



Restorative Sleep

Have you noticed the series of clever TV ads by a major hotel chain that promote the benefits of restful sleep. After accomplishing some astonishing feat, the totally unqualified hero casually remarks, "No but I did sleep at a ___ ___ last night." Another series of ads takes the opposite tack by depicting public humiliation followed by the reminder to "Never underestimate the importance of a good night's sleep."

As with most successful ad campaigns, the promoters are tapping into a vein of common experience. Restorative sleep is essential for wellness. It is not surprising that interrogators use sleep deprivation as a psychological tool for disorienting captives. If you don't get adequate, quality sleep, you could be doing the same thing to yourself.

Numerous studies have linked poor sleep with poor health. For example, a survey conducted by the American Cancer Society concluded that people who regularly sleep seven to eight hours each night have a 30 percent lower death rate than those who sleep six hours or less or nine hours or more per night. In another recent study of 71,000



women over a ten-year period, researchers reported that the women who got five hours or less of sleep per night were 45 percent more likely to develop nar-

rowed coronary arteries than a control group that got eight hours of sleep.

Sleep Disorders

When sleep disruption cannot be attributed to a medical condition and is the primary presenting problem, it may be diagnosed as a sleep disorder. Here are three of the most common sleep dis-

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The Radial Appliance



The radial appliance is probably the most versatile of the various energy medicine devices recommended by Edgar Cayce. It can be used as a *preventive* or *curative* treatment by varying the type and location of electrodes (plates) and the inclusion of a solution jar for carrying medicinal vibrations into the body.

Although it was originally called the "radio-active" appliance, it contains no radioactivity in the modern sense of the word. The readings state that the energy that it utilizes functions like a radio wave. This energy is also referred to as radial activity that functions through radial centers in the body, so I like to call it the radial appliance (which certainly sounds much more benign than its original designation).

The commercial versions of the appliance now go by a variety of proprietary names created by modern suppliers. The device is typically constructed of common materials including steel, glass, carbon, and charcoal. It is cooled down in ice water before attachment to the body. The readings state that the vibrations from the carbon, iron, and water used in a functioning appliance resonate with those same substances within the body. When properly used, the sympathetic vibration of the appliance has a balancing and harmonizing effect on the body.

Typical Preventive Application

The appliance seems to work best if used for at least four days a week. It can be used every day. In a typical *preventive* application, the attachments for the appliance are rotated in a pattern around the extremities of the body (wrist and ankle). A special reading that describes the theory of the appliance describes the

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RE: Portfolio Diet - Dear Editor: Can you tell me more about the new vegetarian diet called the Portfolio Diet? How can I get a copy of it? J.G. e-mail

I included the Portfolio Diet in the Health News section of the last issue because it is still in research and is not yet in a format for public use. Researchers tend to be cautious about such things and are careful to point out that their findings need further validation from future studies, etc. With that in mind, I can provide you with some more details about the actual diet used in the study. The basic concept is that each food is known to be especially effective in reducing cholesterol levels in the body.

In the research study, dieters were given foods that are available from supermarkets or health food stores. Every meal contained some form of soy, such as soy yogurt or soy milk. A typical breakfast could include soy milk, oat bran, and fruit. A typical lunch might feature vegetarian chili, oat bran bread, and tomato. Dinners consisted of a variety of vegetarian staples such as vegetable curry, soy burger, northern beans, barley, okra, eggplant, cauliflower, onions, and red peppers. Volunteers were also given Metamucil three times a day to provide soluble fiber from psyllium. I suggest that you keep an eye open for future experiments with this diet. If you surf the Internet, you can use descriptors such as Portfolio Diet, Cyril Kendall (one of the researchers), and the University of Toronto. D.M.

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orders that you should know about:

Insomnia – Insomnia is characterized by difficulty falling asleep, difficulty staying asleep, or waking up too early. Chronic insomnia often results from a combination of factors, including underlying physical or mental disorders (especially depression), substance abuse (including the misuse of caffeine, alcohol, or other substances), and disrupted sleep/wake cycles associated with shift work or other excessive nighttime activity.

Sleep Apnea – This is a disorder of breathing in which sleep consists of brief periods of rest typically alternating with loud snoring when breathing stops. People with sleep apnea do not get enough oxygen during sleep and wake up tired and sweating, sometimes with the sensation of choking. **Obstructive sleep apnea** results from an obstruction in the throat (often due to abnormal anatomy, excess weight, or alcohol consumption before sleep). **Central sleep apnea** can be caused by a delay in the nerve impulse from the brain to the respiratory system. Although both types of sleep apnea can involve waking up briefly, sometimes hundreds of times per night, often there is no memory of these brief awakenings. A sleep test (polysomnography) is commonly used to diagnose sleep apnea.

Narcolepsy – Narcolepsy is characterized by excessive sleepiness, temporary decrease or loss of muscle control (especially when getting excited), vivid dreamlike images when drifting off to sleep or waking up, and waking up unable to move or talk for a brief time. It has been described as an intrusion of dream sleep (called REM or rapid eye movement) into the waking state.

If you think you may be suffering from a sleep disorder, consult with your physician for further testing and treatment options. Regardless of whether disturbed sleep qualifies as a sleep disorder or merely a nagging problem, improving your sleep hygiene is likely to result in better sleep.

Sleep Hygiene

Sleep hygiene doesn't mean taking a bath before you go to bed! It refers to the conditions and practices that promote continuous and effective sleep. Falling asleep and staying asleep happens normally for most people. If you're having problems with sleep, consider these simple sleep hygiene tips.

- * Reduce or eliminate the use of alcohol, caffeine, and nicotine, especially within four hours of bedtime.
- * Exercise regularly, but at least three hours before bedtime.
- * Don't use your bed for any waking activity such as reading or watching television.
- * Try to wake up and go to bed at the same times each day.
- * Avoid heavy meals just before bed – a light snack may make it easier to fall asleep.
- * Don't sleep with your pets.

The essential message here is that we probably cause or contribute to sleep disorders with disordered lifestyle. By getting your life in order and following these simple sleep hygiene pointers, you will improve your chances of obtaining restful, restorative sleep.

Cayce on Sleep

The Cayce readings emphasize the holistic aspects of sleep – sleep is an experi-

ence of the whole self – physical, mental, and spiritual. Consistent with most current medical models that focus on nervous system dysfunction as a primary factor in sleep disorders, the readings typically describe such pathologies as an incoordination between the central and autonomic nervous systems. Lifestyle and behavioral factors are also identified as contributing causes of disordered sleep.

Normal sleep is a period of *restoration* in which the various systems of the body come back into a natural state of harmony and balance. At the mental and spiritual levels, sleep presents an opportunity for communion with the deeper aspects of the soul which may be remembered as dreams.

Here is how the Cayce readings explain the role of mind and spirit during sleep: "What is ordinarily termed sleep – the mind, the mental forces are caring for all the forces of the body ... yet is as aware to the inner self and is as alive to the deeper forces or the soul influences as in its environs of an awake consciousness." (1276-1) Thus we are restored and rejuvenated at all levels.

Live Well, Sleep Well by Dan Campbell is a useful resource for anyone wishing to apply the Cayce holistic approach to getting a good night's sleep. Campbell emphasizes the theme of healthy lifestyle producing healthy sleep.

Use of the radial appliance was one of Cayce's typical suggestions for improving sleep. When a twenty-four-year-old woman asked Edgar Cayce why she couldn't sleep, Cayce replied that it was an overactivity of the creative forces within the body. His recommendation was to use the radial appliance that "... will bring sleep without any sedative from the outside, creating all necessary forces from within." (911-2)

It is best to meditate during the radial appliance session. Many people have noted that with regular use of this appliance, dreams become more plentiful and

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Applying Cayce Now

Part III: Partners in Healing

This final segment of the series focuses on the practical aspects of applying the pointers from Part I and the principle concepts from Part II. The main thrust of this article is that you don't have to do it alone – you can be a partner in healing as an essential member of a team – your health team.

I hope that you noticed that in Part I, Edgar Cayce was portrayed as a team member. Although he was clearly the leader and most prominent member of his team, he could not have accomplished much without the daily support of his wife, family, friends, and associates. Within the psychic reading process itself, the cooperation and input from the person(s) getting each reading was a major factor in the success of that session and the evolution of Cayce's career as a medical intuitive.

As a practical matter, Cayce used the team approach in making referrals for his clients. There was a network of practitioners around the country to which clients were sent for treatment. This was not as random or spontaneous as it may seem at first glance. Generally speaking, the best outcomes were obtained in cases where the clients hooked up with a competent practitioner, often someone recommended explicitly in the readings like Dr. Reilly, Dr. Dobbins, Dr. Richardson, or Dr. Ober.

Another factor that stands out in these success stories is that there was usually a strong support system for the individual. Family members, friends, or member of the A.R.E. often played supportive roles in the healing process. This was essential because many of the therapies had to be done in the home, as part of the normal cycle of family activities.

The final ingredient that I have noticed in the readings with positive results is *empowerment*. By this I mean the afflicted individual (or family members in the case of children or the mentally ill), took responsibility for the ultimate outcome. They were full partners in the healing process rather than passive recipients of treatment. I have discussed *empowerment* as a form of multidimensional healing in several articles, so hopefully this concept is not entirely new to you.



Creating a Team

You probably already have a health team, whether by default or conscious intent. The question is whether you are a full partner on the team.

The traditional allopathic team approach is to make the physician the team leader with associates (nurses, pharmacists, specialists, etc.) playing supportive roles. Within this model (if you are fortunate) the physician may view you as an essential and valued member of the team. You may have also learned your place on the team if you tried to provide too much input. There is usually a power structure to any social unit.

This approach to teamwork has evolved in recent years to the point where many mainstream physicians have increasingly gotten over insecurities about patient empowerment and have recognized the value of the patient as resource.

You are probably more likely to encounter this progressive attitude amongst alternative medicine practitioners, but not necessarily. Some of the most domineering and repressive practitioners that I have met fall within the domain of alternative medicine. So you will have to use your own judgment as to whether a particular practitioner serves your needs as a team member.

Team Makeup

Some people question the wisdom of including a physician as a regular member of one's health team. I responded to a

reader with this frame of mind in the March 2003 issue of this newsletter.

Having a physician on your team can be extremely helpful in emergencies or situations requiring extensive medical care (such as a hospital or nursing home environment).

Ideally, your physician will also embrace the principle concepts discussed in Part II of this series. Understand these concepts and use them as a measuring stick for choosing a physician. Then you will have a physician who can contribute to your regular health maintenance as well as emergencies, etc.

A physician who acknowledges the holistic concepts advocated by Edgar Cayce will also be more inclined to cooperate with other health practitioners on your health team.

With regard to team makeup, I strongly encourage you to include a massage therapist or physiotherapist, preferably someone who is also competent in hydrotherapies such as colonic irrigation.

A chiropractor, osteopath, naturopath, or physical therapist who is accomplished at spinal manipulation can also be a valuable member of your team. Depending upon the laws and regulation in your locality, this person may also serve as your primary care physician – usually a very helpful arrangement when it comes to insurance payments, etc.

Use your own judgment and feelings about the makeup of your team. Parts I and II in this series can provide guidelines.

Cooperation and Integration

As mentioned above, the key to having an effective team is cooperation and integration. You definitely want to avoid the cold war between allopathic and alternative medicine as discussed in Robert Smith's book, *Misdiagnosed: Was My Wife a Casualty of America's Medical Cold War?*

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Cayce Health Symposium

The Eighth Annual Cayce Health Symposium will be held at the A.R.E. Conference Center in Virginia Beach on September 12-14. Meridian Institute and the A.R.E. are cosponsoring the three-day gathering of health care professionals, researchers, and other people with an interest in the Cayce health material.

The theme for this year's meeting is "Holistic Health of the Future." The conference will focus on clinical applications, home health applications, and research of the Edgar Cayce health information.

Interested speakers are invited to submit a brief abstract of a talk or demonstration to Meridian Institute for consideration. Mail proposals to Meridian Institute at 1853 Old Donation Parkway, Virginia Beach, VA 23454. Proposals can also be e-mailed (meridian@meridianinstitute.com).

Anyone interested in the Cayce approach to health is welcome. To register for the symposium, contact the A.R.E. Conference Registrar at 1-800-333-4499.

Health News



Multivitamins May Reduce Infections

A study published in the *Annals of Internal Medicine* (March, 2003, Vol. 138, No. 5) indicates that daily consumption of a multivitamin supplement may help some people decrease susceptibility to colds and other infectious diseases.

Authors of the yearlong study noted that healthy people in the experiment who got adequate nutrition saw no recognizable benefit from multivitamin and mineral supplements. The greatest benefit was seen with diabetes patients.

The nutritional supplements were given to sixty-three people. An equal number got placebo pills that looked and smelled like the vitamin but contained only calcium, magnesium, and riboflavin. All participants kept daily diaries, tracking colds, other infections, and sick days. After one year the group that got the real multivitamins reported fewer infections and fewer missed days at work due to infections.

Significantly, one-third of the study participants had type 2 diabetes. Ninety-three percent of the placebo-takers with diabetes reported an infection during the study year, compared to only 17 percent of the diabetic multivitamin-takers. Furthermore, 89 percent of the diabetics taking a placebo reported missing work because of an infection compared to none for the multivitamin group.

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energy pattern as a figure eight associated with the upper and lower hepatic circulation of the liver and kidneys.

Cayce said that normal sleep tends to balance this energy pattern which can become distorted due to our daily activities. He stated that the appliance accomplishes the same balancing effect as normal sleep and could be used as an aid to restore normal sleep (see the companion article titled "Restorative Sleep").

You should remain attached to the appliance for about an hour each session. It is preferable to remain quiet, in a prayerful, meditative and constructive attitude during the time the appliance is attached; while resting, or just before retiring at night. Choose a relaxing setting such as a bedroom or meditation area. A recliner chair that adjusts to a horizontal position can be very relaxing. Place the container and appliance on the floor next to the bed or recliner.

Many people prefer to play some calming music during the session. A sixty-minute cassette tape or CD also helps to define the length of the session. When the music stops, the session is over. Many music stores now contain one or more departments featuring music for meditation, relaxation (stress reduction), "night music," and so forth. After the session, remove the appliance from the ice water and dispose of the ice water.

Curative Applications

By varying the composition and position of the plates and inserting a solution

jar into the circuit, the radial appliance can also be used as a *curative* treatment for serious conditions such as neurologic diseases. This configuration resembles the strictly *curative* format for the wet cell battery, another of Cayce's primary energy medicine devices that is often confused with the radial appliance. The difference is that the radial appliance generates no energy of its own – it merely utilizes the body's own energy. The wet cell is a chemical battery that does generate a small amount of measurable electricity.

Therefore the radial appliance is a milder treatment that may be more appropriate for children or elderly persons requiring this simple regenerative therapy.

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vivid. I have noticed this trend myself.

Another simple suggestion for improving sleep is to drink a glass of warm milk with a teaspoon of honey stirred in it at bedtime.

Various forms of bodywork to enhance relaxation and improve nervous system coordination were also prescribed by Cayce for persons with sleep problems. Use of the electric vibrator along the spine at bedtime was another frequent Cayce remedy for improving sleep.

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If you sense a lack of cooperation between members of your team, don't be afraid to discuss it openly so that everyone is on the same page. If you feel fearful or apprehensive about discussing differing

opinions or conflicts, recognize that your own feelings are a signal that you are ready for the experience of empowerment as a form of healing. Pray and meditate about your role on the team and how you can foster cooperation and integration.

It may well be that you can benefit from a change in the makeup of your team or a rearranging of priorities. Remember, it is your life and health that is in the balance.

The great news is that you have options. There are many holistically oriented practitioners available if we are willing to seek them out.

Family and Friends

Teaming with those who are close to us is often both challenging and rewarding. Whether this is because of karmic ties or simply the logistics of coordinating common diet and lifestyle activities, the point remains that we all need support where we live day to day. This is particularly true for some of the "Cayce remedies" such as the wet cell battery or massage that is best done by a loved one.

If you find yourself having problems with friends or family, try not to see this as an obstacle or distraction. It may actually be central to your healing. It is in small groups and the family unit where most soul development takes place. Work on healing relationships as part of the multidimensional healing process.

Resources

The A.R.E. maintains a Health Professionals List of practitioners who are open to the concepts in the Cayce readings. I will post the Internet address for the list on the True Health Web site (see below). If you do not have access to the Web site, call A.R.E. Customer Service at 1-800-333-4499 to request a paper copy.

There are numerous professional organizations that can be helpful in finding health practitioners who work with the principle concepts endorsed by Edgar Cayce (whether they realize it or not). The list is too long for a newsletter, so I will also post it as a resource on the True Health Web site.

Think about your health team. You probably do have one – either by intention or default. By making it a conscious choice, your team will be more effective. This will make it easier to apply the Cayce health principles and techniques in your life.

Visit the **True Health** Web site:
www.edgarcayce.org/th
for more on sleep, the radial
appliance, and applying Cayce now.