



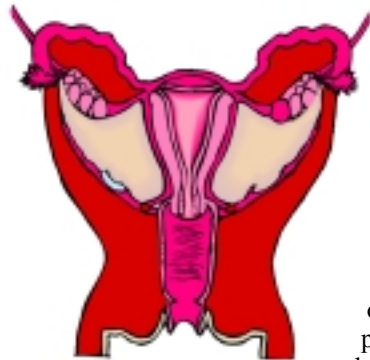
## Uterine Fibroids

Uterine fibroids are benign tumors made from hard, white tissue located on or within the uterine wall or cavity. They are relatively common – 20 to 50 percent of all women have fibroids making them the number one reason for hysterectomy in this country. Since most uterine fibroids do not produce symptoms, many women do not know that they have them until they are discovered during routine pelvic examinations. When symptoms are present, women may experience heavy or irregular bleeding during menstruation. From a medical perspective, the cause of uterine fibroids is unknown.

### Dr. Northrup's Approach

*Women's Bodies, Women's Wisdom* by Christiane Northrup, M.D., is a wonderful resource for women needing information on

women's health problems, including uterine fibroids. With regard to treatment, Dr. Northrup puts uterine fibroids in the category of "watch and wait." She recommends "letting them be and having an examination every six months to a year or so to monitor their growth."



Dr. Northrup suggests various alternative medicine therapies including dietary change, bodywork, abdominal castor oil packs, journaling, and exercise (even for women who choose surgery for their treatment). She observes that "surgery alone will not change the fundamental pattern in their bodies that encouraged the fibroids to grow."

I particularly appreciate Dr. Northrup's views on transformation and multidimensional healing: "True healing, not just curing our body or soothing our mental anxiety, involves transformation of our energy field and consciousness." Finding meaning in the

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## Monodiets



Monodiets are powerful tools for detoxification. As the name implies, the diet consists of eating only one food for a limited period of time, usually three to five days. When used as a therapeutic modality, monodieting typically focuses on a single fruit or vegetable.

In researching the history of therapeutic monodieting I have found texts describing this technique dating back for over a hundred years. So this is not new to modern alternative medicine.

Clinicians sometimes utilize monodiets for specific conditions where systemic toxicity is believed to be a factor. One of the best documented examples of the clinical application of monodiets that I have seen is the use of a watermelon monodiet for severe rheumatoid arthritis. James Gordon, M.D., described an almost miraculous recovery in an extreme case of this disorder in his book *Manifesto for a New Medicine*. Clearly, therapeutic mono-dieting should be done under the supervision of a physician.

### Cayce Monodiets

Monodiets are also used for health maintenance and prevention. Edgar Cayce often used monodiets for this purpose. Although the apple diet was the most frequent type prescribed, he also utilized other fruits such as grapes, citrus, and bananas.

The apple monodiet was said to be particularly effective at drawing out toxins. Cayce told one man that "three days of raw apples only and then olive oil and we will cleanse *all* toxic forces from any system." Cayce insisted that the apples be of the "jenneting" variety that includes Delicious, Oregon Reds, and Arkansas Blacks. The olive oil that is to be taken at the conclusion of the monodiet is to stimulate the gall bladder to release bile

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**Reading the blueberry article prompted the question: Do frozen blueberries have the same benefits as fresh? J.G. e-mail**

The question of raw versus processed foods is very controversial in the alternative health field. At one extreme we have the raw food fanatics that insist that unless a food is “live” it will make you sick. At the other extreme there are people who cite research that suggests that reasonable processing of food (whether it be freezing, cooking, or drying) does not necessarily remove the essential nutrients. In the middle we find people (such as Edgar Cayce) who recognize the value of both raw and processed foods.

In fact, Edgar Cayce was queried point blank on the question of frozen food: “Considering the frozen foods, especially vegetables and fruits that are on the market today – has the freezing in any way killed certain vitamins and how do they compare with the fresh?” Cayce’s response reflected the complexity of the issue: “This would necessitate making a special list. For, some are affected more than others. So far as fruits are concerned, these do not lose much of the vitamin content. Yet some of these are affected by the freezing. Vegetables – much of the vitamin content of these is taken, unless there is the re-enforcement in same when these are either prepared for food or when frozen.” (462-14)

Keep in mind that the freezing and transportation techniques during that era were relatively crude compared to today’s technology. Even so, Cayce seemed to be endorsing the judicious use of frozen foods, especially fruits. As with many such fascinating and increasingly relevant topics in the readings, one only wishes that someone would have followed up by asking Cayce to provide the “special list” of the foods that don’t respond well to freezing. I encourage readers to do their own research and use their own judgment (and inner guidance) on food selection.

I try to use common sense in these matters. My first option with any food is always to go for local, fresh, and organic. That is why gardening is so important to me. Next, I go for local and fresh which means paying attention to seasonal patterns of production. Finally, I rely on processed (including frozen) foods that have the minimum of preservatives (especially sodium benzoate).

Currently I have three small blueberry bushes that yield a handful of berries. I will eat the local fresh berries (which are readily available in this area) when they are in season. I also eat them frozen when I can’t get the first two options. Thanks for the excellent question. This is an important topic that I intend to pursue in more depth in a future article. - D.M.

ages in the reproductive tract. For example, when asked if her uterine fibroid would give her any trouble, Cayce responded to Ms. [3574] by emphasizing the need for osteopathic drainages: “It will give trouble unless, as indicated, measures are taken to set up better drainages in the system so that this may be absorbed.” (3574-1) Specifically, this type of treatment involves a gentle relaxation of the lower spine to increase circulation to the affected part. According to Cayce, the increased circulation can absorb the fibroid tumor in certain cases. The concept of osteopathic drainages was employed by Cayce for many such disorders.

*Electrotherapy* – Electrotherapy was recommended in three of these cases as follows: short wave treatment of the lower spine (5219-1), ultraviolet therapy (3574-1), and violet ray with vaginal applicator (428-12). These types of treatment tend to increase circulation and thus aid with the osteopathic drainages.

*Surgery* – In two cases, Cayce recommended surgery for uterine fibroids. Even in these instances, Cayce maintained a strong holistic emphasis by insisting that attitude is an important factor for a successful operation.

Here is his advice for a fifty-four-year-old woman who was anxious about her impending surgery: “Also we would give that the general attitude of the body be such as to know that this is something which now is necessary, and will relieve and bring bettered conditions for the body.” (313-22) She was told that her body could be prepared for surgery in two to five days if “the attitudes of the body are in that way not so much of complete resignation to conditions but with a desire and a purposefulness for its physical and living activity in the present.” In other words, she needed a reason to heal – not just to survive. She needed an ideal.

In this respect, Cayce’s holistic model is similar to Northrup’s approach. Healing is more than a physical process. Attending to underlying mental and spiritual factors is crucial to eliminating fibroids for

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healing process is a common theme in the anecdotal success stories she shares in her book.

**Cayce on Fibroids**

In searching the Cayce readings, I found five cases that clearly involve uterine fi-

broids (see readings 5219-1, 3574-1, 540-16, 428-12, 313-22; there may be others but the documentation is limited). Based on these readings, here are some of the basic therapeutic recommendations that Edgar Cayce provided for women with this problem:

*Attitude* – These readings contain much practical advice on working with attitudes to stay healthy and heal. The following excerpt epitomizes the attitude adjustment that Cayce endorsed for healing uterine fibroids and almost any other disorder: “But do change the general attitude.

Think constructively. Help others to find themselves. In so doing you will find yourself. Make your life helpful to others even in these disturbing periods of anxiety regarding others as well as self. Think of others who are in much worse condition than yourself and it will enable you to forget self and help others the more.” (3574-1)

*Osteopathy* – From the physical side, the most common recommendation was for osteopathic manipulations to set up drain-

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**Dr. Northrup at the Beach**

Christiane Northrup, M.D., and Gladys McGarey, M.D., will be featured speakers at the A.R.E. Visitor’s Center in Virginia Beach November 15-17, 2002. The conference is titled “The Feminine: A New Wisdom, New Health.” Phone 1-800-333-4499 for details on this special conference.

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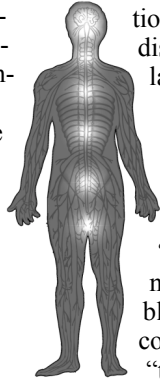
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# Science and the Soul

## Part III: The Seat of the Soul

In the two previous parts of this series we explored the nerve and glandular centers by which the soul connects to the physical body. In this final installment, we will focus more closely on two very special glands – the pineal and Leydig. Edgar Cayce observed “that the pineal and the Leydig are the *seat* of the soul of an entity.” (294-142) Let’s look more closely at each of these glandular wonders.



tioning.” (294-141) Yet Cayce went on to discuss the activity of the pineal in regulating cycles of physical, mental, and spiritual growth and development.

Furthermore, Cayce regarded the pineal as more than a small gland located in the center of the head. In numerous readings he referred to the “pineal cord” that extends from the pineal gland in the head along (or possibly within) the spinal cord. The pineal cord (also sometimes described as a “thread”) coordinates with key nerve centers at the third cervical, ninth thoracic, and fourth lumbar vertebrae. You may recall that we discussed these key centers as important points of contact between the physical body and the soul in Part I of this series. Cayce sometimes referred to these three centers as “pineal centers” indicating a crucial interface between the soul force associated with the pineal and the nerve centers at these locations along the back. Osteopathic treatments were often prescribed to “coordinate” these centers.

Although research during the last three decades has proven Cayce right on several points regarding the pineal, the psychospiritual aspects of pineal functioning remain a puzzle. The Leydig gland is even more mysterious.

### Mysterious Leydig Gland

In one instance, Cayce said the Leydig gland (which is normally about the size of a small pea) had become engorged and had more than doubled its volume to about the size of a wren’s egg. The person was suffering from schizophrenia. From Cayce’s perspective, pathology of the Leydig gland was often associated with psychiatric and neurological conditions such as schizophrenia, manic-depressive disorder, and epilepsy. Cayce also linked the Leydig gland to psychological and spiritual development and functioning.

When discussing this gland, Cayce used the terms Leydig and lyden interchangeably – Leydig for the man who discovered it and lyden to describe its function (the “sealed” door). When asked if the Leydig gland was located in the gonads, Cayce responded that “it is in and above, or the activity passes through the gonads.” (281-53) Thus we have a dual aspect in the anatomy and physiology of the Leydig gland.

Franz Von Leydig (1821-1908) was a famous and well-respected biologist who discovered the *cells of Leydig* in 1850 and the *Leydig gland* in 1892. The *cells of Leydig*

are interstitial (scattered) cells located primarily in the gonads and are best known for the production of testosterone. According to Franz Leydig, the *Leydig gland* is located in the mesonephros tissue in vertebrates. Mesonephros refers to an intermediary stage in the development of the urogenital system. Thus its location would correspond to Cayce’s remark that it is above the gonads. Scientifically, the function of the Leydig gland is unknown – Leydig thought its role was to stimulate movement of spermatozoa.

Leydig’s discoveries lay dormant for decades, as it was almost 100 years before medical science rediscovered the *cells of Leydig*. Now there are hundreds of scientific articles documenting the functioning of these cells. Yet, the *Leydig gland* has not received much attention. It is almost impossible to find any information on this mysterious entity.

### Meridian Institute Research

Recently while surfing the Internet, Meridian Research Director Doug Richards made some progress in documenting the existence of the Leydig gland. Dr. Richards found references to the gland, not in humans, but in sharks! The gland is part of the shark reproductive system. The Leydig gland produces secretions that appear to be similar to those of the prostate gland in humans – they are the fluid that carries the spermatozoa. This is completely consistent both with what we know of Leydig’s discovery and with Cayce’s description. However, we have not as yet found any description of the Leydig gland in vertebrates higher than fish.

You may be able to help us track down the Leydig gland. If you have expertise in vertebrate anatomy or physiology, consider doing some research on the Leydig gland. You might help in the rediscovery of the gland said by Cayce to be one of the most important in the human body.

Readers of this newsletter in Germany may also be able to assist. Dr. Leydig was at the University of Bonn when he discovered the Leydig gland. His original paper might be in the archives there. We would very much like to see a copy.

I must confess that I have mixed feelings about rediscovering the Leydig gland. At a physiological level, it could almost be compared to the discovery and unleashing of atomic energy. The potential misuse of the sacred power sealed by this gland is akin to the ethical concerns raised by genetic research. The ideal for finding this hidden and mysterious organ must be spiritually based, rather than for selfish purposes.

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### Puzzling Pineal Gland

For centuries the pineal gland has been linked to the soul. Eastern philosophies have tended to view the pineal as an important *chakra* or energy vortex. When activated the pineal opens the individual to psychic experiences and cosmic vision. The ancient Greeks considered the pineal to be the “seat of the soul,” a concept extended by the French philosopher Descartes in the seventeenth century.

The pineal gland is a small, cone-shaped gland attached to the ceiling of the third ventricle of the brain, suspended in cerebrospinal fluid. Its location in the center of the brain, combined with its unique tendency to calcify, make it a valuable landmark for radiologists. Unlike the rest of the brain which tends to exhibit a high degree of bilateral symmetry, the pineal does not have left and right divisions. Relative to total body weight the pineal is extremely small but its blood flow is second only to the kidney. The pineal has been considered as a “third eye” because of its photosensitivity that derives from nerve impulses from the retina. The list of remarkable anatomical and physiological attributes for this little gland goes on and on. I hope you are starting to get the picture – the pineal is very special.

In the alternative health arena, the pineal has been mainly recognized because it secretes the hormone melatonin. Melatonin’s role as a dietary supplement is touted for potential benefits in sleep disturbances, cancer therapy, and aging. However, the potential therapeutic effects of melatonin await further scientific research to substantiate these claims.

During Cayce’s era the pineal gland was thought to be a vestigial organ left over from evolution. The readings acknowledged the prevailing view of the medical community by describing the pineal as a “mass without apparent func-



# Health News



## Hormone-Replacement Therapy Debate

Reporting in the *Journal of the American Medical Association* (July, Volume 288), researchers working on the Women's Health Initiative stunned the medical community and women taking hormone-replacement therapy (HRT) by declaring that the risks of HRT may outweigh its benefits. For years HRT has been used to reduce menopausal symptoms with the belief that the hormones also reduced the risk of osteoporosis, heart disease, cancer, and Alzheimer's disease. The scientists found that women taking a combination of estrogen and progestin were at greater risk for heart disease and breast cancer. Other studies will investigate different aspects of HRT including the effects of estrogen supplementation alone.

One important implication of these findings is the need for research on alternative therapies that can reduce the menopausal symptoms without increasing the risk of disease. Diet, exercise, and herbal treatments head the list of recognized alternatives to HRT. As with all health issues, informed choice is essential.

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good, even if surgery is the chosen treatment.

In this particular case, physical preparation for surgery involved improving coagulation (blood clotting and wound healing) and resistances (general vitality and immune functioning).

Interestingly, Dr. Northrup includes castor oil packs as part of her regimen for fibroids whereas the five cases that I found in the Cayce readings didn't mention this trademark Cayce therapy. I know of women who have used castor oil packs in conjunction with other Cayce remedies for fibroids with success. Integrating Cayce's suggestions with modern alternative approaches provides practical options for women with uterine fibroids.

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into the intestinal tract to enhance eliminations through the bowel.

### Toxic Reactions

Sometimes the short term effect of detoxification is that you will feel more toxic. This is because toxins that have settled into the tissues are being drawn out into the circulation for elimination.

I can speak from experience on this point. The first couple of times that I tried to do the three-day apple diet, I felt like I was coming down with the flu after only a few hours. At first I thought this was an unfortunate coincidence and discontinued the monodiet, not wanting to stress the system by doing the diet while having an infectious disease. Of course, the flu never developed and the symptoms went away when I stopped the diet. I soon realized that the diet was causing the symp-

oms. I made up my mind that I was going to go through with the diet regardless. My strategy was to do it on a three-day weekend so that if I got to feeling ill, I could just allow myself to rest and recover just as if I really had the flu. The strategy worked and I was on my way. That was about ten years ago and the diets have become progressively easier as I detoxified my body. Now I do the apple diet without so much concern about scheduling, other than the availability of fresh organic produce, which is a seasonal consideration.

Although I made this discovery on my own, a friend later pointed out to me that Harold Reilly had discovered the same principle in working with his patients. His remedial strategy was to open the channels of elimination to assist the body with removing the toxins. He describes his method on pages 230 and 244 in his book *The Edgar Cayce Handbook for Health Through Drugless Therapy*. He recommends getting a colonic irrigation or enema each day of the diet. He also suggests getting a fume or steam bath to help eliminate the toxins through the skin. Abdominal castor oil packs can also assist with detoxification. If you are serious about doing the Cayce apple diet, get Reilly's book and follow his instructions to reduce toxic reactions.

### Key Points to Remember

Therapeutic monodieting should be done under the supervision of a physician. If you have a diagnosed or suspected medical condition, be sure to consult with your doctor before attempting any dieting regimen. Here are some practical points to keep in mind when doing monodiets.

*Be aware* of possible toxic reactions. Take appropriate adjunct measures such as colonic irrigations, fume baths, and cas-

tor oil packs to prevent or minimize toxic reactions.

*Schedule time* for the monodiet to decrease stress and allow your body to detoxify at its own pace.

*Be gentle* with your body and don't overdo it. Start small and make changes gradually. Your body didn't get toxic overnight, so don't expect it to detoxify that quickly.



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### Health Implications

Understanding the body-soul connection is important, but applying what we know takes it out of the realm of curiosity and into the practical side of life. Here are some suggestions for working with the information in this series:

*Spinal Health* – Now that you are aware of the pineal cord and its centers that coordinate with the nerve plexus along the spine, you can appreciate why Edgar Cayce so often recommended having the spine assessed and adjusted to maintain physical, mental, and spiritual health. Osteopathy, chiropractic, and massage are the three most frequent modalities recommended by Cayce for this purpose.

*Glandular Health* – Likewise, you now know the importance of keeping the glands operating at optimal efficiency. Cayce sometimes recommended Atomidine as a purifier of all the glands. Caution: Because of its iodine content, Atomidine should be taken under the supervision of a physician.

*Energy Medicine* – Some of the energy medicine modalities recommended in the Cayce readings were said to enhance the body-soul connection. As an aid to meditation and preventive measure, the radial appliance was highly regarded by Cayce. For persons with neurological conditions, the wet cell battery was prescribed by Cayce to put the glands and nerves into a regenerative mode.

*Prayer and Meditation* – Spiritual disciplines, such as prayer and meditation, can have beneficial physiological effects on the gland and nerve systems. Be consistent and persistent in your daily spiritual disciplines.



Visit the *True Health* Web site:  
[www.edgarcayce.org/th](http://www.edgarcayce.org/th)  
 for more information on fibroids,  
 monodiets, and the body-soul  
 connection.