



# True Health

## Physical-Mental-Spiritual

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## The Antioxidant Lifestyle

### Eliminating Free Radicals

Common sense goes a long way in sorting out the extremes in the health scene these days. That's why I am so impressed with a new book addressing the debate on antioxidant supplementation. *The Oxidative Balance: How to Lead the Antioxidant Lifestyle* provides a balanced, sensible approach to this complex topic. The authors give us a solution we can live with. David Leaf, M.D., and Peter Glassman are associate professors of medicine at the UCLA School of Medicine.

Most of us have heard the terms oxidants, antioxidants, and free radicals. The basic idea is that we metabolize (burn or oxidize) fuel in the mitochondria within certain cells in our bodies. The mitochondria is like a little furnace where oxygen, fats, and sugars are combined to produce energy. In addition to energy, toxic waste products (such as free radicals) are also produced, resulting in "oxidative stress." Specific environmental factors, including cigarette smoke, exhaust fumes, radiation, excessive sunlight, and drugs increase free radicals and oxidative stress.

### Free Radicals Damage Tissue

Free radicals must be eliminated to prevent damage to the local tissue. Failure to eliminate free radicals makes the body more vulnerable to aging, cardiovascular illness, and degenerative disease. The good news is that each cell has internal detoxification

systems (antioxidants) that can inactivate and detoxify free radicals. The bad news is that even when functioning optimally, some free radicals can escape and cause damage.

Many alternative medicine practitioners have tended to focus on nutritional supplements to eliminate free radicals. Regularly taking a handful of pills (particularly vitamins C and E, and minerals such as selenium and zinc) is touted as a solution to oxidative stress. While less advertised, many whole foods

also contain antioxidant substances.

Although some early medical studies seem to support the nutritional supplementation approach to reducing oxidative stress, Leaf and Glassman point out that recent, rigorously controlled studies suggest that supplements provide little or no demonstrable benefit to healthy and well-nourished people.

Of course, we must always be careful about interpreting scientific research. Established findings have a way of flip-flopping from time to time. The scientific process itself is not immune to the pressures and influences inherent in human nature. Vast sums of money and power are at stake in this controversy.

In their book, Leaf and Glassman advocate a natural approach

## Is Cayce Passé?



A few months ago I overheard a salesperson at a local health food store make the comment that she felt the Cayce health information was "passé." I've heard those kind of comments before and can certainly understand why a person could feel that way. After all, it has been over fifty years since Cayce's death, and the Cayce health information doesn't get much press or air time in the mass media.

Compared to the frenetic pace of change in alternative medicine, the Cayce material may appear remote and dated. By the way, what is the hot new alternative therapy of the month? The amount of hype that is bestowed on the latest miracle herb or self-anointed system of healing is reminiscent of allopathic drug marketing so characteristic of our disposable society. For those of us who try to keep track of the latest trends, the constant parade of alternatives is dizzying.

And yet when I reflected on the woman's statement about Cayce being passé, I found myself feeling particularly saddened by this person's judgment. I had just returned from a trip to Miami where Dr. Eric Mein and I had given a presentation on "Multi-dimensional Healing" at the annual meeting of the American Holistic Medical Association. The talk was well received by a group of physicians who are at the forefront of the alternative medicine movement. Apparently they did not consider the Cayce health concepts as passé.

During our stay in Miami, we also took the opportunity to visit with one of the leaders in asthma research at Mount Sinai Hospital. Meridian Institute has conducted research based on the Cayce model of asthma that happens to closely parallel the findings of this distinguished doctor. At Mt. Sinai Hospital we were investigating an innovative research technique that was relevant to our research program.

### Cayce's Vasomotor Model of Asthma

Cayce's view is that asthma is often caused by pressures on nerves that originate in the upper area of the spine. The specific nerves are called "vaso-motor" nerves because they control the amount of blood to the lung tissue. Interference with these nerves can cause too much or little blood flow to the lung tissue. According to Cayce, the abnormal flow of blood predisposes the lung to inflammation that may be triggered into an acute asthmatic episode by a variety of factors, including diet, atmospheric conditions, and stress.

The doctor that we talked with has essentially invested his career documenting the vaso-motor abnormality that Cayce described in the physical readings on asthma. Is the model of



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**Bipolar disorder runs in my family. My doctor has tried to convince me that I have bipolar and should take medication but I have insisted that I have mystical and psychic experiences and am not mentally ill. My swings are not as severe as some of my relatives. Your articles**

**have caused me to rethink both heredity and mental illness. I have never had a breakdown or been hospitalized. Sometimes people get upset with me when I don't think there is anything wrong. Any advice on where to go from here? G.D., IL**

Awareness of your own energy patterns is extremely important. Most of us are not really aware of the ebb and flow of creative energies that seem to be inherent in our physiology. From what I can tell, this is true for nearly everyone – we all go through cycles. For most people the cycles are within a relatively narrow range and remain unnoticed. For others the cycles swing wide and out of control. Then we call it a mental illness.

We are talking about creative energies, so you can relate this to your mystic and psychic experiences. You can think of these as biorhythms or astrological cycles, if that is helpful. Remember that Cayce told the physician attending to Ms. 2501 that the phases of the moon were linked to her manic episodes. With awareness you can decrease the range of the mood swings with relatively safe, natural techniques such as prayer, breathwork, exercise, and bodywork. Staying grounded in service is helpful. As Cayce put it, “Be good for something, as well as just being good.” Channeling creative energies into service for others is a constructive way to keep a balance. Some people find that medication is helpful in this regard.

Also, keep in mind what I wrote about heredity and its metaphysical aspects. If you have inherited this tendency, you may be meeting a karmic pattern that requires some soul-searching and attitudinal adjustments in how you relate to others. Be kind and patient with yourself and others. - D.M.

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to achieve oxidative balance. Oxidative balance is an equilibrium between oxidative stress (free radical attack) and our ability to detoxify free radicals (antioxidant activity). Lifestyle choices that include routine exercise and proper diet are emphasized to achieve oxidative balance. Walking, swimming, running, or bicycling on a daily basis are recommended forms of exercise. Fresh fruits and vegetables are excellent sources of antioxidants. A “Mediterranean diet” that includes olive oil, fish, and poultry is also suggested. For seriously ill individuals, antioxidant supplementation may be appropriate.

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**Disclaimer:** The information contained in this letter is intended for personal growth and development and should not be considered as a guide to self-diagnosis or self-treatment. Please see your physician for any medical problems.

I am reminded of Edgar Cayce's remark, “Through diet and exercise the greater portion of all disturbances may be equalized and overcome, if the right mental attitude is kept.” (288-38) Yes, attitude is important, too! We will come back to this point.

In discussing the physiology of oxidation within the cell, Cayce also used the analogy of burning fuel: “Walking, thinking, working, or any activity that requires energies – which are as used forces in the system, as would be from the use of fuel in a fire – this produces an ash or refuse forces that must be eliminated.” (1055-1) In another instance Cayce remarked that it is not wise to “build a fire in a furnace and leave the ashes where they would smother the heat units produced. To smother the body with refuses that are thrown off from the system is to bring detrimental conditions to the physical body.” (1377-3)

Cayce's antioxidant approach hinges on two key physiological processes: assimilation and elimination. Proper diet improves the quality of the fuel burned in the mitochondria. Thus, the resulting ash is less toxic. Proper elimination efficiently removes the “ash” or “refuse” (free radicals) decreasing damage to tissue. Cayce insisted that if the “assimilations and the eliminations would be kept nearer *normal* in the human family, the days might be ex-

tended to whatever period as was so desired; for the system is builded by the assimilations of that it takes within, and is able to bring resuscitations so long as the eliminations do not hinder.” (311-4)

Cayce's health concepts were codified by the physiotherapist Harold Reilly in the acronym C.A.R.E. C.A.R.E. stands for Circulation, Assimilation, Relaxation, and Elimination. We have already discussed the role of assimilation and elimination in achieving oxidative balance. Proper circulation is also essential. Circulation supplies the cells with nutrients and removes wastes. One of the primary antioxidant benefits of exercise is the cleansing effect of increased circulation. As an “exercise equivalent,” Reilly also recommended Swedish massage to improve eliminations via increased venous and lymphatic circulation (drainages). Hydrotherapy (especially steam baths and colonic irrigation) was also suggested by Reilly to enhance internal cleansing.

Some researchers believe that stress contributes to oxidative load. Relaxation is helpful to counter the oxidative effects of stress. Relaxation is a normal outcome of exercise. In the book *The Edgar Cayce Handbook for Health Through Drugless Therapy*, Reilly and coauthor Ruth Hagy Brod give practical suggestions for stress reduction along with recommendations for improving circulation, assimilation, and elimination. Like Leaf and Glassman, Reilly's antioxidant approach is sensible and based primarily on lifestyle.

With regard to attitude, Reilly's witty reply to the question, “Which are the best exercises?” sums it up nicely. “The ones you do.” In other words, an attitude of application is essential. Mental attitudes represent the greatest obstacles to living the antioxidant lifestyle.

Leaf and Glassman encourage readers to take an “Oxidative Stress Quiz” as an assessment and motivational tool. In combination with the substantial documentation of the effects of free radicals and oxidative stress, the quiz motivated me to be more consistent and persistent with diet and exercise. I felt my attitude shift as I became aware of the choices before me. The antioxidant lifestyle really comes down to choice and application, key elements of soul development.

The bottom line is common sense in how we live. Or as Cayce put it: “But keep a normal balance, not being an extremist in any direction - whether in diet, exercise, spirituality or morality - but in all let there be a coordinant influence. For, every phase of the physical, mental and spiritual life is dependent upon the other.” (2533-3)



# The Selves of an Entity

## Multiple Personalities and Beyond

The concept of multiple personality disorder has become a part of mainstream culture, due in large part to motion pictures that have focused on the sensational aspects of this phenomenon. Beginning with the “Three Faces of Eve” various movies have portrayed the pathological dimension of multiple personality. Some widely publicized legal cases based on the multiple personality defense have also reinforced the sinister side of “multiplicity.” Less well known is the psychological and metaphysical basis for multiple personality theory.

Although the idea of multiple aspects of personality did not begin with Sigmund Freud, he certainly stands out as the key figure associated with this model. Freud theorized that each personality is an expression of three primal factors – the id, ego, and superego. These three fundamental divisions can be further divided into conscious, preconscious, and unconscious layers.

Post-Freudian models of multiplicity include Transactional Analysis, a psychological approach based on the premise that each of us can relate from a child, parent, or adult persona in any given social interchange. The social dimension of personality was also recognized by Edgar Cayce who defined *personality* as “that you would have others to see” in contrast to the *individuality*, or the “personality of the soul.”

### Beyond Freud

Interestingly, Cayce used the Freudian model of conscious and unconscious levels of functioning, adding superconscious states to include the spiritual aspect of experience. He went even further when he used the expressions “selves of an entity” and “personalities of an entity.” From Cayce’s perspective, “entity” represents the soul and its heritage. In Cayce’s view, each of us, as entities, can be considered as a collection of selves.

I sometimes wonder why the first section of Cayce’s physical readings begin with the expression, “Yes *we* have the body.” Who are the *we*? Based on the work of hypnotherapists such as Milton Erickson and consciousness researchers, the whole phenomena of trance states is an expression of multiplicity that is labeled “co-consciousness.” Could Cayce’s *we* be an expression of the entity incarnated as Edgar Cayce?

In a similar vein, the hundreds of “life”



readings given by Cayce begin with the hypnotic suggestion that he will provide information on “the conditions which are as *personalities*, latent and exhibited in the present life.” If Cayce is correct, each of us have multiple personalities that are associated with “conditions” including past lives and astrological influences.

The whole idea of personality as a “condition” is actually quite interesting from a modern psychological perspective. Behavioral psychologists focus on the inner and interpersonal stimuli/response patterns that can be construed as “conditions.” Likewise, the latest theories from physiological psychology assert that personality is a “condition” based on the interplay of various chemicals in the brain – that consciousness itself is a biochemical condition. Heredity, an increasingly plausible source of personality, can be considered as a “condition.” As is often the case with the Cayce material, the more closely you look at it, the more elegant and powerful it becomes as an explanation of the human experience.

In the context of Cayce’s broader transpersonal perspective, the concept of multiple personality includes a strong nonpathological emphasis. The notion that as an essential part of normal human development we should seek self knowledge, to “know thyself,” adds to the mystery and complexity of personal development. Perhaps, it might be more accurate to say that we should “know thyself.”

From a practical standpoint, Cayce provides healthy options for exploring the multiple facets of the psyche. Astrology, dreams, and meditation are all reasonable means of self-knowledge that can open the doors of inner awareness. I have found that in counseling individuals who are suffering from a sense of inner turmoil and fragmentation, using a multiplicity model

can be helpful in the healing process. Sometimes it seems as if these inner parts of the self are fighting or warring against each other. Getting in touch with the inner players can be helpful. I usually begin with a simple prologue on the various models of multiplicity that I have discussed above. I often ask if the individual has any curious or unusual nicknames.

One client quickly picked up on this technique and recalled that some of his friends call him the “hit man” because he can lapse into a quick and penetrating sarcasm that can be directed toward anyone that he wants to target. This tendency is not what one would expect from this normally quiet and courteous man. Social psychologists might explain this phenomenon in terms of roles that we play in different social “conditions.”

Another simple technique for getting in touch with the various aspects of the self is to listen for the phrase, “I am not myself today.” If you are not yourself, which self are you? This type of exploration can be done with an air of playfulness and curiosity.

When your “buttons are pushed” and you find yourself changing to a different mode of thinking and feeling, what is the source of the new you? Psychologists naturally look to previous experiences in this life, usually childhood experiences, to explain our reactions. Edgar Cayce acknowledged the importance of environmental influences in shaping our personalities, yet, as stated earlier, he went further in defining environment to include the spiritual environs (past lives and planetary environs).

### Healthy Multiplicity

Assuming that multiplicity is inherent in our natures and is not necessarily a pathological manifestation, how can we safely explore and develop our multiplicity? Here are some suggestions and cautions for maintaining mental health on the spiritual journey of self-knowledge.

- Develop a clear sense of purpose for self-exploration. The ideals exercise recommended by Cayce is a valuable tool for keeping a positive and consistent focus. Curiosity alone is not a good motivation for beginning this process.
- Find practical and constructive ways to apply the understanding that you gain about your selves.
- Keep a here-and-now focus. It can be easy to become obsessed about the past, whether the past of this lifetime

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# Health News



## Almonds Reduce Cancer Risk in Rats

The Cayce readings suggest that eating two or three almonds daily can help prevent cancer. A report in the April 2001 issue of the medical journal *Cancer Letters* supports Cayce's assertion that almonds may possess cancer-preventing qualities. Paul Davis and Christine Iwahashi of the University of California at Davis studied the effect of eating almonds on colon cancer in rats. They fed the rats whole almonds as well as almond oil and almond meal. They also injected a chemical that induces cancer. After twenty-six weeks on the almond diet, they looked at the colons of the rats to see whether cancer was developing. For control groups, the researchers used rats that were fed either wheat bran or cellulose, two high fiber foods that can help prevent cancer. The whole almonds, the almond oil, and almond meal all had cancer-preventive effects. The whole almonds were especially effective, and were better at inhibiting the cancer than either wheat bran or cellulose. The authors suggest that a combination of compounds only found in the whole almonds is necessary for the full effect. They conclude that "almond consumption may reduce colon cancer risk and does so via at least one almond-associated lipid component."

## Pagano Speaks at International Psoriasis Conference

On June 22, 23, and 24, 2001, the National Psoriasis Foundation (NPF), the largest psoriasis organization in the world, held its Eight International World Conference on Psoriasis in San Francisco. This annual event focuses on the latest medical research on psoriasis with the world's most distinguished medical specialists in the field. For the first time, Dr. John O.A. Pagano, Chiropractic Physician from Englewood Cliffs, New Jersey, was asked to participate as a featured speaker in the symposium and share with the audience his experiences in dealing with this skin disease. From the outset, Dr. Pagano made it clear that the inspiration for his dealing with the disease came from the discourses by Edgar Cayce.

Weeks before the start of the actual conference, Dr. Pagano had been told by the staff of the NPF that his segments of the conference entitled "Popular Alternative Approaches" were already sold out! In his presentations, Dr. Pagano emphasized that it was Edgar Cayce who first described the cause of psoriasis as being primarily due to thin, porous intestinal walls that allow toxic elements to pass through and pollute the bloodstream. The psoriatic lesions form as an external manifestation of the body's attempt to rid itself of these toxins. While described at great length in his book, in summary Pagano's entire approach (referred to by the NPF as the Cayce/Pagano Regimen) focuses on diet and internal cleansing as the route to take towards alleviation of the disease.

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asthma presented in Cayce's readings passé? Only further research will tell. Certainly this doctor and his team of researchers at Mt. Sinai Hospital do not consider the vasomotor explanation of asthma as outdated or obscure.

The point is that we have barely scratched the surface of the Cayce health information with regard to understanding and documenting the extraordinary concepts contained therein. I could give numerous examples of conditions where the

Cayce approach is supported by leading edge research.

So where does that leave us now? I think the situation is not so much a matter of Cayce being passé, as it is a case of our being so far behind in our understanding and application that Cayce's time has not yet come. My greatest hope is that we can catch up with the readings. One of my biggest concerns is that the Cayce information will fall into the same trap of hype and exaggeration that seems to plague each latest new thing.



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or others. Remember, the present is the point of power. How you use your will now is more powerful than any previous experience.

- Flexibility is the hallmark of mental health. Try not to be rigid about how you view the concept of multiplicity, especially when it involves the beliefs of others. It is usually counterproductive to try to convince or convert anyone to your way of thinking. After all, we are only using words and ideas to explain something (the soul entity and its manifestations) that is beyond language and mental constructs. If others prefer to work with multiplicity using one of the psychological models discussed above, that may well be the optimal model for them. Likewise, there are numerous metaphysical systems that provide unique and useful explanations of multiplicity. In this article, I have focused on some standard psychological models and the philosophy of Edgar Cayce because I am more familiar with these sources, not because I think they provide the ultimate or final answer to this mystery.

Here are a couple of red flags that can indicate a need for professional assistance. If you often feel out of control and experience compulsive behaviors or obsessive thought patterns, professional help may be appropriate. Lapses of memory that cover extended periods of time (fugue states) are a common symptom of multiple personality disorder (MPD), also known as dissociative identity disorder (DID). If you become aware of such episodes, professional help is indicated.

Of course, seeking professional help itself can be a stressful undertaking. Ideally, you will have access to a transpersonal psychologist or therapist who is aware and comfortable with the concept of multiplicity as a normal expression of the multidimensional human psyche. Hypnotherapy with a qualified practitioner is one possible option for exploring multiplicity. Such work may focus on integration of the various aspects of the self.



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for more information on antioxidants, multidimensional healing, asthma, and multiplicity.