



August 2002



Written by David McMillin

Headache Relief

Headache is one of the most common problems observed in clinical practice accounting for about eighty million doctor appointments each year in the United States. Americans spend more than four billion dollars each year on over-the-counter medications for headache – this figure does not include prescription drugs. Headache relief is a big business. This common ailment constitutes a public health concern of enormous proportions, impacting both the suffering individual and society as a whole.

Apart from relatively rare instances of organic causation (from obvious head injury, brain tumors, or such), the basic causes of headache remain elusive. The primary classifications of headache used by modern clinicians and researchers (i.e., migraine, tension, and cluster headaches) are all of unknown causation and incurable by medical standards. Treatment is usually directed toward symptomatic relief and prevention.

Headache Alternatives

In sorting out some of the resources available for persons seeking natural alternatives for headache, I was pleased to find *Guide To Headache Relief* by Paula Maas (D.O., M.D.), Deborah Mitchell, and the editors of *Natural Health Magazine*.



The authors do an excellent job of sorting out the different kinds of headaches and possible causes for each. The causes of headache can be complex. Headaches are often produced by a mixture of factors including: heredity, psychosocial stressors, lifestyle choices, environmental toxins, posture, injuries, and medical conditions.

The book contains basic information on therapies and how they relate to the various kinds of headaches to help you make an informed treatment choice. You are encouraged to work with your health care practitioner to choose the therapies that fit your needs. The book organizes headache therapies into the following categories:

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Blueberry Surprise



The Cayce readings contain numerous hints and intimations about the hidden potential of common plants and foods. For example, immediately upon recommending blueberries in the diet for a fifty-six-year-old woman with symptoms of multiple sclerosis, he added as an aside: “This is a property which someone, some day, will use in its proper place!” (3118-1)

Some recent medical research may have uncovered Cayce’s reason for extolling the hidden potential of blueberries. In a study funded by the National Institute on Aging and the U.S. Department of Agriculture (USDA), animals fed a blueberry extract diet showed fewer age-related motor changes and outperformed their study counterparts on memory tests. Studies conducted by scientists with the USDA and the University of Illinois support the anti-aging effects of eating wild blueberries and suggest that this delightful food may also help to prevent cancer.

The healing properties of blueberries are probably derived from their high concentration of beneficial antioxidants. According to USDA scientists Dr. Ronald Prior and Dr. Guohua Cao, blueberries contain the highest antioxidant capacity of the forty different fruits and vegetables they tested.

Dark-colored fruits and vegetables tend to have the most vitamins and minerals. Deep color is indicative of plant pigments that may help prevent chronic diseases. Specifically, the blue hue of blueberries is due to phytochemicals (natural compounds) called flavonoids. Wild blueberry flavonoids include anthocyanins. Research suggests that anthocyanins can help to reduce eye-strain, control diabetes, and improve circulation. Blueberries are also a good source of fiber, iron, and vitamin C.

Blueberries are one of my favorite foods. I eat them alone and combine them with steel cut oats and buckwheat pancakes.

Considering Cayce’s remark, I wonder if there could be even more exciting discoveries ahead for this surprising little berry!





[Regarding] the article on Holistic Gardening ... We were attacked in December of 1941, and 1942 was really the first year of the war. People planted Victory Gardens and food was rationed — coupons per month for butter, eggs, meat. The readings were seeing around the corner that everyone would wish they knew how to garden. Anyway, the readings gave good advice for that particular time of our national need. E.V. e-mail

Thanks for providing these insights into the background of reading 470-35. I agree with you that the historical context of the readings is extremely important. I am also fascinated by the timelessness of the concepts. The same dynamics of human nature that led to that war are still around today. Cayce's advice is still relevant in many respects. - D.M.

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▲ *Nutritional Therapies* – Nutritional therapies involve ingesting specific herbs and/or foods while eliminating other foods that may be causing adverse reactions.

▲ *Movement Therapies* – Physical exercise and manual therapy (such as osteopathic manipulation, chiropractic, and massage) can help correct abnormalities in structural alignment and movement that can cause or contribute to headaches.

▲ *Mind-Body Therapies* – Mind-body therapies help you to achieve inner balance and a sense of harmony resulting in less stress.

▲ *Bioenergy Therapies* – Acupuncture and polarity therapy are two of the most common bioenergy techniques for headache relief. These modalities seek to balance the vital force or bioenergy of the body.

I like the book's sensible, holistic emphasis that includes consideration of the whole person in an integrative model. The take-home message is that if you suffer from headaches, you have options beyond conventional medical treatment.

Edgar Cayce on Headache

While working with individuals in several of the residential research programs that have been conducted by Meridian Insti-

tute, I have been pleasantly surprised by the reduction of common health problems (such as headache) that are usually not considered to be the primary feature of the presenting diagnosis for which the participants attended the program. For example, one lady who came to our chronic fatigue syndrome (CFS) program had suffered daily headaches for twenty years. After about a week of being on the Cayce diet and two colonic irrigations, her headaches went away. In another program, a man with rheumatoid and osteoarthritis reported a gradual but dramatic decrease and eventual elimination of chronic headaches by following the treatment protocol (which like the CFS treatment plan) focused heavily on diet and internal cleansing. In both these instances, the headaches were probably linked to systemic imbalances that related to the gastrointestinal tract, a common pattern in headache. Diet and colon cleansing can dramatically diminish such headaches.

I was so impressed by such stories that I decided to do an in-depth study of the Cayce readings on headache. The resulting headache report analyzed 810 readings that discuss the diverse manifestations of headache. The report provides a comparative study of the Cayce readings on headache, the historical medical literature of his era, and the modern medical literature. My conclusion is that the Edgar Cayce readings are a valuable resource on the causes and treatment of headache.

Interestingly, Cayce often cited problems with the digestive, eliminating, and reproductive systems as basic causes of headache. Nerve reflexes are the link between the viscera and head. Psychological factors, especially worry, was also mentioned in numerous readings.

One of my favorite Cayce quotes on headache comes from reading 3329-1:

“For, when there are any types of headaches (and they may arise from many sources) there is distress somewhere in the physical being of the body that is the

source of the cause of same. One may have a type of headache from a stomach ailment, another may be from poor digestion or poor eliminations; and these apparently cause pressures in varied portions of the head - or the reflex nerves of the brain center itself.

“Here we have a type that is sometimes called migraine, or that really means ‘we don't know the source of same.’” (3329-1)

I chuckle at that last remark. Cayce occasionally liked to poke fun at the medical conventions of his day. (Imagine the fun he could have with today's medical scene!) On a more serious note, this quote reinforces several important themes that run through Cayce's readings on headache:

▲ There are many causes of headache.

▲ The cause of the distress may originate almost anywhere in the body.

▲ The digestive and eliminating systems are frequent sources of headache.

▲ Headaches usually involve nerve reflexes that transfer the “pressure” to the head.

▲ Due to the complex nature of headaches, various diagnostic labels are assigned to headache without a clear understanding of the underlying source of the condition.

Characteristically, Cayce tended to prescribe relatively natural treatments to address basic causes and provide symptomatic relief for headache sufferers. Because Edgar Cayce's readings prescribed the optimal treatment for each individual at a specific point in time, there is some variability in his treatment recommendations. Here are some of the most frequent therapeutic recommendations for headache:

▲ *Manual Therapy* – Since headaches often involve aberrant nerve reflexes, osteopathic treatment of a gentle, relaxing nature (rather than stimulating) was by far the most frequently recommended form of manual therapy for headache. Osteopathic physicians of Cayce's era could make specific adjustments when needed and provide general relaxing treatments as a systemic tonic to improve nervous system coordination and drainages. Massage was also frequently recommended for the same reasons. Exercise, although not strictly a form of manual therapy, often produces many of the same effects with regard to relaxation, coordination, and drainages.

▲ *Medication* – Digestive aids and laxatives such as lactated pepsin, Alcaroid, milk of bismuth, milk of magnesia, and Eno salts were some of the most frequently recommended medications suggested by Edgar Cayce for headache. Complex herbal tonics intended to improve assimilations and eliminations (containing botanicals

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Association for
Research & Enlightenment (A.R.E.)
215 67th St, Virginia Beach, VA 23451
www.edgarcayce.org
1-800-333-4499

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Science and the Soul

Part II: Glands as Spiritual Centers

Last month we briefly considered the emerging field of neurotheology. As the term implies, neurotheology links the nervous system with spirituality. Neurotheology represents the scientific explanation of spiritual experience as a manifestation of brain functioning. In this view, spirituality is essentially synonymous with mental processes that occur in the brain.

Since nerves function via chemical messengers (neurotransmitters), neurotheology holds the potential for reducing mental and spiritual experiences to brain chemistry. As we saw in the previous article, it is not quite that simple. Certainly the brain is a major interface of the mind with the physical body. Yet there are other aspects to the nervous system, especially nerve centers along the spine, that are also extremely important connections for the mental body.

In this article we will go further in exploring the body-soul connection by considering the role of glands as conduits of spiritual energy. For those readers interested in this fascinating topic, I encourage you to obtain a copy of John Van Auken's "The Body: Temple of God" published in the May 2002 issue of *Personal Spirituality*. The concepts presented below will serve to complement John's article on spiritual awakening by focusing on the biological and clinical aspects of glandular functioning in health and healing.

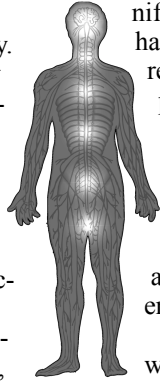
Glands as Spiritual Centers

The Edgar Cayce readings identify the glandular system as a primary component of the body-soul connection. "The glandular forces then are ever akin to the sources from which, through which, the soul dwells within the body." (281-38)

When discussing glands in this capacity, Cayce regarded them as spiritual centers, as transducers of the Creative Energy that we call God.

How can this be? Medical science regards glands as simply collections of tissue that secrete chemicals (hormones). What is so spiritual about that?

First, let's get past the idea that chemistry is simple. The hormones that glands secrete are powerful messengers that relay vital information and trigger reactions in organs throughout the system. Let's go deeper to consider the sig-



nificance of these chemicals. If you have had even a glimmer of chemistry, you will recall the brightly colored models of protons and electrons – the *atomic units* with *electrical charge* that make up all of material reality. Likewise, when you read the Cayce readings on how the glandular system works, you will keep bumping into those same atomic units and their electrical influence throughout the body.

The chemist speaks of ionization when describing this process. In layman's terms, we are speaking of electrical charges that are vital to the health of the body. Hydrogen ions determine the pH (acid-alkaline) balance of the body. Potassium and sodium ions make possible the transmission of impulses along nerve fibers, and so on. So when we talk about the chemistry of hormones, we are talking energy and electrical charge, even in a strictly materialistic sense. Of course, we don't want to limit ourselves to the material – more on that later.

So with this concept that glands are channels of "atomic energy," in its most literal meaning, let's consider what this energy actually accomplishes.

"Each organ as it materializes in its development forms its own nucleus for the production of that which enables it in itself, from its own glandular system, to reproduce itself." (281-47)

"Most every organ of the body may be considered a gland, or at least there must be within the functioning activity of each portion ... that which enables it to perform its duty in taking *from* the system that which enables it to *reproduce* itself! That is the functioning of the glands!" (281-38)

Cayce is saying that the physiological role of glands is reproduction! Reproduction of cells and tissues allow the body to constantly maintain itself by replacing worn out and damaged tissue. This is the rejuvenating, regenerative activity of glands. According to Cayce, reproduction of the species (procreation), is the other major function of the glandular system.

As you may recall from high school biology, both of these reproductive processes are accomplished by cellular division. When cells divide to replicate themselves (rejuvenation), it is called *mitosis* – the resulting cells are essentially fully functioning copies of the original. The procreative cellular division associated with sexual reproduction is called *meiosis* – the resulting cells are incomplete and require bonding with another incomplete cell (i.e., sperm and egg) to pro-

duce a new organism. Cellular division is the key to understanding reproduction.

In a particularly fascinating explanation of the glandular system's role in reproduction by cellular division, Cayce harkens back to the creation of souls out of the Divine One – the spiritual big bang Cayce sometimes refers to as the First Cause. Cayce first asks the rhetorical question, "Is the First Cause, then ... the separation of God in the desire for companionship with Himself ... the moving influence or force?" He goes on to answer himself by pointing to the glandular system as the manifestation of that First Cause in the flesh body: "This we see manifested in a physical body through the glandular system ... the dividing of the activity of the gland itself, that brings conception." (281-51)

In another intriguing reading on this subject, Cayce linked the activity of the First Cause to the atomic/cellular level in terms of positive and negative forces that attract and repel. "Hence we find worlds, suns, stars, nebulae, and whole solar systems *moving* from a first cause." (262-52)

With the proper technology and an understanding of what to look for, physicists are able to detect the background radiation of the physical big bang that created the material universe billions of years ago. Likewise, with the proper tools and insight, the afterglow of the spiritual First Cause that still radiates via our glandular system may still be discernible. The macrocosm and microcosm are one; as above, so below and within.

Fetal Development

Numerous readings on the glandular system were provided to the original Glad Helpers healing group. Several of these readings discuss the role of the glandular system in the development of the fetus and manifestation of spiritual energies that are essential for this development.

As we have seen, Cayce insisted that glands are the organs of the body that are ultimately responsible for reproduction, not only of the species (sexual reproduction), but also of each organ in the body (rejuvenation). Cayce informs us that the body is built and maintained by glands from the very beginning in the womb.

The highly publicized and controversial topic of stem cell research may actually relate to Cayce's model of how the glands act as spiritual centers. Stem cells are relatively primitive or undifferentiated cells that have the ability to divide for indefinite periods and give rise to specialized cells. Stem cells are like a blank check that can be filled in to address a variety of needs. Although stem cells are found in adults,

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Health News



Neuroanatomy of the Placebo Effect

Administration of a placebo (regarded as an inactive treatment) can result in powerful effects indistinguishable from active medical treatments. We considered the mental and spiritual dimensions of the placebo effect in a previous issue of this newsletter (see *True Health*, March 2002). Recent research into the biology of the placebo suggests that there is a measurable physical effect as well.

Researchers at the University of Texas at San Antonio measured changes in the way the brain burns sugar as a fuel (glucose metabolism) in a group of depressed patients receiving a standard antidepressant medication (fluoxetine) and placebo treatment in a six-week, double blind trial. The results indicate that placebo treatment affects many of the same areas of the brain as antidepressant medication. The biological changes in the brain appear to correlate with clinical improvement which is commonly recorded for placebo treatments for depression. The study was published in the *American Journal of Psychiatry* (May 2002).

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such as yellow dock root, sarsaparilla, calisaya, burdock, wild cherry bark, sassafras, and elder flower) were recommended in many of the early Cayce readings for headache. Atomidine was recommended as a glandular stimulant and purifier. Tonicine was suggested for women with reproductive system problems. A sedative formula containing potassium iodide and potassium bromide was sometimes prescribed for symptomatic relief of pain and nervousness.

▲ *Diet/Nutrition* – Dietary recommendations generally focused on certain key principles, such as maintaining a balanced pH by eating mostly fresh fruits and vegetables, which would also tend to maintain good eliminations. For individuals who were sensitive or allergic to certain foods, the recommendation to avoid those foods was given.

▲ *Hydrotherapy* – Colonic irrigation was by far the most common form of hydrotherapy recommended for headache. Enemas were also frequently prescribed. The most common type of fume bath ingredient was witchhazel.

▲ *Energy Medicine* – The radial appliance was the most frequently recommended form of electrotherapy for headache. This device was said to balance circulation and improve nervous system coordination. The violet ray appliance was recommended almost as often to stimulate the nervous system and superficial circulation. For individuals requiring significant systemic rejuvenation and regeneration, the wet cell battery was usually prescribed.


▲ *Mental/Spiritual Healing* – Prayer and meditation were suggested in some readings on headache. Many individuals were told that they needed a change of attitude,

letting go of worry, resentment, anger, or selfishness.

Resources

In addition to the *Guide to Headache Relief* book, here are some other resources for headache relief:

HRRC offers a protocol for the treatment of migraine. The HRRC Assessment Center can help you understand how you are functioning in the physical, mental, and spiritual areas. Call (757) 496-6411 for more information on these HRRC resources.

A.R.E. Health Services provides many of the therapies recommended by Cayce for the treatment of headache. 

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embryonic stem cells have a much greater potential for developing into a wide range of tissues. Hence, the excitement about stem cell research leading to treatments for degenerative conditions like Parkinson's disease and Alzheimer's dementia. After all, stem cells created the brain and nervous system in the developing embryo; perhaps they can be coaxed into repeating the process if implanted into an adult.

When I study what medical science has learned about stem cells and their potential for healing, I am impressed with certain parallels with the Cayce information on the glands and how the glands, as mediators of spiritual energy, perform the same basic functions. In Cayce's model, it is the glands that regulate the development of the embryo into a fetus. Remember that the glands are responsible for the creation of the various organs of the body in the womb and the rejuvenation of the organs once the body has developed.

When Cayce states that each organ has a glandular component that is responsible for the regeneration of that organ, he

seems to be describing a process that is essentially that of stem cells. The crucial difference is that medical science is focusing on the stem cell tissues whereas Cayce seems to be focusing primarily on the energy patterns (creative energies) that are active in the glandular system as the means for regeneration of diseased or injured organs.


Therapeutic Implications

Some of the Cayce regenerative therapies work directly with the glands in a way that seems to parallel the actual development of the fetus. Whereas medical science has tended to focus on implantation of stem cells or tissues grown from stem cells as a major potential therapeutic outcome of stem cell research, the Cayce readings take a more fundamental approach to regeneration. In many readings that address chronic, degenerative disease he recommended various therapies that are intended to induce the glandular system to heal the body. The energy medicine modalities such as the wet cell battery, radial appliance, and magnetic healing (laying on of hands) are some of the most common techniques for activating the glandular system. Prayer and deep meditation are also recommended in the readings to serve this purpose.

These therapeutic modalities seem to function by putting the system into the same energy patterns that were utilized to develop the embryo in the womb. For example, the spinal and abdominal centers where the wet cell anodes are attached to the body correlate with the energy patterns associated with the early development of the embryo.

The raising of the life force energy ("kundalini") in deep meditation also parallels the energy patterns in the developing fetus. Cayce does not discuss whether stem cells are involved in this process.

In essence, it is the life force energy that is channeled via the glandular system that is responsible for creating and healing the body. As the readings often noted, all healing is ultimately spiritual in nature.

Next month we will conclude this series on the science of the soul with a consideration of two specific glands (leydig and pineal) that Cayce regarded as the "seat of the soul." 

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www.edgarcayce.org/th
 for more information on headaches,
 blueberries, and the body-soul
 connection.