abeyance pending the decision of the one man (the one with the most of the money to be supplied) who could help them financially, and he was not in a mood to do any business; his family affairs, health matters, occupied him momentarily, and he wanted two or three weeks to see how that matter would turn out. Therefore, when I return to Chicago about the first of July, I will see him and then arrange for a study of the reading with him, and perhaps after all this time he can be persuaded to follow some of the instructions, and help to clear up his physical condition. At the time of the reading, it was a most disagreeable thing, and he was in a mental state that did little to promote a sane reading of the material, even."

R2. 3/25/68 He requested a copy of his reading (after reading EDGAR CAYCE, THE SLEEPING PROPHET) and sought health advice for his ailing wife he had recently married.

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 3556-1 F 20**

ALLERGIES

Attitudes & Emotions: General	Par. 14
Circulation: Lymph	Par. 8, 9
Doctors: Todd, L.C.	Par. B2
Electrotherapy: Diathermy: Spine: Subluxations	Par. 12
Environment: Florida: West Coast	Par. 11
Glands: Allergies	Par. 4, 9, 10
: Nervous Systems: Incoordination	Par. 4, 9
Hay Fever	Par. 16-A
Humor	Par. 16-A
Injections: Hypodermic: General	Par. 5
: Not Recommended	Par. 5
Mastoiditis: Tendencies	Par. 6, 7, 17-A

NERVOUS SYSTEMS: INCOORDINATION

Neuropathy: Spine: Subluxations	Par. 12
---------------------------------	---------

PSYCHOSOMATICS

Sinusitis: Tendencies	Par. 6, 7, 17-A
-----------------------	-----------------

SPINE: SUBLUXATIONS

Suggestion: Susceptibility	Par. 17-A
----------------------------	-----------

**BACKGROUND OF READING 3556-1 F 20**

B1. 9/29/43 [3556]'s letter to EC:

". . . After reading the material sent me on your life and work, I do not in the least doubt that your gift is from God.

"For the past months I have gone through great mental strain as a result of my physical condition the last three years. I have been treated by a specialist these years in vain.

"I have prayed to God that I might be healed in any way He chose.

"My mother, a good Christian woman, and my sister, now studying Christian work, also prayed for me continuously.

"One day my mother read of your life and work in "Coronet" and felt that our prayers had been answered at last.

"We have all faith that your reading will come from the Highest Power.

"As my nerves are almost shattered I wish you would take my reading as soon as you feel led to do so.

"I hope that I may be notified as to the day and hour of my reading. . . "

B2. 12/27/43 [3556]'s letter to EC:

". . . The questions I wish to ask are these:

1. What are ALL the things that I am allergic or sensitive to and which is bothering me most? 2. Do you advise me to continue taking the shots for hay fever? 3. What is causing all of my head trouble - ears, nose, throat and ESPECIALLY the EYES? 4. Can I be cured completely of this trouble? How? And how soon? 5. IS and WAS my nervousness due to my physical condition? 6. Can you outline me a plan to go by so that I may have a strong, healthy body? 7. What doctor or doctors nearest me will give me the treatment if any is needed? 8. Does my allergy specialist in Charlotte, N.C. Dr. L.C. Todd - really know all of my case? In other words, has he really found everything that is bothering me and was he giving me the correct treatment? 9. Is it God's will for me to be completely cured and soon? 10. Is there any other physical thing wrong with me besides my head trouble? If so, how can they be best treated or cured? . . . "

**TEXT OF READING 3556-1 F 20**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 12th day of January, 1944, in accordance with request made by the self - Mrs. [3556], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Mrs. W.F. Jones.

P R E S E N T

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

R E A D I N G

Time of Reading 10:45 to 11:00 A.M. Eastern War Time. . . . , N.C.

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

## ALLERGIES: GENERAL CIRCULATING FILE

2. EC: Yes, we have the body here. As we find, there are disturbing conditions preventing the better physical functionings of the body.
3. These are not as faultfindings, but if the body would receive the greater help, it must make some definite decisions in regard to its emotions. (This the body should understand. )
4. There are physical disturbances. These have come about through the dis-coordinating between the sympathetic and cerebrospinal nervous systems. These cause the disturbance in the glands of the body, and the body in this supersensitive state becomes allergic to many varying conditions. These change according to the administrations made, but these have not all been worked out as yet.
5. We find that there are better ways than the administration of hypodermics. These are good at times. But why put more poison as to set up other conditions that later will be hard to combat, when there has been caused - as it would in this body if kept up - disturbance in the soft tissue in the abdominal as well as lung area.
6. For in the present, with the allergies, there are irritations to the mucous membranes of the sinus as well as from disorders indicated at times in the mastoids.
7. These cause the sneezing, when these irritations arise; these cause the hot flushes, the temperatures, and the general "let-down" feeling of the body.
8. The areas where the dis-coordination arises are in the 4th lumbar, 9th dorsal and 3rd cervical. These are the areas where lymph centers, and their connection with cerebrospinal nerve and blood circulation, are disturbing the body.
9. The glands in throat, the glands in the facial portion at the point of the cheekbone, at the point of the chin these are areas that are sensitive to the disturbing conditions.
10. These, of course, set up reflex conditions in lungs, heart, liver, kidneys; so that the activities through suggestion, as well as from any dust (as in house cleaning) become as dregs or as drudges for the body, and it becomes irritated to distraction at times. But this is the association more than it is the organic condition. However, it can be just as severe as if the body sticks its nose in the dust barrel or dust can! For, these are disturbances in the sensory system and in the glands of the body.
11. As we find it would be well for the body to have a change of environment where there can be activity more out of doors, as in the west coast of Florida.
12. There we would have neuropathic manipulations coordinating the centers in those areas indicated, as well as in the frontal portion of body at breast bone, the sternum or at the pit of the stomach about the umbilical plexus and at the pubic plexus. These areas would be manipulated in the neuropathic manner. These massages we would give about three times a week. Afterwards we would apply the low heat of the diathermy in the area of the 6th dorsal and over the gall duct center - about three minutes in the beginning, gradually increasing. But keep this at a very low voltage.
13. Do these and we will correct these conditions. But let the change begin primarily in the mental attitude of the body. If the body continues to worry over

## ALLERGIES: GENERAL CIRCULATING FILE

conditions that have arisen or that may arise, this will prevent any of the applications from helping the body.

14. Control the emotions! Know what you want to do and go at it, in the relationships to the law of the divine nature, not of personal emotions.

15. Ready for questions.

16. (Q) What are all the things I am allergic to?

(A) It would be a list from here to Egypt! If you would add only those that are most aggravating in the present, as indicated, dust! Especially dust that's in the home.

17. (Q) What is causing head troubles - ears, nose, throat, and especially eyes?

(A) Read just what has been indicated as to how the various centers in the body are affected by this dis-coordination of the sympathetic and cerebrospinal nerves, and as to how and why the careful massage should be given to coordinate the centers and set up direct coordination through the electrotherapy. And we will break up or, as it were, have direct connections and not short circuits through the body. But much of this has to do with the emotions.

This doesn't mean to imply that the body is mentally unbalanced, not at all. That's the trouble, it's too high strung, it's too susceptible to suggestion.

18. We are through with this reading.

### REPORTS OF READING 3556-1 F 20

R2. 2/26/44 [3556]'s letter to EC:

". . . I have received your reading and only wish you could know how much it means to me.

"If you will, I wish you would look up my reading and in the part giving the medical treatment, please tell me what kind of specialist it means for me to go to. I don't understand what type of doctor I am to take treatment from.

"After you find what type specialist it means, and if you, personally, know of one who knows of your work, I would appreciate it more than you know if you would send me his name and address.

"Thanking you again for your wonderful service from Him, I am. . . "

R3. ?/45 [3556]'s letter [letter not dated]:

". . . On January 12, 1944, I received a reading from Edgar Cayce. In this reading he suggested certain treatments, which I started taking the first of January, 1945. I didn't have a chance to start before then. I took these treatments in Charlotte, N.C. and they helped me VERY much. However, when I came back to my home in the western part of North Carolina, I still suffer from hay fever - although my body is a lot stronger than before.

"Also, in the reading he suggested that I go to the West Coast of Florida for these treatments but as I didn't have the chance, I took them in Charlotte.

"Now as I am back from Charlotte and still bothered with the hay fever, I feel that I should have gone to the Coast as he suggested. And as it is now summer time, I feel that Virginia Beach would be as good as Florida - and I want to stay until I can build up enough resistance to come back home and not be bothered with this at all.

ALLERGIES: GENERAL CIRCULATING FILE

"I would appreciate it very much if you could suggest a few nice places, close to the beach at which I might room and board, at Va. Beach, or I can stay temporarily until I find a permanent place.

"As I will have plenty of time maybe it would be possible for me to work at the Association - part of the day.

"Can you tell me how Mr. Cayce is? The last time I heard, he was ill.

"His reading has meant more to me than anything else could. I have all faith in it and Edgar Cayce and plan to go by it until I am completely well.

"Please let me hear from you as soon as possible as I want to come right away. . . "

"P.S. How can I renew my membership?"

R4. 1/27/50 [3556]'s letter to A.R.E:

". . . I have been a member of your Association in the past, but in the past few years I have lost all contact with you. I have a problem that I hope you can help me with. My three month old baby has, according to our Pediatrician, symptoms of becoming what is commonly called a "water head". He also tells me that unless the body does equalize, that she will become one and that there is nothing to be done about it. I am sure she is to be healed in some way. Enclosed you will find \$1. 00 for which will you please send me as much research as you can on this particular subject. Thanking you, I remain. . . "

R5. 2/14/50 GD's letter to [3556]:

". . . We were grieved to hear of your baby's affliction, and we trust that the enclosed Case [3562] from the Edgar Cayce records may be of help.

"Since we do not know of a neuropathic physician in your locality, we are referring you to Dr. E.L. Stone, of the Stone College of Neuropathy, Shepherd Building, Montgomery, Alabama.

"Dr. Stone is familiar with the Edgar Cayce work, having known Mr. Cayce personally many years ago when he lived in Selma, Alabama.

"Please let us hear from you as to your decision and Dr. Stone's advice. . . "

"P.S. Copy of this letter and also Case [3562] being sent to Dr. Stone, to await word from you re: your child's condition."

R6. 8/4/53 GD's note:

She requested EC data re. polio prevention, ". . . as we are in an epidemic area here. . . "

R8. 3/22/68 [3556]'s letter:

". . . I was one of the fortunate ones who received a reading from Edgar Cayce. Mine was in January, 1944, under the name of. . . [3556]. All the information was correct and I received help from the treatments he suggested. . . "



**INDEX OF READING 5292-1 F 5**

ASTHMA

Cold: Congestion: Acidity	Par. 8-A
Diet: Hay Fever	Par. 5, 9-A
Digestion: Indigestion: Hay Fever	Par. 3
Eliminations: Poor: Hay Fever	Par. 8-A
Glands: Hay Fever	Par. 3

HAY FEVER

Injuries: Birth: Spine	Par. 3
Osteopathy: Hay Fever	Par. 3, 4, 8-A
Suggestion: Allergies	Par. 3

**BACKGROUND OF READING 5292-1 F 5**

B1. 8/26/43 Mother [5293]'s letter: "I have a deep conviction you are going to find what causes my little daughter's allergy."

**TEXT OF READING 5292-1 F 5**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of June, 1944, in accordance with request made by the mother, Mrs. [5293], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading Set bet. 10:30 to 11:30 A.M. Eastern War Time. . . ., Calif.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes, we have the body, [5292].

## ALLERGIES: GENERAL CIRCULATING FILE

3. As we find, there are disturbances which are the result of conditions existing at the time of the birth of this body. These, through those periods had pressures created in the lower end of the spinal column, lumbar and coccyx. This, from and through the brush end of the spinal column, has caused, does cause an upsetting of the assimilating system or the activities of the glands of the digestive system, and thus the body apparently becomes allergic to many of the conditions about the body, but it is just as allergic to a suggestion as it is to types of food.

4. But as we find, if there would be the correction of the conditions in the coccyx and lumbar area, and coordinating the areas in the 9th dorsal with the 3rd cervical, we will bring bettered conditions for this body, and we will find the relief from these tensions and disturbances in the digestive system.

5. The needs for being so precautious, then, about the foods will become gradually unnecessary; not that it could be given, at the age, just anything, but a nearer normal diet, of course principally milk and milk products, vegetables prepared not with fats or meats but good, balanced vegetables may be taken by the body. Liver, not too-much cooked, but soft; fish and fowl occasionally. All of these may be given the body.

6. Do that.

7. Ready for questions.

8. (Q) Do her sudden severe colds result from weakness due to allergy to certain foods?

(A) Caused from the pressures which exist that upset the glandular forces in the assimilating system, causing super acidity in the body, and the very limited eliminations produce the congestion.

9. (Q) Any foods to avoid?

(A) While the corrections are made we would keep close to that indicated, but gradually changing to rather a normal diet for the age of the body.

10. We are through with this reading.

### REPORTS OF READING 5292-1 F 5

R1. 3/11/46 Report requested by Gina Cerminara from [5292]'s mother [5293].

ALLERGIES: GENERAL CIRCULATING FILE

**INDEX OF READING 5578-1 F ADULT**

Appliances: Radio-Active: Allergies	Par. 5, 6, 9-A
Asthenia: Allergies	Par. 2, 4
Circulation: Lymph: Glands: Allergies	Par. 3, 4
Creative Energy	Par. 4, 5
Cycles: Glands: Allergies	Par. 5, 6
Exercise: Allergies	Par. 3, 4
Glands: Adrenals: Allergies	Par. 4
: ALLERGIES	
: Leydig: Allergies	Par. 5
: Pineal:	Par. 4
: Thymus:	Par. 4
: Thyroid:	Par. 4
Karma: Physical: Allergies	Par. 1, 2, 11-A
Life	Par. 4
Osteopathy: Allergies	Par. 7, 9-A, 10-A
PHOTOPHOBIA	
PSYCHOSOMATICS: ENVIRONMENT	
RESEARCH POTENTIAL	
Sun: Allergies	Par. 2, 4, 11-A
Vibrations: Life	Par. 4, 5

**BACKGROUND OF READING 5578-1 F ADULT**

None.

**TEXT OF READING 5578-1 F ADULT**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 3rd day of May, 1929, in accordance with request made by self, through Mr. [202], via Mr. [900]'s letters of 2/20/29 and 4/2/29.

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [202] and wife [190], Mrs. Linden Shroyer and Donnie, Mrs. Bailey, and Mr. L.B. Cayce.

**R E A D I N G**

Time of Reading 2:15 P.M. Eastern Standard Time. . . ., Ohio.

(Physical Suggestion)

1. EC: Yes, we have the body here, [5578]. Now, we find there are abnormal conditions with this body. These are hidden in a manner, and are an interesting study from psychological and pathological conditions as come about in the variation of the effects as are produced by conditions that have not been easily understood, and dissension and discussion has often arisen as respecting that as produces same. MOST interesting for this body would have been the experiences as produced same in the ENTITY'S experience. We deal with those in the present.
2. As is seen, the effect is almost diametrically opposed to what is ordinarily seen in effects upon a physical body; in that light, exposure, or any outside influence apparently produces a wreck to the whole system. This a psychological condition, which is not easily understood, from even its name.
3. The effect, or effects as produced then in the system, are produced by the conditions - as such conditions as light, heat, exercise, either mental or physical, produce upon the GLANDS of the body, and the effect is ESPECIALLY seen in the condition as is produced IN the lymphatic circulation, or to the exterior portions of the body; yet entirely different FROM that as has been classed as a CONDITION as is peculiarly affected BY such exposure.
4. The conditions then, as we find, are NOMINAL to a body in the age, or in the conditions as go about for a GENERAL PHYSICAL make-up; yet the spells or the conditions as arise are produced by the variation in the vibratory forces as are set up in a life-giving cellular force, as is manifested in this body, [5578] we are speaking of. Life in itself - VIBRATION. Life as is produced, is, from the physical standpoint, that of the uniting of forces as generate in themselves cellular units able and capable of taking energy from the various foods and surroundings as in which the body finds itself, creating for same within self that ability to propagate, not only its own self and species, but to give life itself in the activities of the body. In this particular body we find the glands are so affected, by the variation in the various forms of vibration as may be created in system, that by light, by association, by physical exertion - any of these conditions may be produced, or may produce the condition as is exhibited in the exterior portion, as well as in the general debilitation brought on in that after effect of same. The glands, then, affected, are PRINCIPALLY those of the thyroid, thymus, adrenal, and that

## ALLERGIES: GENERAL CIRCULATING FILE

especially of the gland [pineal?] as goes throughout the whole system, affecting especially the sympathetic nerve system, creating the change in the effect of all energy in the system, either to a destructive or a constructive force, dependent upon the vibration as is set by that in which the body contacts same.

5. Now, to meet the needs, then, of these conditions for THIS body, we would first apply - in a normal, nominal, easy manner - where the body may rest, in pleasant surroundings - those vibrations as would be found in that of the Radio-Active Appliance - NORMAL one - creating a different vibration for the body. First attach to the ankle, then to the wrist. After this has been used each day thirty minutes, for one cycle of twenty-eight days - remembering we must keep the cycles of the vibratory forces of the psychological effects as this produces in system, in the variations as are brought about by the changes as come to the body itself - then after one cycle of such vibration, CHANGE the vibration, then, that we centralize same through that of the active force in the Lyden gland\* [Leydig gland], or the creating of energy through same, which is of a reproduction force in the body - with the ability to add to the system that as creates the energy in each cellular force of the body, as to create WITHIN itself that necessary for the engendering of life in its own cellular force.

6. THEN, we would add that vibration through the same forces of the Radio-Active Appliance, but add the Chloride of Gold to the body through same. This, then, should be kept for at least TWO cycles, or for the fifty-six days, and one hour each day.

\* [Extract from 3997-1 - Lyden gland - Lyden meaning sealed; that gland from which gestation takes place when a body is created through coercion, or inception, through conception of two bodies meeting in creating a body. Located in and above the gland called genital glands. In the male, above the glands corresponding to testes. In the female, that above gland responding to testes in the male. Here: The basis or seat of the soul is in the Lyden Gland. ]

7. After the third of such vibrations, with THIS change, are given - then begin with the manipulations, as will produce FOR the body the ability of both the muscular and of the nerve tissue throughout the whole of the nerve system, both cerebro-spinal and sympathetic, the ability of the body in itself to engender that vibration as created by same. Not deep manipulations, but that that produces a sympathetic force for the body.

8. Do that, and we will find a great change will come for this body of [5578].  
Ready for questions.

9. (Q) When the Gold is added, how should the Radio-Active battery be attached?

(A) To the base of brain and to the umbilicus. The vibrations from same then work directly through the medulla oblongata and the active forces of the brain itself, that generates for the system nerve impulse, as created by cellular force. The amount of the Gold is that proportion of one grain to one ounce of DISTILLED water, see?

The manipulations for the vibrations created are to produce the stimulation from each nerve plexus, that of the ABILITY, see - by gentle usage, see - that ability to ASSIMILATE the vibration created.

ALLERGIES: GENERAL CIRCULATING FILE

10. (Q) Should the manipulations be given osteopathically?

(A) Just given, osteopathically.

11. (Q) What will relieve the body now when exposed to the sun?

(A) We must change the vibrations if we would have the PERMANENT relief for the body. What will relieve at the present time? An overdose of Gold! but that wouldn't be well for the body. Begin as we have outlined, if we would bring the better conditions for this body, of [5578]; for we must create in this body that of the engendered force to be able to overcome those incentives for the inner being, or the entity itself in past experience. We are through for the present.

**REPORTS OF READING 5578-1 F ADULT**

None.



**Edgar Cayce On Health...**

**ALLERGIES: ALL IN THE BODY-MIND**

BY CAROL BARAFF



**March 2009**

From hay fever and asthma to eczema and hives, allergic reactions are never pleasant, although they can be many other things, including mild, severe, escalating, exasperating, embarrassing, scary, painful or even fatal in their extreme. All stem from a hyper-sensitivity to some type of irritant. Contributing factors are so diverse that those who suspect others of overreacting could easily be right, or totally wrong.

Respiratory allergies can be chronic as in some cases of asthma, seasonal like hay fever, or intermittent depending on the amount of dust, smoke, pet dander or other factors in the environment. The irritants that lead to skin reactions can be external (contact dermatitis) or internal (food allergies), or sometimes both. All of these can be coped with, but wouldn't it be life changing if they didn't have to be? The Edgar Cayce readings offer that hope.

Then as now, the precipitating causes of allergies in these readings were all over the map. Offending items included beer, fur, household pets, feathers, odors, dust, flowers, pollen, plants, lint, specific foods, food combinations, tobacco smoke, dye, paint fumes, weather, wool, sprays, chemicals, noises, sunlight, metals, colors, negative vibrations and even certain suggestions! Today we would add medications, bites, stings, food additives, and environmental toxins.

The first step in treatment remains to remove the irritants from the body's vicinity, or the body from the vicinity if necessary, while symptoms ease. Some of the changes thus entailed might be unwelcome, or even rather drastic. Those who are aggravating their symptoms with the wrong foods or harmful combinations need to cut it out. At least one person with alarming intestinal reactions to beer and certain foods was advised to find another beverage:

*As has been indicated, the body—through the alimentary canal—is allergic to malt, and those foods, and especially of drink, as beer, tend to cause a greater flow of the lymph through those areas when such are taken (257-204).*

Children are not exempt from dietary and other restrictions. A youngster with a sweet tooth who was itching for a feline or canine friend could easily be told to *Leave off your dogs and cats, and don't eat chocolate (3053-1).*

Environmental exposure is often work-related, and at least one man whose skin was reacting to aluminum dust was told to change jobs. Advice for those with hay fever varied with its severity, ranging from a complete change of environment to simply being careful

around the garden for a while:

*And in the activities, avoid working with some of the flowers. Avoid any of those that throw off pollen at this particular time (1541-12).*

Although avoidance and medication will reliably bring symptomatic relief, they have their limitations. In Cayce's view, allergies are signs of imbalance, and the symptoms are apt to worsen over time. Proper treatment begins with an understanding of how these sensitivities originate, for, as one reading put it: *The pressures come from the external effect, to be sure, but the causes are internal (3330-1).*

A major factor in the development of allergies is an excess of toxins in the intestinal system. This is probably to be expected in cases of food sensitivities.

*(Q) What can be done to conquer the many allergies to certain fruits and vegetables that I am afflicted with? Is the cause psychological?*

*(A) Cleanse the system! These arise from toxic conditions through the alimentary canal (3356-2).*

One contributing factor or even central cause of this toxicity is an overly acidic intestinal system. Acid-forming foods and combinations will put extra strain on an already taxed digestion. The result is a reaction to the offending foods:

*(Q) Are there any specific things to which he is allergic?*

*(A) As long as there is kept too much acid in the system, or those foods or combinations that produce acid, he will be allergic—of course—to those things that are in the nature tending to make this acidity (32-1-1).*

An eventual result of intestinal imbalance is the slowing of blood and lymph circulation. This impairs the body's ability to deal with poor food choices and other irritants:

*Not precautions enough about the diet, and we have again a great deal of the humor that comes with the fuzziness that occurs in the lymph circulation at this season of the year, unless those precautions are taken and there is not the activity in those things with which the body works at times, to which the body becomes allergic... These allergies come from an irritation to the superficial circulation and lack of coordination of these with the alimentary canal (1541-12).*

*In the present the blood supply, while very good, is—through the lymph circulation—acting as an irritant to the soft tissue of nasal passages. Hence the throat and eyes suffer because of too great a flow of lymph, and the excitement apparent in the olfactory nerves of the face and head tissue.*

*These, as generally termed, are subject to inflammation by conditions to which the body becomes allergic at certain seasons or cycles of body change; these produce a great irritation (3180-1).*

Nervous system imbalance can also be a primary or contributing factor in the development of allergies:

*The pathological effect is being created by the reflex or sympathetic conditions in the functioning, or lack of functioning and coordination, of the cerebrospinal, sympathetic and vegetative with sensory organisms (5196-1).*

*A self-consciousness of the lymph patches or spots where there is connection or association with centers along the cerebrospinal system (3224-1)*

Regardless of the cause and effect sequence, allergy symptoms can be viewed as excessive reactions to irritants by a body in a weakened state:

*(Q) Am I allergic to dust, and does it cause my colds?*

*(A) Who isn't? All of these are just part of the general debilitation—the inability of the circulation, because of these disturbances, to call into play, as it were, sufficient of the leucocytes to destroy dust. Or any sufficiently strong odors are just as harmful to the body as dust (3644-1).*

*But this is the association more than it is the organic condition. However, it can be just as severe as if the body sticks its nose in the dust barrel or dust can! For, these are disturbances in the sensory system and in the glands of the body (3556-1).*

While the majority of allergies in the readings were regarded as physical in nature, a good number were partially, or even mostly, psychological. Consider Cayce's responses to the parents of two asthmatic children:

*(Q) Is there any particular thing to which he is allergic?*

*(A) Mostly to himself and his family (2755-2)!*

*And thus the body apparently becomes allergic to many of the conditions about the body, but it is just as allergic to a suggestion as it is to types of food (5292-1).*

Without downplaying the seriousness of the symptoms or the importance of physical treatments, the readings went to great lengths to ensure that psychological aspects were also considered:

*(Q) Am I allergic to certain foods?*

*(A) If you can imagine it, you can be allergic to most any thing, if you want to (3268-2)!*

*(Q) Is there such a thing as allergy?*

*(A) This is rather a fad. To be sure individuals may become allergic to certain conditions because of excess of certain elements in the body. But these are rather exaggerated oft (3172-2).*

## ALLERGIES: GENERAL CIRCULATING FILE

ALLERGIES: ALL IN THE BODY-MIND - CONTINUED PAGE 2

*(Q) Is any of this trouble due to allergy?*

*(A) Some of it is due to allergy, but what is allergy? These are the effects of the imagination upon any influences that may react upon the olfactory or the sympathetic nerves (3400-2).*

*(Q) Am I allergic to any substances?*

*(A) Did you ever consider what is meant by being allergic? Most of it is in your imagination! Do you imagine things? Then you are allergic to it (3586-1).*

*There are pathological conditions, but there is more psychological. Psychological doesn't mean that the body is crazy, by any means, but has set ideas (5211-1).*

Of the variety of recommendations for individuals with allergies, many of those found in the readings were indirect. Their purpose was to strengthen, cleanse and coordinate body systems so any irritants which arose would simply be—less irritating. Known allergens would of course be avoided during this critical time with the understanding that this might not be necessary down the road.

The first order of business was often to speed the removal of toxins and congestion from the intestinal system. The importance of internal cleansing measures cannot be overestimated:

*If we will cleanse the system, as we find, we should bring better conditions (3400-2).*

*There needs to be better co-ordination in eliminations (1541-12).*

*There are some pollens and odors (more odors with this body) that are offensive, and thus the body is allergic to them. But these also will disappear if there is better circulation created and if the poisons are eliminated from the system (3586-1).*

The types of internal cleansing measures mentioned included enemas, colonics, mineral preparations like Eno salts, herbal preparations such as ragweed and tonic formulas, and abdominal castor oil packs. In close concert with these was an effort to sweeten the digestion and in some cases soothe the irritated intestinal walls. Supporting an alkaline, easily digested

diet were prescriptions such as saffron tea, mullein tea, elm water and pepsin.

As would be expected, corrective dietary measures can be a treatment in themselves. Typical injunctions were to include more green vegetables, fresh juices, yellow foods and meat juices, and to stick to the lighter proteins. Most warnings concerned meat fats, fried foods, sweets, starches, beer and raw apples. Specific combinations, such as seafood with sweets or acidic foods, were sometimes vetoed as well.

Another frequent recommendation was osteopathic manipulation to improve the flow of nerve impulses and in some cases correct extremely long-standing imbalances. Spinal realignment boosts the circulation and also helps the channels of elimination to work more smoothly:

*These will relieve—if the adjustments are given to set up better drainages (1541-12).*

To reduce respiratory system congestion and promote expectoration, an alcohol based inhalant was often suggested. The usual topical applications for skin rashes and hives were Glyco-Thymoline and the Ray's products. Massage, hydrotherapy and electro-therapy were part of many treatments.

A number of comments addressed allergy injections, which promote desensitization by introducing tiny amounts of the offending substance into the system. These were found to be sometimes helpful, sometimes harmful and usually avoidable:

*To be sure, there may be given those elements hypodermically that will react upon the body, but common reasoning should indicate that such is not as effective as would be nature's reproduction of itself in the body forces... Of course, if it is the desire to try to take shortcuts and you are too lazy to work, then do it (3234-2)!*

*(Q) Are the injections necessary this year to relieve hay fever?*

*(A) This could be said, yes, and it could be said,*

*no.. It is not necessary if following through or if the period is spent in some other environ.*

*(Q) When will the hay fever condition pass so no further injection will be necessary?*

*(A) This again depends upon how these are carried through and where they are carried through. For if there is built the body-consciousness that nothing else will do—nothing will do (3436-3)!*

*We find that there are better ways than the administration of hypodermics. These are good at times. But why put more poison as to set up other conditions that later will be hard to combat, when there has been caused—as it would in this body if kept up—disturbance in the abdominal as well as lung area (3556-1).*

Finally, the helpfulness of positive suggestion and a constructive attitude cannot be overemphasized:

*And know they will not affect you unless you let them (386-3)!*

*Keep the right attitude, and do keep sweet (1541-12).*

*With the continuing of those things that attune the body to nature, and the suggestions that attune the body to truth, to consciousness, we will break down the allergies (3125-2)*

*Do these and we will correct these conditions. But let the change begin primarily in the mental attitude.... If the body continues to worry over conditions that have arisen or that may arise, this will prevent any of the applications from helping (3556-1).*

The overriding message here is one of hope and promise. Freedom from allergies is within our grasp. Is it time to adopt a cat yet?

Reviewed by QCU 02 FEB 09 DRW



## **Blessed Ragweed - The Most Hated of Weeds**

by Robert O. Clapp  
*The A.R.E. Journal, July 1971*

The thought of ripening ragweed makes uncomfortable millions of people whose noses begin to run and eyes water during the pollen-bearing months. They know that with the beginning of the fall season they have many days and nights of discomfort ahead of them. In reading number 644-1 Cayce refers to ragweed as "the most hated of weeds" – and rightly so to those who suffer from hay fever. Although many people have a loathing for this weed, and even though the herb books rarely ever mention ragweed, the Cayce readings did not neglect it. There are over 125 references to ragweed in the readings indexed under Prescriptions: Ragweed.

Scanning the index cards we find ragweed referred to in connection with many diseases and ailments: catarrh, diabetes, digestion, epilepsy, intestinal problems, nephritis, pelvic disorders, psoriasis, rheumatism, etc. It is a specific for appendicitis. But the vast majority of references to ragweed are in connection with an incoordination of assimilations and eliminations. Basically, then, the herb has to do with the stimulation of the eliminative process.

To 953-18 Cayce said "Take small quantities of ragweed occasionally to assist in proper assimilation," and to 903-35 he said, "[ragweed] is a good eliminant with a vegetable base. But it must be chosen very young, and the leaves alone chewed – don't spit it out because it is bitter! It's not poisonous, and it is a good eliminant...."

Mrs. 454 was told that her physical condition was very good in most respects but warned that there was a tendency for the body "to overtax self" which might lead to diabetes. Continuing, her reading said:

**Will there be taken [If there will be taken] in the system, at regular intervals, those properties that are not habit forming, neither are they effective towards creating the condition where cathartics are necessary for the activities through the alimentary canal - whether related to the colon or the jejunum, or ileum - yet these will change the vibrations in such a manner as to keep clarified the assimilations, and aid the pancreas, the spleen, the liver and the hepatic circulation, in keeping a normal equilibrium. These [properties] would be found on those of the ambrosia weed, made in this manner:**

**To 6 ounces of distilled water, add 3 ounces of the GREEN ragweed, or ambrosia weed. Steep for sufficient period to reduce this to half the quantity. Then strain, adding to this 2 ounces of simple syrup, with 1 ounce of grain alcohol. Shake the solution before the dose is taken. The dose would be half a teaspoonful twice each day, when the period for taking has arisen - or take it about once each month, for three or four days. This will aid the digestive system, will aid the whole of the ELIMINATING system. 454-1**

A number of factors work in favor of ragweed: it is plentiful and cheap, within the grasp of anyone. You can gather it yourself or buy it dried from an herbal supply house. It is not poisonous or harmful or, according to Cayce, habit

## ALLERGIES: GENERAL CIRCULATING FILE

forming. Making the formula such as 454 is easy. Distilled water may be purchased at any drugstore. A simple syrup is made with equal parts of sugar and water, the preservative, grain alcohol can be purchased at any liquor store. Anyone who is least bit handy in the kitchen should have no difficulty.

One of the curious things about plant classification is the names given to certain herbs. *Cascara sagrada* is otherwise known as sacred bark; a synonym for the castor oil plant is the *Palma Christi* – the hand of Christ; *Buchu* leaves are otherwise called *Diosma*, meaning divine order. (Incidentally, all of these plants figure prominently as prescription items in the Cayce readings.) In Greek mythology ambrosia was the food of the gods and some translators interpret ambrosia as "not mortal". Is it coincidence, then, that the generic name for the lowly ragweed is *ambrosia*, a word used interchangeably with ragweed in the readings? Could it be that the ancients knew of an intrinsic value in ragweed that modern man who wages chemical warfare with the plant hasn't yet discovered?

A variation of the eliminative formula, indexed also under Incoordination of Assimilations and Eliminations appears in this excerpt:

**To meet the needs of the conditions at the present, we would first cleanse the system with a mild cathartic; preferably that as would be found in combining the ragweed with senna. This combination: To 3 ounces of ragweed add 8 ounces distilled or rain water. Reduce to half the quantity. Strain, adding sufficient alcohol to preserve same. Adding THEN to same 2 grains of senna. Shaking well together, the dose would be teaspoonful every evening until at least half to two-thirds of the quantity is taken. 3826-1**

Here a more sophisticated formula was recommended:

**In 4 ounces of simple syrup we would add:  
Tincture of Ambrosia Weed.....2 ounces,  
Tincture of Stillingia.....1/4 ounce,  
Tincture of Wild Ginseng.....1/4 ounce,  
Syrup of Sarsaparilla Compound.....1/2 ounce.**

**Shake the solution together before the dosage is taken. The dose would be half a teaspoonful three times each day. The addition of these properties in the system will change the digestive forces as to assimilation, causing or producing less of an acid in the digestive system, clarifying a coordinating force (that is, with the correction and the vibration added with same) between the liver and the kidneys, and making for a nearer normal balance. 666-1**

To say that modern man has neglected ragweed is not entirely accurate. There are perhaps fifty to one hundred references to Simmons' Liver Regulator in the index to the readings – an item no longer on the market – and Simmons' had as its basic ingredient ragweed along with licorice and cascara sagada. A fifty-two year old woman, bothered by sciatica tendencies, asked:

**Q-3. Have the sweats and massages been given correctly? [By Jane Witcher, Ph.T.]**

**A-3. They have been given very well, but not in just the manner indicated.**

Edgar Cayce Readings copyright 1971, 1993-2010 by the Edgar Cayce Foundation

ALLERGIES: GENERAL CIRCULATING FILE

We would keep up the eliminations. The liver needs stirring more, see? These we would carry through to stir the liver to better activity; not with the minerals as much as with vegetables. As we find, the Simmons' Liver Regulator now would be the better, whether it is in the powder or in the liquid form. But these we would keep up, so that there are at least two or three eliminations daily.

Q-4. Did the colonic do any good (apparently it only irritated)?

A-4. It did good. Thus the needs for the colon to be drained so as to allow the better assimilations for the body.

Q-5. Is the mineral oil I am taking good for me?

A-5. Not unless the rest of the pockets of the colon are cleansed.

Q-6. Should I take olive oil, say a teaspoonful with each meal?

A-6. This is very well, but what is needed is to cleanse the colon and the secretions of the liver and the gall duct increased. Thus the form of vegetable forces indicated. For this is ambrosia weed, with sufficient of the licorice and cascara to aid in stimulating and in fitting it for the body though the better way would be to eat the ragweed itself! 404-13

Another reference to Simmons' follows:

Then, after the [Castor Oil] Packs have been given for five days, begin with taking small doses of the Essence of Ambrosia Weed. PREFERABLY this would be taken green, or NEW; prepared in this manner:

Put about half an ounce of the green Ambrosia Weed in a pint of water. Let this come thoroughly to a boil (after the Weed has been bruised and put in the water, you see). Then take off and strain; and to the quantity that is left - which would be about two-thirds of a pint, you see - add one ounce of Pure Grain Alcohol, that it may be preserved.

The dose of this would be half a teaspoonful three times each day (after the meals), until there are THOROUGH eliminations through the alimentary canal from the taking of same; that it may act upon the liver.

This is better for the body than taking even the Simmons Liver Regulator; which is of the same, but is combined with licorice and other compounds that, for THIS body, would NOT be so well. 1880-1

One can conjecture that Cayce would see the day when Simmons' Liver Regulator would no longer be available. In the reading for a seventy-six year old man suffering from pneumonia, Cayce again gave an alternative which can easily be compounded.

The Calcidin is well, as is also the Alophen, but BETTER STILL would it be were those properties for the ELIMINANT be OILS - WITH those of either the ragweed or the Simmons' Liver Regulator, which is ragweed and licorice and a little senna. These would be MORE effective, and the OIL NECESSARY to take the inflammation out, or through the intestinal tract....

(Q) How much oil should be given?

(A) Two teaspoonsful of the Russian White Oil and HALF a teaspoonful - in about half an hour afterwards - of the Simmons' Liver Regulator, or it may be compounded in that of the ragweed, or ragweed tea, made in THIS manner: This would be preferable to make it from the original.

ALLERGIES: GENERAL CIRCULATING FILE

To 6 ounces of distilled water, add Ambrosia weed 2 1/2 ounces. Steep, or slow boil, for 20 minutes. Strain off. Then add:

Licorice in solution.....1 1/2 ounce,

Syrup of Sarsaparilla Compound.....1/4 ounce.

Cut 1/2 dram Balsam of Tolu in 2 ounces of alcohol and add to same.

The dose then would be, after the oil, see - about half to three-quarters of an hour - half a teaspoonful. Take until there is a thorough evacuation from the bowel. 303-18

Anyone who has ever tasted ragweed will know that it is bitter as gall which probably explains why licorice or syrup were included in various formulas. Those who like to take short cuts and avoid the bother of collecting the necessary ingredients, the measuring, straining, mixing, etc. might simply bend over and pluck a tender tip of ragweed, chew and swallow.

It wouldn't be fair to discuss ragweed without including something for the hay fever sufferers. Reading for such an individual, Mr. Cayce told him how he could build up a natural resistance to ragweed during July and August so that by September there would be bettered conditions for the body.

**Now, as we find, there are conditions which tend to disturb the body at specific periods. Hence, as is indicated, there are certain seasons or periods when the vibrations of the body, or the relationships which are established in the nerve centers, are such as to cause the body to become allergic to conditions which exist in or under certain environs, or certain pressure experienced by climatic reactions in the body.**

**These reactions come from what may be called or set up as vibrations in certain centers between sympathetic and cerebro-spinal system, and thus the body in such periods is subject to conditions which manifest in irritation to mucous membranes of the nasal passage and throat, bronchi and larynx or, as sometimes called, rose fever or such natures. These, for this body, are particularly from the ragweed.**

**Thus, we would find in this particular season, before there is the blossoming of same, the body should take quantities of this weed. Brew same, prepare, take internally and thus war or ward against the activity of this upon the body itself.**

**Then, through the period, also take that as an antiseptic reaction upon the nerves of the nasal passages, or the olfactory nerves of the body.**

**These will prevent, then, the recurrent conditions which have been and are a part of the experience of the body. This will enable the body to become immune because of the very action of this weed upon the digestive system, and the manner it will act with the assimilating body, too. Well, just don't get too heavy, for it will make for an increase in the amount of assimilation and distribution of food values for the body.**

**Thus we would prepare the compound in this manner: Take a pint cup, gather the tender leaves of the weed, don't cram in but just fill level. Put this in an enamel or a glass container and then the same amount (after cleansing of course, don't put dirt and all in but put in same amount by measure) of distilled water, see? Reduce this to half the quantity by very slow boiling, not hard but slow boiling, strain and add sufficient grain alcohol as a preservative.**

ALLERGIES: GENERAL CIRCULATING FILE

**Begin and take it through the fifteen days of July and the whole of August, daily, half a teaspoonsful each day.**

**Thus, we will find better eliminations, we will find better assimilation, we will find better distribution of the activities of foods in the body.**

**Then, use through the latter portion of August and September, this as a combination: prepare in the manner indicated, putting together the ingredients only in the order named. First we would prepare a bottle with a large-mouth, two vents through the cork and these vents capable of being corked themselves with a small cork. Neither of the vents is to enter the solution, so use a six ounce container. In this container put four ounces of grain alcohol (at least 90% proof), then add in the order named:**

**Oil of Eucalyptus.....20 minims,  
Rectified Oil of Turp.....5 minims,  
Compound Tincture of Benzoin.....15 minims,  
Oil of Pine Needles.....10 minims,  
Tolu in Solution.....10 minims.**

**When this is to be used, shake the solution together, remove the corks from the vent, inhale deep through the nostril so as to enter the nasal passages, also to the upper and back portions of throat, both passages. Shake between each deep inhalation.**

**Do these and we'll have better conditions for the body. Do for the body-forces use wheat germ in the morning meal with the cereal, which may be taken a teaspoonful over a good bowl of cereal, then add the cream and a little sugar if desired.**

**Do these and we'll have bettered conditions for this body, [5347].**

**Ready for questions.**

**(Q) To the amount of the ragweed we would use how much alcohol?**

**(A) That should be done by the prescriptionist or the chemist, just to preserve same. 5347-1**

As we study our surroundings it becomes evident that nothing in nature is intrinsically bad, it is the way we use a substance that determines its value. We see this concept so often supported in the Cayce readings: red wine is a blood builder; cobra venom a medicine; the deadly foxglove (digitalis) and castor beans are a heart remedy in the first instance and a varied healer in the second. The same is true of ragweed. Rightly understood, it can be of great value to mankind. Aside from its healing powers the significance of ragweed in the readings might well be to emphasize our need to understand how objects in nature can be used constructively in the spirit of "subdue the earth and replenish it." If we can come to understand (through application) the helpful use of weeds, our encounter with ragweed can indeed be a blessing.

## ALLERGIES: GENERAL CIRCULATING FILE

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

### Reports by Members

1/22/50 Report by Mrs. S.W. McComb: "I have used the Irish potato poultice for my eyes with most pleasing results as it gave me the only relief from conjunctivitis I had. Had before this had the best of medical care with no relief. The condition of my eyes was most extreme and no permanent relief from treatments. With the Irish potato poultice I was much improved in three weeks. I kept the poultice on my eyes practically all night. (I also washed my eyes out with the solution of salt and soda according to your directions in Case 243-11). About twice a year I use the potato poultice as a precaution. My eyes are now much better in every way."

2/15/50 Report by Miss [4012]: "I used grated old Irish potatoes [as in Case 1963-1] over my eyes several times daily and at night - it kept the condition cleared up enough that I could continue work all summer. I have since taken allergy tests which showed up positive and am now taking injections. However, the potatoes gave me the only relief in five years, but couldn't clear up the allergy - I hope the injections are the answer. I can understand how potatoes could permanently clear up some forms of conjunctivitis - but since my particular kind was an allergy - it had to be removed - but I thank God for the potatoes until I found the cause."

9/12/50 Report from Dr. Weiss [Naturopath]: "The Irish potato packs on one of my conjunctivitis cases as a home treatment worked out quite successfully."

3/21/51 Report by Mrs. Phillips: "The potato poultice seemed to help at times, but not consistently, and very little the past year. I neglected answering the questionnaire sent me so am most humble in asking for this new information [on allergies]. May I now add that the eye condition was due to allergy, becoming worse in the last two years. However, the potato did ease and clear this in the earlier stages."

11/18/73 Letter. to ARE. from Sponsoring Member:  
ARE. 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

## ALLERGIES: GENERAL CIRCULATING FILE

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, [signed] Mrs. Leonora Saikami 1120 Sprucewood Drive Mt. Prospect, Illinois 60056

1/3/74 GDT's ltr. to Bob Clapp and Bill McGarey:

I find no instance in which Castor Oil was recommended in the rdgs. as a massage or a pack for eye conditions. However, since this is a report on BLEPHARITIS also, and allergies, I am adding it to the BLEPHARITIS file - EYES: BLEPHARITIS - under Case 1963-1, and adding index subjects to cover blepharospasm, facial tic, etc., as well as allergies (using See Cards for the last two, referring to Blepharitis and Blepharospasm). Okay? I was especially glad to get this report because my brother Burt is suffering so with blepharospasm (painfully), and he has already started using it (the Castor Oil) locally, even though he has already been using the Packs over his liver.

### Allergies

Dan Ginder, an A.R.E. member, writes, "Using castor oil to help control allergies was most helpful. By putting a few drops in my coffee on awakening, my hay fever didn't seem as irritating as normal. But I forgot to do it until after the season started (about late August through September). Next year, I'll try taking the castor oil a month beforehand - and perhaps I can avoid hay fever altogether."

Using five drops of castor oil in the morning as an aid to allergies was brought to our attention by Valentine Birds, one of our cooperating doctors, who had obtained the information from one of his medical friends from India.

[Note: The preceding case report was written by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, July, 1978, Volume 13, No. 4, page 174, Copyright © 1978 by the Edgar Cayce Foundation, Virginia Beach, VA.]

**Castor Oil Stories: Allergic to Animals**

One of our correspondents, Barbara Deal of Dundas, Ontario, Canada, has been struggling with an allergy problem in her oldest son, who has also had asthmatic bronchitis. She writes:

*"I might tell you of the amazing success I have had in treating this allergic child with castor oil. He has been allergic to animals, and if he comes in contact with dogs, cats, etc., his eyes will swell and itch. If left untreated, this reaction worsens until it is a full-fledged asthmatic attack. However, I now immediately wash hands and face, apply castor oil directly onto the eyelids and surrounding areas, and within half an hour, there is no sign of a reaction.*

*Needless to say, not one of the doctors, nurses or lay people to whom I have suggested this treatment has taken me seriously."*

Barbara's story reminds me of the Biblical injunction that the wisdom of God is foolishness to man. And castor oil seems so foolish! Perhaps it was one of God's children who named the plant the "Palma Christi" back in the Middle Ages.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, September, 1980, Volume 15, No. 5, page 244, Copyright © 1980 by the Edgar Cayce Foundation, Virginia Beach, VA.]