



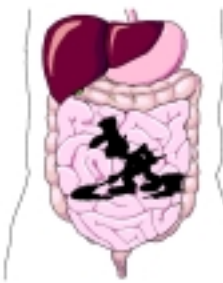
July 2002



Written by David McMillin

Detoxification and Health Fishy Diet Makes Sense

I almost couldn't believe what I was seeing. As my TV clicked onto a major network talk show, the guest was talking about internal cleansing. There were herbs and dietary suggestions as you would expect, but things got really giggly when they hauled out the colema board. A colema is like an enema only much more thorough – almost like a colonic irrigation. A colema board looks somewhat like a short, plastic surfboard, only it has a hole at one end. You guessed it – the hole goes over your toilet bowl. A



colema is to the do-it-yourself home health care purist what Mt. Everest is to mountain climbers. Yes, I have one and use it occasionally. But to see one on national TV was a shocker for me! Apparently, inner cleansing has gone mainstream.

Inner Cleansing

For readers looking to clean up their act, medical reporter Carlson Wade has provided an easy-to-read book on the subject

titled *Inner Cleansing: How to Free Yourself from Joint-Muscle-Artery-Circulation Sludge*. The book will appeal to readers with a self-care consciousness. It is crammed full of easy-to-follow inner cleansing techniques that are inexpensive and natural. Most ingredients are probably already in your pantry.

Although Wade discusses exercise, hydrotherapy, massage, and stress management as tools for cleansing, the main thrust is on diet and nutrition. Here is a sample of Wade's suggestions:

Garlic – Almost every chapter includes a recommendation for garlic as an internal cleanser. This potent herb is rich in allicin, a sulphur-containing substance to cleanse sludge from the system and lower serum cholesterol. Include finely chopped garlic in your salad or press out garlic juice for mixing with a glass of vegetable juice once each day. Wade suggests eating parsley or a cinnamon stick afterward to avoid becoming a social outcast.

"Miracle Salad" – Combine a few chopped garlic cloves with green leafy vegetables, a few slices of onion, and two or three tablespoons of apple cider vinegar with a little olive oil. Wade

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When we say that something is "fishy," we usually mean to imply a lack of credibility. When it comes to nutrition, a fishy diet makes terrific sense. Don't take my word for it, just peruse recent studies published in some of our most prestigious medical journals.

The April 10 issue of the *Journal of the American Medical Association* (JAMA) reported on an extensive study involving nearly 85,000 female nurses who ate fish regularly. Women in the Nurses' Health Study who ate fish two to four times weekly decreased the risk of heart disease by 30 percent, compared to women who seldom ate fish. Eating fish five or more times weekly decreased the risk by 34 percent.

The April 10 issue of the *New England Journal of Medicine* (NEJM) also announced solid findings supporting the efficacy of a fishy diet. The article documents results based on information from 22,000 male doctors without a history of cardiovascular dis-

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WE'VE CHANGED!

Your membership newsletter is now being mailed directly to you without an envelope. This is being done for two reasons: (1) for immediate recognition that your newsletter has arrived in your mail; and (2) to reduce costs.

Several members complained that they inadvertently tossed the unopened envelopes because they mistook them for ads or announcements, not realizing that their membership newsletter was enclosed. Having your mailing label directly on the newsletter will eliminate this problem. An added benefit is the cost savings of not having to buy envelopes and insert newsletters.

We have selected the best quality tabs (required by the Postal Service) to insure easy opening. This change will not affect the content of your membership newsletter.

Blessings, David



In light of your recent information on the anti-cancer properties of phytochemicals contained in vegetables, you may find of interest Cayce's comment on the benefits of these foods for a woman afflicted with breast cancer: "Feed all the food that is of a nourishing nature, but not from meats. Those of cereals, fruits, vegetables, AND such - or principally of the nature that are the foods of the hare, the foods of the beef - these are destructive forces to such as may be seen in the condition attacking system." (2457-4) CDN, Virginia Beach

Thanks for the wonderful Cayce quote. Eating the foods that grazing animals eat (i.e., rabbits and cows) is consistent with some of the alternative medicine approaches to cancer prevention and treatment. This puts a whole new spin on the rationale for alternative health practices such as wheat grass juicing and eating raw foods. - D.M.

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notes that the high potassium of the apple cider vinegar boosts the action of the alliin in the garlic to cleanse the intestines.

Raw Food for Arthritis – To improve flexibility and decrease joint pain associated with arthritis, Wade's Two Day Raw Food Detoxification Plan calls for eating only raw foods for two days of each week (not necessarily consecutive). Wade recommends raw fruits for breakfast and raw vegetables for lunch and dinner. "Fresh raw fruits and vegetables (and their fresh juices) are highly concentrated sources of catalytic (scrubbing) enzymes. These enzymes are protein-like substances that initiate a cell-washing action that breaks down, dissolves, and ultimately, eliminates the toxic free-radical wastes that irritate your joint-muscle system and are to blame for arthritis distress."

Detoxification and Healing

In contrast to Wade's do-it-yourself emphasis, *Inner Cleansing, Detoxification and Healing* by Sidney Baker, M.D., focuses more on the "whys and wherefores" of inner cleansing. Dr. Baker is a proponent of functional medicine which emphasizes the individual uniqueness of each person (see *True Health*, May 2002). Because each person is unique, substances that are toxic for one person may

be relatively harmless for someone else. Understanding your own body is essential and may require the help of a physician as a partner in healing. The book is designed to help you become an "intelligent participant" in your own detoxification program.

Through numerous cases studies and theoretical discussions, this book explains how the body cleanses itself and why detoxification is so important. Baker points out that apart from the burst of energy used during growth cycles in children, detoxification is the most important metabolic activity in the body.

Baker makes this assertion based on the physiology of detoxification. "The biologic process of detoxification mostly involves synthesis as opposed to degradation. That is, if you want to get rid of a molecule... your chemistry usually sticks another molecule onto it, making it bigger, but less toxic." The immense energy requirements for sticking toxic molecules together for excretion from the body is the reason that Baker emphasizes detoxification's primary metabolic role. He believes that detoxification will become "the hot new issue over the next few years... detoxification is at the same stage as was cholesterol research 20 years ago."

Although this book is more conceptual than applied, Baker does provide two practical suggestions for detoxification: (1) avoid allergenic foods, and (2) use a hypo-allergenic, nutrient-dense food product called Ultraclear. Apart from a blood test, the easiest way to avoid allergenic foods is the "Caveman Diet." This involves avoiding foods that are most often allergenic (i.e., eggs, grains, dairy, and citrus) to see if it makes a difference in symptoms. Ultraclear is a commercial formula developed by Jeffrey Bland, Ph.D., to enhance detoxification and to help heal the digestive system.

I like this book because Baker does a wonderful job of explaining this complex but extremely important topic. Also, the functional medicine emphasis comes remarkably close to the way Edgar Cayce

viewed the body in his physical readings.

Cayce on Cleansing

The Cayce health readings are a wonderful resource on all aspects of cleansing and detoxification. Cayce tended to use the word "elimination" when discussing how the body deals with toxicity.

As with the two books discussed above, the Cayce readings emphasize the role of nutrition and lifestyle in keeping the system cleansed. The Cayce readings also acknowledge, as noted by Baker, the idiosyncratic way specific foods can be healthy for one person but toxic to someone else. Edgar Cayce sometimes explained the "whys and wherefores" of the unique individual response to a particular food. More often, he simply told the person to avoid certain foods. Like Wade's book, the Cayce readings provide a broad range of practical, self-care strategies and techniques for inner cleansing.

One distinctive characteristic of Cayce's approach to cleansing is the extensive use of physiotherapies, such as bodywork and hydrotherapy, in a holistic context. When a man asked Cayce how he could improve his health, Cayce replied, "Clear the body as you do the mind of those things that have been hindered. The things that hinder physically are the poor eliminations. Set up better eliminations in the body. This is why osteopathy and hydrotherapy come nearer to being the basis of all needed treatments for physical disabilities." (2524-5)

For this man, the first cleansing step was purification of the mind and spirit. He was encouraged to work at self-analysis by working with ideals. "Then the beginning – for the physical help as well as for the interpretations of self – is to begin with thy ideals. Set it down in black and white."

The next step in the holistic cleansing process was to proceed with bodywork and hydrotherapy. Cayce often recommended osteopathic manipulations to improve eliminations. The osteopaths of his era were adept at "setting up drainages," an expression used by Cayce to describe the process of how the circulatory system transfers toxins to the eliminating organs for excretion from the body. Swedish massage as practiced and taught by Harold Reilly can have a similar effect. Colonic irrigation and steam baths were two of the most common cleansing hydrotherapies recommended by Cayce. The Cayce/Reilly School of Massotherapy provides training in the physiotherapies recommended by Cayce for improving eliminations. A.R.E. Health Services offers a "Cayce Cleanse" spa package designed specifically to assist with detoxification and cleansing.

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Science and the Soul

Part I: The Mind-Body Connection

Is God in the brain? Can our most sacred mystical experiences be reduced to chemical reactions between neurons in the cerebral cortex? Are chemicals, whether medicines or street drugs, the ultimate mediators of spirituality? These are some of the questions raised by recent breakthroughs in neuroscience.

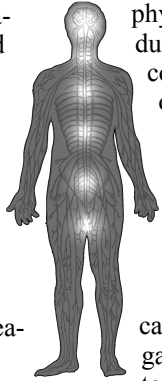
God and the Brain

The body-soul connection was featured on the cover of *Newsweek* last year (May 7, 2001). An extensive section exploring the latest scientific research on the subject was titled “God and the Brain: How We’re Wired for Spirituality.” The *Newsweek* articles bespeak the new field of neurotheology, where the primary focus is on spirituality and the brain. The basic idea is that scientists are uncovering the biological basis of spirituality. Neurotheology focuses on changes in specific areas of the brain that are associated with experiences regarded as religious or spiritual in nature. Have these studies discovered the footprint of the soul?

The idea that the soul has definite anatomical connections in the physical body goes back many centuries. Plato believed that the brain and spinal cord are coordinators of the vital force of the soul. Hippolytus postulated that the soul couples with the body via the pineal gland in its connection with the cerebellum of the brain and the spinal cord. Descartes believed that the pineal gland itself is solely responsible for the soul’s inhabitation of the physical body. In all of these traditions, the nervous system (especially the brain and spinal cord) and glandular system (especially the pineal gland) are well represented. Considering these historical sources, I don’t find the recent scientific findings at all surprising.

Cayce’s Model

Actually, neurotheology is not inherently incompatible with Edgar Cayce’s views on the body-soul connection. The main difference is that Cayce didn’t reduce the psyche to a biochemical reaction in the brain, but recognized that the nervous system was one aspect of how the soul *entity* incarnates in the physical body. Cayce most often used a triune model of incarnation in which the soul as an *entity*, comprised of a spiritual body and a mental body, manifests in the



physical body via the nervous and glandular systems. Because this is such a complex subject, this article will focus on how the mental body (mind) manifests through the nervous systems. Next month we will focus on the spiritual body and the glandular system.

Brain-Mind Relationship

Edgar Cayce recognized the significance of the brain, especially with regard to mental functioning, but refused to reduce the mind to a strictly physical phenomena: “Thy *brain* is not thy mind, it is that which is used by thy mind!” (826-11)

Aldous Huxley took a similar position by describing the functioning of the brain as a plumbing valve that remains closed during normal states of consciousness. Writing in *The Doors of Perception*, Huxley observed that “... each one of us is potentially Mind at Large. But in so far as we are animals, our business is at all costs to survive. To make biological survival possible, Mind at Large has to be funneled through the reducing valve of the brain and nervous system. What comes out at the other end is a measly trickle of the kind of consciousness which will help us to stay alive on the surface of this particular planet.”

Huxley’s view is sort of a reverse reductionism. Whereas modern science tends to reduce the mind to biochemical reactions in the brain, Huxley regards our experiences of material reality as a reduction (“measly trickle”) of the larger, ultimate reality that is our heritage as souls. The equipment, at a physical level, is essentially the same – the brain and nervous system. Huxley recognized various ways of opening the valve of the brain including “deliberate ‘spiritual exercises,’ or through hypnosis, or by means of drugs.”

The Flow of the Mental Body

Edgar Cayce went far beyond the brain when discussing how the mental body manifests in a physical body. Cayce was asked, “In certain types of insanity, is there an etheric body involved? If so, how?” The response illustrates Cayce’s concept of the mental body as more than just nerves in the brain: “... through pressure upon some portion of the anatomical structure that would make for the disengaging of the natural flow of the mental body through the physical in its relationships to the soul influence, one may be dispos-

essed of the mind; thus ye say rightly he is ‘out of his mind.’” (281-24)

To be sure, the brain is part of the “anatomical structure” that Cayce was describing in this reading. But there is much more involved here. Many readings involving insanity were explicit about the “anatomical structures” by which the mental body flows through the physical body. Some of the primary structures are spinal centers associated with specific nerve plexuses.

Also note that Cayce is describing the “mental body” in its relationships to the “soul influence.” Thus the mind-body connection is one aspect of how the soul entity manifests in the physical body. For a woman suffering from bipolar disorder, Cayce provided this explanation of how the spinal centers function as connections for not only the mental body, but the entire *soul entity*:

“Hence we find there are specific centers ... [where] the incoordination is shown; as in the lumbar (4th to the 2nd), the 9th dorsal and specifically the 1st, 2nd and 3rd cervicals. These are centers where the coordination between ... not only the mental and physical but the spiritual activities - or the *source* of the *entity* itself [soul] in its connection with the physical body. Thus there are periods produced when the body is over-hilarious, but the more often there is produced melancholia ... (1087-1)

In the first issue of this newsletter (October 2001) we explored the imbalance of creative energies that can manifest as bipolar disorder or the cycling between depression (“melancholia”) and mania (“over-hilarious” reaction). The basic concept is that creative energies *flow* through anatomical centers in the body. Disruption of this *energy flow* can result in various physical and mental illnesses.

Energy Centers

The idea of energy centers in the body is another very old concept. Notably, the yogic traditions speak of chakras or energy vortexes in the body. Cayce didn’t directly refer to chakras. He did discuss various energy manifestations (such as kundalini, life force, creative energies, etc.) that operate through centers in the body, especially along the spine.

The three primary spinal nerve centers are located at the third cervical, ninth thoracic, and fourth lumbar vertebrae. These are the centers that Edgar Cayce told the osteopathic physicians to coordinate with manipulations. These are the centers that were most often used for laying on of hands or magnetic healing. These are the centers where the energy medicine appli-

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Health News



GI Tract Infection and Migraine

Researchers at the University of Milan report that in a study of migraine headache, 18 percent of patients were infected with the stomach bug helicobacter pylori. Antibiotic treatment of patients infected with the bug significantly decreased headaches. Adding a friendly bacteria (Lactobacillus) further enhanced treatment outcomes. In the numerous readings that Edgar Cayce gave for persons with migraine, digestive system dysfunction was often cited as a cause.

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ease. On average, the doctors ate about one to four meals of fish per week. A previous study established that dietary supplements of fatty acids found in ocean fish may reduce the risk of sudden death among survivors of myocardial infarction.

The health benefits of eating fish are attributed to long-chain n-3 fatty acids found in fish, especially fatty ocean fish like salmon, mackerel, bluefish, cod, swordfish, tuna, sardines, and arctic char. These omega-3 fatty acids are the “good fats” that lower cholesterol and help to prevent blood clots that form in heart attacks.

The health benefits of eating fish with high concentrations of omega-3 fatty acids may extend beyond protecting against heart disease. Some research studies suggest that a fishy diet may be helpful for a wide range of disorders including arthritis, bowel disease, and breast cancer.

For years, alternative medicine practitioners have encouraged patients to eat deep sea fish and take fish oil nutritional supplements. It seems that medical science is validating their advice.

Cayce on Fish

Edgar Cayce’s readings consistently encouraged the eating of fish, usually as part of the evening meal combined with cooked vegetables. Most often, he preferred ocean fish over freshwater fish. He also prescribed fish oil nutritional supplements in many readings.

For example, a woman suffering from “a chronic state of fatigue with intermittent sick headaches” was prescribed a regenerative regimen that relied heavily on deep sea fish in the diet and nutritional supplements containing fish oil. In addition to colon cleansing and electrotherapy, he advised: “Also, at least three or four times each week, it would be well to have the deep-sea fish as a part of the diet. Have this broiled, boiled, baked or the like; *not* fried... Especially, though, should the fish be fresh. Do not use that which has been in storage for a great period; but fresh

deep-sea fish. Also we would take Codiron as a tonic and stimulant ...” (1779-1)

Eating fresh, deep sea fish that is broiled or baked is a sensible dietary suggestion. Having it three or four times each week is consistent with the findings of the *JAMA* and *NEJM* studies, although the American Heart Association officially recommends fish in the diet twice per week.

Codiron was a dietary supplement recommended in over 100 readings, usually for persons suffering from anemia and general debilitation. Presumably it contained cod liver oil and iron. Cod liver oil alone was recommended in approximately 138 readings, often in a tablet form (which certainly sounds more palatable to me!).

Cayce didn’t comment on the fatty acid content of the ocean fish. He did occasionally mention that seafood in general is a good source of iodine.



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ances such as the wet cell battery were most often attached to the body.

For example, a reading for an eight-year-old deaf boy included instructions for attaching the wet cell battery to the body. The following three centers were specified as locations for attaching the battery anodes: “... the 3rd cervical ... the 9th dorsal ... the 4th lumbar... These are the three centers through which there is activity of the kundalini forces that act as suggestions to the spiritual forces for distribution through the seven centers of the body.” (3676-1) The electricity from the battery was said to pass through these centers to glands and nerve plexuses in the body.

For those students of the Revelation, the preceding excerpt contains an important reference to the “seven centers of the body.” Yes, these are the endocrine glands that function as spiritual centers. But it is the spinal centers that “distribute” the energies. In the Revelation, this is symbolically represented at the beginning of chapter five. The Revelation uses the image of “a book written within and on the back side, sealed with seven seals.” In Cayce’s interpretation, the book is symbolic of the

body. The seven seals on the “back side” are spinal centers that are cited in numerous physical readings that discuss therapeutic interventions to regulate the life force energy of the soul.

Manual Therapy

Manual therapy, especially traditional osteopathic treatment, can be used to influence the connection of the mental and spiritual bodies with the physical body. The case of Mr. [2528] is exemplary in this regard. This man was almost killed in an auto accident. His spine was injured and he was seeking help to improve “physical vigor and mental alertness.”

Cayce observed that, “Each and every entity, as indicated, finds itself body, mind, soul – or body, mind, spirit. There are, then, those connections, those areas, those activities in a physical body through which spirit and mind function in the physical being for definite reactions or results in the body... Those tensions need to be released in the physical forces of the body, in those centers where there are the coordinating forces between the mind and the physical reactions... or the spirit and mind system with the physical organism – 9th dorsal, 4th lumbar, and throughout the cervical areas.” (2528-2)

Health Implications

Understanding the mind-body connection has very practical implications:

Prevention – Keep the nervous system healthy. Naturally this includes common sense precautions to protect the brain (such as wearing a seat belt in an automobile). Also keep the spine healthy to enhance the flow of the mental body through the spinal centers. Consider having your spine examined by an osteopathic or chiropractic physician as part of your regular health maintenance program.

Treatment – If you become ill with a neurological or psychiatric disorder, consider natural therapies that enhance the body-soul connection. Manual therapy (spinal massage and manipulations) and energy medicine (such as the wet cell battery) were common Cayce prescriptions for such illnesses. Drug treatment may be helpful and appropriate for serious or life-threatening conditions.

Next month we will continue with our exploration of the body-soul connection by focusing on glands.



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 detoxification, fish, and the body-soul connection.