



Breathe Easy

Reversing the Asthma Epidemic

Asthma is a chronic respiratory disorder characterized by a narrowing and swelling (inflammation) of the bronchial tubes leading to the lungs. According to Health and Human Services Secretary Donna Shalala, this potentially life-threatening illness has reached epidemic proportions in the United States, affecting about fifteen million people, particularly children. Sadly, the occurrence of asthma is rising more rapidly in preschool-aged children than in any other age group. According to the National Institutes of Health, asthma is the third leading cause of preventable hospitalizations in the United States (470,000 annually), accounting for more than 5,000 deaths each year. The epidemic is not limited to the United States. Worldwide, cases of asthma have doubled in the last fifteen years. Globally, over 10 percent of children have asthma symptoms with some countries reporting as high as 30 percent incidence of the disorder.



Although conclusive evidence is lacking, multiple factors are suspected as causes of the asthma epidemic. Heredity does play a role in asthma development; however, genetic traits change too

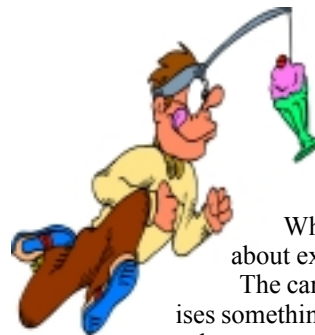
Asthma continued on page 2

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.

Get Moving

Motivation Is the First Step



Exercise is the common ground between conventional and alternative medicine. Virtually everyone agrees that (1) exercise is good for you and (2) that the real challenge is getting people to do it. Like most things in life, motivation is the key.

What does it take for us to get serious about exercise – the carrot or the stick?

The carrot is positive motivation that promises something really great if we get with the program and move our bodies: a beautiful figure, improved health, a better game (golf, tennis, or whatever), admiration of others, lower health insurance premiums, and so forth. When we feel drawn to exercise, the motivation comes from within.

Alternatively, some of us are more responsive to the stick – often administered by a physician who warns us that if we don't get busy, this or that illness (such as heart disease or diabetes) is around the corner. Sometimes, it is in the aftermath of disease that we feel the stick. Either way, this brand of motivation is not as much fun (at least not initially).

One of the most motivating factors for me is information. Maybe it is because I am somewhat cerebral in my approach to life, but when I read a report or article that rings of truth, I am moved to make changes. Of course, we each need to find out what moves us as individuals.

For years we have been reminded that regular exercise decreases our vulnerability to heart disease, diabetes, and many other serious diseases. Obviously we need reinforcement, so here is some additional information to help us get moving.

Decreasing Mental Decline – Research indicates that exercise can improve mental abilities and help prevent mental decline. One explanation for this benefit is that exercise increases the body's ability to pump blood and oxygenate the system, includ-

Exercise continued on page 4



I just have to share with you one of the most amazing “coincidences.” I’ve been having low-dose chemotherapy for ovarian cancer and my oncologist brought up the subject of surgery. He thought my chances would be greatly enhanced if

I agreed to have surgery. I was very reluctant to do that, even though I know it is standard practice for ovarian cancer. I prayed about it and even did an I Ching reading on it, and finally decided to have it. Within the same few days, I received your *True Health* newsletter! I just could not believe it—I have been receiving the newsletter ever since it started, and this is the first time you have done an article on surgery!! Isn’t that just astounding?

I wanted to thank you for the article—I found it very comforting and validating, and the timing is just incredible. Thank you so much! I ran right out and bought the book you recommended by Huddleston, and I’m also going to order the tape they recommend. And I plan to give my surgeons a copy of the affirmations. I just had to share this wonderful synchronicity with you. With many blessings, D.K. E-mail

Glad the article was helpful and thanks for the feedback. Synchronicity reminds us of the greater context of our lives - of our connection to something beyond our personal, daily existence. Remember, you are not alone. It is also helpful to keep in mind that we always have options; that the divine within can heal in many ways. I wish you wellness on your healing journey. D.M.

Asthma cont'd from page 1

slowly to account for the recent increase in asthma cases. Everyone, and especially children, tends to spend more time indoors, resulting in increased exposure to specific allergens and pollutants (such as mold, dust, dust mites, cockroaches, tobacco smoke, etc.) which can trigger asthma attacks.

Some children “outgrow” the disease as they enter their middle teens. Otherwise, asthma is considered an incurable illness. Medication is the standard intervention for relief of asthma symptoms. The condition of a patient’s asthma can change depending on the environment, patient activities, management practices, and other factors.

Environment

Because allergens and irritants can trigger attacks, cleaning up the immediate environment is a high priority strategy for decreasing attacks of asthma. Research suggests that simple measures such as cleaning (or removal) of dirty or worn out carpets can significantly reduce asthma symptoms. Special fine-particle vacuum filters can reduce dust and mold. Use of bedding covers to prevent dust mite buildup can also be helpful. Elimination of tobacco smoke is an obvious but not always easy option.

Cleaning up outdoor air pollution is even tougher, yet we all know that it must be done. Personal and social action to clean up our collective environment is be-

coming more of an imperative as we see the effects of pollution on our health.

Diet

Some alternative medicine practitioners believe that diet is a major contributing factor to the asthma epidemic. The typical modern Western diet, especially for children, relies heavily on grains (particularly wheat and corn), sugar, and milk products which in turn can lead to a high incidence of food sensitivity and intolerance. Highly processed foods also tend to be deficient in nutrients. High sugar consumption and use of certain medications (particularly antibiotics) may also contribute to excessive intestinal yeast and “leaky gut syndrome” resulting in auto-intoxication (internal toxicity) and abnormal immune functioning. All of these diet-related factors may contribute to a tendency for inflammation of respiratory tissue.

When asthma patients with food sensitivities are placed on a special restricted diet (“oligo-antigenic diet”), there is characteristically a withdrawal effect for a few days followed by improvement in symptoms and decreased need for medication. Foods are reintroduced, selectively, to determine which foods are problematic for each individual. Food rotation can be helpful as a long-term strategy to avoid food sensitivity and intolerance.

Cayce on Asthma

Edgar Cayce discussed the causes and treatment of asthma in over 160 readings. A research protocol with an overview and

treatment plan based on the Cayce model is available from the A.R.E. (1-757-428-3588, ext. 7340). Here is a thumbnail version of the Cayce approach.

Consistent with both mainstream and alternative models of asthma, the Cayce readings describe asthma as a complex condition with multiple causes, both primary and secondary. Primary causes include hereditary predisposition and disruption of nerve impulse from the upper spine to the lungs.

When Cayce traced the primary cause to pressures of asthma to spinal nerves, the pathology was usually that of improper circulation of blood to the lungs (a “vasomotor” condition). Interference with these vasomotor nerves can cause too much or little blood flow to the lung tissue. According to Cayce, the abnormal flow of blood predisposes the lung to inflammation that may be triggered into an acute asthmatic episode by a variety of factors, including diet, environmental irritants, and stress. Here is an example of how Cayce explained the relationship between primary and secondary causes of asthma: “... there is in the dorsal area a subluxation ... [affecting] the blood [supply to the lungs]; at times this overflows ... this produces then - by this lack of impulse - a spasmodic reaction of an asthmatic nature, either from cold or heat, too much sweets or too much of pollen or dust ...” (1047-1)

Poor eliminations were also cited as a causative factor in several asthma readings. Presumably, circulating toxins can irritate the lungs triggering an asthma attack. According to the Cayce readings, the lungs represent one of the channels of elimination by which the liver can eliminate toxins from the system. Thus the lungs may react to increased toxicity resulting in respiratory illness.

Certain foods were emphasized as causative factors. Sugar, starches, and pork were mentioned as contributing to asthma. Generally speaking, acid-produc-

Asthma continued on page 4

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

Copyright © 2002 by the A.R.E., Inc.

This newsletter is one of the monthly benefits to A.R.E. members. Membership is \$48 per year. To join, see the contact information above, to send a letter to the editor, write c/o the editor at the above address or e-mail:

truehealth@edgarcayce.org

Disclaimer: The information contained in this letter is intended for personal growth and development and should not be considered as a guide to self-diagnosis or self-treatment. Please see your physician for any medical problems.

Healing Vibration

The Restorative Power of Music Therapy

When I read the Cayce readings on healing temples in ancient Egypt, I am always amazed at the claims made for the healing power of music and sound. Many of those readings went on to suggest (and even insist) that the recipient study and apply music for healing in the current incarnation.

For example, a life reading for a twenty-year-old man recommended that he study “physics, biology, pathology, and the application of the musical vibrations to same.” (933-2) That reading stated that “many an individual that has had a brain wreck might be aided by electricity and music to a revivification of those cells [of the brain] . . . as in some forms of dementia . . .” The idea of combining music with the “hard sciences” of physics, biology, and pathology is typical of Cayce’s integrative approach to healing.

Cayce was not alone in advocating the science of music therapy. Even as Cayce encouraged the use of music therapy during the early decades of the twentieth century, a profession was being born that is still fulfilling Cayce’s vision of the potential of music therapy.

Modern Music Therapy

Although the concept of using music for healing can be traced back over two thousand years to the writings of Aristotle and Plato, modern music therapy had its beginnings in the aftermath of the two great world wars of the last century. Amateur and professional musicians performed in hospitals for the thousands of veterans recovering from physical and emotional trauma. The healing response to music was so notable that doctors and nurses requested that the hospitals hire musicians.

The first music therapy program was offered by Michigan State University in 1944. Since then, several organizations were founded to advance the profession, most notably the National Association for Music Therapy, the American Association for Music Therapy, and the American Music Therapy Association (AMTA).

The AMTA defines music therapy as “the prescribed use of music by a qualified person to effect positive changes in



the psychological, physical, cognitive, or social functioning of individuals with health or educational problems.” Music therapists are trained in psychology, group interaction, and the special needs of the elderly. If your idea of music therapy is playing records in nursing homes, think again.

From a practical standpoint, here are some ways that music therapy assists with healing:

Singing can help heal speech impairments by improving articulation, rhythm, and breath control. Songs can assist demented elderly people to remember significant events in their lives and share them with others. Remembering song lyrics reinforces task sequencing that is helpful for people with mental disabilities.

Playing instruments can improve gross and fine motor skills and help individuals with behavioral problems to learn how to control disruptive impulses. Learning and performing a piece of music helps a person build self-reliance, self-esteem, and self-discipline.

Rhythmic movement facilitates range of motion, joint mobility, agility, strength, balance, coordination, gait consistency, respiration patterns, and muscular relaxation. Rhythmic movement also helps to increase motivation and interest while serving as a nonverbal cue to social activity.

Improvisation provides an opportunity for creative, nonverbal expression of feelings. It also offers an opportunity to make choices and deal with structure in a creative way.

Composing involves cooperative learning and sharing of experiences. For traumatized children, writing songs helps with expressing and understanding fears. For the terminally ill, it is a vehicle for examining feelings about meaning in life and death.

Listening to music improves cognitive skills such as attention and memory while stimulating thoughts, images, and feelings which can be further examined and discussed, either with the therapist alone.

Vibration and Entrainment

Neurologist Oliver Sacks (the movie *Awakenings*) reports that patients with neurological disorders who are unable to talk or move can often sing, and sometimes even

dance, to music. Sacks is extremely optimistic about the potential of music therapy for healing the nervous system. He regards music therapy as a tool of great power in many neurological disorders (such as Parkinson’s and Alzheimer’s disease) because of its unique capacity to organize or reorganize cerebral function which has been damaged. Sacks’s views take us back to Cayce’s assertion that music can be used to heal the damaged brain (“brain wreck”).

Perhaps you are wondering how something as ethereal as music can possibly have physiological effects. The simple answer is vibration, but it gets a little more technical than that.

At a physiological level, music may have therapeutic effects by “entrainment.” This is the process by which music rhythm synchronizes with internal body rhythms, such as heart rate, respiration, and digestion. Entrainment occurs when two similarly vibrating rhythms resonate and interact at the same frequency.

For example, slow, rhythmic music (e.g., adagio pieces by Baroque composers such as Bach and Handel) duplicate the normal heartbeat. When the rhythm of the music approximates the normal human heartbeat (60-80 beats per minute), the sympathetic nervous system (the “fight or flight” system) decreases its output and dampens arousal of the central nervous system. The result shows up as physiological indicators of relaxation, such as lower heart and respiratory rate, normalizing of blood pressure (if hypertensive), and increased oxygenation of the system.

Cayce on Vibration

This is exactly the concept of musical vibration described in the Cayce readings. Cayce described the body as a unit of interactive vibration. The body systems vibrate at a specific frequency that can be attuned by meditation, prayer, and many of the physical treatments (including diet, herbs, manual therapy, and energy medicine). I know that I have quoted this excerpt before, but it is so important, here it is again: “Know that all strength, all healing of every nature is the changing of the vibrations from within - the attuning of the divine within the living tissue of a body to Creative Energies. This alone is healing. Whether it is accomplished by the use of drugs, the knife or what not, it is the attuning of the atomic structure of the living cellular force to its spiritual heritage.” (1967-1) Certainly the change that occurs via music therapy can be added to the list of treatments that change the vibrations of the body.

Music continued on page 4

Health News



Harp Music for Surgical Patients

Edgar Cayce recommended harp music as a healing modality to reduce anxiety and pain. A recent study is supportive of Cayce's assertion. Reporting in *Alternative Therapies* (Sept./Oct. 2002), researchers described the positive results of a study designed to evaluate the therapeutic effectiveness of live harp music for seventeen patients in the Vascular and Thoracic Unit of the Orlando Regional Medical Center. Rating scales were used to measure patient anxiety and pain. The patients were also "hard-wired" to bedside monitors that recorded physiological measures (heart rate, blood pressure, respiratory rate, and oxygen saturation).

Subjects in the study experienced decreased pain and anxiety and slight reductions in physiologic variables. The design of this preliminary study did not allow researchers to determine if the results were due to harp music, the presence of the harpist and data collector, or both. The researchers noted that future research is needed using a control group and comparison of live versus recorded music with a wider variety of diagnoses and procedures.

Asthma cont'd from page 2

ing foods were viewed as problematic. Environmental factors such as climate, pollen, and pollutants were mentioned as causative factors in numerous readings on asthma. Psychological factors (e.g., attitudes and emotions) were mentioned as contributing causes in some cases of asthma. The current asthma epidemic may be indicative of an increase in several of these factors, especially diet and environmental irritants.

From a therapeutic standpoint, Cayce's treatment recommendations were varied based on the needs of each person. Typically, spinal manipulation was prescribed to decrease the underlying vulnerability to respiratory inflammation. Restricting sugars, starches, and fried foods while increasing fruits and vegetables were common dietary recommendations. Various inhalant formulas were commonly prescribed as antiseptics for the respiratory system. Of course, working with attitudes and emotions to reduce stress was also recommended.

Exercise cont'd from page 1

ing the brain. Since the elderly (especially people with coronary artery disease or hypertension) tend to suffer from mental decline, in part due to a reduction in blood flow to the brain, exercise can be an effective tool in decreasing age-related mental impairment.

Maintaining Bone Health – Weight-bearing exercise (like walking, dancing, tennis, etc.) stimulates bone formation. Exercise that works against gravity is essential for optimal bone health because

weight-bearing exercise actually stimulates bone-building cells. This is why astronauts lose calcium and bone density while weightless. This is also why exercise is so often recommended as a preventive and treatment for osteoporosis. Note: Although swimming is great exercise, it is not essentially a weight-bearing activity.

Improving Emotional Health – Research has demonstrated that exercise can help lift depression and calm anxiety. In some studies comparing exercise to psychiatric medications, exercise was shown to be as effective as the drugs. Exercise also works for mental health maintenance.

Ideals Motivate

For me, another significant motivating force is the power of a spiritual ideal. As Cayce put it: "For movement is the effect of spirit. Spirit is life." (705-2) We commonly acknowledge the motivating force of spirit when we use expressions like, "I'll do it when the spirit moves me."

Working with Cayce's ideals exercise harnesses the power of spirit and unifies it with the mental and physical aspects of life. Including exercise as a daily discipline can be part of an ideal-based life.

Being aware that I have spiritual and mental bodies in addition to the physical form helps me to tap into a deeper level of meaning when I exercise.

For example, when I go for a walk, I can be mindful of my thoughts and feelings and have an openness to spirit. I can feel gratitude for the beauty of nature or for the fresh air. If walking is a physical expression of a spiritual ideal as identified in the ideals exercise, it has more purpose and meaning. At a practical level, including exercise as an ideal helps to develop the exercise habit.

"The Ones You Do"

When physiotherapist Harold Reilly was asked what the best exercises were, his pointed reply, "The ones you do," cut right to the core of the motivation issue. The chapter on exercise in *The Handbook for Health Through Drugless Therapy* is a wonderful motivator for me. The concise Cayce quotes on exercise and Reilly's review of the health literature on exercise ring true to me and get me moving. Examine your ideals and see if Reilly's exercise program fits with your ideal life.

Remember, life is movement. To stop moving is to die. If you find yourself feeling a bit sluggish, get moving! For most of us there is no *real* excuse for not exercising regularly. Hopefully, this article will help you to get moving, even if it is something as simple as taking a daily walk.

Next month we will focus on some exercise options for general health maintenance and specific therapy.

Music cont'd from page 3

Cayce is even more explicit about the potential of music therapy for health and healing in reading 1861-12 in which he was asked "How may I use music and higher vibrations in electrical energies for healing, as suggested through this channel?" Cayce replied, "Every individual entity is on certain vibrations. Every disease or disease is creating in the body the opposite or non-coordinant vibration with the conditions in a body-mind and spirit of the individual. If there is used certain vibrations there may be seen the response."

Cayce went on to explain that each individual responds to specific patterns of sound that "vibrate to the center forces of the body itself." It is essential to find the "vibrant chord" within the consciousness of each person. "What might be healing for one might be distracting for another, to be sure."

Significantly, the importance of individualized treatment is strongly emphasized in the modern music therapy literature. Presumably, effective music therapists are able to sense or help the client to ascertain the music or sound vibration that has healing effects for that person, much as Edgar Cayce did when he identified the sound or tone to which an individual resonates.

Visit the *True Health* Web site:

www.edgarcayce.org/th
for more information on asthma,
exercise, and music therapy.