

**Circulating File**

**ECZEMA**

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

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## **Introduction to the Cayce Readings on Health and Healing**

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

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

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

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

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

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

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

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

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habits usually block this healing potential -- the habits of action and, even more potent, the habits of mind.

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

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. But keep in mind this thought: what those chemicals can do is temporarily -- and somewhat artificially -- give your body an experience of greater oneness. Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (i.e., engaging one's desires, purposes, and will) -- something that pills all too easily allow us to skip.

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

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

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

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

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requires persistence and works best in conjunction with other healing methods.

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

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed? The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

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

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

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible.

Mark Thurston, Ph.D.  
Education Department

**A Case of Eczema**  
*Healing Psoriasis, The Natural Alternative (Chapter 16)*  
Dr. John Pagano, Englewood Cliffs, NJ

The disease that comes closest in simulating psoriasis is eczema. Both produce scales, have reddened, inflamed areas, "ooze" at times, and can produce an uncontrollable itch that is a living hell for the patient.

From the orthodox medical viewpoint, they are considered two separate diseases. From a medical therapy point of view, this is probably best because the treatments differ. From the Edgar Cayce readings, however, we learn the exact opposite. There most certainly is a correlation between the two diseases, not only in cause, but also in treatment. During my years of working with psoriasis, a few cases of eczema came into the office. Admittedly, this hardly constitutes a basis for a valid research report, but when three out of four clear up completely by basically following the same regimen I give for psoriasis, something here demands our attention.

**The First Case:**

In December 1979, Mr. R.P. came to me complaining of a severe case of eczema. Having suffered with it for years, he desperately sought a remedy. He had heard of my work with psoriasis through the A.R.E. and wondered if I could offer any help. I made it quite clear at our first meeting that I had never encountered a case of eczema and had no experience with it. However, his desperate plea touched me and I agreed to send for the Cayce file on eczema with the understanding that I would not take the case if the therapy did not fall within my scope of practice. With this understanding, we proceeded.

Amazingly, a careful perusal of the eczema discourses revealed such a startling parallel to psoriasis that I was almost convinced they had sent the wrong file! Not so; it *was* the eczema file. For two weeks I studied and extracted every possible measure that could benefit Mr. P.

The cause of eczema was listed as the same thinning of the intestinal walls, a super-toxic body accompanied by poor elimination. The adherence to a high alkaline diet was essential with proper elimination as the key factor in treatment. Only one external measure, the application of Ray's Ointment or Liquid or Lenoir's Eczema Remedy, was suggested often for eczema and only occasionally for psoriasis. Since they are not prescription items, the patient obtained them on his own. The same Slippery Elm Powder, Saffron and Mullein Tea were the primary herbs suggested for intestinal cleansing. The adjustments of the spine were slightly different: the emphasis was placed on the 3rd and 4th dorsal area, throughout the lumbar, but did also have special reference to the 6th dorsal. The similarity in cause and treatment of eczema and psoriasis was all too apparent in the Cayce material.

After placing Mr. P. on the same basic regimen as for psoriasis, the patient agreed to follow each measure as faithfully as possible. He came to my office for a few visits, but then was unable to return for three months. When he did return, the results were more than encouraging. For the first time in years he was enthusiastic, vital, vibrant, and his skin had improved considerably.

Within another month, all discomfort had subsided. Within six months he was satisfied with the condition of his skin and in all other areas of his life as well. His job endeavors improved slowly but steadily, his skin remained clear, his attitude was extremely positive, and the sense of desperation and anxiety had given way to one of calmness. He was a relaxed man, in charge of his life again.

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On October 29, 1980, I gave a talk on psoriasis in the Dag Hammarskold Library Auditorium at the United Nations in New York. As I prepared to go on stage, Mr. P. came up to inform me that he was in the audience, and if I cared to mention his particular case, he would confirm it. An opportunity toward the end of the talk opened up and his case was presented. After I introduced him, he surprised everybody, including me, by exposing his arms and legs now totally clear of eczema, confirming his success by following the regimen.

I had no way of knowing whether or not this treatment would work in all cases of eczema; but, in his case, thanks to his self-discipline, it worked indeed.

In the two years following the case of Mr. P., I only had two other cases of eczema. One was an adorable little girl whose mother followed all instructions conscientiously to another successful outcome. Another was an adult women suffering from a very severe case of eczema since infancy. I do not consider her response successful, although she improved somewhat after three to four months. She discontinued further treatment in favor of other methods. Perhaps more time was needed to cleanse her body internally. One thing however, stands out in her case history – she had had a lifetime of poor elimination.

### **A Case Via Telephone**

It wasn't until January 1983 that I encountered the next case of eczema. One weekend Alice G., a dear friend of mine from upstate New York, related to me the sad plight of her life-long friend, Mrs. M.K., who was ninety-two years old. Mrs. M.K. had been a very active person until 1981 when she developed a very harsh case of eczema. The itch throughout her arms was unbearable. Although she had been under the care of two dermatologists during this time, nothing brought her relief and the condition worsened.

Alice asked me if there was anything I could do for her. I answered it was possible, providing she followed all instructions. Alice insisted that I call her and discuss the matter as she was in a desperate state. The voice on the phone was that of a marvelous human being with a deep-rooted, loving philosophy of life that had sustained her positively through the years. Her gratitude for my time was apparent from the beginning of the conversation. She explained that she had been diagnosed by both her dermatologists as having eczema. Even at the age of ninety-two, she would not accept this as her fate or destiny. She knew there was an answer somewhere.

Since the case of Mr. R.P proved so successful, I was able to convey to her the details of his success as well as my experience with psoriasis. A leading researcher, considered to be an authority on psoriasis, has said: "It is not much good treating someone for psoriasis if what they have is really eczema." This probably holds true from the viewpoint of orthodox treatment, but from the Cayce outlook, I must answer this fine physician with the fact that I have found the opposite to be true.

As I dictated the regimen to Mrs. M.K. over the phone, she took detailed notes, and not once, but three or four times, repeated how grateful she was and that she would follow it to the letter. When I explained the importance of proper elimination, in that there should be no constipation at all, she sighed with relief. She explained, "I told the doctors that I was often constipated, but they would virtually ignore me and made it sound unimportant and unrelated to my problem." I suggested that she take the necessary steps to relieve her constipation problem, post haste.

In addition, and equally important, I took her off whole milk and placed her on goat's milk. The powdered form is found, or can be ordered, in most health food stores. This determined,

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enthusiastic woman followed every suggestion to the best of her ability. She sent out for the proper vegetables, juices, herb teas, etc. Within the first month, the condition worsened as often happens even in psoriasis cases. Then slowly, a change began to occur. A gradual, steady improvement manifested as the change of diet helped regulate the bowel movements, and elimination was no longer a problem.

The few times her visiting nurse administered a home enema made a decided difference. I advised a regulated diet, especially one which avoids foods with a high-fat content and which excluded nightshades or sweets. Goat's milk became a regular part of her diet. The regimen paid off handsomely, but her desire to rid her own body of this irritating disease was the overriding factor.

The next time I heard from Mrs. K. was in the spring of 1983 while I was visiting Alice, five months after our initial telephone conversation. Mrs. K. insisted that I visit her. This I did, and I am happy to relate that a joyful, dignified, elegant lady greeted me at the door. There wasn't a mark or lesion on her. She now enjoyed freedom from that unbearable itch, pain and stiffness.

She had invited me to visit her not only to see first hand the results obtained but also to thank me personally for putting her on the right track. In appreciation, she gave me one of her prized possessions, a 1936 edition of *Gone With the Wind*, signed by the author, Margaret Mitchell, who had been a personal friend of the family. She endorsed it over to me on the first page with "To Dr. John Pagano, with deep gratitude for curing me of eczema – June 4, 1983."

Her story is an inspiration to me and all who know her. A woman of ninety-two, instead of "throwing in the towel," made up her mind to do whatever was required. After receiving instructions, by only a phone call or two, she was determined to follow through, and she succeeded. For those younger patients with eczema who feel the procedure is too much trouble, I have only pity. The road ahead can be long, tedious, expensive, and a great deal of pain and effort by not considering this alternative.

I visited Mrs. K. again in August 1983 on her invitation to choose all the books I wanted from her library. Before departing her gracious company, I asked the one proverbial question, "Mrs. K., what do you believe was the key to getting well?" She thought a moment and, with a twinkle in her eye, looked up at me and said, "Well, doctor, eloquently speaking, when I stopped being constipated!"

In 1987, I gave a lecture in northern New Jersey to an audience in which a medical doctor was present. She was quite moved by the evidence I presented as well as meeting some patients themselves. It wasn't long before she referred a severe case of eczema to me. The patient, Mr. R.U., in his late twenties suffered with eczema from across his shoulders up into his entire head. He looked as though he had dipped his head and shoulders into a bucket of light red paint. No other parts of his body were affected. All measures used for psoriasis were employed – but he noticed the biggest change when he eliminated tomatoes and vinegar from his diet. He was totally free of the problem in less than four months. The itch, which was absolutely intolerable, was the first symptom to go. Today (1990) he remains free of the problem.

Another case, that of Mrs. G.M., followed the diet and all other measures and was quite pleased at the progress being made except for the fact that the eczema flared up every night while in bed for no apparent reason. One night she visited a friend and stayed over night. She did not experience any adverse reaction when sleeping in the guest's bedroom. When she returned home and slept in her own bed there was again a flare-up. Upon careful questioning, we determined what the culprit was. At her friend's home she slept in a bed with linen sheets. Her own bed always had silk sheets, which did not allow her skin to "breathe" as easily as did me cotton fabric. When she changed over to linen or cotton sheets and pillow cases, results were immediately apparent.

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The case of Mrs. G.M. led to our advising cotton fabric on not only bed sheets, but pajamas and undergarments, especially panty hose. Even bathing suits are best when made of cotton (or a large percentage of it) rather than nylon, silk or rubberized. In other words, the eczema or psoriatic will do well to avoid any synthetic fabric clinging to the skin. The more the skin can breathe, the better the results.

The reader should have a clear appreciation of the similarities in cause and regimen of treatment for psoriasis and eczema. There are, however, a few specific differences in treating eczema as compared to psoriasis. The regimen is basically the same except for the external application of Ray's Ointment for Eczema vs. Cuticura or Hydrophilic Ointment for Psoriasis. Internally, as an intestinal cleanser, any good natural laxative will do; such as, stewed fruits, syrup of figs, Senokot, Psyllium Husks, etc. The only stipulation here is to try to alternate using a laxative with a fruit base at one time with one having a vegetable base at another time. It is best not to use the same type of laxative all the time.

Other differences are minor; but, for the reader's interest, I have listed below a comparative view of both conditions followed by some appropriate dietary measures.

### Correlation between Psoriasis & Eczema

<u>Psoriasis</u>	<u>Eczema</u>
(Gk., <u>psora</u> the itch)	(Gk. <u>ek</u> + <u>zeo</u> , boil)
1. Basically a toxemia	1. Basically a toxemia
2. Cause: Poor elimination Thinning of intestinal walls	2. Cause: Poor elimination Thinning of intestinal walls
3. Blood: Excess acidity	3. Blood: Excess acidity
4. Cathartics (Laxatives):	4. Cathartics (Laxatives):
a. Innerclean	a. Innerclean
b. Senokot	b. Senokot
c. Olive Oil	c. Olive Oil
d. Psyllium Husks	d. Psyllium Husks
e. Milk of Magnesia	e. Milk of Magnesia
f. Fletcher's Castoria	f. Fletcher's Castoria
5. External applications:	5. External applications:
a. Cuticura Ointment	a. Ray's Ointment
b. Castor Oil	b. Lenoir's Eczema Remedy
c. Hydrophilic Ointment	c. Olive Oil/Peanut Oil
d. Olive Oil/Peanut Oil	
6. Spinal Adjustments:	6. Spinal Adjustments:
(in order of importance)	(in order of importance)
a. 6th, 7th & 9th Dorsal	a. 3rd, 4th, 6th & 9th Dorsal
b. 3rd Cervical	b. 3rd Cervical
c. Throughout the Lumbar, especially the 4 <sup>th</sup>	c. Throughout the Lumbar, especially the 4 <sup>th</sup>
7. Sources of irritation:	7. Sources of irritation:
a. Duodenum	a. Stomach
b. Jejunum	b. Duodenum/Jejunum
c. Upper intestinal tract	c. Upper intestinal tract

8. Recommended:

High colonic irrigations followed  
by Glyco-Thymoline (diluted)  
as a final rinse  
Home enemas

9. Diet should be highly alkaline

10. Fish, Fowl & Lamb  
(never fried) is permitted

11. No alcohol\*\*\*

(Red wine as a food is ok)

12. Skim or low fat milk and/or  
buttermilk is permitted

13. Drink six to eight glasses of pure  
water daily

14. Sunshine usually helps but not  
always

15. Undergarments and bed linens should be made of cotton or should have a high cotton  
content.

16. If on hands, wear protective gloves when washing dishes or working with solvents

8. Recommended:

High colonic irrigations followed  
by Glyco-Thymoline (diluted)  
as a final rinse  
Home enemas

9. Diet should be highly alkaline

10. Fowl & Lamb, Occasionally Fish  
(never fried), well masticated, is  
permitted

11. No alcohol\*\*\*

(Red wine as a food is ok)

12. Goat's Milk or  
Soy Milk is preferred.

13. Drink six to eight glasses of pure  
water daily

14. Sunshine is usually harmful

\*\*\* Red wine is not permitted if any type of adverse reaction occurs, such as itching, or if  
the patient also has gout or is on medication.

Note: Products such as, Innerclean, Ray's Ointment, Olive Oil/Peanut Oil mixture and  
Glyco-Thymoline can be obtained through the Cayce Suppliers.

### **Factors In Common: Psoriasis/Eczema**

1. Eat plenty of green leafy vegetables, especially watercress, celery and lettuce.
2. Saffron Tea and Mullein Tea called for in both. Plenty of water. No carbonated drinks.
3. The perspiratory glands become more active in both cases when there is a lack of  
coordination in the eliminating system, therefore, synthetic undergarments, especially  
those that cling to the skin, are to be avoided. Preferred are undergarments, as well as bed  
linens, made of cotton or those that have a high percentage of cotton in their composition.
4. Maintain a cheerful disposition. Smile – even if it takes the hide off – for to worry or  
become cross and antagonistic creates poisons, just as much as, or even more so, than the  
wrong foods.
5. Slippery Elm Bark Powder in water every other morning is a good general rule for  
both.
6. Independent research has proven that two to four tablespoons of lecithin (granular)  
each day is extremely helpful in both psoriasis and eczema.
7. No nightshades in either case, especially tomatoes, and hot spices, no vinegar, no  
shellfish. Animal fats should be cut down considerably. Fish, fowl and lamb are  
permitted-but never fried. The dietary measures for eczema in general are the same as  
those suggested for psoriasis. *It cannot be overemphasized that diet and internal  
cleansing are the key factors in alleviating eczema as well as psoriasis.*

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I have no answer as to why one person gets eczema while another gets psoriasis if the cause is the same. That can only be determined by detailed scientific investigation, if at all. Perhaps they are different forms of the same disease, but someone in authority placed labels on them and, as a result, they are viewed as different diseases. Such a precept can put one off the track from the start.

One factor of considerable importance which characterizes the study of the Cayce material is that several different diseases are basically treated the same way with satisfactory results reported in many cases. This seems to be especially true in the classification of degenerative diseases such as psoriasis, arthritis, scleroderma, and other systemic problems. It is as though the body is telling us, "Set me right, feed me correctly, expect me to get well and I'll heal myself."

It has been my experience to treat a number of these *seemingly* different health problems. The basic principles of the psoriasis regimen were followed and a successful outcome was often the result. In the next chapter, a few such cases are presented along with some interesting stories on psoriasis.

### Diet For Eczema

1. No fried foods. This includes potato chips, Fritos, and the like.
2. No carbonated drinks. This includes diet drinks, beer and ale.
3. No candy, sugar, pastry, pie, ice cream. Honey may be used occasionally on buckwheat pancakes.
4. No potatoes, white bread. Limit starches and protein to 20% of diet.
5. No pork, beef, or ham. For meats use lamb, fish, and fowl prepared by baking, broiling, or stewing.
6. Vegetables should be a substantial part of diet. Carrots, okra, squash, and the like are especially recommended. Also fresh green salads. Avoid peas, dried and baked beans, however.
7. Avoid raw apples and bananas.
8. Mullein tea: Every evening at bedtime drink a cup or more of mullein tea. This may be obtained at a health food store. Prepare by placing about one-half teaspoon in a cup and pour boiling water over it. Allow to steep for 30 minutes, strain, and drink.
9. Avoid heavy seasoning in foods.
10. Milk, eggs (yolks only).
11. It is suggested that you do not combine citrus fruits and cereal at the same meal.

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### **Suggested Basic Dietary Guide for Psoriasis, Psoriatic Arthritis & Eczema**

Any food item that is allowed should be avoided if it causes an allergic reaction.

Approval by your personal physician is essential before embarking on any dietary program.

80% of the Daily Food Intake should be selected from the following:

WATER - 6 to 8 glasses of pure water daily

FRUIT: (Fresh preferred, Frozen is permitted, Packed in water in glass jars, on occasion)

Allowed: Apples (cooked), Apricots, Most Berries, Cherries, Dates, Figs (unsulphured), Grapes, Grapefruit, Lemons, Limes, Mango, Nectarines, Oranges, Papaya, Peaches, Pears, Pineapple, Prunes (small), etc.

Note: Raw Apples, Bananas & Melons are permitted provided they are eaten alone and sparingly

Permitted in lesser quantities are: Avocado, Cranberries, Currants, Large Prunes & Plums

VEGETABLES: ( Daily intake should be 3 that grow above the ground to 1 that grows below the ground)

Fresh preferred, Frozen is permitted. Packed in glass jars on occasion.

Allowed: Asparagus, Beets, Broccoli, Brussel Sprouts, Carrots\*, Celery\*, Cucumbers, Garlic\*, Lettuce\* (Romaine in particular), Onions\*, Parsnips, Scallions, Soy Beans, Spinach\*, Sprouts\*, String Beans, Squash, Sweet Potatoes, Watercress\*

Note: Those marked with (\*) are particularly important

Permitted in lesser quantities are: White corn, Dried Beans, Peas, Lentils & Rhubarb

20% of the Daily Food Intake should be selected from the following:

GRAINS: All grains should be whole grain, natural products such as: Breads, Bagels, Muffins, Cereals with very little, if any, preservatives or artificial sweeteners. (No White Flour Products)

MEATS: Chicken & Turkey (skinless, white meat only) Fish (Not shellfish) - Cold, salt water, white. flesh varieties preferred. Fresh or Frozen. Lamb - Trimmed of all fat before cooking, well done, about twice a week

Note: The above listed meats are never to be fried. No more than 4 to 6 oz. is permitted at a serving - once a day.

DAIRY: Only Lowfat/Low Sodium products are permitted:

Skim or Lowfat Milk, Cheese, Buttermilk, Yogurt, etc. (No Ice Cream, Cream Toppings or Whole Milk Products)

Note: In cases of Eczema: Goat's Milk & Soy Milk is suggested.

Butter (Regular) is permitted but only occasionally and in very sparing amounts. Eggs are permitted (yolks preferably), 2 to 4 per week, prepared anyway but fried.

All products high in saturated fat are to be avoided.

Do not have Citrus Fruits or Citrus Juices with Dairy products or Cereals at the same meal.

It is important to adhere to the 80/20% food selection in order to maintain a proper Acid/Base Balance but avoid any food item that causes allergic reaction.

ECZEMA CIRCULATING FILE

**AVOID      AVOID      AVOID**

1. All Red Meats (except Lamb): Beef, Pork, Veal, Sweetbreads, etc.; Processed meats: Sausage, Salami, Bologna, etc.

2. The NIGHTSHADES: Tomatoes (and Tomato sauces), Tobacco (smoking), Eggplant, Peppers, White Potatoes, Paprika - Gravies

3. Shellfish: Lobster, Shrimp, Clams, Crabs, and sauces made with shellfish - Wine or. Grain Vinegar - Hot Spices – Chocolate

4. All Fried Foods - Pizza - Alcohol (& Beer) - Soda (Diet & Regular) - Sweets and Pastries - Sugary Cereals

**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.**

### **A Personal Testimonial:**

March 20, 2001

We (Beverly and Bill) met you Saturday in the A.R.E. library. We wanted to say thank you very much for providing the information we needed for our grandson, Alex who has chronic childhood eczema, asthma and allergies.

Great blessings continue . . . yesterday, Bill called Dr. John Pagano's (the author of the "Healing Psoriasis" book) office to ask if there was an e-mail address we could use for additional information/guidance. The doctor answered the phone and, after hearing our story, he said he wanted to see Alex. We are taking him to New Jersey next Thursday, April 29! My daughter and son-in-law are as excited and optimistic as we are about the new approach to Alex's health. Meanwhile, we have read most of the book and have changed his diet and started the cleansing process. We will send you updates on his progress.

Again, thank you and A.R.E. for your help. Peace joy and love, Beverly Kipe

June 3, 2001

This letter is way overdue! And I apologize for not writing sooner. The visit went great and the story is wonderful. Dr. Pagano gave us a lot of guidance and insight, as we knew he would. We started Alex on the special diet right away and within a few weeks he was clear ... but the really amazing thing is the asthma disappeared even faster!

He has had a few breakouts since then, but nothing as bad as he was. I believe as he healed, it became easy to let the diet slide once in a while because his caregivers were not always eating the same things. However, Dr. Pagano told us it would take several months to completely heal. There is not a doubt in anyone's mind that the information you provided us was exactly what was needed! It is a true testimony to the Cayce readings and the good doctor's work!

Dr. Pagano is working on a children's eczema book and he took several pictures of Alex while we were there. Once Alex is completely healed, he wants him to come back to New Jersey so he can take more pictures for his new book! The breakouts now are very minor compared to what was happening before we had the information, but we are all looking forward to the complete healing which is obviously on the way.

When we took Alex to see Dr. Pagano, my son-in-law hooked an inverter up in his car so we could use the nebulizing machine (the machine used for the asthma breathing treatments) while in route. Alex was having an asthma attack about ever hour or two. Even at night he would wake up three or four times -- at least -- needing a breathing treatment. I asked Dr. Pagano about the asthma, because, although the eczema looked terrible, I knew the asthma was far more critical at this point. Often we would have to give him double treatments before he could again breath normally. Dr. Pagano told us that although he never really studied the asthma, it was his experience that it just goes away, and he was right.

Since about a week after starting the diet, the very few times Alex has had a breathing problem a quick shot of a fast acting inhaler knocked it right out. And the breathing problems seem to only happen when he is around someone smoking. Again, I believe if we could get the adults to straighten out he will be fine also! The best news for his parents is he is sleeping all night!

Peace joy love and all things good and beautiful, Beverly ... along with Bill, Alex and family

ECZEMA CIRCULATING FILE



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## ECZEMA CIRCULATING FILE

October 9, 2001

Dear A.R.E Library;

I wanted to give you a quick update on my grandson, Alex Albright. By the time my partner, Bill and I visited the A.R.E. for the first time last April we had heard and read so many wonderful things about this organization. Although our reasons for the visit were many, one of our major concerns was for Alex.

Alex had developed a severe case of eczema when he was just a few months old. Soon after his first birthday, in December 1999, the asthma started and he was hospitalized twice. By the time we came to A.R.E., Alex was a little over two years old and he had been seen by over twenty doctors including some of the Nation's most renowned children's dermatology, asthma and allergy specialists at John Hopkins in Baltimore, MD. Nothing worked.

At A.R.E. we were introduced to an amazing book titled, *Healing Psoriasis: the Natural Alternative* by Dr. John O. A. Pagano. Dr. Pagano spent many decades carefully researching, practicing and incorporating Edgar Cayce's readings into his private practice and now he incorporated those teachings into this book.

After reading the book, we called Dr. Pagano's office in New Jersey and he agreed to see Alex. At the time of our visit, Alex had a rash over much of his body and was being treated every hour or two for his asthma. Within a few weeks of beginning the dietary and elimination methods described in Dr. Pagano's book, we saw a world of difference! His skin was clear, he was sleeping all night, and his asthma attacks all but stopped!

But it has not been easy for my daughter and family to adhere to the strict diet that is prescribed, and so Alex still has outbreaks at times and, depending on the weather, the asthma can also act up. But now it is more controllable and the improvements are remarkable! Dr. Pagano told us that this would not be a quick fix and it would take some time for Alex's body to completely heal. However, the results we saw happened very quickly and I feel sure that Alex is on the way to a complete recovery!

And for this, A.R.E., as well as all the other wonderful things you do, thank you, from the bottom of our hearts.

Peace, Joy and Love, Beverly Kipe

### **Another Personal Testimonial:**

12/29/80 Letter from Rena L. Thompson:

"I have been helped greatly by a remedy of Dr. Cayce's that I found in Edgar Cayce: *The Sleeping Prophet* by Jess Stearn. I had terrible reddish brown spots on my neck & parts of my back. I assumed they were Eczema or something like that. The book said Dr. Cayce suggested rubbing the spots first with Resinol and then Cuticura Ointment. I did & the spots cleared up practically immediately. They seldom come back and when they do the Resinol & Cuticura Ointment take care of them right away."

ECZEMA CIRCULATING FILE

**INDEX OF READING 1005-6 M 21**

DERMATITIS: TOXEMIA

Diet: Menu: Eliminations: Poor Par. 5--8

ECZEMA

ELIMINATIONS: POOR

Habits: Smoking Par. 11-A

Intestines: Colonics: Eliminations: Poor Par. 4

Names: Organizations Mentioned: Parke Davis Par. 14-A  
: Powers & Whitman Par. 14-A

Physiotherapy: Applications:  
Powder, Balsam & Chalk: Pruritus Par. 12-A--15-A

Prescriptions: Cream of Tartar: Eliminations: Poor Par. 3, 10-A  
: Epsom Salts: Par. 3, 10-A  
: Occy-Crystine: Par. 2, 10-A  
: Sulphur: Par. 3, 10-A

**BACKGROUND OF READING 1005-6 M 21**

B1. See previous Physical Readings.

**TEXT OF READING 1005-6 M 21**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 24th day of March, 1930, in accordance with request made by self - [1005].

**P R E S E N T**

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Dr. Lydic, [1005], and L. B. Cayce.

**R E A D I N G**

Time of Reading 3: 30 P. M. Eastern Standard Time. Va.  
(Physical Suggestions)

1. EC: Yes, we have the body here - this we have had before. Many changes physical are seen in the physical forces of the body from that as we have had here before. In the change that causes discomfort to the body at present, is a form of poor eliminations, and this may be aided in correction through the application of those conditions internally and externally.
2. We would, then, for the corrective measures, use as this: Take Occy-Crystine with sufficient quantity of water that the alimentary canal may be entirely cleansed. Take as in THIS manner, beginning the first day with one teaspoonful in three glasses of water, or in one glass drinking two glasses of water afterward. The next day two teaspoonsful in four glasses of water, or with four glasses of water. The next day take teaspoonful and a half and use five glasses of water - drink ALL of it - for this will tend to dilate the stomach, especially in the lower end, where the tendency is to form accumulations that, unless corrected, must bring indigestion of the nature that would prove very detrimental to the body.
3. Of mornings, before the meal is taken, take twenty grains Sulphur, Cream of Tartar, Epsom Salts - twenty grains of each.
4. We would also have those eliminations as will come from the draining or the cleansing of the colon. These we would have at least once each week for three treatments, and we will find the conditions will be better set up in the body.
5. In the diets, these are very good - but we would change somewhat in and to THIS manner: These, however, may be ALTERNATED to meet the desires of the body physical.
6. Morning meals should be principally those of dry toast with fruit juices, or cream of wheat or rolled oats, with Ovaltine - not coffee, NOT milk.
7. In the noon meal - these should be principally of well cooked vegetables, and may be had with whole wheat bread but not white bread, or with the oaten bread. These also may have MILK - at this meal. These may be changed according to the needs of the body in the character of the vegetables.
8. In the evening, small QUANTITIES of meat may be taken - but none other than that of mutton, or of beef that is well done, and must be MASTICATED well before taken into the system. No coffee, and most of all none of those of soft drinks. Ice cream may be rarely taken, but not too much.

## ECZEMA CIRCULATING FILE

9. DO that, and we will find the conditions clearing the skin better, and the MASSAGE should be those that STIMULATE the whole of the cerebrospinal system, that the COORDINATION may be made between the eliminations as go THROUGH the alimentary canal, the respiratory system, and the kidneys. Do that. Ready for questions.

10. (Q) How long should the sulphur and cream of tartar and salts be kept up?

(A) Until there is seen a difference in the complexion, especially that heaviness under eyes. Now, there is seen that there is the same combinations active in the Occy-Crystine as in that of the sulphur, cream of tartar and salts. The active principles are MUCH the same, only one is in an acid PRODUCING condition that forms for the system an ALKALIN reaction. Hence should be taken at different times in the day. This, as seen, will make KIDNEYS OVER active, but this should not worry the body, if the system is being drained.

11. (Q) Is smoking injurious?

(A) In moderation not injurious, but there should be moderation. After noon meal may be taken; after evening meal it may be taken - but NOT of morning, and NEVER at night! late at night.

12. (Q) Any local application for the itching?

(A) There may be added for that where the irritation becomes severe, those of Magnesia, Chalk and Tolu. This would be rubbed on. The tolu is, of course, that as is powdered.

13. (Q) To be put on as a powder or an ointment?

(A) As powder.

14. (Q) Should this be prepared in equal parts?

(A) It's compounded, you see, here. Powers & Whitman; also Parke Davis; also those of many of the others make such a preparation. Chalk and Balsam, see? Like they use for babies!

15. (Q) Any further advice for this body?

(A) Do as has been given. We will bring the corrections for this body, [1005]. We are through with this reading.

### **REPORTS OF READING 1005-6 M 21**

R1. 10/20/30 He obtained a Ck. Physical in re his appendicitis.

ECZEMA CIRCULATING FILE

**INDEX OF READING 1005-14 M 27**

ACIDITY

ECZEMA

Intestines: Colonic: Glyco-Thymoline	Par. 3, 4
: Salt & Soda	Par. 4
: Colonic, High: Acidity	Par. 3, 4
Osteopathy: Eczema	Par. 5
Prophecy: Prognosis: Eczema	Par. 9-A
Toxemia: Acidity	Par. 2

ECZEMA CIRCULATING FILE

**BACKGROUND OF READING 1005-14 M 27**

B1. See previous Physical Readings.

**TEXT OF READING 1005-14 M 27**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 20th day of August, 1936, in accordance with request made by the self - Mr. [1005], 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. L. B. Cayce.

**R E A D I N G**

Time of Reading 11: 40 to 11: 45 A. M. Eastern Standard Time. Va.  
(Physical Suggestion)

1. EC: Yes, we have the body here.
2. As we find the general physical conditions are very good. There are still those inclinations for the poisons from the system, or in the caecum and the colon, to produce in the system an excess of acidity - as indicated in the superficial circulation.
3. If there is a guarding against excess acid-producing foods, if there is the keeping of the eliminations by preferably the use of colon irrigations or high irrigations followed with an alkalin antiseptic, we find that these poisons may be gradually rided from the system. Glyco-Thymoline preferably as the antiseptic.
4. Keep the water as used for the colonics only at the temperature of the body. Use in each gallon a heaping teaspoonful of salt and a level teaspoonful of soda. This is opposite, yes, but salines are needed for this for the reaction.
5. The occasional manipulations to stimulate drainages through the liver and gall duct would also be helpful.
6. Ready for questions.
7. (Q) Should any medicinal properties be taken?  
(A) None as we find save those as indicated internally through the irrigations.
8. (Q) Is there any local application that can be used on the hands for the breaking out?  
(A) Only would tend to irritate the greater. Remove the cause, which comes from internal. These as we find would be the better.
9. (Q) Any other advice for this body at this time?  
(A) Because the body is a little better when these are used, do not stop. If these would be continued for a period of three to four weeks to eliminate the INCLINATIONS, these would be much more effective in eliminating same from the system. This tendency for these conditions to arise owing to the weaknesses in these directions from conditions in the beginning of these activities of the organs, this tends to make for a weakness. And if these are kept, though they may be made a little farther apart gradually (the irrigations, the manipulations, the stimulation to the gall duct and to the caecum and ileum plexus), these would be much more effective.
10. We are through for the present.

**REPORTS OF READING 1005-14 M 27**

R1. 3/5/37 See 1005-15 for high fever, congestion in sinus passages, deep cold.

## ECZEMA CIRCULATING FILE

### INDEX OF READING 1005-15 M 28

Alcohol: Beer: Eczema	Par. 7
Blood: Humor: Eczema	Par. 2
COLD: CONGESTION	
Diet: Cold	Par. 12
: Eczema	Par. 6
ECZEMA	
Lymph: Toxemia	Par. 2--5
Physiotherapy: Baths: Feet: Mustard	Par. 9, 15, 19-A
: Sitz	Par. 9, 19-A
: Massage: Benzoin Tincture: Cold	Par. 9, 15, 19-A
: Camphor:	Par. 9, 15, 19-A
: Mutton Tallow:	Par. 9, 15, 19-A
: Turpentine:	Par. 9, 15, 19-A
Prescriptions: Apple Brandy: Coughs	Par. 14
: Castoria,Fletcher's: Cold	Par. 11
: Horehound Syrup: Coughs	Par. 14
: Ipecac Syrup:	Par. 14
: Senna Syrup:	Par. 14
: Syrup,Simple:	Par. 14
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Rest: Toxemia	Par. 6, 8
Sinusitis: Toxemia	Par. 4
Streptococcus: Tendencies	Par. 5
Temperature: Fever: Cold	Par. 5, 15
TOXEMIA	

ECZEMA CIRCULATING FILE

**BACKGROUND OF READING 1005-15 M 28**

B1. See 1005-15 on 8/20/36 for eczema on hands.

B2. 3/5/37 Wife [23] phoned: "He has a high fever, congestion of sinus passages, deep cold."

**TEXT OF READING 1005-15 M 28**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 5th day of March, 1937, in accordance with request made by the self - through his wife, Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 11: 20 to 11: 35 A. M. Eastern Standard Time. Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1005], this we have had before.
2. As we find, the disturbances in the present are rather the acute conditions. But the weaknesses in those directions that have been indicated as latent in the physical forces become naturally aggravated to some extent; some producing a great hindrance to the abilities for the body to be properly rid of poisons. For with not only the overalkalizing but with the necessary elements for the producing of an overactivity of the lymph flow through portions of the system, organs become aroused and throw off these poisons. Thus the body is hindered from responding to some of the applications that should aid.
3. This then, as we find, arises from cold, congestion. The circulation has become very much involved. The tendency for the cold to produce in liver a separating of the cellular forces is an activity from that as has been given as a portion of those tendencies for the rash or humor in the blood stream to become more active.
4. This being distributed through the system has caused inflammation through the soft tissue of the face, the head.
5. Hence there is the tendency for this character of condition to become serious, or a form of strep as might be termed, with more of a temperature forming than would under ordinary conditions.
6. It will behoove the body, then, to take precautions; resting a sufficient period without being in the air too much, especially of night; and refrain from any foods or diets that tend to produce a strain upon the digestive forces as related to the activity of the liver - as in especially forms of greases or some characters of stimulant (that is, anything formed from hops).
7. In meeting the conditions then, as we would find in the present:
8. First keep the body quiet, as has been given.
9. Keep the feet bathed well with mustard water; this extending to the knees, even to the hips - even sitz baths of the mustard water would be well if not made too heavy; but rather sponge off across the small of the back, down the limbs and then bathe the bottoms of the feet with a combination of equal parts Mutton Suet, Spirits of Turpentine, Spirits of Camphor and Tincture of Benzoin. Heat these each time before the combination is applied, not to boiling but so that they may be stirred thoroughly together. Massage into the bottoms of the feet and under the knees, back of the neck, across the face, especially

## ECZEMA CIRCULATING FILE

the upper antrums and just under the eyes or around those portions of the body. We will find these will help materially. Do this two, three times a day.

10. Take internally, these:

11. First, two Zilatone tablets. Then after these have acted, begin with small doses of Fletcher's Castoria; take half a teaspoonful every hour. This will tend to make the body sweat and sleep.

12. Take only the pre-digested or liquid foods; as malted milk, beef juices, potato broth or the like. These are well to be alternated, but when taken take only as sips, not swallows or large quantities - take often.

13. For the tendency for the roughness in the throat, we would make a compound as this, for this body:

14. To 2 ounces of Compound Simple Syrup as the carrier, add:

Syrup of Horehound..... 1/2 ounce,  
Syrup of Ipecac..... 40 minims,  
Syrup of Senna..... 1/4 ounce,  
Pure Apple Brandy sufficient to make the whole amount come to.... 5 ounces.

Shake well. The dose would be half to a teaspoonful, dependent upon the time or period of day it would be taken. This to be taken only when there is that tendency for the clearing of the throat, or that feeling as of more and more temperature.

15. Keeping the feet and lower limbs bathed with the mustard water, then the rub, will keep down temperature.

16. We must keep the eliminations until we eliminate these poisons from the system.

17. In a couple of days the body should be feeling much better.

18. Ready for questions.

19. (Q) What is causing the deep pains in the head?

(A) Poor circulation through same. Hence why the feet are to be so heated.

20. (Q) Any other suggestions at this time?

(A) Do these and these are plenty to do, if they will be done!

21. We are through with this reading.

### **REPORTS OF READING 1005-15 M 28**

R1. 3/7/37 EC dreamed of [1005]'s deceased father [5618] who said, in a big hurry, "Cayce, [1005] is in a bad fix, you'd better see about him."

R2. 3/11/37 Letter from [1005]: "...I am feeling a lot better but don't just feel up to scratch yet. I haven't any energy, I don't think that my diet is right, and my hands have broken out again and are so stiff I can't use them to do much..."

R3. 3/12/37 See 1005-16, for what the doctor called LaGrippe. [la grippe - influenza]

R4. 6/1/37 See Reports at end of 1005-18.

## ECZEMA CIRCULATING FILE

### INDEX OF READING 1005-16 M 28

Acidity: Alkalinity: Toxemia	Par. 8--12, 21-A
Alcohol: Beer: Eczema	Par. 13, 19
Appliances: Radio-Active: Sleep	Par. 6, 10, 22-A
Diet: Acidity	Par. 12--16
: Beef Juice: Toxemia	Par. 7
Doctors: McDonald, C.R.: M.D.	Par. B2
ECZEMA	
Eliminations: Poor: Toxemia	Par. 8
Lymph: Acidity	Par. 21-A
Physiotherapy: Applications: Sweet Oil: Eczema	Par. 17, 23-A
Prescriptions: Eno Salts: Toxemia	Par. 11
Psychosomatics: Eczema	Par. 25-A, R1
TOXEMIA	
Venereal Diseases: Syphilis: Eczema	Par. B2

## ECZEMA CIRCULATING FILE

### **BACKGROUND OF READING 1005-16 M 28**

B1. See 1005-15 on 3/5/37.

B2. Dr. C. D. McDonald examined him for insurance; said he had LaGrippe; also the breaking out on hands might be - looked like - a syphilitic condition; however, test did not show it. Besides, having been existent for 3 or 4 years, could not be that.

### **TEXT OF READING 1005-16 M 28**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of March, 1937, in accordance with request made by the self - [1005], 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: 30 to 11: 45 A. M. Eastern Standard Time. Virginia.  
(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. While conditions from the acute reaction are greatly improved, there is so much to be reckoned with in the present for the body to gain its nominal and normal equilibrium.
3. Hence as we find we have not only specific but a general and a constitutional condition to be reckoned with.
4. So, the precautionary measures and the general conditions are not to be left off as the body begins to feel gradually improved or better, and able to function in a near normal manner; if there are to be the permanent or even semi-permanent results and help to be brought to the better forces of the body.
5. Hence general conditions and the specific conditions are to be taken into consideration.
6. First, as we will find, the better help for normal reaction for rest may be had by the use of the Radio-Active Appliance. Do not keep on longer, though, than thirty to forty minutes at one period.
7. First, then, the building forces for the body. We would begin now with the Beef Juice; not great quantities at a time but often, and this sipped - seasoned to be palatable to the body.
8. The poisons as are indicated and the inactivity of the liver and of the general activity of the eliminating and excreting systems are much disturbed, not only by the inflammation as from the acid condition throughout the system but by those portions where great quantities of alkalinity are exhibited.
9. Hence we have to the superficial circulation a great disturbance from the acid, and internally from the alkalinity - and NOT a coordination in the body.
10. The vibratory forces for the better circulation, as from the Radio-Active Appliance, will be beneficial, too, in this direction; as quiet and rest from the normal activity will be better for the body in gaining its strength also.
11. Each morning, for a period of ten to twelve days, take a teaspoonful of Eno Salts; to keep up the eliminations and the activities of the gastrointestinal system, until we produce a better coordination in the acid and the alkalines of the body.
12. We would find then that prunes (they are acid-producing, to be sure) would be well; also figs, nuts, especially quince or such fruits - these canned or preserved are very well in small quantities as a portion of the diet.

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13. To be sure, only use brown bread. Not ANY of the fluids that carry hops in same, as beer or of that nature; though Red Wine is helpful if taken as a food - NOT as a drink. So an ounce of this in the late afternoon with brown or sour bread, or the Ry-Krisp, or rye bread, of the pumpernickel or the like - and sipped with the bread, but chewing at the same time - will be helpful.

14. Meats - only lamb, fowl, and very seldom but occasionally broiled very fresh fish.

15. These as we find should be kept as consistent with the activities.

16. To be sure, other fruits or vegetables may be taken - the leafy rather than the other characters, as beans or the like; though green beans may occasionally be taken in small quantities.

17. For the exterior forces, as upon the hands and outer portions of the body, keep these bathed so they do not dry or crack, with Sweet Oil. This is a COMBINATION, to be sure, of Olive Oil and preparations that are healing, with a little, of Glycerine in same, of course. Or there may be made a combination of Glycerine, Camphor and Olive Oil; but just the Sweet Oil for the present.

18. Keep these in the regular order as conditions develop, and as the body improves do not change off from the diet except at times for more of the strengthening forces.

19. And refrain from alcohols and of beers or things that carry hops or any of its combinations; else we will have greater distresses for the body.

20. Ready for questions.

21. (Q) What is condition of liver now?

(A) As has been indicated, we have in the blood supply - as shown externally - acid; while in the liver and intestinal system we have an overalkalinity.

Hence the necessity of some food values that are overacid, yet those of the cleansing forces that arise from not minerals or vegetables but rather from fruit salts - to act upon the liver, the pancreas, the spleen and through the intestinal system, as to aid in bringing a better lymph circulation. The acidity is in the lymph, see?

22. (Q) Should the Appliance be used each day?

(A) Each day. Thirty to forty minutes. Keep this very clean, for there is the tendency for the wrist and the ankle to throw off - by the effusion or the radiation - those emanations that will coat the plates very easily.

23. (Q) How long should the Sweet Oil be used for the hands before the other combination is begun?

(A) Until there is some degree of softening and coming off. Do not pick at same, for if we do we may get infection from outside forces and then produce a different condition entirely. Hence the necessity for keeping these soft with the Sweet Oil at the present.

24. (Q) What proportion of the other combinations for the hands?

(A) We will give it! Because it will be necessary to change these from time to time.

25. (Q) Any further advice for the present?

(A) These we would keep very closely to, adhering to constructive thinking, and purposeful activities in all - and not as that of merely rote but system - and work the system!

26. We are through for the present.

ECZEMA CIRCULATING FILE

**REPORTS OF READING 1005-16 M 28**

R1. GD's note: Mr. [1005] had only been married a few months when his job petered out; his mother had to come to live with them in order to help out financially. All this worry and uncertainty, difficulty of finding a new job, etc., evidently had much to do with his physical condition responding slowly to treatment.

R2. 3/21/37 see 1005-17.

ECZEMA CIRCULATING FILE

**INDEX OF READING 1005-17 M 28**

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Work: E.C.: Quotations & Similes:	
“Good For Something”	Par. 15-A
“Smile Even Though It Takes The Hide Off...”	Par. 15-A

**BACKGROUND OF READING 1005-17 M 28**

B1. See 1005-16 on 3/12/37.

**TEXT OF READING 1005-17 M 28**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of March, 1937, in accordance with request made by the self - Mr. [1005], Member of the Ass'n for Research & Enlightenment, Inc.

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [1005], his wife [23], his mother [760], and Hugh Lynn Cayce.

**R E A D I N G**

Time of Reading 12: 00 to 12: 15 Noon - Eastern Standard Time. Va.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [1005], this we have had before.
2. As we find, conditions are slowly on the improve.
3. There needs to be most in the present a tonic which will assist in purifying the blood stream. Yet there must be kept much of that which has already been indicated in the manner of the diet, of the vibratory forces for the body, and only minor changes as we find for the bettered conditions.
4. We would for the hands keep the oil on same two, three times a day.
5. About once a day rinse the hands well in a Mullein Tea. It is preferable (as this is the season it may be had) to use the fresh Mullein. Take two ounces of the Mullein, bruise it very thoroughly and put in nearly cold water and let it come to almost a boil, but very slowly. As it comes to the boil take off. Use this for about two days, then make fresh. Put the two ounces into a quart of water.
6. This we would prepare as a tonic:
7. To 1/2 gallon of water (this may be tap water), add - but in the order named:

Wild Cherry Bark..... 2 ounces  
Sarsaparilla Root..... 1 1/2 ounces,  
Mandrake Root..... 1/2 GRAIN (not ounce),  
Yellow Dock Root..... 1 ounce,  
Burdock Root..... 1/2 ounce,  
Toothache Bark..... 1/2 ounce.

Reduce this by slow boiling to one quart. Then cut two drams Balsam of Tolu in two ounces of Pure Grain Alcohol and add to same. The dose would be a teaspoonful before each meal.

8. Do this, and keep the rest in the manner as we have indicated for the vibrations, for the diet, for the exercise, for the care.
9. Drink plenty of water at all times.
10. Keep the eliminations well in hand. Use enemas rather than cathartics. When enemas are necessary use the salts in the manners that have been indicated.
11. Ready for questions.
12. (Q) Is the present diet that I am taking properly balanced?  
(A) As has been indicated, keep the diet that has been outlined.
13. (Q) Is the Radio-Active Appliance being given correctly? or active?

## ECZEMA CIRCULATING FILE

(A) This is very good. Keep this as has been indicated. Keep the plates very clean before each attachment. The Appliance should be for fifteen minutes to twenty minutes in the ice before it is attached to the body.

14. (Q) Is it alright to take the saffron tea as I am taking at present?

(A) Won't taste quite so good with the tonic; it will become rather woody and bitter. It may be taken if it is desired, but as we find coffee is better than tea - if it is taken properly.

15. (Q) Any other advice for the body at this time?

(A) This is considerable, but do this and the physical forces will be better. Keep the mental attitude towards constructive forces ever. Be not only worth while but worth while for something. Purposeful and constructive in all its activities is what should ever be; and this naturally keeps the attitude - with creating a balance in the body - near to the proper coordinating forces.

To worry or to become cross and antagonistic creates poisons that are already in excess. Smile even though it takes the hide off, even when you are cross - this will be very much better.

16. We are through for the present, with this reading.

### **REPORTS OF READING 1005-17 M 28**

R1. 5/7/37 See 1005-18.

ECZEMA CIRCULATING FILE

**INDEX OF READING 1005-18 M 28**

ACIDITY: CURED

Alcohol: Beer: Eczema Par. 11-A

Appliances: Radio-Active: Sleep Par. 9-A, 10-A

Diet: Appetite Par. 11-A

ECZEMA: CURED

Prescriptions: Eno Salts: Eliminations Par. 8-A

**BACKGROUND OF READING 1005-18 M 28**

B1. See 1005-17 on 3/21/37.

**TEXT OF READING 1005-18 M 28**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of May, 1937, in accordance with request made by the self - Mr. [1005], 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. Mr. [1005] and his mother [760].

**R E A D I N G**

Time of Reading 12: 10 to 12: 15 Noon - Eastern Standard Time. Va.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [1005].
2. As we find, conditions are much improved from that as we have had here before.
3. There only needs to be the general precautions, as we find, as to diet, as to activities, and mostly as to the eliminations.
4. Those inclinations that have been formerly indicated, through the caecum, through the whole of the colon area, and especially as related to the acidity in the system, now we find are near to a normal reaction; only there is the unbalancing that naturally during such changes makes for more of an acute condition than there would be ordinarily.
5. For the system absorbing the effect of the vibratory forces set up by the changes induced in the circulation by the low electrical forces, and changing the vibrations, makes the tendency for the whole circulation to become more easily unbalanced; until there has been established a greater resistance, or more of a leeway as it were in the abilities of the system through the functioning of the organs that have been involved through sudden changes or certain activities in the alimentary canal.
6. But being precautionous, keeping in the open whenever possible, with regular exercise and regular eliminations, we should find the body keeping near to a normal condition.
7. Ready for questions.
8. (Q) How long should I continue taking the Eno Salts?  
(A) It's well to take it for periods and then have rest periods; and so long as there are the tendencies at periods - as early morning or late evening - for easily tiring, take same. But take it periodically; that is, take it for a week to ten days, then leave off for three or four days; even using enemas to make for better eliminations, but be sure there is a regular period for eliminations and see that these are carried out.
9. (Q) Am I taking the Appliance in the right manner, and should it be kept up?  
(A) This is very good, and it is well to keep until there is made a better vibratory force - as has been indicated - through the system, or until better resistances are builded.
10. (Q) Should I increase the length of time for the treatment?  
(A) We would keep it about the same.
11. (Q) Is the diet alright?  
(A) The diet is very good. Keep in those attunements that the appetite calls for. As the appetite calls for the various food values, if the proper attunements are kept, these are ordinarily the ones needed in the system - and are very good at such times.

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Do not overtax the system. Be mindful especially of raw or new beer - do not take these. Red Wine may be taken in the evenings, but not too much - rather taken as a food, not as a drink.

12. We are through with this Reading.

### **REPORTS OF READING 1005-18 M 28**

R1. 6/1/37 Answer to questionnaire on 1005-14 through 1005-18: "Yes, the analysis of the reading did cover the condition. Symptoms described correctly were high fever, congestion in sinus passages, inflammation of soft tissue of face, lack of coordination between superficial and deep circulations, acidosis.

"The physician's analysis was high fever, congestion of sinus passages, deep cold, acidosis (he termed this condition a breaking out on the hands, but did not call it acidosis).

"I followed the suggestions in the five readings for approximately four months. Within two hours after treatments were started the fever was reduced and the congestion started breaking up. In just a few days I was able to be out of bed, but due to the acidosis on my hands I was unable to work for two weeks.

"I am now feeling fine and the distressing conditions have entirely cleared up."

R2. 12/28/37 He obtained 419-6 for his cousin.

R3. GD's note: To my knowledge he never had a return of the eczema following the above report, although in previous years he continued to have a touch of it occasionally. Apparently the course of treatments particularly for the skin condition, in his last five physical readings, cleared his system so that the condition did not return. [He subsequently had readings for his wife, Mrs. [23], and for his children, [2015] and [4098]. He also referred others for readings.]

R4. 5/4/65 GD's note: Mr. [1005] says he's in splendid health except for asthma attacks the last few years. HLC referred him to Dr. John Robert Phillips - see under 1467-18 Reports.

R5. 3/20/72 He died of emphysema - no oxygen to brain. Wouldn't give up smoking.

ECZEMA CIRCULATING FILE

**INDEX OF READING 2332-1 F 40**

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Doctors Suggested: Dormire, Floyd: M.D.	Par. B1
: Irvin, C.W.: D.O.	Par. 16, R1
: Taylor, Waller L.: M.D.	Par. B1
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Osteopathy: Athlete's Foot	Par. 14--16
Physiotherapy: Applications: Mullein Stupes	Par. 27-A
: Oils	Par. 27-A
: Resinol	Par. 27-A
Prescriptions: Mullein Tea	Par. 17, 25, 27-A
Spine: Subluxations	Par. 7--10
Streptococcus: Athlete's Foot	Par. 9
: Eczema	Par. 9

## ECZEMA CIRCULATING FILE

### **BACKGROUND OF READING 2332-1 F 40**

B1. Breaking out and terrible swelling and rawness of feet; breaking out on neck, arms and legs. Some doctors say it is athlete's foot, some eczema; none seem to know what is causing it or what to do; been to Dr. Dormire and Dr. Taylor at Virginia Beach. It occurred last summer also; been off my feet several weeks now, unable to work.

### **TEXT OF READING 2332-1 F 40 (Waitress)**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of August, 1940, in accordance with request made by the self - Miss [2332], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [934].

### **P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [2332] and [934].

### **R E A D I N G**

Time of Reading 3: 25 to 3: 40 P. M. Eastern Standard Time. Va. Beach, Va.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here, [2332].
3. Now as we find, there are specific conditions that cause disturbances in this body. These as we find are far from that which appears to be the result, or the effect.
4. Hence the applications that have been made, in the greater part, have been for the effects rather than the causes of the disturbances. And these disturbances have produced a combination of other disorders that are to be considered, or taken into consideration, in making administrations for the beneficial conditions to the body.
5. These, then, are the conditions as we find them with this body, [2332] we are speaking of, present in this room:
6. The blood supply indicates that there are characters of poisons being left in the system, and that there is incoordination in the manner in which poisons - or the refuse forces of the body - are eliminated.
7. Hence we find the source or basis of the disturbance is a deflection from subluxation, as combined with the glandular disturbance.
8. This affectation, or subluxation, exists in the lumbar, sacral and coccyx area.
9. Thus the greater deflection to the lower limbs, though when this becomes severe there are conditions appearing in the superficial circulation to other portions which indicate that there is a form of strep that is inflammatory; and the superficial circulation indicates same by the blemishes, the pimples, and the rash that occurs in the system.
10. This as we find affects in the present the nervous system, and the circulation; though, unless corrections are made, it may become effective in the organs themselves of the body, - especially the kidneys and the organs of the sensory system - eyes, ears, the soft tissue of face, the nasal passages, - even the areas of the teeth or gums and throat may at times have those symptoms that indicate these are areas from which the glandular forces are detracting from the proper assimilation of the diets in the body.
11. These, then, as we find, are conditions to be met.

## ECZEMA CIRCULATING FILE

12. Of course, it will require a little time; yet we may eliminate the causes, and enable the body then to become - in a few weeks - near to normal.

13. We would begin first, then, with these:

14. Begin immediately with the mechanical corrections (that is, osteopathically), of the subluxation which exists in the coccyx, lumbar and sacral; coordinating the 9th dorsal and from the 2nd and 3rd dorsal to the 1st cervicals with these corrections about every other treatment.

15. It will require at least six to eight adjustments; keeping up the other suggestions as indicated for the bodily forces - as we will suggest here.

16. As we find, Irvin would be the better here - for these corrections.

17. Each day, - preferably just before retiring, - take internally about an ounce or ounce and a half of Mullein Tea. Prepare same in this manner; preferably gathering the Mullein Leaves AND the flower fresh - at this season: Cut these very fine, and put about two ounces of same (by measure, not by weight) in a quart of water. Let this steep as tea. Do not attempt to keep this longer than two days, even with keeping same on ice, for it will not keep, you see. Hence it should be made fresh every third day, you see.

18. Then the diets of the body:

19. Keep away from fried foods, potatoes, white bread, beef or the like.

20. If meats are taken, only take such as fish, fowl or lamb - and these broiled, baked, stewed or the like.

21. Have plenty of vegetables, especially squash, carrots, okra and the like.

22. Little of the beans that are dried, - as butterbeans, peas or the like, or the bulbular foods.

23. Little of fruits; not much of the mixtures of the various acids; that is, NEVER combine peaches with tomatoes at the same meal, - but either of these in moderation may be taken occasionally.

24. Do these consistently, persistently, and we will remove the causes, and much of those reflex conditions that arise from these disturbances.

25. The glandular forces, of course, are in the adrenals. Thus the Mullein Tea will relieve the pressures upon the kidneys, as well as the bladder disturbance that at times causes some anxiety.

26. Ready for questions.

27. (Q) How soon should she go to work again?

(A) This will depend upon how much the body stands upon the feet, and as to how well the reaction is from the Mullein Tea.

If the feet and limbs give a great deal of trouble, apply Mullein Stupes also to the limbs - which will reduce the disturbance. Bruise the leaves, pour boiling water over them to wilt them, and then apply to the limbs as a poultice.

On other parts of the body, when breaking out occurs, we find that Resinol is the better ointment.

Then, of course, as an emollient, an equal combination of Olive Oil and Peanut Oil would be well.

28. (Q) Is beer harmful?

(A) Very harmful for the body. For, the hops act upon the glandular forces that are disturbing to the body; especially the NEW - and so little is aged at present.

Especially the combinations of ale and beer are harmful.

## ECZEMA CIRCULATING FILE

Keep free from ANY carbonated waters, for the carbonations cause an effluvium in the blood. To be sure, Coca-Cola is helpful to the kidneys, but if taken, use the Coca-Cola syrup in plain water - and this to the body will not be very palatable.

29. We are through for the present.

### **REPORTS OF READING 2332-1 F 40**

R1. 11/11/40 Letter from Dr. C. W. Irvin to EC: "...Miss [2332] was one of the most remarkable cases I have ever treated. You remember, of course, the condition of her feet and I am frank to tell you that I was skeptical when I started treating her, but after the fourth treatment her feet were entirely well and up to a week ago, the last time I saw her, they were perfectly normal..."

## ECZEMA CIRCULATING FILE

### INDEX OF READING 2518-1 M 29

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Circulation: Lymph: Eczema	Par. 10
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### SPINE: SUBLUXATIONS

## ECZEMA CIRCULATING FILE

### **BACKGROUND OF READING 2518-1 M 29**

B1. 6/13/41 Eczema (especially on hands, for number of years; comes every summer and leaves in fall and winter). No doctor has been able to find cause or cure.

### **TEXT OF READING 2518-1 M 29**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 26th day of June, 1941, in accordance with request made by the self - Mr. [2518], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by his wife, Mrs. [2899], and Miss [1747].

#### **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: 15 A. M. Eastern Standard Time. Ohio.

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, [2518].
3. As we find, there are disturbing conditions respecting the better physical functionings through the body. We find that the effects are not the ordinary result from the causes.
4. These are the conditions, then, as we find with this body of [2518] we are speaking of:
5. **THE BLOOD SUPPLY**, with the effects created or caused in portions of the body, indicates that there are excesses of poisons attempting to be eliminated through the perspiratory system, because of the lack of coordination in the general eliminating system.
6. Thus a form of eczema is produced at times which is of a nature other than that indicated by other conditions ordinarily, which arise mostly from prenatal disturbances.
7. Here we find that there are subluxations, or deflections in activities of certain glands that are active with the glandular forces in the eliminating system. Then the unbalancing of the chemical forces in the body produces periodically (and this is the variation in the body of these disturbances) more of a pressure on the exterior portion. Usually this disappears as cold weather comes on, by the very nature of the bodily functions increasing the circulation to the extent as to carry off these poisons through the alimentary canal, and the activity of the liver, kidneys and the respiratory system.
8. On the other hand, external heat causes the superficial circulation to become overheated; and the deeper circulation being colder, there is a slowing of activity in some portions of the glandular force and the excess activity in the thyroids.
9. Also a lack of calcium is indicated in the body, by the very color or nature of the toenails and fingernails, and even the condition which exists at times in the hair on various portions of the body.
10. In the circulation, or blood supply, this humor is existent more in the second skin or lower portion of the epidermis; producing an unusual form of eruption, in a scaly matter, from the lymph circulation.
11. All of these conditions should be taken into consideration when applications are made, so that there may be not only corrective measures to remove the causes but also to remove the effects of the conditions existent.

## ECZEMA CIRCULATING FILE

12. THE NERVE SYSTEM, of course, there is an irritation to the nerve forces of the exterior portions of the body, through the superficial circulation; which also is aggravating to the mental forces. The irritation exists especially in those centers where superficial and the deeper circulations are manifested, from the impulses in certain ganglia.

13. We find that this condition really began years ago, by pressures that exist in the lumbar axis, the ileum plexus, and especially the coccyx area; also from those periods when there was a disturbance in the circulation from the 3rd and 4th dorsal area.

14. These are the centers, then, where mechanical corrective measures are to be made.

15. THE ACTIVITY OF THE ORGANS THEMSELVES, we find that the organs only become sympathetically involved, under the stresses indicated by glandular and nerve system, and the eruption or the flowing of the superficial circulation to the outer portion of the body, - as the perspiratory glands become more active by lack of coordination in the centers or areas that carry these poisons to the central system to be eliminated and not to the outer portion of the body.

16. AS WE FIND, THEN, IN MAKING APPLICATIONS THAT WOULD BE MOST BENEFICIAL:

17. First we would begin with the helpful forces for the rash or eczema, or to allay the irritations. Then we would follow those things to remove causes and to set up a better condition in the chemical forces of the body; else, through cold or congestion or some form of infection, portions of the organs might become involved and contributory to the condition, making a very serious disturbance for the body; as in lungs, kidneys or liver.

18. Then, these we would do:

19. Bathe off the affected parts each day, at least once each day, using Cuticura Soap, and then apply Ray's Prescription for eczema. The character or nature of the properties here will allay, but of course will not be curative forces. They are merely to allay the irritation.

20. Take small quantities internally each day of calcium, in the form of CALCIOS; at least for periods of five days at a time, leaving off a few days and then taking again, and so on. Take just the quantity as would be spread on a cracker, whole wheat cracker preferably.

21. Also add to the diet a great deal of raw vegetables. Have one meal each day consist principally of raw, fresh vegetables. Include such as celery, lettuce, tomatoes, carrots, - all of these chopped very fine would be the preferable, - radishes, and all such. There may be used an oil or a salad dressing, just as best palatable for the body.

22. Do not combine any quantities of starches; that is, such as potatoes AND spaghetti at the same meal. Never use spaghetti, for this body, with tomatoes and peppers. Spaghetti may be taken, but preferably with the meats.

23. After the diet has been followed for a week to ten days, with the Calcios being taken and the Ray's ointment being used, - we would then begin making the corrections osteopathically; with special reference to those conditions existing in the coccyx, the 4th lumbar, the 3rd and 4th dorsal; coordinating the rest of the centers with same.

24. At all times drink plenty of water. Occasionally, - say once a week, - put a lithia tablet in a glass of water and drink it. This will stimulate better circulation and set up better drainage through the whole of the alimentary canal, especially as related to the hepatic circulation; that is, the circulation between the liver, the kidneys, and the flow

## ECZEMA CIRCULATING FILE

through the alimentary areas of the body. [10/25/52 Comment by D. H. Fogel, M.D. (heart specialist): Lithium - pharmacology of.]

25. The Calcios will increase the pulsation sufficiently, which is indicated as being slow at times; though the pressure sometimes becomes abnormal.

26. Do these, - and we will remove the causes; preventing a great deal of trouble later - removing these disturbances from the body.

27. Do that.

28. Ready for questions.

29. We are through for the present.

(Ray's Prescription for Eczema is distributed by Ray Chemical Co., Atten. T. R. Wirsing, 1001 - 3rd St., Roanoke, Va. 4/23/67 Mr. Wirsing's daughter wrote that Ray's Remedies are now made and sold by Ernest O. Baxter, druggist, Rt. #2, Box 170, Rochester, Ind. 46975, \$1.71 for 2 oz. plus 25 cents postage. Calcios is manufactured and distributed by The Colloidal Health Products Corp., Greenvale, L.I., N.Y., Atten. A. A. Nichoson. It is a syrupy paste that sells for \$2.50 a jar. According to the Readings, it is the best way of assimilating free calcium.)

### **REPORTS OF READING 2518-1 M 29**

R1. 9/21/41 [2518]'s letter to EC: ..., Ohio

Mr. Edgar Cayce;

Referring to my reading by you of June 26, 1941, 10: 55 to 11: 15 A.M. E.S.T.

I have followed instructions as close as I think it is possible and results are not as I expected. My hands are still broke out around the base of the fingers, although there has been some improvement.

I have had 11 Osteopathic treatments from Dr. Smith, which lately has consisted of the use of what he calls a short wave machine, that produces like an artificial fever and the use of a cold quartz Violet Ray on the effected parts, plus the usual massage of the parts described in the reading.

Questions?? 1. How many of these osteopathic treatments should I have? 2. I have taken almost one 2 oz. jar of "Calcios." Should I continue the use of Calcios, if so, for how long? 3. The Rays Ointment seems to irritate the affected parts by sort of baking it underneath skin. The affected parts seem to be less irritable when exposed to the air than when covered with a thick grease such as Ray Ointment. Should I continue to use this?? 4. I still use the Lithia tablets as suggested and from outward appearances my kidneys are all right, but I am bothered a good bit with constipation. Have you any suggestions to remedy this since it is necessary to have proper elimination?

I had hoped for more results sooner than this, maybe I expect too much too soon. I have faith that your suggestions, as to the cause of this skin trouble, are correct. Most skin doctors believe that it is entirely on the skin and will not doctor from within.

Hoping for some suggestions. Yours, [2518]

R2. 11/8/41 See 2518-2.

ECZEMA CIRCULATING FILE

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SPINE: SUBLUXATIONS	

**BACKGROUND OF READING 2518-2 M 30**

B1. See 2518-1.

**TEXT OF READING 2518-2 M 30**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of November, 1941, in accordance with request made by the self - Mr. [2518], 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 10: 30 to 10: 45 A. M. Eastern Standard Time. Ohio.

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, [2518]; this we have had before.
3. Some conditions show improvement. In others there has not been the response that has been indicated would come. This is because of the humor in the superficial circulation - hands and exposed areas. The improvements are indicated where there has been set up better coordination of eliminations.
4. At least once a week have a full, complete osteopathic adjustment. These have been beneficial, and should be kept up - until at least ten to twelve more treatments have been taken, or throughout the period of these applications as we will now indicate, especially.
5. We should also keep better eliminations, even though it necessitates the use of laxatives; not so much purgatives but laxatives. Prepare this compound to be used as a laxative.

Rochelle Salts..... 1 level tablespoonful,  
Cream of Tartar..... 1 level tablespoonful,  
Sulphur, Purified..... 1 level tablespoonful.

Mix these together thoroughly. Best that they be mixed by using a mortise and pestle.

6. The dose would be a level teaspoonful of the mixture each morning before the meal is taken, for five days. Leave off five days, and then repeat again. Leave off then ten days, and then repeat again for five days.
7. For the affected areas, where the humor is indicated, we would use a poultice made from either of these localities:
8. Obtain the earth from the Ohio area, - near Dayton, in Overlook Park, the strata near the bridge, as will be indicated from observation - being different in color from that around same. It is on the left side (if one is facing the river) from the little bridge over the ravine there. Take this earth, put it in a glass container and heat in the oven for one hour - at five hundred and forty (540) degrees of heat. Then pulverize it and mix with Peanut Oil to make an ointment. Use this as an ointment on the areas affected, rather than that which has been supplied - or suggested. Make the mixture just so it works into a good paste, see?
9. Or: Obtain the raw material - after being washed and baked once - from the talc mine near Jacksonville, Alabama. This would not require heating, but might be used in the raw form before being bolted the second time for purification; for it will have already been

## ECZEMA CIRCULATING FILE

purified by washing and heating, to be sure. Mix this with the Peanut Oil and use as an ointment.

10. Use whichever of these is preferable. For, each of these carries sufficient of the gametal qualities to work with the deteriorating forces from the humor that is in the superficial circulation.

11. Preferably use that from the Dayton area.

12. Ready for questions.

13. (Q) Should I continue the use of the Calcios?

(A) We would continue the Calcios, but we would now take it every other day instead of every day - but in periods, as indicated.

14. (Q) Should I continue the lithia tablets?

(A) These will be well. But these, too, may be taken a little farther apart. Do these, and we will bring better conditions for this body.

15. We are through with this Reading.

(See extra sheet [which was enclosed] for Dr. Smith. See extra sheet of directions [which was enclosed] for obtaining the earth near Dayton. We would suggest that you get in touch with one of our members, Mrs. J. A. McClelland, 803 Parkview Ave., Dayton, Ohio, who located this particular clay for another case some years back.)

### **REPORTS OF READING 2518-2 M 30**

R1. 2/11/42 Letter from Leona McClelland: "Last Sunday we went to Overlook Park and got a bucket of clay and sent some to Mr. [2518] in Youngstown. We also explained some to the man who owns the park, about you and the clay, etc. - that it might be worth something. He did not charge us for it and hopes it helps the man, to let him know if it helps was all he asked. Told him he could write you if he wished. It is a blue putty looking clay."

R2. 5/3/43 Wife [2899]'s letter to EC:

Dear Mr. Cayce:

About a year and a half ago you gave my husband Mr. [2518] a reading. He had a rash on his hands what the doctors termed eczema. He followed instructions fairly close and last summer it didn't break out at all. Now it is beginning to break out again and I didn't know what to do. So I thought I would write to you. He may need another reading so will you please let me know what he should do as soon as possible as it seems to be getting a little worse all the time. I got his other reading out and followed it as closely as is possible again but there seems to be something he lacks. I'll appreciate to hear from you as soon as possible. Sincerely yours, [2899]

R3. 6/15/43 Letter from wife, [2899]: "I am writing about my husband's hands again. He is in agony - they are like raw meat. He hasn't been able to work for several days - it affects his nerves and he won't be able to stand it 2 wks. longer - Wire us collect, and he will be home." 1. What effect does cigarette smoking, coffee, beer, fresh tomatoes, have on this condition? 2. Specify what foods should be stressed and what foods avoided in diet? 3. If more osteopathic treatments are needed, please specify special area. 4. Is there a local application that will relieve the rash on hands? 5. Does Vitamin B-Complex help? 6. Should I stay out of the sun and heat?

R4. 7/17/43 See 2518-3.

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### ECZEMA: CURED

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### 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?  
(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.

## ECZEMA CIRCULATING FILE

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 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..."

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..."

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### **BACKGROUND OF READING 3330-1 F 30**

B1. 9/23/43 [3330]'s letter:

..., St., ..., Va.

Mr. Edgar Cacey [Cayce], Virginia Beach, Va.

My dear Mr. Cacey: -

After reading the article about you in the September issue of Coronet and contacting you by phone on Sunday, September 19th, I hasten to carry out your directions as I earnestly believe in your cure. Naturally, Mr. Cacey, "GETTING WELL" is my one and only thought just now. My faith in God and prayer has been my only salvation, for without this strength and courage, I could never have held on this long.

My case history goes back to infancy as I had baby eczema. At that time nothing much was known of it and it's cure, so I used just the alleviating salves and lotions and finally out-grew it at the age of seven.

I completed elementary and high school and specialized in physical education and recreation work, and at no time during this period was bothered with this trouble to any degree. I led a perfectly normal life. After I started teaching school, it returned and has gradually grown worse until six years ago when I was forced to give up all work. I might add here that I am also a victim of hay-fever and asthma.

During the past six years I have been under constant medical attention, and have had some relief from time to time. The skin irritation is at its worst during spring, summer and early fall. At this time I have the irritation over my entire body and am confined to bed most of the time. For the past two years, during this season, I have been compelled to go to the hospital for relief. Four years ago I had all of the allergy tests. I am extremely sensitive to all dusts, pollens, animal hair and some foods, which I try to avoid as much as possible.

Mr. Cacey, I am confident [confident?] that you can help me, and my only regret is that I have not known of you before now. I plead with you to give me your immediate attention as this trouble is getting the best of me. I assure you I shall do everything in my power to cooperate. I shall be glad to furnish you with any additional information. I am already anxiously awaiting a reply from you. I know I was led to you through Divine Guidance and I feel just as sure that you will not fail me now.

Sincerely, [3330]

B2. 10/29/43 Sister's comments and questions - she came to be present for the reading:

Been practically a bed patient for 7 yrs - no cause can be found for the eczema and itching. Born with it - in her mother's family, but she outgrew it when she started to school. It began again 7 yrs. ago while she was teaching school in ... Dr. Kimbrough has been giving her vitamins and ascorbic acid. He referred her to Dr. Savage, who found some irritation in vagina and cauterized that - said in 2 months she should see results. It has been over 2 months and she is worse - don't know whether it helped or not. For the severe itching they suggest wrapping her body in towels saturated in a solution prepared with Domboro tablets. Doctors have suggested a change of climate might help - such as to Bermuda, next best Key West. If we hadn't gotten the Reading appointment as soon as we did, we were going to send her to Key West. She isn't following any of the treatments now except the compresses to relieve the itching.

1. What can be done to relieve the eczema? 2. What climate is best for her? 3. What diet would be best? 4. What will relieve the itching?

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**TEXT OF READING 3330-1 F 30**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 29th day of October, 1943, in accordance with request made by the self - Miss [3330], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in Coronet.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Miss [3330]'s sister and Margueritte Bro.

R E A D I N G

Time of Reading 11: 15 to 11: 25 A. M. Eastern War Time. Va.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; giving the cause of the existing conditions, also suggestions for help and relief of this body; answering the questions, as I ask them:
2. EC: Yes - yes, we have the body here, [3330].
3. Now as we find, conditions are most aggravating in the system. Most of that which has been applied has been for the effects and not for the causes that have produced this great irritation in the superficial circulation.
4. As evidenced by the conditions, there is poor coordination between the eliminating systems of the body; so that poisons that should be eliminated through alimentary canal, through kidneys, or even through the breath of the body, are being eliminated through the perspiratory system - or the pores of the skin. Thus these have become so that whenever the body comes through those pressures, or those activities in associations with any of those influences which if taken inside and not outside would be healing to the body, these become irritating. Thus the body is allergic to certain conditions, so called when the conditions exist in the stomach, duodenum, and upper intestinal tract. These are the sources of this irritation.
5. While this may be very aggravating to the body in the present, it is much better that it is outside than inside - for it would thus destroy or produce such adhesions or lesions, by the drainages, as to cause the functioning of organs to become very much involved.
6. There are those elements which might be taken internally to correct these conditions, as might be applied to the old saw - that the hair of the dog is good for his bite.
7. Hence we would take internally those properties that produce irritations to the body externally, and there will be brought help for the body. But first it must be prepared so that these may have their effect upon the body. During these preparations there may be days of even greater irritation; not so much swelling but much more itching.
8. Allay the itching, though, with a weakened alcohol solution - not denatured. Do not use denatured alcohol, else we will poison the body. But any lotion will ease the irritation, if it contains a quantity of alcohol - as Aqua-Velva or any good shaving lotion.
9. Begin first with taking three capsules, each containing the following:

Podophyllin..... 1/4 grain,  
Leptandrin..... 1/2 grain,  
Sanguinaria..... 1/2 grain.

10. Take one of these tablets each day until the three are taken.

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11. Then flush the system with two to three teaspoonsful of Dr. Caldwell's Syrup of Pepsin (which contains a quantity of senna as the active principle). This will flush the system and the body will feel better.
12. After this has acted upon the stomach and bowels a couple of times, it would be well to have a colonic irrigation. It would be best to have this professionally given, but don't let them give it to this body without using these solutions: The first cleansing water body temperature, should have a heaping teaspoonful of table salt and a level teaspoonful of baking soda to each gallon of water used. Have the water body temperature, not colder, not hotter. And do use in the last half gallon of rinse water a tablespoonful of Glyco-Thymoline.
13. Then begin taking (not before) a Mullein tea, prepared in this manner: Put one ounce (by weight) of the dried or the green Mullein in an enamel or glass container (not aluminum) and pour a quart of boiling water over it. Let it stay covered, with an enamel or glass top, and let it stand for thirty minutes. Strain off, and then add sufficient grain alcohol to preserve same. Drink two ounces of this each day, one ounce in the morning and one ounce in the evening.
14. Each evening when ready to retire take a cup of Saffron tea. Put a pinch between thumb and forefinger (of the American Saffron) in a cup and pour boiling water over it, let it stand for thirty minutes. Strain and drink.
15. In the matter of the diet, - keep away from too much meats, but do take sea foods - all kinds - and fowl. Do not fry any of these. Beware of any fried foods. Coffee may be taken if desired. Beware of tea. Do not use milk or cream in the coffee. Sugar may be used moderately if desired.
16. Do take raw vegetables often. These may be prepared with gelatin.
17. Soups are very well, but not any that are canned; for the preservative will irritate.
18. Do these, and we will have better conditions for this body.
19. Of course, there will be periods and days of greater irritation, but these applications we would keep up. If it requires another cleansing of the body, do so. For, where inflammation has set up in the duodenum and the upper portion of the jejunum it causes such conditions as to prevent the flow of gastric juices from liver, spleen and pancreas. Hence these areas need cleansing, and then the addition of those properties that are helpful - not just treating the effects.
20. Do that.
21. Ready for questions.
22. (Q) What climate is best for her?  
(A) Any climate is well if these things will be done, for the body can adapt itself. Not too cold, not too hot. But the correction of the condition is internally not externally. The pressures come from the external effect, to be sure, but the causes are internal.
23. We are through for the present.

(For the colonic irrigations we would refer you to Dr. James R. Parker, Bankers Trust Bldg., Norfolk, Va. American Saffron may be obtained from Burrow-Martin or Peoples.)

ECZEMA CIRCULATING FILE

**REPORTS OF READING 3330-1 F 30**

R1. 3/22/44 [3330]'s letter:

..., Md.

Dear Mr. Cayce: -

You surely must think me a most ungrateful person. I assure you it is not that - but I have just been unable to do much writing in the past few months.

I have been receiving your literature. Since Christmas I have been back at my own home in Mitchellville, Maryland. Thank you so much for continuing to send it to me.

As to my condition - I had an appointment with my skin specialist just yesterday. He thinks I'm somewhat improved. He has had me on a diet of goats milk, no eggs, no wheat flour for almost two months, and I am to continue on that. I am also taking a calcium preparation and using lotions externally to allay the itching. He does not think there is much validity in the allergy tests - likewise he has not advised my taking them again.

While I was still down in ..., Virginia - I took the medicines you prescribed and also had a series of colonic irrigations from Dr. Parker in Norfolk. Frankly, I noticed no special improvement - as I have had several extremely bad spells since then. It remains to be seen what will take place when the spring flowers etc. begin blooming.

I suppose my case is just a condition that I'll have to try to control as much as possible, and to get as much comfort as I can. I have been told by my doctor that it will decrease as I get older.

I can't begin to tell you how very much I appreciate all you have done for me. I feel sure I will derive as much if not more benefit through earnest praying as I will through all other treatment. And I do have a great faith in that.

Do hope you reaped great benefit from your Florida trip and that you returned with renewed strength and energy.

Very sincerely yours, [3330]

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## ECZEMA CIRCULATING FILE

### **BACKGROUND OF READING 4039-1 F 25**

B1. 3/21/44 Letter: "I have had a terrible skin disease for the last 8 yrs. It has sometimes been called neuro-dermatitis and is a dry form of eczema. It covers most of my face, neck, arms, legs and body. It is a terrible dryness of the skin which, if I do not apply ointment to, becomes cracked and wrinkled and very ugly looking. It is not the discomfort I mind but the repulsive appearance it gives me. I have been treated by Chicago's foremost skin specialists and even hospitalized on several occasions. The ointment which I daily apply only helps to slightly relieve the dryness for a few hours." Can I be cured of this skin disease? May I ever be entirely cured? If the condition can be helped, how long should it take?

### **TEXT OF READING 4039-1 F 25**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 18th day of April, 1944, in accordance with request made by the self - Mrs. [4039], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by the article in Coronet.

#### **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 Set bet. 10: 30 to 11: 30 A. M. Taken 11: 15 to 11: 30 A. M.

Eastern War Time.

Illinois.

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, [4039].
3. As we find, these are rather extravagant, extraordinarily acute conditions in the circulation that involves the eliminations through alimentary canal, eliminations through activity of liver, perspiratory and respiratory system so that there are the effects exhibited in the skin. This reaches at times almost the form or character of condition that is very disturbing.
4. This will require a great deal of persistence, a great deal of consistency in the diet, though we find that there may be general activities and consistent applications suggested here to eliminate this character of skin disorder - or the excess acne combined with the dry eczema.
5. First we would prepare a tonic for the body. During the period that some of this is being taken, it may appear that the skin condition will be aggravated rather than allayed. Through this period we would use a powder containing stearate of zinc and balsam. This combination is prepared in some of the baby powders (as Johnson & Johnsons).
6. The tonic would be a combination of those herbs such as we have indicated [See 3137-1 extract, in 4039-1, Par. R1] and such as already prepared by Wirsing: Yellow Dock Root, Burdock Root, Buchu Leaves, Mandrake Root or Podophyllin, Elder Flower, and the Tolu, with the alcohol as the preservative. Have at least six ounces of this, and take a teaspoonful every day for the first five days. Then, as the condition is allayed a bit, take two teaspoonsful a day, one in the morning and one in the afternoon.

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7. When this whole quantity has been taken, leave off and then begin to apply (not before; although the powder as indicated may be used) the Ray's Ointment for eczema.
8. Also when this ointment is begun, begin also to have osteopathic adjustments especially in the area of the lumbar axis and through the sacral and in those areas from the 2nd, 3rd, 4th dorsal to the base of the brain.
9. As to the diet: Leave off all sugars, pastries, candies and the like. The sweets such as of honey in small quantities may be taken occasionally with buckwheat cakes or rice cakes - just enough to supply the needs for keeping a balance in the system. Never take any fats such as butter or fried foods, but plenty of fresh raw vegetables - some of these each day. These may be prepared in salads in different ways, and often prepare them with gelatin.
10. Fish and fowl may be taken, but never fried - rather smothered, broiled or the like.
11. Also each day take yellow Saffron tea or Mullein tea, one or the other - or one taken one day, the other the next day.
12. The Saffron tea would be prepared by putting a pinch of the American Saffron (between thumb and forefinger) in a cup and pouring boiling water over same. Let this set thirty minutes and take before retiring of evening.
13. The next day prepare Mullein tea in the same manner, using the dried Mullein.
14. If these will be adhered to, we will see the eliminations changed. We will find the conditions improved.
15. Through the periods when the tonic is first begun, do have at least two or three high colonic irrigations, scientifically given.
16. Do these if we would correct these conditions.
17. Ready for questions.
18. (Q) May I ever be entirely cured?  
(A) Read just what has been indicated. It can be if there is the consistent and persistent adhering to the diet and to those things outlined.
19. We are through with this reading. [See GD's notes, below.]

We would refer you to: Dr. D. A. Musselman, 58 East Washington St., Chicago, Illinois. (See extra sheet of directions [which was enclosed] to be sent to the druggist who can prepare the tonic for you: Mr. T. R. Wirsing, 1001 Third St., S.W., Roanoke, Va. Mr. Wirsing also can supply the Ray's Ointment. [4/23/67 The late Mr. Wirsing's daughter wrote that the Ray's Remedies are now made and sold by druggist Ernest O. Baxter, Rt. #2, Box 170, Rochester, Indiana 46975, \$1.71 for 2 oz. of ointment OR liquid, plus 25 cents postage.]

ECZEMA CIRCULATING FILE

**REPORTS OF READING 4039-1 F 25**

R1. GD's note: This is the tonic referred to, from 3137-1: To 2 gallons water - in an enamel container (not tin nor aluminum nor metal container nor top, but enamel or copper) - add, in the order named:

Yellow Dock Root..... 2 ounces,  
Burdock Root..... 1 ounce,  
Snake Root..... 2 ounces,  
Buchu Leaves..... 15 grains,  
Podophyllin..... 1/2 grain,  
Ragweed [Ambrosia Weed] (green)... 1 ounce,  
Elder Flower..... 4 ounces.

Reduce by slow boiling to 1 gallon and then add:

Rye Whiskey (90%)..... 1/2 pint,  
in which there has been cut  
Balsam of Tolu..... 3 drams.

## ECZEMA CIRCULATING FILE

### INDEX OF READING 4079-1 M 22

Clairvoyance Of E.C.: Action & Places : Conditions Confirmed	Par. 2 Reports
DERMATITIS	
ECZEMA	
Intestines: Colonics: Eliminations	Par. 10
Names: Organizations Mentioned: Johnson & Johnson : People Mentioned: Wirsing, T.R.	Par. 6 Par. 6, R1
Physiology & Anatomy: Eczema	Par. 4, 5
Physiotherapy: Applications: Lenoir's Eczema Remedy: Eczema : Powder, Balsam & Zinc, Stearate of: Dermatitis	Par. 11 Par. 6
Prescriptions: Alcohol, Grain: Eczema : Buchu Leaves: : Burdock Root: : Elm Bark Tea: Psoriasis : Podophyllin: Eczema : Saffron, Yellow, Tea: Psoriasis : Tolu, Balsam Of: Eczema : Yellow Dock Root:	Par. 6, 9 Par. 6, 9 Par. 6, 9 Par. 7, 8 Par. 6, 9 Par. 7, 8 Par. 6, 9 Par. 6, 9
PSORIASIS	
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Work: E.C.: E.C.F.: Literature	Par. R2

## ECZEMA CIRCULATING FILE

### **BACKGROUND OF READING 4079-1 M 22**

B1. 8/31/43 [4079]'s letter to EC: "After reading an article about you in the September issue of the Coronet, I thought I'd write you about a skin condition I have.

"I would like to know if you can cure me or help me in any way, also how much it would cost.

"I have been discharged from the army, last week, on account of this condition. The army doctors call it 'dermatitis.' Some say it's eczema and psoriasis. I've had it all my life. I'm twenty-two years old now. I inherited it from my mother. We have been spending money going to different doctors who don't seem to help any. Some say it can't be cured.

"If you can help me I wish you would write and let me know; also if I must come to Virginia..."

B2. 9/21/43 [4079]'s letter to EC: "Received your most welcomed letter. The article I have read about you I have enjoyed very much and I hope you will be able to help me.

"The first letter I wrote you I explained to you about myself. Once again I will tell you. I am troubled with chronic eczema and psoriasis. I've been born with it and have had very much trouble with it. Doctors tell me it can't be cured, but I keep trying, thinking maybe someone will be able to cure me.

"I have recently been discharged from the army because of this condition which army doctors couldn't do anything about. Most of the times I get it on my scalp, on my shins and in the bend of my arm. Sometimes it spreads all over my body. Nothing seems to help it very much. It comes and goes year-round.

"I only hope and pray that you will be able to help me and will be looking forward to hearing from you soon, as it is very important to me..."

B3. 10/18/43 EC's letter to [4079]: "I have yours of the 13th, enclosing application for membership, but you did not make a notation as to the type of reading that you desired. Our first open period is the afternoon of April 10, 1944, 3: 30 to 4: 30 EWT. If you accept this time, be sure to let us know some little time before, just what type of reading you want, and give us the address at which you will be at the time. Also prepare a list of questions to have asked.

"Hoping we may indeed be the means of a real service..."

B4. 10/25/43 [4079]'s letter to EC: "Received your letter and would like to have the time you mentioned for my reading. If any way possible, I would like an earlier date as my condition is getting worse.

"I would like to have a psychic reading. As far as I know now, I'll be at ..., N.J. The questions I would like to ask are: How can I cure my skin condition (eczema or psoriasis), or what can I do to help it? If I have children, will they have it..."

### **TEXT OF READING 4079-1 M 22**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 10th day of April, 1944, in accordance with request made by the self - Mr. [4079], new 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.)

## ECZEMA CIRCULATING FILE

### READING

Time of Reading Set bet. 3: 30 to 4: 30 P. M. Taken 4: 05 to 4: 15 P. M.

At home on Bull Run Road, Trenton, N.J.

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: Bull Run Road - it's a very pretty place! [See 4079-1, Par. R3.]
3. We have the body here, [4079]. We find that disturbances have been of long standing. At times they grow much worse and then they clear for a while, but let it begin to be warm weather or the body become upset or physically tired, aggravated or disturbed, and the rash on the body as well as the eczema that forms into patches on portions of the body becomes very much worse.
4. This began some time back from the thickening [thinning?] of the walls of the intestinal system, which arose from coordinations between the eliminating centers of the body; so that poisons which should be eliminated through the alimentary canal have become active in the perspiratory and respiratory system.
5. Poisons coming through the respiratory system enter the circulation again and thus come to the sympathetic or superficial circulation, thus are thrown out in the form of a rash.
6. In making corrections here, we would begin first by taking a tonic, the compound such as already prepared by Wirsing, [See 4079-1, Par. R1 re 3137-1.] including the Yellow Dock Root, Burdock Root, Buchu Leaves, the Podophyllin or the root from which this is made, also the alcohol in which the Balsam of Tolu is cut, and all of the active principles that go with this. The dose of this would be two teaspoonsful a day. This will apparently cause the rash at first to be much more severe. But use the Stearate of Zinc powder with Balsam in it. This is prepared by Johnson & Johnson as a baby powder.
7. After this compound has been taken for five days (not before) begin taking each evening before retiring the Yellow Saffron tea one day, the Powdered Elm Bark the next day. The Saffron tea would be prepared by putting a pinch of the American Saffron between the thumb and forefinger into a cup and pouring boiling water over it. Let this set for twenty minutes, strain and drink before retiring - every other evening.
8. The next day before retiring, put a pinch of Powdered Elm Bark in a cup and fill with warm water, not boiling, and let stand thirty minutes - put ice in it and drink it, - just a cupful.
9. Keep up the tonic throughout the period.
10. Do set up better eliminations. When the tonic has been begun, as well as the other properties, do have a colonic irrigation about every ten days. For until we have set up better circulation or created the proper lymph circulation through the alimentary canal especially the jejunum, we will have these rashes.
11. For the eczema, we would apply Lenoir's Eczema Remedy. This is a liquid. Use a cloth to dab this on the places. This we find, will gradually dry up the eczema, as the conditions through the system are improved.
12. Do these and we will find better conditions for the body.
13. We are through with this reading.

ECZEMA CIRCULATING FILE

**REPORTS OF READING 4079-1 M 22**

R1. GD's note: This is extract referred to, from 3137-1: to 2 gallons of water - in an enamel container (not tin nor aluminum nor metal container nor top, but enamel or copper) - add, in the order named:

Yellow Dock Root..... 2 ounces,  
Burdock Root..... 1 ounce,  
Snake Root..... 2 ounces,  
Buchu Leaves..... 15 grains,  
Podophyllin..... 1/2 grain,  
Ragweed [Ambrosia Weed] (green).... 1 ounce,  
Elder Flower..... 4 ounces.

Reduce by slow boiling to 1 gal., then add: Rye Whiskey (90%)...1/2 pint, in which there has been cut 3 drams Balsam of Tolu.

R2. 7/25/50 GD's letter to [4079]:

"I know that you will be glad to fill out the enclosed questionnaire on your Physical reading and return it to me as quickly as possible.

"In preparing the readings for microfilming, our first step is taken when we send out the questionnaires. In order to complete our research so much depends upon the interest and cooperation we receive from those who had readings.

"We have attempted to cover every approach to the reading in the questionnaire.

However, if you can list any other items pertaining to your case which would tie in with the information in the reading, it would be most helpful to have them. Others suffering from conditions similar to yours may benefit through our research making the results available.

"Your interest and cooperation shall indeed be appreciated..."

R3. 8/14/50 [4079]'s reply to Questionnaire:

"Am very sorry, but I do not know exactly how the treatment affected me. It has been a long time and neither my wife or myself remember exactly what the outcome was. I think the treatment helped at the time, but it reoccurred later, as it's been doing all my life. I haven't used the tonic since. As yet I haven't found a cure, only relief.

"The Bull Run Road Mr. Cayce mentioned [4079-1, Par. 2] was in Trenton, N.J., where I used to live.

"I'm sorry that I can't give you any more information..."

R4. 12/11/67 [4079]'s letter:

"...Have been reading Mr. Stearn's book, Edgar Cayce, SLEEPING PROPHET, a very enjoyable book.

"I had a reading by Mr. Cayce in 1944, as near as I can remember. At that time I was living in a small town outside of Trenton, N.J. Like a lot of other people, I didn't follow through with the treatment, so I am still blessed with psoriasis. Sometimes it gets very bad and then again it disappears. I was wondering if it would be possible to get a copy of this reading as I'm older and wiser and feel, with the help of the reading and the good Lord, I will be able to rid myself of this skin condition. A check will be in the mail as soon as you tell me the cost..."

R5. 12/21/67 A copy of 4079-1 was sent to Mr. [4079].

## ECZEMA CIRCULATING FILE

### INDEX OF READING 5135-1 F 33

Circulation: Poor: Eczema	Par. 3, 4
Constipation	Par. B2
Diet: Eczema	Par. 7, 12-A
Doctors: Rathbun, Douglas J.: D.O.	Par. R1, R4
ECZEMA	
Electrotherapy: Short Wave: Eczema	Par. 6
Environment: Climate: Eczema	Par. 10-A
Eyes: Circles Under	Par. B2
Lesions: Eczema	Par. 3
Neuropathy: Eczema	Par. 6
Nose: Drops: Not Recommended	Par. 11-A
Osteopathy: Eczema	Par. 6
Pelvic Disorders: Amenorrhea	Par. B2
Physiotherapy: Packs: Glyco-Thymoline: Eczema	Par. 5
Sinusitis	Par. B2
Spine: Subluxations: Eczema	Par. 3

## ECZEMA CIRCULATING FILE

### **BACKGROUND OF READING 5135-1 F 33**

B1. 1/12/44 EC's letter: "I have a letter from Mrs. [2602] including an application for membership for yourself and the request for a Physical Reading... I appreciate your interest, and I hope you may ever thank Mrs. [2602] for her introducing you to the work..."

B2. 4/14/44 Letter: "...I shall be at my place of work ..., Conn., during the reading period, which time I will keep in prayer and meditation as you suggested. Following is a list of questions [in addition to those at end of 5135-1] I should like to have answered, if possible: (1) What is the cause of my nose trouble? (2) Do you recommend an operation? (3) Please make other suggestions which might help to improve my nose condition. (4) What is cause of very dark circles under my eyes? Do you think these are due to kidney trouble; what would you recommend to improve this condition? (5) Every winter there is a touch of eczema or what looks like it all over my face which seems to get worse each year. At this time it is impossible for me to use water or soap. What causes this? Please recommend something to improve this condition. (6) Am a sufferer of constipation. Please recommend something to improve this condition. (7) Menstrual period very short (about 2 days); also very little. Do you think this is due to anemia? Please suggest something to correct this condition."

B3. 5/11/44 Mrs. [2602]'s letter: "...She is terribly disappointed that you were not able to get the reading for her, and asked me to write you... She is really desperate and is finding it increasingly difficult to go to work and earn her living, but cannot afford to give up her work. She counted so much on the results of the reading that I know that she is terribly discouraged..."

B4. 5/18/44 Letter: "Thank you very much for your letter making my appointment possible on Monday 5/22... Thank you again for your consideration."

### **TEXT OF READING 5135-1 F 33 (Stenographer, Catholic)**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of May, 1944, in accordance with request made by the self - Miss [5135], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Mrs. [2602].

#### **P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis and J. Fitch, Stenos.

#### **R E A D I N G**

Time of Reading 10: 30 to 11: 30 A. M. Eastern War Time. Conn.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time, giving the cause of the existing conditions, also suggestions for the help and relief of this body; answering the questions, as I ask them.
2. EC: Yes, these are unusual circumstances which disturb the better equilibrium of this body.
3. As we find, there is a subluxation which exists in the 3rd, between the 3rd and 4th, and some adhesions or lesions in the 2nd of the dorsal segments. These have deflected the circulation to face, head, ears and nose especially. For there is some infection, through the irritation produced by the hindrance of the lymph circulation, through the soft tissue and in the area of bone structures; that is more of a gristle than bone infection; which has

## ECZEMA CIRCULATING FILE

caused period when there is swelling, irritation, breaking out on face almost as if it were solid with eczema.

4. These are from poor circulation, and the carrying of infection through portions of the body causes an upset throughout.
5. Do at least once each day have packs over nose and face with at least three or four thicknesses of cotton cloth saturated with Glyco-Thymoline.
6. Do have the short-wave electrical treatments. These should be about once a week, yet we would have corrections neuropathically or osteopathically in the area where the subluxation exists. These should be about twice or three times a week. Do not use the short-wave of a greater strength than three amperes. These should be over the area where there are the hindrances in the circulation to the face and head. These should not be of longer periods than about twenty minutes, or less time in the beginning.
7. Do keep close to a diet consisting of less meats; though fish and fowl may be taken in moderation.
8. Do these things and we will make better conditions for this body.
9. Ready for questions.
10. (Q) Would a change of climate be beneficial?  
(A) This would be beneficial, but if you'll keep your hands from these conditions on the face, and do those things indicated, we will make better conditions for body.
11. (Q) Do you recommend the continued use of nose drops?  
(A) NO! These have been the partial cause of the infection.
12. (Q) Would you suggest a change of diet?  
(A) Only as indicated.
13. We are through with this reading.

### **REPORTS OF READING 5135-1 F 33**

R1. 3/13/50 Questionnaire sent to Mrs. [5135] and Dr. Rathbun. No reply.

R2. 5/10/51 Questionnaire on [5135] was sent to her friend, Mrs. [2602].

R3. 2/18/52 Mrs. [2602]'s reply: "...The questionnaire on Mrs. [5135] I sent to her father just after I received it. I had given up hope of a reply, when lo and behold, it arrived the other day, all the way from California. Her address is now ..."

R4. 5/26/52 Comment by IMG: "The questionnaire referred to in Mrs. [2602]'s letter contained the following information: Date of onset: 9/1940; duration: condition somewhat relieved, but it still persists; treatment: one year; result: relief; treated by: Dr. Rathbun; technical name of ailment diagnosed as 'nerves' by physicians; neuropathic or osteopathic treatments.

"Mrs. [5135] did not specify in the questionnaire whether she followed the suggestions given in her reading, other than stated above."

R5. No record of verbal or written contact on this case since 1/30/52, the date Mrs. [5135] put on the questionnaire.

## ECZEMA CIRCULATING FILE

### INDEX OF READING 5316-1 M 26

Blood: Infection: Eczema	Par. 3
Diet: Eczema	Par. 7
ECZEMA	
Eliminations: Incoordination: Eczema	Par. 3
Healing: Magnetic	Par. R7
Heredity: Influences: Prenatal: Blood: Infection	Par. 3
Intestines: Colon: Prolapsus: Prenatal	Par. 3, R1
Karma: Physical: Blood: Infection	Par. 3, R1
Multiple Sclerosis: Prenatal	Par. 3
Names: People Mentioned: Jessel, Susie	Par. R7
Paralysis: Progressive: Prenatal	Par. 3, R1
Physiotherapy: Applications: Cuticura Ointment	Par. 6, 9-A
: Cuticura Soap	Par. 5, 9-A
: Lenoir's Eczema	Par. 5, 9-A
Prescriptions: Cream Of Tartar: Eczema	Par. 5
: Rochelle Salts:	Par. 5
: Sulphur:	Par. 5
Scoliosis: Prenatal	Par. 3, R1

ECZEMA CIRCULATING FILE

**BACKGROUND OF READING 5316-1 M 26**

B1. 2/44 Mother's letter: "Owing to his condition he is unable to write. What can be done for his skin and scalp trouble?"

**TEXT OF READING 5316-1 M 26**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 3rd day of July, 1944, in accordance with request made by the self, Mr. [5317], 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. 3: 30 to 4: 30 P. M. Eastern War Time. Oregon.

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, [5316].
3. As we find, the disturbances here are the incoordination of eliminations produced by infectious forces as part of the circulation from the blood supply inherent in the body-forces.
4. These are severe, but if there will be this character of application we may clear the skin conditions from head, scalp, hands, arms and body. These we would begin with, then, first by preparing this combination:
5. Two level tablespoonsful of Sulphur, two level tablespoonsful of Cream of Tartar, two level tablespoonsful of Rochelle Salts. Mix these thoroughly together, and every other day, in the morning, take a level teaspoonsful of this, either dry or stirred in water. After about ten doses (take it every day until the whole quantity is taken), then apply Lenoir's Eczema Remedy as an application to the places themselves. These will be aided before this time, but apply this to the affected areas, bathing off same with Cuticura Soap used in lukewarm water.
6. Also apply occasionally Cuticura Ointment to keep the skin dry and from drawing and cracking again.
7. In the diets keep them to more of fruit and vegetables than meats. Less and less of starches, not white bread at any time. Very few meats, and we will bring better conditions for this body.
8. Ready for questions.
9. (Q) Any local application for the scalp?  
(A) All of this applies for scalp as well as face, hands, arms or the rest of the body.
10. We are through with this Reading.

(Lenoir's Eczema Remedy is distributed by Cawthon-Coleman Drug Co., Selma, Ala.)

## ECZEMA CIRCULATING FILE

### REPORTS OF READING 5316-1 M 26

R1. 7/13/44 [5316]'s letter: "The reading touched only my skin trouble. This is not my main concern. Mine is a case of progressive paralysis noticeable first when about 2 years of age. Later years a severe intestinal trouble developed. Diagnosed by physicians as collapsed intestines. There is also a curvature of the spine... Would this be answered under another reading... I intend to follow your suggestions for this skin trouble and will report on the progress."

R2. 8/23/44 "I have followed the treatment you recommended for my skin trouble and can say after the 5th dose I noticed an improvement. I have now finished the internal medicine, and the trouble is mostly cleared up on my head and face. I will continue with the diet and external applications."

R3. 9/14/44 [5316]'s mother's letter [Apparently she had been doing all the writing for her son]: "My son [5316] is so interested in your work, he has asked me to try and get an appointment for his crippled brother and little crippled sister."

R4. 1/16/45 Ordered case study on Multiple Sclerosis.

R5. 3/20/45 "My reading must have been among the last EC was able to give before he became ill, and I know what it must have meant. With the aid of my doctor I would like to use the Wet Cell and the Radio-Active Appliance, and would like to know where these are obtainable."

R6. 12/20/48 Mother's letter: "My son [5316] passed away last February. He always enjoyed your literature. Will you please erase his name from your mailing list?"

R7. 12/20/48 Mother's letter to HLC: "About Mrs. Jessel, that is why we gave up our home in Washington and come here. She is a very lovely person. I have known a few mental cases she has helped. My three children never received any help. We have been here five years. Her crowds are large, people sell their homes and come from all over the U.S. and Canada. They get here, no place to live, and many die here waiting to see her. In a short time their money is gone. The treatments extend over months, into years. Mrs. Jessel is very frail; in a crowd of 200 each day she may possibly treat 18 or 20. There are no prayers, just the laying on of her hands. People are here in tents, house trailers, or anything they can find. Jessels have a few cottages renting from \$50 to \$80 per month. Her address is Mrs. Susie Jessel, 278 Idaho St., Ashland, Oregon."

R8. 4/27/49 Report requested in detailed questionnaire sent by GD to [5316]'s mother. It was returned saying ADDRESS UNKNOWN.

## Report from Member

4/24/93 Donna Marie Kenworthy's letter:

A.R.E. P.O. Box 595 Virginia Beach, VA 23451

Dear A.R.E.,

Enclosed you will find a copy of a testimonial letter I sent to Pariser Dermatology Specialists, after learning that they, in conjunction with Eastern Virginia Medical School, were conducting a study on eczema. After reading my letter, you will understand my pleasure in writing it in the first place, and in now requesting that you forward it to Dr. John Pagano. I have been eczema free for around a year now. I owe Dr. Pagano my deep gratitude.

Please feel free to make a copy of the letter for your own records. After all, I was able to receive this information by attending a small conference that you sponsored last year at the Cavalier. I extend my appreciation to you.

With love and light, [signed] Donna Marie Kenworthy

910 Wildwood Square Court

Virginia Beach, Va. 23454 (804) 481-6241

[enclosed letter]

Pariser Dermatology Specialists 601 Medical Tower Norfolk, VA 23507

To Whom It May Concern:

After seeing your advertisement for eczema sufferers, I phoned and spoke to your receptionist, Sheryl. We agreed that since I cured my eczema I was not a candidate for your study, but rather that I should inform you how I achieved my cure.

A year ago I was suffering from the worst case of eczema that I have had the unhappiness to endure. In fact, for the past several years, I had only had occasional and somewhat mild outbreaks. Cortisone creams and ointments were totally ineffective. For the first time in my life, I developed a scaly rash at my elbows even, which looked more like psoriasis than eczema. The situation was very depressing.

During the time that the situation was at its worst, I went to a lecture and slide presentation given by Dr. John Pagano, who had written a book on healing psoriasis. He passed out a recommended diet, which advised staying away from a group of foods known as nightshades, such as: Tomatoes, potatoes, eggplant, and all sorts of peppers. Well, the one thing in my regimen which was different was that I had developed the habit of eating large amounts of eggplant during the time of my eczema outbreak.

After eliminating all nightshades from my diet, all signs of eczema disappeared. I am also very careful about not consuming food that contributes to acid stomach. I have noticed that whenever I have frequent heartburn, my hands feel more sensitive, without actually breaking out in any kind of rash.... I believe that there is a connection between the assimilation of certain foods and eczema...

I appreciate your taking the time to peruse my letter. What's nice about this remedy is there is no danger from harmful side-effects from steroids. Also, I would like to mention that when I do take antacids, I only consume calcium based, not aluminum based, forms of this medicine. I hope Sheryl's sister has good luck with this regimen. Please thank Sheryl for listening to me so patiently. She has a very pleasant manner.

Most cordially yours, [signed] Donna Marie Kenworthy

## **Infantile Eczema—Hard to Believe, But True!**

by Dr. John Pagano

Excerpt from *One Cause, Many Ailments*

Were it not for the fact that I was the physician involved, I would consider the following account impossible or at least grossly exaggerated. Nevertheless, as a writer, especially one dealing in matters of health, I have the responsibility to tell the truth. The reader has the right to believe or disbelieve and I respect that. But I also have a duty to convey helpful information that I have acquired by study and experimentation or practical experience even if the message seems bizarre. Let's not forget the saying: "Yesterday's mysticism is today's science!"

A call came late one Sunday evening from a patient of mine whom I had not seen for several years. She was not calling about herself, but about an infant, the daughter of her friend. The baby's parents were at their wit's end in trying to find some means to relieve their child's severe eczema.

If any persons wonder about the devastating effect severe infantile eczema has on a child and her parents, they should speak with the people involved, and they will find a heart-rending story which will make their own heart bleed. The parents hadn't slept in weeks because of the child's constant crying, scratching to the point of bleeding, persistent irritation, and rash covering her entire skin surface. They had taken her to a number of dermatologists, and had had her hospitalized once. Nothing seemed to work. The poor parents were left to fend for themselves.

It was at this point that my patient, whom I had treated for psoriasis many years earlier, learned of their dilemma and called me in the hope that I might be able to offer some hope. To be honest, when my patient called, I discouraged her from advising them to call me since I did not know them and the case seemed so severe. I was reluctant to take on another case of infantile eczema since it is too draining on everyone involved, including the attending physician!

I advised my caller that I had a full patient workload and would not be able to see them. Shortly thereafter, a second desperate call came from the parents themselves, and when I heard more of the difficulty this family was experiencing, I agreed to at least see the baby, but it couldn't be before the following Thursday since my appointment schedule was completely full.

Although they were disappointed, they agreed to wait the four days to bring the baby in for evaluation. Then they asked if there was anything they could do in the meantime to help their infant, especially with the intolerable itching which is the prime characteristic of eczema. "What to do?" I asked myself. My first impression was to advise them to seek another dermatologist or have the baby hospitalized – but they'd been there and done that!

While speaking with them I recalled an article by William A. McGarey, M.D., on infantile eczema titled "Healing Is Simple, Yet Magnificent" which had appeared in the magazine *Venture Inward*. Because I had been so impressed by the account I saved it through the years and was able to remember a few lines of this article.

Dr. McGarey related the story of an eight-month-old boy who had developed a rash when he was four weeks old. At first it was all over his body, then spread to both sides of his face. His mother told Dr. McGarey that he had been allergic "to everything I

## ECZEMA CIRCULATING FILE

gave him." She related that she had not been surprised since there was a family history of the disease.

Dr. McGarey, author of *The Oil that Heals* and a strong advocate of the healing effects of castor oil, advised the baby's parents to use castor oil packs on his abdomen and to give him one drop of castor oil by mouth each night at bedtime. He viewed the problem as resulting from poor eliminations. Dr. McGarey reported:

In two weeks, nearly all of the rash had disappeared. Food allergies which had been present since birth were gone. The first week the rash worsened, then rapidly cleared. At the end of the period, just a faint memory of the rash remained on the left cheek. A two month check-up revealed that the child was healthy and clear of all signs of eczema. (McGarey, 1994)

Drawing on this information, I remembered two things, since I did not have the article before me at the time. The two factors I remembered were "eliminations" and "castor oil!" Making no promises to the distraught parents, I passed on the information that eczema is a problem of poor eliminations and suggested they put a drop or two of castor oil in the baby's water bottle each night until I saw them on Thursday. Not surprisingly, they saw no logic in this, but having tried all medical options, they agreed to try it since there seemed to be no harm in the procedure.

May God be my judge, but on Wednesday night, the evening before their scheduled visit, the parents called to cancel the appointment because *the baby was clear of all lesions!* The parents were stunned – they could not believe that such results could be attained so quickly, and frankly, neither could I! But these are the facts. Was a leaky gut involved in this case? Possibly, especially when it is acknowledged that constipation is one of the recognized factors that have an adverse effect upon the intestinal villi.

"At the Hospital St. Vincent de Paul in Paris, permeability testing has been effectively used with allergic infants to determine which dietary modifications their mothers needed to make while breast-feeding and which of the 'hypoallergenic' infant formulas they needed to avoid in order to relieve their symptoms!' (Galland, n.d.) This indicates that infants, as well as older children and adults, are not exempt from developing a leaky gut.