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July 2003

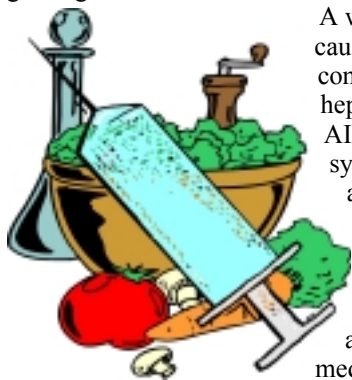
Written by David McMillin

Virus Protection

The highly publicized SARS epidemic is only the latest in a long series of viral agents that have afflicted humanity. Fortunately, medical science and the Edgar Cayce readings provide us with some important clues for improving our virus protection for SARS and other serious infectious diseases. Before we get into preventive and treatment options, let's review some virus basics.

Virus Basics

Viruses are the smallest known living things on earth – in essence, extremely small parasites. Certain viruses can remain dormant for years and only become active when in contact with live tissue. Once a virus has infected a living cell it can reproduce itself amazingly quickly, sometimes mutating to produce new, novel strains. Thus, there may be one main variety of flu virus at the beginning of the flu season but several new strains by the spring.



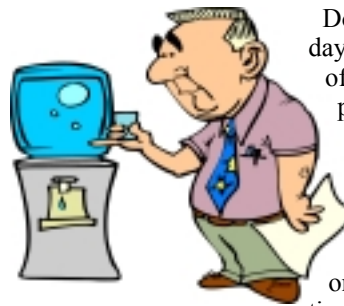
A wide variety of diseases are caused by viruses, including the common cold, flu, warts, measles, hepatitis, herpes, smallpox, and AIDS. Severe acute respiratory syndrome (SARS) is just the latest and most publicized of a multitude of viral infectious agents.

Unlike bacteria that can usually be effectively treated with antibiotics, viral infections are often unresponsive to modern medical treatment. If the virus causing a disease has been discovered, a serum may be developed to provide inoculation against that specific virus. The standard medical approach to virus protection is to decrease the odds of getting infected. Here are some simple suggestions for avoiding common virus infections such as cold and flu:

- * Avoid close contact with people who have infectious dis-

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Drink Up



Do you drink enough water every day? Researchers at the University of Utah in Salt Lake City have completed a preliminary study that supports Edgar Cayce's admonition to drink *at least* six to eight glasses of water each day. Interestingly, the effects of not getting enough water may be not only physical but mental and emotional as well.

The twelve-week experiment focused on ten college students who were assigned to three groups that drank four, eight, or twelve eight-ounce glasses of water per day in four-day test cycles. Between the test cycles the students drank the normal amount of water they typically consumed during a one-week period prior to the study. Hydration status was measured at the end of each four-day water consumption cycle and the participants also answered questions about their general well being.

Drinking four glasses of water caused the students' blood plasma volume to fall 5 percent below those participants who consumed eight glasses of water. The real surprise was that students who drank the least amount of water reported feeling less energetic and less focused.

Since water makes up more than 70 percent of solid body tissue, it helps to regulate temperature, transfer nutrients, remove wastes, cushions joints, and protects organs. Insufficient water can cause headaches, grogginess, and dry, itchy skin. When dehydration is severe, it can adversely affect blood pressure, circulation, digestion, and kidney function.

Lead researcher Dr. Wayne Askew noted that "For people who aren't exercising a lot or living in a very warm climate, eight glasses of water a day may be a good rule of thumb." For those who exercise and sweat a lot, more than eight glasses daily may be required to properly hydrate the body.





RE: Wet Cell Battery - Dear Editor: I am an occupational therapist in Cleveland, Ohio who was raised on the Cayce information. Recently I have been more engaged in trying to incorporate some of his treatments with my patients (I do exclusively home care).

One such patient with ALS [amyotrophic lateral sclerosis – Lou Gehrig's disease] was open to alternatives, so we've been doing the wet cell battery and other recommended things, such as guided imagery, prayer, meditation, and massage. Already his motor skills are improving!

My question comes from your April 2003 article on "Part I: The Evolving Therapies." In it you state that "it makes sense to adapt to modalities that are available now." Do you know the history of the wet cell battery (i.e., were batteries such as that unavailable for general purchase, so people had to make their own)?

My husband suggested that perhaps a battery with the correct voltage as provided by the wet cell may now exist, and provide the same therapeutic results when hooked up to the solution jars, etc. This wet cell produces around minus thirty-four millivolts, if that is helpful to you. I certainly am no expert on this subject matter, but my husband also offered that a car battery is an example of a type of "wet cell" battery currently in use (obviously with much higher voltage.)

It just would be so much easier and more convenient if this type of battery could be purchased already intact and ready to use! I think people would be more accepting of it, too, almost like a TENS or electrical stimulator unit. I would be able to take these to my patients' homes and set them up! There are a lot of desperately ill people out there with a myriad of diseases and problems that I think could be helped and would be open to this treatment, based on Cayce's recommendations. What do you think?

One last concern – did Cayce mention that the same wet cell could be used with different people? I know the impedance device [radio-active/radial appliance] is supposed to be used by only one person as the vibrations get enmeshed in it. M.S., e-mail

Glad that you are finding the wet cell battery and Cayce health information helpful.

I have not seen any such workable update on the wet cell. At Meridian Institute we are interested in this technology and have talked about trying to create a solid state system with modern components but have not yet been able to produce a prototype. The readings did seem to indicate that the chemicals in the battery were important for the "vibrations" that the battery produces. So it may not simply be a matter of supplying a certain range of electricity in terms of millivolts produced.

The minus thirty-four millivolts that you are getting from the battery is in the acceptable range based on our research. Doug Richards and I have written a book about the wet cell and radial appliance that is available from the A.R.E. Bookstore if you are interested in some of the technical and historical aspects of these appliances.

From what I can tell, the radial appliance (also called the radio-active appliance/impedance device) was never to be shared unless it was rebuilt. Of course, the wet cell battery is rebuilt each month when the rods are cleaned and new solutions put into it. I do not recommend different people using the battery during the same cycle. I have never seen that done in the readings. There are a number of instances where a battery would be given or sold to another person after the first person was done with it. D.M.

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eases, especially during the first few days when they are most likely to spread the infection.

* Wash your hands frequently and always after touching someone who has a cold (or after touching any object they have touched).

* Carry disposable tissues with you to wipe or blow your nose.

* Do not inflict your illness on others! Cover your nose and mouth with a tissue

when you cough or sneeze, then throw the tissue away and wash your hands.

pH Dependent Viruses

While researching the physiology of viruses, I noticed a potentially important fact about how certain viruses attack the host cell. Many viruses require a mildly acidic environment to infect the cell. Such viruses are classified as "pH dependent." In the laboratory setting (*in vitro*), researchers have clearly established that rhinoviruses (the most frequent cause of colds), influenza viruses (that produce

flu), and coronaviruses (another source of colds that are also believed to cause SARS) are all pH dependent. They require mild acidity for maximum infectivity.

One of the important questions for researchers is how pH dependency in these and other viruses occurs *in vivo* (within a living organism). This has not yet been entirely determined. Medical researchers have discovered several drugs that can decrease acidity at the cellular level, which also decreases the infectivity of certain pH dependent viruses. But these drugs often have negative side effects and are thus used sparingly, if at all.

Meridian Institute has begun research to investigate the possible role of pH in virus infection. One of the primary questions that we are pursuing is whether diet and lifestyle factors (such as stress) can also influence pH and virus infectivity. We are still in the early stages of inquiry, so stay tuned in future issues of this newsletter for more on this fascinating area of research.

Cayce's Approach

Consistent with the *in vitro* findings of medical science, Edgar Cayce repeatedly insisted that the viruses that produce cold and flu are pH dependent, requiring an acidic state to attack the body. Cayce went beyond our current understanding of this process by asserting that this is true *in vivo* and that as a practical matter we can measure and alter our pH balance to provide virus protection for common agents that cause colds and flu.

For example, when a woman asked him how she could overcome susceptibility to infections such as colds and flu, Cayce replied, "As we have just indicated, by keeping the body alkaline. Only in acids do colds attack the body." (3248-1)

Cayce even advised his clients to measure their pH using litmus paper to test urine and saliva. Today we have more precise means for monitoring pH in the form

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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.

The Healing Journey

While giving a series of lectures in Canada recently, I had the pleasure of chatting with a man who had participated in one of the residential research programs sponsored by the A.R.E. and Meridian Institute a few years ago. Having been diagnosed with both osteoarthritis and rheumatoid arthritis, this man has experienced significant healing as a result of working with the treatment protocol provided to him during the program. He continues to apply the Cayce principles and techniques for his condition with notable success.

One of the things that stood out as he told me his story was his description of the mysterious and often almost imperceptible pattern of healing. Because I have heard similar stories from other program participants, I was fascinated by his account and eager to let him know that others have made a similar healing journey.

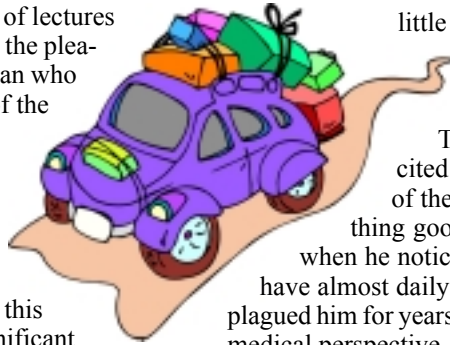
Limitations of Subjectivity

One of the common themes in this man's story is the problem of subjectivity. As he tells it, he was the last to recognize and acknowledge the benefits of the various therapies. It is like watching your children grow up – you don't notice the progress nearly as much as others who are not so close, who have more objectivity.

So it often is with healing – the process is so gradual that we fail to perceive the changes that are taking place literally under our noses. With this man, friends and relatives had to inform him of the progress and affirm that he was being healed. They could clearly see that his body, mind, and spirit were undergoing transformation. It took some time for his subjective view to catch up with the objective reality that others could clearly observe. Look for and encourage feedback from trusted others as you pursue healing.

Little Healings

Another common theme of the healing journey is the gradual and incremental way that healing often manifests. When seriously ill, we would all like to have an instant and complete cure – the medical equivalent of throwing away the crutches and running down the isle after being healed by a TV evangelist. Sometimes healing does come in this way. However, the journey to wellness may also be experienced as a series of "little healings." The



little healings may not even be directly linked to the official diagnosed condition.

The Canadian man cited above said that one of the first signs that something good was happening was when he noticed that he ceased to have almost daily headaches that had plagued him for years. From a mainstream medical perspective, headaches are not associated with arthritis in any direct, biological way. If there is a link, it must be psychosomatic (i.e., stress). The Cayce approach to arthritis and headache recognizes the possible role of toxicity in both types of illness. Thus, cleansing the body can help both conditions. This was a very positive side effect of treatment that was also relevant to his presenting problem.

Improvement in *quality of life* is probably the most common domain of little healings (see the discussion of quality of life as a form of "Multidimensional Healing" in the April 2002 issue of this newsletter). There are quality of life scales available for many medical conditions. Filling out a quality of life inventory is a practical way to get in touch with the possibilities of little healings for your condition.

We had numerous participants in the residential research programs describe little healings, once they became conscious of the importance of these gradual steps toward normalcy. For example, a woman with multiple sclerosis (MS) noticed some very pleasant "minor" changes, such as taking fewer and shorter naps (not the three-to-four hour daily requirements they once were). Others observed that she looked rested and her skin coloring was not as splotchy. Her level of motivation for doing home projects and yard work increased. She noticed that she had even perspired while doing manual labor, which is unusual for persons with MS. She remarked, "These may not be big changes to some, but I'm pleased as punch."

Another person, with Parkinson's disease, listed twenty different little healings, ranging from having a stronger speaking voice to resuming driving her car. Her sense of humor returned and she started remembering her dreams again.

Edgar Cayce often noted that in conditions requiring nervous system regeneration, the journey to health would be marked by little indications that healing was taking place, especially in the first few

months. Such little healings are uplifting and motivating if we will but attend to them and allow them to reinforce positive attitudes and expectations. It is essential to celebrate the little healings as they come. They pave the road of the healing journey.

A Healing List

Engaging the mind in the healing process is extremely important. Creating a "healing list" is a simple technique for focusing the power of the mind.

To apply this technique, become mindful of the various forms of healing that you may experience. Write down your healing list to make it more real. Your list may include the big, obvious manifestations of healing as well as gradual, little healings.

Once you are conscious of the many possible positive outcomes that you can experience on your healing journey, be sure to acknowledge healing as it happens. When you experience any healing on your list, rejoice and celebrate it in the moment – in the "midst of life." Then, later, during a treatment session for your condition (whether it be the wet cell battery, massage, eating a healthy meal, prayer, or meditation, etc.), recall and relive the experience of healing. You will be affirming that healing is happening and this will enhance the healing process. Cayce explicitly told individuals to imagine the positive therapeutic effects of a treatment *while doing the therapy*.

Healing of chronic, degenerative conditions is a lengthy process requiring patience. A couple of images from the Cayce readings are relevant here – the process of regeneration occurs "line upon line," "brick by brick." The little healings will add up if the mind continually affirms them. Remember, mind is the builder. A healing list can provide a clear focus for the mind.

The Winding Road

Remember that a journey requires rest stops and may involve backtracking if we lose our way. So it is with healing. Sometimes we get worse before we get better. We may experience a setback or relapse. The healing journey is seldom linear. It often has its ups and downs.

Be kind and gentle with yourself and others on this journey. When needed, use the objectivity of others to get your bearings. Appreciate and celebrate the signposts along the way that I have called "little healings." Plan your trip and chart your progress with a healing list that can serve as a road map. If your healing journey is a winding road, enjoy the scenery if you can. The experience of the trip may be more important than arriving at the destination.



Health News



Obesity Linked to Cancer

A landmark study on the relationship between obesity and cancer has been published in *The New England Journal of Medicine* (April 24, 2003). The study, which analyzed data on over 900,000 people over a sixteen-year span, suggests that more than 90,000 cancer deaths each year could be avoided if every American maintained a healthy weight. The authors of the report concluded that 14 percent of deaths from cancer in men and 20 percent of cancer deaths in women may be due to being overweight and obese.

The study also indicates that obesity is linked to specific types of cancers in women, particularly cancer of the breast, cervix, uterus, and ovaries. One explanation for this finding is that excess body fat increases the amount of estrogen in the blood, which raises the risk of developing cancers of the reproductive system.

With regard to men, the study did find that overweight men had a 52 percent higher death rate from cancer, compared to normal-weight men. Prostate cancer was the most frequent form.

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of pH paper and digital pH meters.

Some currently popular books that address acid/alkaline balance provide additional support for the Cayce approach to pH regulation. Most notably, you may have seen *Alkalize or Die* and *The pH Miracle* at your local bookstore or in the A.R.E. Bookstore catalog. Both are good introductions to this topic. I have covered the basics of acid/alkaline balance in the first issue of this newsletter (which is available on the True Health Web site).

The question of inoculation came up in several readings on infectious disease. In one instance, a person planning a boat trip from New York to Scotland asked if it was necessary to obtain an inoculation before sailing. Cayce noted, "As we find, only where the requirements are such as to [legally] demand same would this be adhered to at all. So far as the body-physical condition is concerned, the adherence to the use of carrots, lettuce and celery every day at a meal or as a portion of the meal will insure against any contagious infectious forces with which the body may be in contact." The recipient of the reading wanted more clarification on this issue and asked if immunization could be obtained in any other manner than inoculation. Cayce's response provides us with a valuable clue for his recommendation: "As indicated, if an alkalinity is maintained in the system – especially with lettuce, carrots and celery, these in the blood supply will maintain such a condition as to immunize a person." (480-19)

In other words, if you are concerned about maintaining virus protection, eat a fresh vegetable salad each day with let-

tuce, carrots, and celery as the main ingredients.

Another key theme in the readings on virus protection is the importance of keeping up good eliminations to reduce toxicity. Cayce actually linked poor eliminations with acidity in the body – a dual relationship wherein each contributes to the other. When asked for a quick cure for cold infection, he wisely noted that it "Depends upon what has produced it. Keeping the body alkaline will prevent colds. Then to alkalize the system is the quickest way to cure the cold and then set up better eliminations. Most of colds are produced from acids. Acids may be better eliminated by the use of vegetable laxatives, and these the more often will relieve the cold quicker." (3607-2)

Hydrotherapy (drinking adequate amounts of pure water, colonic irrigation, and steam baths) is another typical Cayce recommendation for improving eliminations and reducing systemic acidity. Most people are not aware of the beneficial role of manipulative treatment to improve eliminations and provide virus protection as was demonstrated in one of the most devastating flu epidemics in history.

Osteopathic Drainages

The Great Flu Epidemic of 1918 was responsible for 500,000 deaths in the United States and millions of fatalities worldwide. Of the flu patients treated by medical doctors, 80 percent died. Yet the fatality rate for osteopathic physicians was only about 5 percent. Keep in mind that osteopaths during that era did not generally prescribe drugs or medicines as they do today.

The Cayce readings provide us with some useful insights into why the early osteopaths had such great success during

the Great Flu Epidemic of 1918. Cayce consistently encouraged people to "Set up better eliminations [with less acidity] in the body. This is why osteopathy and hydrotherapy come nearer to being the basis of all needed treatments for physical disabilities." (2524-5) The early osteopathic physicians used manipulation to improve "drainages" throughout the body, which is a natural means of using the circulation (both blood and lymph) to cleanse the system and reduce toxicity.

Practical Pointers

One more quote from the readings will illustrate the value of osteopathic drainages and summarize our previous discussion of acid/alkaline balance. The question was "Can I do anything to prevent catching so many colds?" Cayce's answer: "Keep the body alkaline, as will be indicated from the manipulations to produce the general flow and the drainages set up in the system; and this will overcome these conditions. In the diets, keep away from heavy red meats and fried foods of any kind. Make at least one meal a day of only raw fresh vegetables, and we will keep away from colds!" (751-1)

Now that we realize that many viruses require acidity for maximum infectivity and that proper diet and good eliminations decrease acidity, here are some practical pointers for creating and maintaining virus protection in your body:

- * Keep a balanced pH with a tendency toward alkalinity. You can monitor this with pH paper or a digital pH meter (see the True Health Web site for details for obtaining these tools).

- * Eat a fresh vegetable salad each day with lettuce, carrots, and celery as the main ingredients. Cayce actually told many people to eat 80 percent alkaline foods to 20 percent acid foods in order to maintain proper pH balance.

- * Keep up good eliminations. The diet will help with this. Mild laxatives (such as Fletcher's Castoria), hydrotherapy, and osteopathic manipulations to improve drainages can assist in this area.

- * Keep a positive attitude. In my experience, a positive attitude supports proper acid/alkaline balance. Take reasonable precautions to avoid infectious contamination (as recommended by mainstream medicine) without obsessing about it.

Visit the **True Health** Web site:
www.edgarcayce.org/th
 for more information on virus
 protection and the healing journey.