



# True Health

## Physical-Mental-Spiritual

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## Cancer Prevention

Over the past couple of years, several friends and associates have been diagnosed with cancer. A few have died. Naturally, I have increased my efforts to understand cancer. As I surveyed the complex cancer research literature, I became aware not only of the studies and data, but also of my own feelings about the subject. This is not an academic exercise. I want an answer that I can live with and apply in my life.

Of course, I took a deeper look at the Cayce material on cancer. I had read the cancer readings and was aware of Cayce's model. My experience has been that as I go back over the readings, new insights and understandings come to light. My research has been facilitated by a local study group that has chosen to focus on the topic. As is typically the case, what I found in the Cayce material is consistent with the best scientific research that is available.

Another valuable resource that I have discovered is a book by The American Institute For Cancer Research (AICR). *Stopping Cancer Before It Starts* is a very readable text on the causes and prevention of cancer. The authors have created a practical guidebook that offers concrete and simple ways to reduce the risk of cancer.

### The AICR Approach

The AICR approach to cancer prevention is strongly research based. Research evidence suggests that about one-third of the 500,000 cancer deaths that occur in the United States each year are due to dietary factors. If you add to that those that are linked to smoking and alcohol consumption, as many as three-quarters of all cancer deaths are lifestyle-related. Strictly on a statistical basis, making some basic lifestyle changes can tremendously decrease the risk of cancer. This doesn't mean that eating better and giving up certain vices makes you immune to cancer. The AICR acknowledges that everyone is at risk for cancer to some extent. But at the same time, nearly everyone is a candidate *not* to get cancer. The idea is to reduce the risk as much as reasonably possible without becoming obsessive or phobic about it.



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The AICR model views cancer as a chronic process. It is most often long-term exposure to carcinogens – usually coupled with diet- or lifestyle-related diminishment in our built-in cancer defenses – that results in cancer. To some degree, the cancer process is going on in our bodies all the time. Usually, a healthy body simply eliminates the cancer cells and no harm is done.

The AICR strategy is to help enable our bodies to strengthen their natural protective mechanisms while decreasing or eliminating the most common causes of cancer. A positive side-effect of

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## Olive Oil

### Food and Medicine



Olive oil is a primary component of the heart-healthy and popular Mediterranean diet. In this approach, olive oil is the principal source of fat replacing butter, margarine, and other vegetable oils commonly used in Western cuisine.

Considering the confusion that often surrounds the “good fat” vs. “bad fat” debate, it is helpful to know that olive oil contains relatively high levels of monounsaturated fats. This means that it does not have the cholesterol-raising effects of saturated “bad” fats that clog arteries. Olive oil is also a good source of health-promoting antioxidants. But olive oil is good for more than cooking.

### Olive Oil as Medicine

In addition to its culinary acclaim, olive oil is also an herbal (botanical) medicine that can be used in a variety of health and beauty treatments. Edgar Cayce was a strong advocate for olive oil as a therapeutic agent. Cayce regarded olive oil as a food for the skin and included it in a variety of skin lotions, hair tonics, and massage oil formulas. In one reading that recommended massage with olive oil, Cayce stated that the olive oil “will be as a skin food as well as an absorbent for the better circulatory forces.” (849-46) This is a key point in understanding why olive oil was so often recommended by Cayce for external applications. Cayce viewed the skin as both a protective barrier and a medium for absorption of nutrients. Applying olive oil to the skin affects not only the skin surface, but also the tissue beneath. Usually combined with other ingredients such as peanut oil, lanolin, myrrh, or saffras oil, olive oil was included in Cayce's formulas for conditions ranging from varicose veins to arthritis.

In addition to the external application of olive oil, Cayce also prescribed it as an internal medicine for healing the digestive system. After all, the alimentary canal is a long tube of specialized skin that runs from the lips to the anus. Just like the external skin, its serves to keep out toxins and absorb nutrients.

Olive oil taken into the digestive tract in sufficient quantities will trigger a response from the gall bladder which excretes bile into the upper portion of the small intestine. Bile breaks down the oil so that it can be absorbed. Thus, ingesting large quantities of olive oil has the general effect of purging the gall bladder. Keep in mind that bile stored and excreted by the gall bladder comes directly from the liver which is a major detoxifying organ of the body. Thus olive oil was recommended by Cayce as part of a detoxifying process involving the liver and gall bladder.

The three-day apple diet was one of the detoxification programs recommended by Cayce. Presumably, as part of the internal cleansing process, the liver extracts toxins and passes them along via the bile to the gall bladder for elimination through the intestinal tract. After the third day of the apple diet, a relatively

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**What do you think about vitamin and mineral supplements that claim to be antioxidants? E.L. VA**  
 Supplements may be helpful, and even necessary, for some people who cannot meet their nutritional needs through diet alone. Remember that supplements by definition are intended to add to the primary nutrient

source in food. Except in extreme conditions, they should not be the main source of nutrients. Antioxidant supplements appear to be most appropriate for certain diseases (such as heart disease and dementia) and certain groups of people (such as high-intensity athletes).

Edgar Cayce tended to emphasize the healing power of nature. Staying close to nature is good for health. Food is more natural than pills. There seems to be a significant interaction between the various micronutrients in whole foods that may be missed with concentrated supplements. Also, getting nutrients from foods virtually eliminates the “natural vs. synthetic” debate that generally accompanies supplementation.

Cayce sometimes recommended nutritional supplements, especially for sick people who could not get adequate nutrition from diet. One concept that Cayce emphasized that I do not find in the modern literature is that the body can become dependent on nutritional supplements and lose its natural ability to assimilate nutrients from foods. So if you do take supplements, you may want to consider taking them in cycles. Be sure to eat a balanced diet with plenty of fruits and vegetables. Exercise your body and will by making healthy lifestyle choices. - D.M.

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the AICR model is that it not only reduces cancer risk, but will also lead to decreased risk for heart disease, diabetes, obesity, and many other chronic health problems. Here is the basic outline of the AICR lifestyle recommendations for preventing cancer:

- **Diet** – eat a predominately plant-based diet rich in a variety of vegetables, fruits, beans, seeds, and minimally processed starchy foods while avoiding red meat. Choose modest amounts of vegetable oils such as olive oil that are predominately monounsaturated with minimum hydrogenation.
- **Body weight** – avoid being overweight or underweight.
- **Physical activity** – engage in moderate daily activity (such as brisk walking) with vigorous activity at least one hour per week.

- **Alcoholic drinks** – keep alcohol consumption to a minimum.
- **Tobacco** – avoid it completely.

*Stopping Cancer Before It Starts* contains an abundance of specific resources such as risk-assessment questionnaires and recipes to make the information personal and practical.

**Cayce on Cancer Prevention**

In several readings Edgar Cayce suggested eating almonds to prevent cancer. The last issue of this newsletter cited some fascinating research supporting Cayce’s claim of the preventive potential of almonds. I will confess that since I have become aware of this research, I have become more consistent with this simple lifestyle choice. The power of the mind to influence choices based on new information and awareness is essential to creating a healthy lifestyle.

Generally, the basic Cayce lifestyle recommendations are very consistent with the AICR model, especially with regard to diet and exercise. However, one theme that runs strongly through the Cayce readings on cancer that is not addressed by most modern preventive strategies is the concept of chronic irritation as a contributing factor in cancer. *Tabor’s Cyclopedic Medical Dictionary* states that cancer “may be caused by various forms of chronic irritation.” The Cayce readings contain numerous examples of precancerous conditions that can be triggered into malignancy by chronic irritation.

A thirty-eight-year old woman asked Cayce, “Is this body a cancerous type in

view of tumors and extreme tensions?” Cayce replied, “As indicated, this is a strain. If the body is built up sufficient for resistance, these disturbances in these directions should disappear. If tissue is allowed to become adhered, or if the tumors are allowed to form and then these become bruised, or there is the lack of the ‘elan vitale’ in the system to create proper coagulations, then such might arise.” (954-2)

Thus, stress and strain can weaken the body’s natural vitality (“elan vitale”) and decrease the immune response (“resistance”). With decreased vitality and immune functioning, the system becomes more susceptible to cancer.

“Coagulation” is an important term mentioned in many readings on cancer. Strictly speaking, coagulation refers to the process of clotting in wound healing. In many instances, Cayce described cancer as an aberration of the natural healing process. According to Cayce, the body typically “segregates” diseased or injured tissue to assist with healing and prevent contamination of surrounding tissue. Coagulation is part of this phase of healing.

Normally, the body then replaces diseased or injured tissue by cell division and replication while absorbing and eliminating the waste and toxins that naturally result from this process. If the healing process is hindered by chronic irritation or injury, the segregation becomes more extreme, resulting in ulcers or tumors (Cayce often used the term “broken tissue”). If the cell reproduction process becomes exaggerated, the segregated tissue may take on an identity of its own. It then becomes a parasite on the host system, competing for energy and nutrition. This is not necessarily the progression in all the Cayce readings on cancer, but at least it does give a sense of the concept of cancer as a failure of the natural healing process.

**Preventive Strategy**

From a prevention standpoint, the obvious goal is to increase the normal healing response and decrease any factors that hinder healing. In a holistic sense, maintaining a positive mental attitude and living a spiritual ideal will tend to bolster the immune system and promote health.

Followed consistently, the AICR recommendations will tend to improve vitality and immune system integrity while removing some of the common irritants that increase the risk of cancer. Use common sense by avoiding environmental irritants such as too much sunlight or substances that have been linked to cancer (carcinogens). Keep a positive mental attitude by focusing on living a purposeful life rather than worrying about cancer.

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# The Holistic Quest

This newsletter is based on the premise of true health as an integration of the spiritual, mental, and physical dimensions of life. This is the holistic quest – an adventure of the soul!

For some of us, the material side of life consumes our consciousness as we just try to pay the bills and meet our day-to-day responsibilities. Little time or energy is left to fulfill our mental and spiritual needs. Perhaps there is even a denial of the reality of the mental and spiritual side of life altogether. After all, some scientists insist that we are just complex animals. From this view, what we experience as thoughts, feelings, and spirituality is nothing more or less than chemical interactions in the brain. The materialistic illusion is powerful indeed!

At the other extreme there are individuals who are so out of touch with the material side of life as to be almost negligent about caring for the physical body. It is as if they are not fully incarnate in this realm. Balancing a budget can be a formidable task!

Most of us are somewhere between these extremes. We are doing our best to keep a balance and nurture our whole beings. Life is a mysterious journey. In a sense, the various religions and philosophies are like maps of reality. We try out different maps with the hope that all things will work out for the best.

I like the holistic map because it gives me the greatest sense of meaning and fulfillment. However, the holistic quest is not simple or easy. The first challenge is to understand what holistic philosophy is. Then we can focus on living it as a lifestyle and using it to heal when we become ill.

## What Is Holism?

It seems that advocates of alternative medicine often use the word too loosely – holistic can refer to anything that is not allopathic treatment. I have seen promotional ads for holistic practitioners who apparently focus primarily on alternative approaches such as nutritional supplements or bodywork with little or no regard for the soul.

At its core, holism can be associated with that which is holy or sacred. The spiritual dimension is essential.

Sometimes the expression “wholism” is used as a synonym for holism. “Wholism” indicates a consideration of all the various aspects of the human experience – physical, mental, emotional, spiritual, and inter-



personal and so forth. I almost used the word “wholistic” in the titles of my first books on treating mental illness (schizophrenia and depression). Then I discovered a paper written by James Windsor titled, “A Holistic Theory of Mental Illness.” In this important document, Windsor observed that

Edgar Cayce “... saw a person as a whole, with mind, body and spirit as a single unit, all so closely tied that it was not possible for one aspect to be diseased, either physically or mentally, without the whole person suffering the consequences.” Windsor’s definition of holism was so fitting to my topic and consistent with Cayce’s approach, that I have used the word holism repeatedly in subsequent works.

Windsor’s paper was presented at the Second Annual Symposium of the Medical Research Division of the Edgar Cayce Foundation in Phoenix, Arizona, in 1969. Nine years later, five physicians grounded in the Cayce philosophy decided to create the American Holistic Medical Association, which was officially founded the following year (1978). One year later an editorial appeared in the *Journal of the American Medical Association* recognizing Cayce as the fountainhead of the holistic movement. The editor proclaimed, “The roots of present-day holism probably go back 100 years to the birth of Edgar Cayce,” an obvious recognition of Cayce’s influence on the founding of the AHMA. Thus, I regard Windsor’s conceptualization of holism as particularly authentic as well as significant in the evolution of the holistic movement in America during the twentieth century. So much for history and philosophy. What does holism really mean and how can we use it?

## Holistic Living

At a practical level, the holistic challenge is one of integration. As Edgar Cayce put it, “There is a body-physical, a body-mental, a body-spiritual. They are one in the activities of human experience. They each have their attributes. Then it is not all physical, neither all mental, neither all spiritual in the material consciousness; but there must be the stress, the accent upon each phase of human experience in its proper sphere and proper relationship as one to another.” (2396-2)

Spiritual, mental, physical – they are

one, fully integrated. That is the essence of the holistic quest! But how do we operate in a material world as spiritual/mental/physical beings?

Cayce suggested several techniques for holistic living. One approach is to honor the physical, mental, and spiritual aspects by budgeting: “Then budget the time, that there may be a regular period for sustaining the physical being, also for sustaining the mental and spiritual being.” (3691-1) This strategy involves setting aside a certain amount of time for the physical body (diet, exercise, etc.), the mental body (reading, studying, etc.), and spiritual body (prayer, meditation, etc.).

Edgar Cayce even recommended an “ideals exercise” as a tool to assist in becoming absolutely clear and specific as to what each of these three areas involve. This powerful tool is based on the concept of the earthly experience as essentially three-dimensional. The triune pattern echoes through all areas of life as embodied in the phrase, “Spirit is the life, mind is the builder, and physical is the result.”

The ideals exercise provides a way to integrate the physical, mental, and spiritual in all that we do. So if we take a walk, we can also be mindful of our thoughts and feelings and have an openness to spirit. We can say “thank you” as a prayer of gratitude for the beauty of nature or for the fresh air that we breathe. If walking is a physical expression of a spiritual ideal as identified in the ideals exercise, it has more purpose and meaning. By the way, purpose and meaning are spiritual attributes. Thus, walking becomes a holistic experience. Blessing food before and during a meal nurtures more than the physical body. For me, gardening is often a mystical experience as well as a source of wholesome food for the table. And so it goes with the various activities of daily living.

## Holistic Treatment

Theoretically, if we live holistically, we should never become sick. Practically, most of us do become ill at some time or other, even if we do our best to live holistically. Why we become sick is beyond the purpose of this article. We will take up that important question in a future issue.

One of the fascinating facts of which I have become aware as I have studied the thousands of “physical” readings given by Edgar Cayce is the preponderance of “physical” treatments that he consistently prescribed. Many readings seem to dwell almost exclusively on physical causes and treatments for a wide variety of conditions. The key to understanding Cayce’s therapeutic approach is to realize that even

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# Health News



## Gut Feelings and the Sixth Sense

Edgar Cayce spoke of the “solar plexus brain” and the role of the abdominal nervous system in various disorders such as epilepsy, migraine, depression, and anxiety. In several readings with metaphysical implications, Cayce even hinted that the nervous system of the abdomen forms a major connection of the soul with the physical body. An article appearing in the November issue of *Trends in Neuroscience* speculates on the role of nerve impulses from the abdomen to the head. The article titled, “Does the Vagus Nerve Mediate the Sixth Sense?” documents connections between the vagus nerve that innervates the abdomen and key areas of the brain. The author believes that a better understanding of the role of vagus influence on the brain may lead to new treatments for neuropsychological disorders, just as Cayce suggested. Sensations transmitted from the abdomen to the brain via the vagus nerve may also be linked to intuition, or a sixth sense. The author notes, “The five traditional senses – sight, hearing, touch, taste, and smell – acquire information about the external environment. Therefore sensations from the internal environment – viscerosensation – are acquired via a ‘sixth sense.’ Sixth sense, ‘a faculty of perception that does not depend upon any outward sense,’ is used to describe heightened sensitivity, ‘gut feeling’ or ‘psychic’ ability.”

## Prayer and Pregnancy

In vitro fertilization-embryo transfer (IVF-ET) is a procedure in which a woman’s ovaries are stimulated with fertility medications to produce multiple mature eggs which are removed from her body, fertilized in the laboratory, and then transferred back into her uterus. A study published in *the Journal of Reproductive Medicine* (September, 2001) suggests that intercessory prayer can influence this complex process. The study was a prospective, double-blind, randomized clinical trial which means that it meets the highest criteria for scientific research. The participants were 219 women who were treated with IVF-ET. The women who received prayer had a higher pregnancy rate as compared to those in the nonprayer group.

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large quantity of olive oil (up to one-half teacup) was prescribed to stimulate bile excretion and eliminate toxins via the bowel.

To a lesser extent the same pattern is followed with castor oil packs placed over the right side of the abdomen (including the liver and gall bladder). At the conclusion of the series of packs, olive oil is taken orally to purge the gall bladder and assist with cleansing the intestines.

### Small Doses

Here is a fascinating wrinkle in Cayce’s recommendations for taking olive oil as an internal medicine. In numerous readings, Cayce suggested that relatively small doses of olive oil be taken orally. The idea is that small doses of the oil can “sneak” into the intestinal tract without alerting the gallbladder to release bile. Thus the small, undigested dose of olive oil coats and protects the intestinal wall, assisting with healing. Used in small doses, olive oil was often suggested by Cayce for “leaky gut syndrome” that can produce skin conditions such as psoriasis. Small doses of olive oil may have a similar healing effect for

the large intestine (colon) when diarrhea is present.

### Practical Tips

Be sure to purchase “virgin” or “extra virgin” olive oil. This means that it is cold pressed and unrefined.

When taking larger doses, Harold Reilly recommended mixing the oil in hot water before drinking it. *The Edgar Cayce Handbook for Health Through Drugless Therapy* by Reilly and Ruth Hagy Brod is probably the best single resource on the various therapeutic uses of olive oil.

I have found that putting the oil in apple juice or drinking some apple juice immediately after taking the oil helps it to go down. This has always been a challenge for me, but it has gotten easier with practice and working on my attitude. Knowing the health benefits of olive oil makes a big difference at the mental level.

Olive oil is both a wonderful food and versatile botanical medicine. If you are into the Cayce lifestyle, be sure to keep some on hand and use it to improve your health.



## QUEST CONT. FROM PAGE 3

when he suggested physical modalities such as massage and diet, the mental and spiritual aspects were to be included in the treatment. He often stated that the treatments should not be merely “mechanical” or “rote.” He insisted that a positive mental attitude facilitates healing. He encouraged individuals to visualize or imagine the positive effects to be produced by the treatment during the session. For individuals who may not be able to control the mind (children or the mentally ill), suggestive therapeutics (natural hypnosis) was recommended for use during the treatment.

Cayce defined spirituality in practical terms – as the spirit in which the treatments are given and received. Applied spirituality means being in a prayerful state during treatment. Also, being clear about the purpose of healing is important. Healing usually involves transformation at some level – something has to change. An awakening to the spiritual side of life is one of the most profound changes that accompanies true healing.

When training people to work with the energy medicine appliances recommended by Cayce, I find it best to begin with the idea that the treatments are a spiritual discipline. Cayce often advised that radial appliance sessions should be a time of meditation and attunement to creative forces. When instructing about how to use the wet cell battery, I always make sure to emphasize that the time spent during the session should be a period of meditation.

## The Quest

The holistic quest is a journey in consciousness and deed. Living an ideal life connects one with the divine in a practical way. When the spiritual, mental, and physical are fully integrated, we feel whole and holy. The challenge is bringing holistic principles into application. Here are some suggestions:

- Do the ideals exercise.
- Budget time and energy for an ideal life.
- Apply what you know; live what you believe.
- The holistic quest is an adventure. Enjoy the journey.



Visit the *True Health* Web site:

[www.edgarcayce.org/th](http://www.edgarcayce.org/th)  
for more information on cancer prevention, olive oil, and holistic living.