



True Health

Physical-Mental-Spiritual

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Cancer Treatment

A CAM Approach

Complementary and alternative medicine (CAM) received a tremendous boost with the founding of the National Center for Complementary and Alternative Medicine at the National Institutes of Health. The CAM approach provides a means of integrating alternative therapies with conventional medicine.

One of the areas in which the CAM model has been most helpful and controversial is cancer treatment. Cancer expert Robert Atkins, M.D., believes that choosing between alternative or orthodox treatment is like asking a person to play cards with half a deck. "As long as both halves are there, let's play with the whole deck," he says. "Patients with cancer who seek either orthodox or alternative approaches are entrusting their lives to doctors who are playing with half a deck." Dr. Atkins advocates for a CAM approach that emphasizes alternative treatment along with judicious use of conventional methods.

In this article I will lay out some themes of the CAM approach for cancer treatment to convey the gist of this model. Obviously a newsletter article cannot go into depth on such a complex topic. At the end of this piece I will provide some resources for those who want to fully explore the CAM model for treating cancer.

Interestingly, Edgar Cayce typically used a CAM model, especially for the treatment of cancer in its advanced stages. Many of the cancer readings contain recommendations for conventional

treatments combined with natural therapies. Based on the modern CAM model and the readings of Edgar Cayce, here are some guidelines to consider for the treatment of cancer.

Early Detection

Nearly everyone agrees that early detection and treatment of cancer produces better outcomes. Most of us do self-



monitoring, whether we call it that or not. Of course, for those with a metaphysical understanding of the power of the mind, there is a reasonable concern about negative thought patterns and expectations that can enter into any self-examination process. Self-monitoring needs to be done with a positive frame of mind. When you check the oil in your car, you don't typically envision a burned-up engine. As you monitor the various systems of your body, keep a positive mental attitude of health maintenance. Use the mind to build health.

Mental/Spiritual Healing

Alternative cancer specialists tend to place a high priority on mental attitude and spirituality as prerequisites to successful cancer treatment. Lawrence Taylor, M.D., asserts that for treating cancer a positive attitude is essential. Dr. Taylor says that the

Nuts For Health

Delicious and Nutritious



I think we knew it all along – nuts are healthy! For years nuts have been on the list of taboo foods due to concerns about excessive fat intake.

To be sure, nuts do carry their share of fat and calories. However, the latest research indicates that nuts can help prevent illness. The key to

this turnaround in scientific opinion is the new view that not all fats are necessarily bad.

Saturated fats that come from animal products contain cholesterol and are generally grouped in the "bad" fats category. Because they come from plants, nuts are naturally cholesterol-free and low in *saturated* fats. Also, nuts tend to be rich in *unsaturated* fats that are now regarded as the "good" fats. Furthermore, nuts are a good source of antioxidants and phytochemicals that are thought to help reduce the risk of numerous chronic diseases, including cancer and heart disease. As an alternative to meat, nuts are a significant source of protein. With the growing trend toward meatless meals and eating on-the-run, nuts can make a healthy contribution to your lifestyle.

Not all nuts are created equal. When researchers calculate the "nutrient density" of the major nutrients of nuts compared to the percent daily value (DV) per 100 grams, almonds rate the highest at 37% followed by cashews at 33% and filberts at 32%. Macadamia nuts (15%) are at the bottom of the list. This research squares nicely with the Cayce readings which consistently endorse almonds, filberts, and cashews. Other nuts, such as walnuts and pecans, were suggested on a case-by-case basis.

Cayce recommended nuts as a good source of fats and oils for the body, especially for persons at risk for cancer. For a woman with cancer tendencies, Cayce advised, "The fats should be more from nuts than meats; for these, as we find, would be most helpful – and especially cashew nuts, almonds, filberts, and the like." (1000-11) For a woman concerned about tumors leading to cancer, Cayce observed, "Nuts, especially almonds, filberts and the like, should form the greater portion of the oils or fats for the body." (967-2) Based on the Cayce material and the latest scientific research, here is some basic information on highly regarded nuts.

Almonds

Scientific research supports almonds' most favored nut status. Each ounce of almonds contains 35% of the Daily Value (DV) of the antioxidant vitamin E, 6 grams of protein, and no cholesterol. Almonds are also loaded with magnesium, calcium, fiber, the B vitamin folate, and phosphorus. Research suggests that eating almonds may reduce the risk of heart disease and cancer.

The Cayce readings definitely show a preference for almonds.

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I just read the article on almond research for cancer prevention. I have heard of folks who ate their daily almonds and still got cancer. Any comments? J.T. e-mail

Your excellent question has multiple levels. At one level your question involves interpretation. Rather than taking isolated excerpts from the Cayce readings as statements of absolute truth, I have found it to be more helpful to examine everything that Cayce said about a given topic to look for the underlying *principle*. Based on the *principle*, hypotheses can be developed and tested. Cayce strongly encouraged that the information be researched rather than taken on faith.

At a practical level, the question is whether or not to eat a couple of almonds each day. **Definitely yes!!** As I have documented in this issue, almonds are an excellent source of nutrients. Scientific research supports the notion that eating almonds can help prevent cancer and other serious diseases.

Would I rely solely on almonds for cancer prevention? **Absolutely not!!** Even though a couple of Cayce readings specifically suggested eating almonds to prevent cancer, numerous other readings also recommended lifestyle choices, especially diet, as was discussed in the article "Cancer Prevention" in last month's *True Health*. As stated in that article, it is important for me to have a cancer prevention approach that I can live with. The basic recommendations of the American Institute for Cancer Research are consistent with the *principles* in the Cayce readings and form a foundation of sensible health options. - D.M.

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ideal anticancer attitude has two components: (1) it is hopeful, optimistic, and life-affirming; and (2) it is assertive with regard to one's own needs.

Since cancer can be a terminal illness, dealing with death and the soul is important. Cayce tended to use a multidimensional healing model that includes soul development as a form of healing. From this perspective, death itself can be a form of healing. Several Cayce readings indicated that cancer had a karmic dimension involving soul development for that individual.

At a practical level, the use of the will is important for soul development. The CAM model encourages patients to use the will to make informed choices and to act upon those choices.

Diet and Nutrition

Although diet and nutrition are usually not a high priority in mainstream cancer treatment, alternative practitioners focus heavily in this area. There is an emphasis

on whole foods and a mainly (if not entirely) vegetarian diet. Some alternative practitioners recommend large quantities of nutritional supplements.

Edgar Cayce also placed great value in diet in the prevention and treatment of cancer. Cayce's dietary recommendations for cancer tended to emphasize eating an abundance of fresh, raw fruits and vegetables with little or no meat (especially avoiding meat fats). Eating nuts as a meat substitute (especially almonds) was encouraged. Specific vitality enhancing foods (such as beef juice) were suggested in some cases.

Pharmacology

Pharmacology includes various medicines ranging from rather benign herbs (botanical medicines) to extremely toxic chemotherapy. Palliative (pain relieving) drugs also fall within this category.

The CAM model of cancer treatment recognizes that chemotherapy may be helpful for controlling tumor mass in some patients. Ideally, the lowest possible dose of chemotherapy is combined with nutritional or botanical supplements to enhance healing and decrease harmful side effects.

Pain relievers are another common form of drug therapy for cancer treatment. Edgar Cayce prescribed opiates such as codeine and morphine for pain relief in some cancer cases. He typically combined these powerful drugs with certain herbs (usually eucalyptol, Canadian balsam, and oil of turp) to enhance effectiveness and decrease side effects.

Plantain, a common weed, was also frequently recommended by Cayce for the treatment of cancer. Plantain can be made

into a tea for internal use or an ointment to be gently rubbed around the edges of open sores to assist with healing.

Energy Medicine

Radiation therapy is the primary energy medicine modality in conventional medicine. The CAM model recognizes the potential benefits of low doses of radiation, especially to shrink tumors.

Edgar Cayce recommended a wide diversity of energy medicine treatments for cancer, including radiation therapy. Like modern CAM practitioners, he recognized the potential danger of excessive radiation and the value of complementary therapies to decrease toxicity and enhance vitality.

Light therapy, usually in the ultraviolet range, was a frequent Cayce treatment for cancer. It was typically combined with some form of medicated ash (animated or carbon ash) to be taken orally a few minutes before exposure to the light. According to Cayce, the ash fights cancer by increasing the oxygen level in the system.

Surgery

Surgery is a common mainstream treatment that is part of the CAM approach for cancer. Viewing cancer as a parasite on the system, Edgar Cayce also regarded surgery as a valuable treatment for cancer when the tumor could be reached in that way. Just as with modern CAM practitioners, Cayce often gave specific recommendations with regard to preparation and recovery from surgery.

Physiotherapy

Although physiotherapy is not emphasized in conventional cancer treatment, some alternative practitioners advocate bodywork and hydrotherapy for cancer. Physiotherapy often falls under the heading of "detoxification." Edgar Cayce utilized various forms of physiotherapy for treating cancer. For example, osteopathic manipulations were often prescribed to improve drainages (eliminations). Physiotherapy may be helpful in decreasing the side effects of conventional treatments such as chemo- and radiation therapy.

Resources

An Alternative Medicine Definitive Guide to Cancer is the best resource that I have seen on CAM approaches to cancer treatment. The Health and Rejuvenation Research Center (HRRC) offers treatment protocols for certain forms of cancer. Meridian Institute offers an extensive report on Cayce's approach to the prevention and treatment of cancer which is available online or via HRRC (757-496-6411). The *True Health* web site contains links to these and other cancer resources.

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Suggestive Therapeutics

Natural Hypnosis

We are all familiar with the image of the stage hypnotist saying “Your eyelids are getting heavy” as the pocket watch is swung in front of the face of the subject. To be sure, this is a somewhat dated form of hypnotic induction. Due to the groundbreaking work of hypnotherapists such as Milton Erickson, hypnosis has become a much more sophisticated and subtle art. Erickson, a psychiatrist whose reputation grew in prominence during the late twentieth century, was also influential in encouraging the use of hypnosis for healing.

One of the Erickson’s major breakthroughs was the insight that we all go into altered states of consciousness naturally during each day – the common everyday trance. His power of observation enabled him to recognize common interactions that induce trance. For example, he noticed that convoluted sentences that caused confusion can lead to trance. (No wonder I am so entranced by the Cayce readings!) Erickson also became famous for the “handshake induction” whereby a prolonged squeezing of the hand can be utilized to induce trance. Repetitive movements (such as massage) can also induce trance, a point that we will return to later.

Erickson also found that it was natural for him to go into trance during a hypnotherapy session. He trusted his unconscious mind to guide the process. In a sense, Erickson attained a high level of attunement during sessions, although he steadfastly denied that his process was psychic. To him it was all a natural ability of consciousness. The key point here is that Erickson’s use of “natural hypnosis” stands in contrast to the “formal hypnosis” used by early stage hypnotists.

If I come across as impressed by Erickson and his approach, chalk it up to my experience in graduate school where most of my professors were practicing Ericksonians. Every class was an adventure! It definitely surpassed my undergraduate psychology education that focused mostly on rats in Skinner boxes!

Suggestive Therapeutics

As revolutionary as Erickson’s innovations were, he was not the first to recognize the therapeutic potential of natural hypnosis. During the early decades of the twentieth century, medical hypnosis was sometimes called *suggestive therapeutics* to distinguish it from stage hypnosis. The earliest historical reference I have found for suggestive therapeutics is in a work written by a physician in 1909. In its initial



form, it appeared to be primarily formal hypnosis used by health practitioners.

Cayce’s Perspective

Edgar Cayce recommended *suggestive therapeutics* in many readings. The fascinating part is that he utilized *natural* activities to induce trance years before Erickson formulated his ideas about natural hypnosis.

As presented in the Cayce readings, suggestive therapeutics is a naturalistic form of hypnosis utilized by caregivers and health practitioners. The idea is that certain physical therapies, such as massage, electrotherapy, and spinal manipulation can induce hypnotic trance. Edgar Cayce recommended that this natural trance state be used as a means of stimulating healing and addressing behavioral issues. The first few minutes of sleep offers a similar trance state where the unconscious mind is open to suggestion. This has been termed “presleep suggestion” by some practitioners. Because this technique utilizes trance states commonly associated with physical therapies and sleep, the person providing the suggestions does not necessarily need to be a mental health professional trained in hypnosis.

Child Behavior Problems

Cayce typically recommended suggestive therapeutics for childhood behavioral problems such as thumb-sucking and bed-wetting. I have also found it effective for simple anxiety-related problems. Case in point – when my daughter started school and was afraid that she would get gobbled up by the big yellow school bus, some simple presleep suggestions solved the problem. A few years later, the dreaded spelling quizzes became so traumatic that she didn’t want to go to school on Fridays. Although I started out with presleep suggestions in person, I soon found that just recording the spelling list with some

positive suggestions was all that was needed. I talked to her about how she would feel while taking the tests and the good grades that she would get. Almost immediately, the anxiety decreased dramatically and within two weeks the problem was gone for good.

A gentle spinal massage with cocoa butter is another common Cayce recommendation for inducing trance in children. Most children like getting a backrub while being told positive things by a parent or loved one.

Dementia Symptoms

I have found suggestive therapeutics to be helpful for individuals at the other end of the lifespan suffering from Alzheimer’s dementia. I first became aware of this application when I studied the readings on nervous system regeneration. Cayce actually gave a formula for rebuilding the brain that included suggestion as a key component. I was not surprised to find suggestive therapeutics recommended for this type of condition. I have found numerous readings on dementia praecox (schizophrenia) where Cayce insisted that hypnotic suggestions be given during the wet cell battery and massage sessions.

I have successfully worked with family members whose parents were afflicted with dementia and experiencing mental and behavioral problems. In one case, an elderly demented man was exhibiting some very troubling behaviors that were causing serious problems with the staff of the nursing home where he was staying. I advised his daughter on how to use suggestive therapeutics to decrease his anxiety and change problematic behaviors.

Considering the number of people with dementia who could benefit from suggestive therapeutics, this simple technique holds great potential. To explore the potential benefits of this technique, Meridian Institute and HRRC are undertaking a research project on suggestive therapeutics for Alzheimer’s dementia.

Application

The *True Health* web site contains a comprehensive set of instructions for applying suggestive therapeutics. Here are some brief instructions to familiarize you with the process.

The first step is to create a script that will be spoken during the session. Edgar Cayce often provided a basic script in his readings for each individual. Based on an analysis of numerous scripts provided by Cayce, here are some pointers for creating a script for your situation:

- Be sure that the intent and primary

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Health News



CAM Use Is Prevalent in Cancer Patients

Reporting in the October issue of the journal *Oncology*, researchers have concluded that the use of complementary and alternative medicine (CAM) is prevalent in cancer patients. The study focused on approximately one hundred adult cancer patients in a private nonprofit South Florida hospital. Survey questionnaires filled out by the patients indicated that 80% of the patients reported using some type of CAM, most often vitamins (81%), herbal products (54%), relaxation techniques (30%), and massage (20%). The researchers concluded that a majority of cancer patients are using CAM and that in light of the growing interest in CAM, health-care professionals need to be educated about the most common therapies used.

Exercise for Type 2 Diabetes

Researchers at the Joslin Diabetes Center (Harvard Medical School) conclude that regular physical exercise is important in the prevention and treatment of type 2 diabetes. An article published in *Endocrinology and Metabolism Clinics of North America* (December 2001) cautions that the type and duration of exercise, magnitude of effects on glycemic control, insulin sensitivity, and factors for cardiovascular disease must be considered in the development of an appropriate exercise program. Exercise programs should start slowly, build up gradually, and emphasize moderately intense exercise performed at least three times per week.

Cranberry Juice for Urinary Tract Infections

Women have long used cranberry juice for urinary tract infection. The results of a study published in the October issue of *The Journal of Family Practice* indicates that drinking a glass of cranberry juice each day can significantly reduce the relative risk of urinary tract infection.

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Probably the most famous of Cayce's remarks about almonds relates to cancer prevention. Cayce stated, "Those who would eat two to three almonds each day need never fear cancer." (1158-31) In one reading, Cayce attributed the cancer preventive properties of almonds to the vitamin biotin. For a pregnant woman, Cayce suggested almond milk as a good source of calcium. The readings also noted that almonds tend to produce alkalinity in the system that is beneficial for most people.

Filberts and Cashews

Filberts (also called hazelnuts) were also strongly favored by Cayce. High in dietary fiber, calcium, magnesium, potassium, and vitamin E, filberts are also an excellent source of protein.

Cashews provide essential fatty acids, B vitamins, fiber, protein, potassium, iron, and zinc. The cashew shell is toxic so if you buy them unshelled, use care in shelling and cleaning the nut.

Allergies

As with all types of food, some individuals may have allergic or hypersensitive reactions to certain kinds of nuts. Edgar Cayce seemed to be aware of this when he

made recommendations for individuals to avoid specific types of nuts. If you are not sure about how your system will react to certain nuts, start slowly and monitor. Cayce sometimes recommended as few as one to three nuts per day.

Practical Tips

Here are some practical tips for obtaining, storing, and eating nuts:

- As with all foods, the key is moderation. Buying unshelled nuts will tend to keep consumption moderate because you will have to shell them by hand.
- Nuts keep best in their shells. Look for clean shells without cracks.
- Store nuts in a cool, dry place in sealed containers. Nuts keep well for up to a month in a pantry. Beyond that, it's best to refrigerate or freeze them in sealed containers.
- Nuts should be allowed to warm to room temperature before using for baking or cooking.
- Roasted or salted nuts may be more tasty, but raw nuts are probably more healthy for most folks.
- Nuts are great on salads.

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focus of the suggestions are coming from a spiritual perspective.

- Include some general suggestions for biological healing if there is a physical dimension to the problem (e.g., bedwetting).
- Include some specific suggestions about behaviors or activities that need improvement.
- Keep the suggestions positive.
- Ideally, the script should be several paragraphs long. Each paragraph may deal with one of the above points.

When delivering the hypnotic suggestions, here are some key points to remember:

- Attune yourself to the healing process. Meditation is an excellent means of attunement.
- Repeat each suggestion three to five times. You can do this in various ways. You could repeat specific sentences or paragraphs. You can repeat the whole text numerous times during the treatment session.
- If the person receiving the suggestions shows resistance to the suggestions, then review the text to find the source of resistance. Most people are accepting of the suggestions that they are loved and that their bodies are being healed.
- If you experience self-consciousness when first applying suggestive therapeutics, remember to work at spiritual attunement. Soon you will be able to set aside personal feelings of inadequacy and self-consciousness when doing suggestive therapeutics.

Professional Applications

Cayce sometimes advised health care practitioners to use suggestive therapeutics by talking to their patients when giving treatments. For example, gentle, relaxing massage will tend to induce a trance state. Thus, it is incumbent upon massage therapists to understand and appreciate the power of suggestion. Comments made during or immediately after a massage can go directly into the unconscious.



Visit the *True Health* Web site:
www.edgarcayce.org/th
 for more information on cancer treatment, nuts, suggestive therapeutics, and holistic living.