



Diabetes on the Rise

In recent months we have identified significant increases in several medical conditions that have been portrayed as “epidemics.” Diabetes can now be added to the expanding list of epidemic-class illnesses characterized by a marked increase in prevalence associated with unhealthy lifestyle.

A major study published in the *Journal of the American Medical Association* (Jan. 1, 2003) reported that being overweight or obese is significantly associated with diabetes and several other major illnesses. In 2001 the prevalence of obesity was 20.9 percent compared to 19.8 percent in 2000 (an increase of 5.6 percent). The prevalence of diabetes increased to 7.9 percent vs. 7.3 percent in 2000 (an increase of 8.2 percent). Some experts use the term “diabesity” when discussing the disturbing link between diabetes and obesity.

As with any correlational study, it is difficult to sort out the relationship between associated factors. In other words, is there



more diabetes because of an increase in obesity or *vice versa*? Many experts seem inclined to view the epidemic rise of obesity as driving the parallel rise in diabetes.

Between thirteen and fourteen million people in the United States have been diagnosed with diabetes.

Over 90 percent of these individuals suffer from noninsulin-dependent or type II diabetes. Formerly referred to as adult-onset, this form of diabetes usually begins in adults over age forty and is most common after age fifty-five.

The Biology of Diabetes

To understand the alarming rise in diabetes and its association with obesity, we need to review the biology of diabetes. Though

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Elimination Diets



With growing concerns about food intolerance, elimination diets have become increasingly popular procedures for diagnosing and treating harmful reactivity to foods. We covered the basics of food intolerance in last month’s issue. Now let’s take a

deeper cut at the primary tool for dealing with this problem.

First, we need to be clear that we are not necessarily talking about the type of elimination diet mentioned in the Cayce readings where foods are used to increase elimination (eliminate toxins) from the body. Rather, the modern use of the term means that foods that are thought to produce negative reactions in the system are carefully eliminated from the diet.

Presumably, Edgar Cayce did not need to rely on this type of elimination diet – when necessary he simply gave readings that listed which foods each individual should avoid. Without Edgar Cayce around to provide this service, the modern elimination diet serves a useful function for applying the Cayce model.

Elimination Diet Basics

Most elimination diets have two phases – *exclusion* and *reintroduction*. The *exclusion* phase is a systematic avoidance of any food that might be causing trouble to see if the symptoms go away. If the symptoms decrease or clear up, the offending foods are then systematically *reintroduced* to confirm the intolerance.

Keep in mind that elimination diets are an assessment technique. If you fail to follow the diet fully, it simply won’t work. The problem is that if your symptoms don’t clear you can’t be sure whether the indiscretion, no matter how slight, caused the symptoms. So if you do use an elimination diet, take it seriously and

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RE: True Health Disclaimer - Dear Editor: As a Naturopath candidate, Iridologist, and Board Certified Nutritional Consultant, it is important for me to operate within the designated laws surrounding the scope of my business. Disclaimers are part of that ethical and legal requirement. Referring to LR's concerns (see Letters to the Editor, March 2003), it is important to point out that allopathic medicine is not a pseudo science! To believe such is to side with the very component that continues to profess the holistic approach as "pseudo." The era of medicine disregarding the holistic field is over as paradigms begin to merge. Likewise, it is high time for patrons of alternative medicine to follow the lead of their professional practitioners and recognize science and "cease and desist" from bashing the medical field. I had to respond because LR sounded very much like me when I started my journey! I, like your comments in the article, have calmed down a little with experience! B.M. e-mail

Thanks for sharing. I especially appreciate the support from an alternative practitioner on a similar journey. You may find the series on "Applying Cayce Now" to be interesting since I will be covering some of this same ground, especially in Part 3 ("Partners in Healing"). D.M.

RE: Abdominal Brain - Dear Editor: For a more comprehensive coverage of this subject, you ought to refer the readers to *The Second Brain - The Scientific Basis of Gut Instinct*, a book by Michael D. Gershon, M.D. (1998, Harper Collins, 314 pages, ISBN 0-06-018252-0). Doctor Gershon is the Chairman, Department of Anatomy and Cell Biology, Columbia University College of Physicians and Surgeons. He is probably the leading present day researcher in this field. He posits that the true "re-discovers" of this field were Bayliss and Starling, two investigators who worked during the nineteenth century in England. I found his book to be both fascinating and excellent for someone who is willing to dig into scientific details. N.W. e-mail

Thanks for the tip. I am aware of Gershon's excellent work and have cited him in papers I have written on this subject. I do highly recommend this book. D.M.

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the two major types of diabetes, insulin-dependent (type I) and noninsulin-dependent (type II) are different disorders, both types affect the body's ability to effectively use glucose (commonly known as sugar). The digestive system breaks down certain foods into glucose that is circulated throughout the body causing blood glucose levels to rise. With this increase in blood glucose, the hormone insulin is secreted into the bloodstream to stimulate the body to metabolize the glucose for fuel. Consequently, blood glucose levels return to normal.

The pancreas is the gland that makes insulin. In people with insulin-dependent (type I) diabetes, the pancreas doesn't produce insulin. With noninsulin-dependent (type II) diabetes the pancreas usually continues to produce some insulin, but the body is not able to use it properly.

Getting back to the obesity connection, glucose that isn't burned right away is stored in the liver or turned into fat. Thus, being overweight or obese may be an indication that too much glucose-producing food is being consumed or not enough exercise is being done to burn off the sugars

that otherwise get converted to fat.

Diabetes Symptoms

Because diabetes can be difficult to identify in the early stages of the condition, many people can have the disease without knowing it. Typical symptoms include: fatigue, a sick feeling, frequent urination, especially at night, excessive thirst, sudden weight loss, blurred vision, and slow healing of skin, gum, and urinary tract infections.

Standard Medical Treatment

There is no medical cure for diabetes. Daily treatment helps control blood sugar and may reduce the risk of complications. Under a doctor's supervision, treatment usually involves a combination of weight loss, exercise, and medication.

Medical treatment for diabetes treatment can reduce symptoms like thirst and weakness, and the chances of long-term problems, like heart and eye disease. If treatment with diet and exercise isn't effective, a doctor may prescribe oral medications or insulin. Because diabetes is regarded as incurable by mainstream medicine, daily treatment throughout a person's lifetime is the standard medical expectation for therapy.

Cayce on Diabetes

Edgar Cayce provided many readings for individuals with diabetes. Although the pathological process was unique for each person, some definite patterns of causation and treatment are present in this body of information.

Consistent with the modern research linking diabetes with obesity, the readings emphasize diet and exercise as important treatments, especially for type II diabetes.

With regard to the question of causation in the obesity/diabetes correlation, the readings acknowledge the complexities of sugar metabolism. Dietary excess and indiscretion can definitely be a causative factor in both obesity and diabetes. However, in some readings, it is the imbalance in sugar metabolism that results in obesity. This is typical of the Cayce readings – human physiology is complex and interactive.

Therapeutically, Jerusalem artichoke was a common dietary recommendation in the readings on diabetes. Cayce stated that the root of this lovely member of the sunflower family can help reduce the dependence on insulin therapy. Other herbs were also sometimes prescribed.

Interestingly, several readings also noted that nerve impulses to the visceral organs (particularly the pancreas and liver) can be compromised by pressure on nerve centers in the sixth to ninth thoracic vertebrae of the spine. The resulting incoordination can impair the body's ability to regulate blood sugar levels resulting in a diabetic syndrome. In such cases, spinal adjustment (osteopathic or chiropractic) was recommended to correct the aberrant impulses. Perhaps back pain can also contribute to sedentary lifestyle which is a risk factor for both obesity and diabetes.

A Cayce-based protocol and treatment plan for type II diabetes is available from the A.R.E. Contact Deborah Thompson, R.N., at 757-496-6411 for more information about the the protocol and Edgar Cayce's approach for addressing the rising diabetes epidemic.

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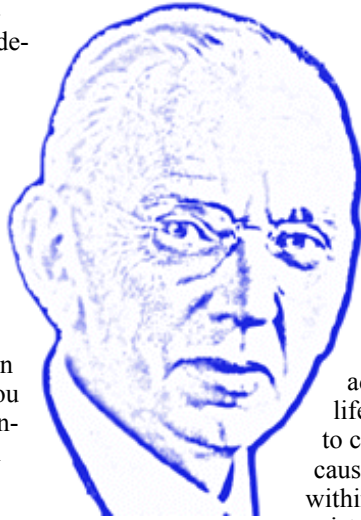
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Applying Cayce Now

Part II: Principle Concepts

Part II in this series provides some conceptual guidelines for making choices about current health care options. Whereas the therapeutic techniques prescribed by Edgar Cayce evolved during his career as medical intuitive, the unchanging principles underlying his approach form a solid foundation on which we can still rely. Reflect on how you can apply each of these principle concepts to your own situation.



Holism

Cayce consistently affirmed the triune nature of human experience. He went so far as to assert that we each have a physical body, a mental body, and a spiritual body. In reading 364-10, he described this inherent trinity as a “threefold or threeply body.” In numerous readings he associated our triune nature to the trinity in Christian theology. This holistic framework affirms the sacredness of our totality.

The ideals exercise was one of the powerful tools recommended by Cayce for working with our threefold nature. If you haven’t applied this technique, consider working with it to coordinate your physical, mental, and spiritual bodies. This will help you to make health choices that are consistent with the holistic premise that recognizes that physical, mental, and spiritual are one.

Inner Healing

All healing comes from within. Our bodies have the inherent ability and inclination to be healthy. Therapeutic interventions work best by assisting the processes of innate healing.

Some approaches to healing ignore this principle and promote the practitioner or modality as the source of healing. To be sure, some treatments can seem to provide dramatic outcomes. Yet, without the healing response from within, a flawless surgery will ultimately result in the patient bleeding to death. The most highly touted pills, whether from a major pharmaceutical company or your local health food store, can at best only stimulate or awaken the inner healing response. Without the inner healing impulse, these chemicals only become a dross on the system.

Therefore, when you choose a practitioner or treatment modality, look for that understated quality of humbleness that acknowledges the power of inner healing and the willingness to cooperate with the physician within.

Prevention

Edgar Cayce strongly advocated for preventive lifestyle and early intervention to correct dysfunction. Because all healing comes from within, the same therapies that assist the body in healing itself are often helpful in the prevention of illness. Thus, the readings maintained that it would be good for everyone to take an internal bath (colon hydrotherapy) from time to time to purify the system. Massage and spinal manipulation can be used for health maintenance as well as curative treatments. Proper diet and exercise are probably the most essential of preventive activities. Daily meditation and relaxation calms the mind and spirit. Prevention is mainly a matter of priorities (ideals) and application. It is a sound investment in health resources.

Individuality

Each person is a special entity. Health and healing can best be achieved by a person-centered approach that recognizes and utilizes the uniqueness of each individual rather than limiting people to diagnostic categories and pathological labels.

If Edgar Cayce had chosen to use the “disease-centered” model of allopathic medicine, he could probably have covered the major groups of illness with a few hundred readings. Instead, he recognized the uniqueness and variability of each person and adapted his intuitive process to that reality.

Some modern health practitioners utilize the person-centered model. You will recognize this model when you hear or see words like “biological terrain,” and “functional medicine.” With regard to professional groups, naturopathic, chiropractic, and osteopathic physicians tend to be more sympathetic to the person-centered model. Genetic research promises the possibility of a more individualized health care approach for future allopathic physicians

who may be able to prescribe medications that are tailored for the unique physiology of a specific individual.

Transformation

Health is a state of wholeness, balance, and growth. Incompleteness and imbalance (“incoordination”) are common experiences that can challenge us to grow and develop. Thus illness can often be viewed as an opportunity for transformation.

Edgar Cayce was sometimes quite blunt about the meaning of illness. For a man with multiple sclerosis, Cayce advised that the following attitude be adopted: “The physical conditions that have come upon me are those most necessary for my own soul’s development.” (716-2)

Stay open to the idea that every experience in life has growth potential. Whether it is the meeting of a karmic condition or simply an opportunity to learn how to be incarnate in a physical body, listen for the still small voice from within that will guide and support your healing journey. The earth experience is a classroom. Take each lesson as it comes.

Self Care

Self-responsibility in making choices and applying what we know to be true on a regular basis is the foundation of health. This is a major reason why health issues offer such a strong transformational potential. We are impelled to use the mind and will to make choices and take action. I have frequently used the term *empowerment* in describing this as a manifestation of healing.

The Cayce approach has a strong self-care emphasis. Most of the therapies endorsed by Cayce are best done in the home – as part of the daily routine of life. Thus, in a sense, the kitchen, bathroom, and bedroom become a therapy department. When approached with a positive attitude, self care can be an adventure.

Natural Therapeutics

“Nature cures” is the basis for many healing systems as it is for the Cayce approach. Since nature is an expression of the divine (as is the body), this principle is closely linked to holism and inner healing.

Although almost any modality can assist the inner healing response, some therapies do have an inherent advantage in this regard. In this context, “natural” usually translates as simple and unprocessed, whether it be foods or medicines. Pills don’t grow on trees or bushes, nor do they sprout from the ground. Oils that are derived by cold-pressing are preferable to chemical extraction, and so forth.

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Health News



New Vegetarian Diet Lowers Cholesterol

Eating a new vegetarian diet may lower cholesterol levels by one-third. These findings were reported at a recent meeting of the American Heart Association by Canadian researchers. Called the Portfolio diet, this approach seems to work about as well as the older statin drugs that are still the primary medicine for people with high cholesterol. Although it is widely recognized that diet can help to reduce cholesterol, typically most people can only affect cholesterol levels by about 10 percent with diet. The difference is that the new diet relies heavily on foods (such as oats, barley, okra, almonds, cauliflower, and eggplant) that are known to be especially effective at reducing cholesterol. Researcher Cyril Kendall of the University of Toronto said that volunteers found the diet extremely filling, and several stayed on it after the experiment ended.

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follow it faithfully.

Variations on a Theme

Practitioners who have worked extensively with patients with food intolerance have noted that the system often is most reactive to common foods that are eaten regularly or in quantities. Thus the elimination procedure often focuses on strategies for eliminating common foods.

If you are serious about doing an elimination diet, I strongly recommend that you obtain and study *Food Allergies and Food Intolerance* by Jonathon Brostoff, M.D., and Linda Gamlin. This is the best resource on the subject that I have seen. Here are some of the variations on the elimination diet theme from the Brostoff and Gamlin book:

Lamb-and-Pears Diet – Just as the name implies, you only eat two types of food. Originally developed in the United States where lamb and pears are not frequently eaten, this form of elimination diet may be helpful for individuals with a great many food sensitivities. Due to its blandness, it does require substantial willpower. In countries where lamb is eaten regularly (e.g., Britain and New Zealand), turkey can be substituted for lamb.

Few-Food Diet – This variation allows about a dozen or more foods that are not eaten often. Naturally, the list will vary from region to region and patient to patient. Typical foods for this format include parsnips, turnips, and carrots.

Rare-Food Diet – This is an extension of the few-foods approach, except that the food list focuses on exotic items such as cassava or buckwheat. Because these foods are never (or rarely) consumed, they are unlikely to provoke a reaction. For diagnostic purposes, this is an especially useful variation, because if you fail to get

better eating only foods that you have never eaten before, you are probably not having food intolerance problems. Although this diet can be costly, it does offer increased palatability for those ready for a culinary adventure.

Elemental Diet – The items utilized in an elemental diet are made from ordinary foods, except that the molecules are broken down into smaller units. The concept is similar to formulas used for babies that are sensitive to cow's milk. Theoretically, the smaller molecules are less likely to produce altered reactions in the digestive system, although in practice this is not always the case. The main drawbacks to this variation is that it usually tastes dreadful and can be expensive. Brostoff and Gamlin regard this as the last resort option for those who have not responded to other types of elimination diet.

A Three-Stage Approach

Recognizing the challenges of implementing an elimination diet, Brostoff and Gamlin have devised a three-stage approach designed to provide the optimal chance of success with the least chance of harm. Here are the three stages:

1. **The Healthy-Eating Diet** – For one month eliminate all foods and drinks that have a drug-like effect on the body, namely: coffee, tea, colas, cocoa, chocolate, alcohol, and sugary foods. Be aware that you may experience some withdrawal symptoms during this stage. You may also experience substantial healing from this stage and not need to go further.

2. **Simple Elimination Diet** – This stage just excludes the most common offending foods such as grains, dairy, citrus, peanuts, and any foods that you normally eat in large quantities or that you crave.

3. **Rigorous Elimination Diet** – This stage is for those unfortunate individuals who may have sensitivities to many differ-

ent foods. Although the exact form of the diet will vary with each individual, the few-food diet or rare-food diet are leading contenders for this stage.

As with any diet, an elimination diet should only be done under the supervision of your physician. As noted above, you may experience negative side-effects from withdrawal as your system adjusts. The elimination diet is a powerful assessment and treatment modality that must be used carefully. Get the book and consult with your physician if you think this approach may be indicated for your situation.

Of course, you will need to plan carefully and keep a record of what you have done. Patience, consistency, and commitment are required. This is where mental and spiritual ideals come into play. You may find that you are eliminating negative reactions at more than just the physical level.



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Integration

Depending upon the consciousness of the individual and the precise nature of the condition, sometimes it is best to integrate natural therapeutics with more invasive treatments. As noted above, virtually all therapeutic modalities and systems of healing can be helpful if applied with the right consciousness. Sometimes in acute or terminal cases, Edgar Cayce prescribed “unnatural” treatments including powerful drugs, surgery, and radiation therapy. Usually in such cases, these potent allopathic treatments were carefully combined with natural remedies.

The important point is to find the best combination of treatments for each individual. This cooperative attitude seeks the common ground between systems and is known by various names, such as “complementary medicine,” “integrative medicine,” and “comprehensive medicine.” In seeking out a physician, you may find some of these terms useful in identifying a practitioner that is competent and open to a wide range of therapeutic options.

The principle of integration is central to next month's theme of “Partners in Healing.” In the final segment of this series we will focus on practical issues of creating and participating in a team approach to health and healing.



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