



True Health

Physical-Mental-Spiritual

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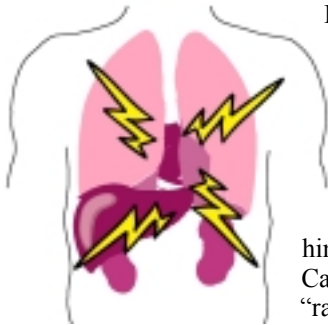
Low Energy?

Recharge Your Body's Battery

Do you ever wish you were like the little pink rabbit that just keeps going and going? Maybe that is the problem. Sometimes we just keep going and going, but unlike the energized little bunny, our battery does run down.

Edgar Cayce discussed the various manifestations of low energy in his readings. He actually talked about the body's energy system as a battery. In several readings he observed that the battery of the body had run down. He described this problem in explicit physiological terms: "As we find, there are disturbances and these are as though the activity of the liver, heart, lungs and kidneys lack sufficient energies, as it were, to keep the central organs, as the battery of the body, charged sufficiently." (5304-1) Thus Cayce spoke of the heart, lungs, liver, and kidneys as the primary energy system of the body with the liver and kidneys functioning as the positive and negative poles of the battery.

From a purely physical standpoint, Cayce is correct in identifying the liver as a key energy organ. The liver converts glucose, a simple sugar that is the principal source of energy in the body, into glycogen for storage until it is called upon to provide fuel for the body. The lungs provide oxygen to burn the fuel. The kidneys act as a counterbalance to the liver in detoxifying the systemic circulation. The heart circulates all of this throughout the body.



From a strictly physiological standpoint, Cayce's assertion makes sense. At a subtle energy level, Cayce spoke of a figure eight energy pattern in the body centered in the abdomen. In readings that explain the principle behind the energy medicine appliances, Cayce referred to this energy as the "radial activity." The radial activity operates primarily through the nervous and circulatory systems. The vital organs that form the body's battery (heart, lungs, liver, and kidneys) utilize this energy. Cayce's explanations of how subtle energies manifest through physical organs is fascinating and potentially valuable for researchers who wish to understand the multidimensional nature of our beings. At a practical level, Cayce's suggestions for keeping the body's battery charged is useful for anyone who needs more vitality.

Energy Medicine

When asked about lack of vitality and a cure for same, Edgar Cayce responded, "As might be said, the batteries of the body are run down. Hence the need of supplying the electrical force of such natures as indicated, directly to the body... Apply it in such a manner as to expect and to obtain the revivifying of the body-forces themselves." (3060-1) In this particular reading, the violet ray appliance that utilizes a form of static electricity was recom-

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Red Wine



Drinking moderate amounts of red wine may be good for your heart. For years researchers using epidemiological studies that rely on statistics to analyze patterns of health and illness have been confused by findings called the "French Paradox." The problem is that the French eat lots of cheese, buttery sauces, and other rich foods and yet still suffer less heart disease than Americans.

Recent studies suggest that part of the explanation is pigments known as polyphenols that are abundant in red wine. Physiologically, polyphenols may block a peptide (endothelin-1) which is a notorious constrictor of blood vessels. High levels of endothelin-1 are believed to be a factor in the development of coronary heart disease.

Dr. Roger Corder, a researcher from Queen Mary University of London, advises that consumption of one to two glasses of red wine per day with food might be considered part of a diet to reduce heart disease, provided there are no health grounds for avoiding alcohol, and that the person is not going to drive or operate equipment.

Caution

The influential American Heart Association (AHA) cautions that the protective benefits of red wine remain uncertain, and that doctors should concentrate on promoting more proven methods to reduce risk such as exercise, weight control, and healthy diet. The AHA position also notes concerns about the negative side-effects that alcohol consumption can produce in some individuals, including high blood pressure and addiction. The AHA advice does concede, however, that more than sixty studies have shown that moderate alcohol consumption can increase blood levels of "good" high-density lipoprotein (HDL) cholesterol.

The British Heart Foundation also expresses cautions about red wine consumption: "Although small amounts of alcohol are thought to have a tiny cardioprotective effect, any more than two units a day can be harmful... Our advice is to not smoke, to eat plenty of fruit and vegetables (rich sources of antioxidant vitamins) in a low fat diet, and to do thirty minutes of physical activity on at least five days each week. A session down the pub is definitely not a replacement for a session down the gym!"

Red Wine and Dark Bread

Edgar Cayce was generally cautious about recommending alcohol consumption. Most often, when he did recommend alcohol, it was more as a medicine than food. Alcohol was included as a preservative in many herbal tonics, as an ingredient in a tonic for general debilitation (Wyeth's Beef, Iron & Wine), and com-

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I have been using the Edgar Cayce health readings for over twenty years but had never heard of using small doses of olive oil to heal the colon. Upon reading your article, I immediately took 1/2 teaspoon of olive oil three to four times per day for just three days. I got a dramatic improvement in my colon starting on the fourth and fifth day. I now plan to repeat this procedure in the future and use even smaller doses as my body does not seem to need very much at all. Many thanks for a great health idea. W.S. e-mail

Glad you were helped. Actually, the principle of using small doses applies to many of the therapies recommended by Cayce. He explained it this way: "Give the stimuli to *secrete* the necessary elements ... rather than *creating* for it the active forces in the body! Hence, more *often* it will be found that the activity from what is known as the homeopathic doses is the better; even of allopathic medicine!" (276-5) Homeopathic doses are often extremely small. Cayce was saying that small doses (or mild treatments) are often the optimal way to help the body to heal itself (*innate healing* – see "The Placebo Debate"). Minimal treatments tend to assist the body in healing rather than overwhelming the system. In view of this fact, it is curious to me that Cayce prescribed traditional homeopathic medicines so infrequently. He often did use homeopathic principles. Some of the vibrational medicines used with the wet cell battery for regeneration are intended to stimulate glands to secrete needed chemicals, rather than providing the chemicals directly. As the reading excerpt implies, the principle of minimal dosage can also be applied to allopathic medicines – a practice that modern clinicians could probably use more often. D.M.

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mended to recharge the body's battery. In other cases of this sort, the radial (radio-active) appliance or wet cell battery was prescribed to energize the body. When using the radial appliance or wet cell battery, Cayce insisted that the time be used for prayer and meditation. One key point here – the energy medicine treatments were typically to be started *after a period of internal cleansing*.

Hydrotherapy

Hydrotherapy is the therapeutic use of water. In one instance, Cayce observed that "... the 'batteries' of the body ... have not been allowed to be kept charged – because of the lack of sufficient water in the 'batteries.'" (3324-1) Like a standard chemical battery, adequate water is required for the body's battery to maintain a proper chemical balance. Drinking at least six to eight glasses of water a day can help

keep the battery charged.

Another factor that can drain the body's battery is toxicity. Thus, *internal cleansing* is an essential component in Cayce's approach to recharging the body's battery. Keep in mind that the liver and kidneys are two of the most important detoxifying organs in the body. A toxic body puts an added load on these vital organs, eventually leading to exhaustion.

Two forms of hydrotherapy were typically prescribed to assist with internal cleansing to detoxify the body: colonic irrigation and fume baths. Colonic irrigation involves cleansing the colon with warm water. Fume baths are usually given in a steam cabinet in which a warm vapor settles over the body. For recharging the body's battery, the most common fume recommended by Cayce was witchhazel. The fume bath assists with detoxification by stimulating eliminations through the skin. A hot and cold shower immediately after the fume bath provides *external cleansing* to remove the toxins from the skin.

Manual Therapy

Manual therapy involves the use of the hands to diagnose and treat illness. For charging the body's batteries, massage and osteopathic manipulation were the two most common recommendations.

Nervous system incoordination was one of the factors cited by Cayce as a cause of the body's battery becoming run-down. Spinal manipulation was suggested to restore proper nerve impulse to the vital organs that Cayce identified as the body's battery – heart, lungs, liver, and kidneys. The thoracic area of the spine that inner-

vates these organs should receive special consideration. The readings also typically recommended a relaxing massage with peanut oil immediately after the fume bath and shower. As with the manipulations, the spinal centers should receive special attention.

Diet and Nutrition

Cayce's diet recommendations for recharging the body's battery focused on foods that are yellow in color. Leafy vegetables were also emphasized. Nutritional supplements were recommended in several readings in this group. This is in contrast to Cayce's usual reliance on diet to meet nutritional needs.

Beef juice was a common recommendation for general debilitation. Red wine taken with brown bread was another common dietary recommendation for individuals suffering from low vitality (see companion article in this issue).

Mind and Spirit

Naturally, the mental and spiritual aspects of healing were emphasized by Cayce as in the case of this fifty-two-year-old woman: "This we find is a condition of pure exhaustion, by overtaxation of the body and body-mind; note, *body-mind*... as may best be described by saying that the 'batteries' of the body have run down." (3123-1) After providing an explicit treatment plan based on many of the therapies described above, Cayce laid it on the line: "Take them [the treatments] consistently ... but do be mindful that the body-mind is turned to the spiritual concepts, in making the application of being just kind, just patient, just longsuffering, with conditions about the body." (3123-1)

At a practical level, the mental and spiritual dimension to healing often comes down to lifestyle choices, particularly when a "workaholic" pattern is the primary drain on the body's battery. In such cases, Cayce often recommended rest and relaxation: "First we would give, then, that the body *rest* for ten days to two weeks – and that means *rest!* Lie in the shade out of doors – read, meditate, argufy; these done rather in the way of being as '*lazy*' as possible." (307-17)

Resources

The A.R.E. Health Services Department provides many of the therapies discussed in this article. You may wish to take advantage of these services while resting on vacation or attending an A.R.E. conference. We will be exploring some of the concepts and therapies that are needed to recharge the body's battery in future issues. Stay tuned and charged up for more on this fascinating topic.

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The Placebo Debate

Is The Placebo Divine Healing?

For over thirty years sugar pills have been prescribed as a *placebo* treatment for almost every conceivable problem.

Aside from the obvious ethical issue of misrepresentation, researchers and clinicians have used placebos with the full confidence provided by extensive medical research. Over the decades numerous studies have apparently established that using placebo treatments can produce positive outcomes in 30 – 40 percent of cases, especially for pain relief. Placebos were regarded as safe, economical, and ethical treatments that simply utilized the patient's positive beliefs and expectations for healing.

However, recent research has called into question the validity of the placebo. Not surprisingly, the new interpretation of the placebo effect has sent a shock wave through the medical research community. Apart from research, understanding the placebo controversy has practical implications for your health and healing. Recognizing and utilizing the divine aspect of healing as the ultimate expression of the placebo effect is where we are headed with this article. But first, let's define our terms.

What is Placebo?

Placebo is Latin, literally meaning "I will please." As a medical intervention, a placebo is intended to produce healing, but not believed (by the researcher or clinician) to be a specific therapy for the illness. Thus it is used either for its psychological effect or to eliminate observer bias in a research setting. Or to put it another way, a placebo is a change in a patient's illness attributed to the symbolic significance of a treatment rather than its medical properties. Sugar pills are not the only placebo treatment. Invasive treatments, such as surgery, can produce strong placebo effects. Andrew Weil believes that all medical treatments have an element of the placebo and that the "history of medicine is actually the history of the placebo response." In his book *Health and Healing*, Weil echoed the insightful medical observation that "One should use a new remedy as much as possible while it still has the power to heal."

In a clinical setting, placebo effects may be nonspecific. Physician attention; patient and physician expectations of treatment effects; the reputation, expense,



and impressiveness of the treatment; and characteristics of the setting can all contribute to a positive placebo effect.

Thus, in essence, placebo effects have been regarded as a manifestation of the mind.

In metaphysical terms, "mind is the builder." Traditionally, placebos have been regarded as a manifestation of the mind's power to heal.

Research Controversy

In research, placebos are used to establish the "real" value of a particular treatment. Also called "sham" treatments because by definition the interventions are not supposed to have a "real" effect, placebos have become part of the gold standard for modern medical research. You can see why questioning the reality of the placebo can be unsettling for researchers.

At Meridian Institute we have researched and published papers on the concept of sham treatment in studies involving spinal manipulation. We have also conducted basic research on the physiological response of various techniques thought to be sham treatments. We have learned that understanding placebo effects is enormously complex and controversial.

The study that initiated the current placebo debate appeared in *The New England Journal of Medicine* (NEJM, May 24, 2001). Titled "Is the Placebo Powerful? An Analysis of Clinical Trials Comparing Placebo with No Treatment," the article reported the findings of a "meta-analysis" (systematic review) of 114 clinical trials. The authors concluded that, "We found little evidence in general that placebos had powerful clinical effects."

For alternative medicine advocates who have used the concept of placebo as an example of the power of mind/body healing, the placebo debate raises important issues about the psychological dimension of healing. Does the mind have the power to heal? If the consistent positive results that have been attributed to the placebo effect are not due to psychological factors, what can account for the undeniable healing that occurs when placebos are used?

The NEJM study suggests that the positive outcomes that are consistently attributed to placebos are not necessarily produced by the beliefs or expectations of the participants, but are essentially the result of natural cycles of health and illness. Remember that the study compared pla-

cebo treatment to no treatment. Many health problems resolve irrespective of treatment or lack thereof. When a physician tells a patient to "take two aspirin and call me in the morning," the underlying assumption is that the body will often heal itself, even with little or no treatment. Maybe no treatment is sometimes clinically appropriate. Perhaps the placebo effect is more complex and mysterious than previously thought. Even if placebo effects result from natural cycles of healing, what does this really mean? After all, nature is an expression of the divine. Possibly the healing process itself may have a divine source.

Limitations of Science

Before discussing a deeper, spiritual aspect of the placebo phenomenon, let's take a moment to reflect on the limitations of the scientific process. By its very nature science produces tentative results. Scientific findings can always be amended or completely disproved by future investigation. That is the nature of science. In other words, science cannot provide absolute truth or certainty. I point this out because I often cite scientific research in this newsletter, and I want to be clear about the limitations of scientific research.

With regard to the new interpretation of the placebo effect, I suspect that future studies will redefine the role of beliefs and expectations about healing. The path of scientific knowledge often reverses itself. Yes, mind *is* the builder. Future studies will likely elaborate the importance of the mind with regard to placebo effects. Perhaps mental processes cannot fully account for all of the positive placebo outcomes. Something more may be at work here – the spiritual (divine) aspect of healing may be recognized.

Divine Healing

To understand placebo, we must understand the healing process itself. Edgar Cayce provided this explanation of healing: "Know that all strength, all healing of every nature is the changing of the vibrations from within – the attuning of the divine within the living tissue of a body to Creative Energies. This alone is healing. Whether it is accomplished by the use of drugs, the knife or what not, it is the attuning of the atomic structure of the living cellular force to its spiritual heritage." (1967-1) The "Creative Energies" were described as electrical vibrations – as manifestations of the life force that has a divine origin.

Note that almost any therapy (including surgery and drugs) can assist with the "attuning of the divine" that is the true source of healing. In another instance

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Health News



Heart Can Regenerate

Overturing medical dogma, researchers have demonstrated that the body can heal the heart. A breakthrough study published in the *New England Journal of Medicine* (January 3, 2002) focused on eight male patients who received hearts from female donors. Heart muscle and blood vessels grew rapidly after transplantation. After the heart recipients died, tissue from the implanted hearts was found to contain male chromosomes which had translocated from elsewhere within the body. As much as one-fifth of the donor heart had been rebuilt by new tissue from the recipient. The results of this study challenge the assumption that damage from a heart attack is irreversible.

Health Costs Climb

A report released in January from the Department of Health and Human Services indicates that national health spending shot up 6.9 percent to \$1.3 trillion in 2000. The jump was the largest one-year percentage increase since 1993. Drug and hospital costs were the primary factors for the growth in health spending. One likely effect of increased health cost is that consumers will have to spend more of their own money for health care. Since high health cost has been one of the main factors in the promotion of alternative medicine and self care movements, look for these trends to continue.

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bined with egg yolk as a body builder. Light wines were also sometimes prescribed as digestive aids and to increase strength. Excess of alcohol, in any form, was discouraged.

One of the most common Cayce recommendations was for red wine in combination with dark bread (black or brown). Red wine and dark bread was said to increase strength and vitality, usually in cases involving general debilitation associated with chronic disease. According to one reading, the combination of red wine and dark bread provides iron, copper, silicon, and blood-building properties (1014-1). A woman with cancer was told to take the red wine and dark bread, "... as a food, not merely as a drink; for this will be strengthening and helpful to the body." (975-1)

Here are some common suggestions from the readings that prescribe red wine and dark bread.

- ▲ Take it in the middle of the afternoon between meals.
- ▲ Use a dark bread such as pumpernickel, rye, or whole wheat.
- ▲ Use only an ounce or two of red wine.
- ▲ Do not eat other foods with the wine.
- ▲ Do not gulp – sip the wine.
- ▲ The bread may be soaked or "dunked" in the wine.
- ▲ Chew the bread thoroughly to enhance assimilation.



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Cayce noted that the divine healing energy is a natural expression of atomic and cellular processes. "For all healing, mental or material, is attuning each atom of the body, each reflex of the brain forces, to the awareness of the divine that lies within each atom, each cell of the body... These adjustments are merely to attune the centers of the body... and nature does the healing." (3384-2)

The concept that "nature heals" is an old idea. It is the basis for many traditional systems of healing such as naturopathy, osteopathy, and chiropractic. The expression "innate healing" is also used when discussing the body's natural tendency to heal itself. Most natural healing traditions are explicit in identifying innate healing as an expression of the divine within.

The linkage of innate or divine healing with the placebo effect is natural. If the body is constantly healing itself, the placebo effect may be an expression of its innate ability. This idea first entered my mind while I listened to Eric Mein lecture to a group attending a Meridian Institute research conference. Dr. Mein explained that placebo is fundamentally a spiritual manifestation – the divine within. The mind, through its beliefs and attitudes, can enhance the divine healing energy, as can many other therapeutic interventions.

Thus the controversy about whether placebo is real or simply an illusion produced by natural cycles of healing can be

interpreted at a deeper level. Perhaps the innate healing that occurs as a natural process regardless of the type of intervention or lack thereof is actually a manifestation of the divine within. Or as Andrew Weil has observed, the real issue is not whether the placebo exists, but rather that "... all systems of medicine should regard the placebo response as a therapeutic ally and work to evoke it more of the time, no matter what methods they use ..."

Relevance to You

This controversy is more than a methodological argument among researchers. Here are some points to keep in mind as you apply the information in this article:

▲ *Know what you believe.* Work with your ideals consciously so that you can make clear decisions that improve your health. Remember, *mind is the builder*. Exactly how the mind can influence healing has yet to be fully determined.

▲ *Attune to the divine.* It is the divine within us that is the source of healing. Prayer and meditation are excellent ways to attune to the divine for true health.

▲ *Use natural remedies.* At a physical level the divine within acts through *natural processes*. Thus, *natural therapies* such as diet, exercise, herbs, and hydrotherapy can be especially helpful for stimulating innate healing.

▲ *Know when to call the doctor.* Although there are times when a natural remedy or no treatment at all may be appropriate, there are surely times when we need professional help. This is a topic that I intend to discuss in a future issue.

▲ *Stay positive.* When healing doesn't come in the way that you desire, don't get down on yourself or God. Innate healing is determined by many factors at various levels. Why we sometimes fail to heal at a physical level is another important topic for a future article.

The underlying spiritual dimension of healing is poorly understood by medical science. Consequently, the body's innate tendency to heal is often ignored. Perhaps the placebo debate will encourage further scientific exploration of the innate, divine aspects of healing. At a personal level, keep the faith.



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 for more information on boosting your energy level, increasing vitality, and enhancing innate healing.