



Reducing Hypertension

Hypertension (high blood pressure) is a major risk factor for heart attack, congestive heart failure, stroke, kidney disease, and impaired vision. It is estimated that one in every four American adults has high blood pressure. Hypertension is especially menacing because it often has no warning signs or symptoms.

Blood pressure is typically recorded as two numbers – the systolic pressure produced as the heart beats and the diastolic pressure produced as the heart relaxes between beats. Optimal blood pressure is less than 120 systolic and 80 diastolic (expressed as 120/80). According to the National Heart, Lung, and Blood Institute (NHLBI, a division of the NIH), consistent blood pressure reading of 140/90 or higher is considered hypertension.



Blood pressure can be monitored by your physician. However, sometimes just the experience of seeing a doctor can adversely affect blood pressure resulting in “white-coat hypertension.” If your doctor suspects this, you may be asked to monitor your blood pressure at home.

From a medical perspective, the source of hypertension is often mysterious. In about 10 percent of cases, hypertension is linked to specific illnesses such as kidney disease and adrenal gland tumors (secondary hyperten-

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Creating Extraordinary Health

Plan on attending this very special conference in Virginia Beach on Feb. 14-16, 2003. Speakers will include Malcom Smith, Roger Jahnke, Robert Krajenke, Charles Thomas Cayce, Carly Wall, and David McMillin.
Phone 1-800-333-4499 for more information.

Electric Vibrator Therapy



The electric vibrator is one of the most useful home treatment devices that you can own. Besides soothing aching muscles, vibrator therapy may be used for numerous common health problems such as asthma, hypertension, insomnia, and headache.

A hundred years ago electric vibrators were

used by medical doctors for the treatment of these and many other illnesses. As part of my scholarly research on this subject, I have uncovered several old medical texts that describe how to apply electric vibratory therapy. *Mechanical Vibration* (1912) by Arnold Snow, M.D., and *Vibratory Technique* (1914) by B. H. Brown, M.D., are two of my favorites. The illustration for this article comes from Snow’s text.

Currently, the therapeutic use of the electric vibrator has been eclipsed by its recreational potential, a fact that I am reminded of each time I give a public lecture on the topic. The silly grins and giggles that invariably escape from a portion of the audience testify to the common use of the vibrator for pleasurable pursuits. Hedonistic activities notwithstanding, the design and availability of various vibrator models in discount stores suggest that they are finding widespread use for relief of aches and pains.

“Save money and save yourself too!”

This was Edgar Cayce’s advice for a woman who asked if she needed to continue osteopathic treatment. Cayce told her that with regular use of the electric vibrator the osteopathic manipulations could be much less frequent, saving her time and money.

In several instances, Edgar Cayce told individuals that if they could not obtain osteopathic treatment where they lived, use of the electrically driven vibrator would produce similar results. He

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One area that I (and everyone else I've ever mentioned this to) am unclear on involves Cayce's admonition "No fried foods ever." Would you please define fried food for us? Beyond the obvious deep fried method, does that include the Asian stir fry foods? What about sauteing foods in butter? V.P., Florida

Your question has layers of meaning that we will consider. The most obvious aspect of your question is whether "cooking" with oil is the same as "frying" with it. As you note, Cayce didn't address this one directly (as far as I can tell) and modern expert opinion is mixed. At one extreme are the "raw fooders" and like-minded fanatics who believe that any cooking (frying or otherwise) is deadly. At the other pole are those who point out the medical research that suggests that cooking in oils (as in the "Mediterranean diet" or "Asian diet") can provide health benefits. As far as I can see in the scientific literature, the only clear consensus is that everyone agrees that deep-fried foods in trans-saturated fats are bad for you.

A related issue is the medium for cooking. Oils and butter are fats. So whether you cook in them or just pour them on the food, you are getting fats. Yes, I am aware of the debate on "good fats" and "bad fats." I would encourage you to be careful of too many fats of any kind, regardless of how you cook. Olive oil is a relatively healthy source of fat that was endorsed in the Cayce readings.

There is also the issue of flavor. We tend to like fried foods (deep or stir fried) because they taste good. I assume that is why you are asking the question. You are already cooking this way because it tastes good and you don't want to give it up. You are worried because you want to do the right thing. It is important to enjoy food and be happy when preparing and eating it. Thankfully, we can educate our palates. We can bring our taste preferences and desire patterns into agreement with our ideals if such a change is needed. This is largely a matter of choice and application.

Let's examine Cayce's "no fried foods" admonition in context. Approximately 4669 of the 9602 physical readings include dietary recommendations (48.6%). Approximately 247 readings (2.5%) contain either the phrase "no fried food" or "never fried." In several of these readings, the full phrasing is actually "little or no fried food." Keep in mind that most of these readings were given for some very sick people with digestive system problems. At least twenty-one of the readings in which Cayce specifically warned against frying food also allowed for a "little crisp bacon." Was Cayce telling these people to prepare crisp bacon without frying it? If so, why didn't he give specific directions?

The point is that we must be careful about interpreting some of Cayce's specific recommendations in a general or categorical sense. Otherwise, we run the risk of becoming rigid and dogmatic. I admit to having this problem. I tend to be an extremist. The last house I built for myself didn't even include a vent fan over the stove because I decided that I would follow Cayce's strict advice to never fry food. By the way, I did put a fan in when I eventually sold the house – not a big deal because I was a building contractor at the time. In recent years I have learned more of the meaning of "moderation in all things." Also, my intense study of the health readings has shown me that Cayce tended to give specific information for each individual. As the saying goes, "One man's food is another's poison." Flexibility is the hallmark of mental health; rigidity has the opposite association.

At a soul level, your question may deal with issues of choice and responsibility. Are you looking to me to tell you what you can do? Are you looking for permission from an authority figure? Or are you looking for information so that you can make your own informed decision. The latter is *empowerment*. If you have been paying attention to me in these newsletters, you know that I am a big fan of *empowerment* because it can lead to soul growth rather than dependency and stagnation.

I have also talked at length about the uniqueness of each individual. *For me*, the answer to the "no fried foods" question is "little or no fried foods." This is because I have strong genetic loading for heart disease on both sides of my family tree. Thus, I focus on the positive by eating a preponderance of fresh, raw foods. When cooking, I go with steamed, baked, boiled, or broiled – which are clearly endorsed in the readings. I use little or no fats in cooking. I leave the fried food for social situations – then bless it and enjoy it. These are *my choices* based on *my understanding of my uniqueness* as an individual at this point in time. We each must make these decisions for ourselves and then be willing to make adjustments based on how our body responds. I look forward to more "letters to the editor" on this important topic. D.M.

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sion). Most of the time the underlying cause of hypertension is unknown (essential hypertension). Standard medical treatment for hypertension usually involves medication that lowers blood pressure.

The risk for hypertension can be reduced by adopting a healthy lifestyle. As preventive measures, the NHLBI recommends that you maintain a healthy weight, be physically active, follow a healthy eating plan that emphasizes fruits, vegetables, and low-fat dairy foods, eat foods with less salt and sodium, and if you drink alcoholic beverages, do so in moderation.

Cayce on Hypertension

The Edgar Cayce readings may help to shed some light on the underlying pathology in essential hypertension. In numerous readings Cayce consistently maintained that this disorder most often can be traced back to patterns of poor circulation wherein the return flow of the blood to the heart is hindered. Blood is carried away from the heart in arteries that release the blood into the capillaries to nourish tissue and remove wastes. The blood is then returned to the heart via the veins. In cases of hypertension Cayce often described "engorgements" and "plethoric" conditions in the capillaries and veins. Thus the blood flow is hindered and slowed as it is recycled to the heart. The readings insist that hypertension is one of the results of this disturbed circulatory pattern.

Here is an excerpt from a reading that describes the hindered circulation pattern in one case of hypertension.

"The blood supply is high in the pressure. This is produced in the greater part by pressures that exist in the transverse and descending colon, and by too much flesh for the body-functionings – as through the abdominal areas..."

(Q) Are the dizzy spells and headaches caused by any serious condition?

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Embarking on a Journey

Heeding the Call to Transformation

Suffering can play a positive role in healing – it can serve as a wake-up call for the slumbering soul. The power generated from suffering can also provide the energy to transform our lives, if we heed the call. This article discusses the story of a well-known individual who heeded the call and embarked on a healing journey.

Lucky Man

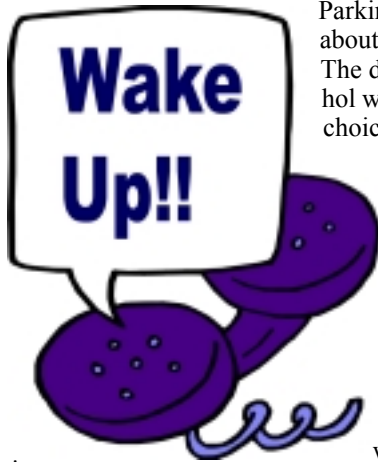
Michael J. Fox has written a bestselling book on his experience of dealing with a serious illness. *Lucky Man* documents his struggle with Parkinson's disease, a degenerative neurological disorder.

Fox is a television and film star with an impressive list of career awards. Much of the book details his career path – a fascinating glimpse into the illusory life of a media celebrity. However, the book is more than a Hollywood memoir, it is a condensation of what he has learned about life and himself through suffering. It is the story of a soul's journey.

"If you were to rush in to this room right now and announce that you had struck a deal – with God, Allah, Buddha, Christ, Krishna, Bill Gates, whomever – in which the ten years since my diagnosis could be magically taken away, traded in for ten more years as the person I was before, I would, without a moment's hesitation, tell you to take a hike." This is an astounding assertion from someone with a degenerative illness who has experienced extreme material success. You have to appreciate where Fox came from and what he accomplished professionally to fully appreciate why he would not make the trade and why he considers himself a "lucky man." The book gives you the details.

Fox says that Parkinson's has given him a gift – the opportunity to transform his life from an unreal celebrity bubble to an authentic sense of self. The gift brought not only suffering, but a greater sense of reality.

Fox was forced to either "adopt a siege mentality – or embark upon a journey." One of the milestones of his healing journey was hitting bottom with an alcohol addiction he had developed during his early celebrity years. Part of



Parkinson's gift was a clarity about the choices in his life. The decision to give up alcohol was one of the crucial choices that he made. It catalyzed his escape from a sheltered, narrow existence based on fear and self-indulgence.

He chose to see his illness as a desperately needed wake-up call. A major factor in the awakening was working with a Jungian therapist who held up the mirror of self-reflection through dream work, recognition of the shadow, and insisting on authenticity.

Chapter eight of the book is titled, "Unwrapping the Gift." It details the circumstances surrounding his going public about the illness. Although he knew he would have to do it at some point, his therapist's gentle urging that "You're only as sick as your secrets" was a breakthrough moment in his journey. With that release he was able to confidently tell the world about his condition. This step in his journey opened him up to the Parkinson's community and the need for social and political action.

Multidimensional Healing

In the April 2002 issue of this newsletter, I discussed six forms of healing in the context of "multidimensional healing." As I read *Lucky Man*, I had a strong sense of the various facets of Fox's healing journey.

The first three forms of healing (*cure*, *care*, and *quality of life*) are primarily concerned with the material side of healing. For this, Fox apparently clearly trusts in mainstream medicine – surgery and drugs. He advocates for stem cell research as a potential future avenue to cure. There is no indication in the book that he is interested in "alternative medicine" approaches to the biological healing of Parkinson's.

However, from a holistic perspective, his story has much to offer with regard to mental and spiritual healing in terms of *empowerment*, *enlightenment*, and *soul development*.

When he described his shift in attitude from seeing himself as more than an illness, that he was a person, first and foremost – he was exemplifying *empowerment*. *Empowerment* implies a better understanding of the experience of illness and the skills for coping with it. *Empowerment* involves the use of

the will to make choices, take action, and be responsible. Empowerment is an attitude. It is a shift in perspective – a shift from being a helpless victim to a source of strength and courage.

As Fox tells it, Parkinson's is just part of his experience. It does not define who he is. This attitude adjustment is an important aspect of *empowerment*. When he realized that people loved and accepted him for himself, the diagnosis ceased to be an insurmountable obstacle. His *empowerment* was also evident as he shifted from a victim consciousness to an expanded sense of self that allowed him to be a public advocate for the legal rights of Parkinson's patients and a champion for increased funding for medical research.

Fox's journey also illustrates aspects of *enlightenment*. With regard to healing, *enlightenment* is a greater realization of the value of life as it is. Being fully present in the moment, reveling in the simple joys of family life and friendship are indicative of *enlightenment*. From what I've read, Fox would probably not make any claims to *enlightenment*. Yet, consider his "vaguely Taoist way of looking at things: If you're not quite sure what to do, don't do anything yet; more will be revealed." Sounds to me like he has been making some progress in realization.

Soul development often manifests in the healing of relationships. When illness is the teacher, the lesson is often about love. As Fox tells it, his journey is about the healing power of love – of experiencing it from others and giving it back.

Soul development is also apparent in the experience of faith in a greater reality. As Fox describes his transformation, "... it wasn't for me to fret about time or loss but to appreciate each day, move forward, and have faith that something larger was at work, something with its own sense of timing and balance." Fox describes feeling the power of prayer as "overwhelming." He credits being on the receiving end of so much spiritual energy as a sustaining factor in recent years.

Lucky Man is very readable and could be especially helpful for a person struggling with a serious illness, yet not aware that they can "embark upon a journey." The book can be a call to transformation.

Protocols are available for the treatment of hypertension and Parkinson's disease using the Cayce approach. For more information contact HRRC at 757-496-6411.

Health News



Early Exposure to Dogs and Cats

For thirty years physicians have been taught that early exposure to dogs and cats is likely to increase the risk of allergy to these pets later in childhood. Recent findings published in the *Journal of the American Medical Association* (JAMA – August 28, 2002) suggest that the opposite may be true. The JAMA study focused on 474 children in suburban Detroit. Youngsters raised from birth in households with two or more dogs or cats were not only less likely to be allergic to these family pets, but also tended to be less sensitive to pollen, mold, and grasses. The researchers concluded that exposure to two or more dogs or cats in the first year of life may reduce subsequent risk of allergic sensitization to multiple allergens during childhood. These findings do not apply to children who are already allergic to pets, who are advised to avoid such contact. Although further research will be required to substantiate these findings, the basic concept is that early exposure may stimulate the immune system so that it does not overreact to irritants that can cause allergic reactions.

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(A) Caused by this circulation that is so slow in returning to the activity of the central circulation – heart, lungs, liver, kidneys. And this produces, by this slow circulation, the extreme high blood pressure.” (3525-1)

This pattern of hindered circulation was most often noted in the large intestine (colon) resulting in toxic conditions and poor eliminations that further increased the blood pressure. When asked how high blood pressure can be reduced, Cayce replied, “This may be reduced by the deep manipulations and colonic irrigations. This, too, will rise again, but it can be kept down in this manner – as keeping off of meats of any kind.” (3305-1)

In some instances, the disturbed circulation patterns were traced to pressures on spinal nerve centers. According to Cayce, such “subluxations” or “osteopathic lesions” could adversely affect visceral organs and thus impede circulatory patterns, especially in the colon and liver.

Cayce also discussed the role of mental and spiritual factors in hypertension. “The mental attitude of the body, to be sure, has much to do with the general conditions of the body as does the disease itself to the organs of the body ... Know first in what ye believe. This is spiritually, and of its sources, of its activity in and with and through self. Know that it can, if it is the ideal, be depended upon.” (5224-1)

Based on numerous readings that address hypertension, here are some general recommendations for reducing this common problem:

Internal Cleansing: Drink six to eight glasses of pure water daily to improve eliminations. Colonic irrigations (prefer-

ably) or enemas, and cleansing diet of fresh fruits and vegetables will also tend to improve eliminations and bowel functioning. Mild laxatives may be helpful if constipation is a problem.

Manual Therapy: Osteopathic or chiropractic treatment can help to improve circulation. Special attention should be given to the thoracic vertebrae (2nd to 9th thoracic) as this portion of the spine was often cited in the Cayce readings on hypertension. If osteopathic or chiropractic treatment is not available, the use of an electric vibrator along the spine may be helpful (see the companion article in this issue). Gentle massage can also help to relax the body and balance the circulation.

Diet: Consistent with NHLBI recommendations, the basic Cayce diet consists mainly of fruits and vegetables while avoiding fried foods and refined carbohydrates (“junk food”).

Moderate Exercise: This is also consistent with NHLBI recommendations. Walking was a favorite exercise recommended by Edgar Cayce for people suffering from high blood pressure.

Radial Appliance: The Radial Appliance is a subtle energy device frequently recommended by Edgar Cayce to balance the circulation and relax the body.

Mental and Spiritual Healing: Keep an attitude of desiring and expecting to be healed. A positive attitude can be created and maintained by focusing on a high purpose (spiritual ideal) for being healed.

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said that the vibrator would help to produce coordination in the nervous systems and the circulatory systems, which were important effects of properly given osteo-

pathic treatment. Given the difficulty in obtaining osteopathic manipulative therapy these days, any contribution that electric vibrator therapy can make in this area is welcome.

Edgar Cayce also specifically recommended the electric vibrator as an adjunct to chiropractic. Unlike the osteopaths of that era, the chiropractors did not typically use general or coordinating treatments. Hence, electric vibrator therapy may also make a contribution to the treatments provided by modern chiropractors.

In over 250 readings Cayce endorsed electric vibrator therapy. Cayce stated that this therapy could bring about “rejuvenation of the nerve centers in such a way as to supply new life, as it were, to the organs of the body.” (3721-1)

One of the most common recommendations was a gentle spinal treatment to help the body relax, especially just before retiring at night to improve sleep. This simple technique involves moving the vibrator slowly down on each side of the spine – first one side, then the other. Spend several minutes on each side of the spine. You can also use the vibrator laterally across the shoulder and hips.

Electric vibrator therapy was recommended in at least six readings for individuals with hypertension (see the companion article in this issue). The instructions for a seventy-three-year-old woman is typical for this condition. She was told to have someone give her a thorough relaxing vibrator treatment from the lower thoracic to the sacral area of the spine for a minimum of twenty to twenty-five minutes at least once each week. Then the vibrator was to be used along each side of the spine from the base of the brain to the end of the spine in a gentle but continuous stroke downward for about a minute on each side. All movements were to be downward away from the head.

In the Cayce readings, vibrator therapy was typically recommended as one component in a comprehensive treatment plan including other modalities such as diet, hydrotherapy, electrotherapy, etc. I have compiled a booklet titled *Electric Vibrator Therapy* which is available from the A.R.E. Bookstore at 800-723-1112. It contains instructions for using the electric vibrator to heal and stay healthy.



Visit the **True Health** Web site:

www.edgarcayce.org/th

for more information on hypertension, electric vibrator therapy, and Parkinson's disease.