



THIS IS YOUR MEMBERSHIP NEWSLETTER VIA THE INTERNET

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Written by David McMillin

Ulcerative Colitis

Ulcerative colitis is a particularly distressing form of bowel disease that afflicts an estimated 250,000 Americans. As the name implies, ulcerative colitis manifests as an inflammation of the colon (colitis) in which ulcers (tiny open sores) develop, causing pus, mucus, and bleeding. The inflammation makes the colon empty frequently, causing abdominal pain and diarrhea. As I said, it is a distressing illness!

Ulcerative colitis patients also may suffer from fever, nausea, fatigue, weight loss, loss of appetite, and loss of body fluids and nutrients. Severe bleeding can lead to anemia. Sometimes patients also have skin lesions, joint pain, inflammation of the eyes, or liver disorders. The risk of colon cancer increases in patients with severe ulcerative colitis, especially if the colitis exists for many years.

Medical science provides little understanding of how bowel disease can produce problems elsewhere in the body. The Cayce readings explain these systemic manifestations as a form of auto-intoxication – toxins from the bowel are absorbed into the system. The resulting internal pollution causes pathology to numerous organ systems. With regard to cancer, the readings cite chronic irritation as an important contributing factor.



Diagnosis

Categorized as inflammatory bowel disease (IBD), ulcerative colitis is distinguished from the other major form of IBD (Crohn's disease) by the location of the pathology. In ulcerative colitis the inflammation tends to be restricted to the surface layers of the colon. In Crohn's disease the pathology affects deeper layers of the bowel, including the small intestine, which is rarely involved in ulcerative colitis.

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Grape Therapy



In addition to being a tasty and nutritious food, grapes can provide wonderful therapeutic benefits. Grapes are rich in phosphorous, potassium, and vitamin A. Grapes contain polyphenol, a heart-protective chemical.

Grape seed extract, a currently popular herbal treatment thought to improve vision by increasing blood flow in the eye's capillaries, is touted by alternative medicine practitioners as a treatment for macular degeneration and cataracts.

Cayce's Grape Therapy

Concord grape juice was suggested by Cayce as a dietary supplement to aid in reducing weight in cases of obesity. Grape monodieting was also sometimes recommended for internal cleansing.

Edgar Cayce sometimes prescribed grape therapy for abdominal discomfort associated with bowel disease (see companion article). In such cases, Cayce often recommended that Concord variety grapes be eaten, drunk as juice, and used in abdominal poultices. Although he never prescribed grape seed extract, he insisted that the grapes contain the seed. He said the action of the tartaric acid in the seed is desirable.

The regimen for grape therapy in colitis varies depending upon the condition of the individual. Including quantities of grapes and grape juice in the diet is encouraged. The grape poultice should be used at least once each week. For acute conditions, the poultice may be used almost continuously until relief is achieved. Here are some tips for making the grape poultice:

- * Use Concord variety grapes with seeds.
- * Crush the grapes and use the hull and pulp.
- * Place about 1 to 1 1/2 inches of grape hull and pulp between layers of gauze.
- * Use the poultice over the whole abdomen from the stomach to the caecum.
- * Leave the poultice on until it is dry and warm.





RE: pH of processed fruit juices - My understanding is that processed fruit juices (including frozen) are acid-forming as a result of pasteurization, and this is not the case with processed vegetable juices. Does pasteurization or other processing turn naturally alkaline-forming fruits into acid-forming juices?

I have heard differing opinions on this issue, so I have done some experimenting on myself. By measuring my own urine pH I have found that for me it doesn't seem to make much difference whether the juice is freshly squeezed or pasteurized in so far as pH is concerned. I haven't tried frozen juices. Citrus juices in particular have a strong alkalizing effect on my urine. For breakfast I like to drink a large glass of orange juice with some lemon squeezed in for a little extra zing! Edgar Cayce recommended this combination as a preventive for colds.

Beyond the pH issue, it is important to keep in mind that fresh food is almost always better for you than processed. From a general nutritional standpoint, I would suggest eating fresh foods as much as possible. Also keep in mind that fruits (especially fruit juices) are rich in sugar, which can be a problem for some individuals.

Since Edgar Cayce encouraged people to test urine and saliva pH to monitor acid/alkaline balance, I would encourage you to do a little personal research by testing the pH question on your own body. The way your individual body handles foods may make a significant difference in whether a particular food is acid-forming or alkaline-forming for you. This will also give you a little reality check on all the experts who can never seem to agree on such issues. D.M.

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Ulcerative colitis is distinguished from irritable bowel syndrome (IBS) because IBS does not involve inflammation or bleeding. In making a diagnosis, the doctor may do a colonoscopy or sigmoidoscopy, which involves the insertion of a long, flexible, lighted tube (endoscope) into the anus to see the inside of the colon and rectum. This procedure allows the doctor to see any inflammation, bleeding, or ulcers on the colon wall.

Causes of Ulcerative Colitis

Although a specific cause of ulcerative colitis has eluded medical science, many researchers believe that a primary factor may be some type of virus or bacteria. Numerous studies have linked ulcerative colitis to common infectious agents including measles and Epstein-Barr virus (associated with chronic fatigue syndrome).

One of the most interesting viral agents is the cytomegalovirus (CMV), a member of the herpes virus family that has the ability to remain alive, but dormant, in the body for long periods of time. CMV is a common virus that infects more than half of the population. It rarely causes major illness in adults with healthy immune systems, but can be a problem for people with weakened immune systems. Studies have shown that CMV infection may be an important factor in ulcerative colitis patients who do not respond to steroid therapy. Interestingly, Edgar Cayce attributed many cases of ulcerative colitis to the after effects of "intestinal flu," a description that fits well with CMV infection.

Medical Treatment

Treatment for ulcerative colitis depends on the seriousness of the disease. Anti-inflammatory medications are the most common treatment. In severe cases, surgery may be required to remove the diseased colon.

When dietary triggers can be identified, elimination of these foods from the diet can help control the condition. Highly seasoned foods, raw fruits and vegetables, and milk sugar (lactose) are common dietary triggers for ulcerative colitis. Each person will experience the condition differently; so individualized treatment planning is desirable. Since stress can trigger episodes of ulcerative colitis, emotional and psychological support is important.

Some alternative practitioners have claimed good results with dietary restrictions, nutritional supplements, and herbal remedies. However, the National Institute of Diabetes and Digestive and Kidney Diseases (a division of the NIH) recognizes diet as a potential triggering factor for ulcerative colitis flare-ups but not as a primary cause.

Cayce on Colitis

Edgar Cayce gave numerous readings in which inflammation and ulceration of the colon was noted. Although the causes and treatment varied somewhat for each individual, one of the common themes was that many cases of ulcerative colitis could be traced back to a viral infection ("intestinal flu") that "settled" in the colon. The lymphatic system became dis-

turbed due to the toxic build up in the colon. Thus the various systemic problems associated with ulcerative colitis (which baffle medical science) were traced to the toxins picked up and circulated throughout the body by the lymphatic system.

Here is an excerpt from the readings that describes the aftereffects of infection on the colon and lymphatic system: "In this body we find there has been the after effect from a condition existent some time back, when there was an attack of what is commonly called flu. This at the time settled or produced greater inflammation through the alimentary canal, and the inflammation has caused the areas, through which lymph flows for the colon activity to have a form of colitis." (5091-1)

Another common pattern described by Edgar Cayce traces the cause of colitis to problems further up in the digestive system. For example, improper functioning of the stomach, small intestines, or liver can produce a toxic load on the lower intestines. "Overacidity" was common in such instances.

In other readings on colitis, the cause was linked to pressures on spinal nerves that govern the digestive system. Improper digestion and assimilation in the upper digestive system led to inflammation in the colon. Spinal adjustment (manual therapy) was usually included in the treatment plan in such instances.

Whether a virus or other factors produced the colitis, Cayce's treatment recommendations were consistent in emphasizing the need to address the whole digestive system as well as the colon itself. Specific therapies for symptomatic relief were also usually included. Here is a typical treatment plan:

* *Diet:* Cayce focused on keeping a proper alkaline/acid balance while avoiding foods that produce toxicity and drain the system. The diet needs to be tailored to each person, especially if certain foods

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Toxic Medicine

I used to have a simplistic attitude toward medicine and toxicity – allopathic medicine is toxic and dangerous while natural medicines (like herbs and nutritional supplements) are totally safe and nontoxic. Based on some of the “letters to the editor” I get from the readership of this newsletter, I am sure that some of you are familiar with this line of thinking. After years of intensive study and application of the Cayce health information and related alternative medicine approaches, I have come to realize that this issue is not as simple as I had assumed.

For example, I have recently noticed an increasing number of articles and reports that question the safety and efficacy of many popular herbs and nutritional supplements (e.g., kava kava, ephedra, etc.). Clearly some of this is an exaggerated defensiveness from allopathically oriented practitioners and researchers who are tired of being bashed by the alternative medicine crowd. But even if we allow for the politics of these assertions, it seems to me that there is enough solid evidence to make a reasonable person question that alternative medicines are inherently safe and nontoxic.

Strangely, I have come to appreciate that a certain degree of toxicity may be helpful or even essential. Mainstream chemotherapy is an obvious extreme in this direction. Some common natural remedies may function in a similar but much less toxic manner.

If you take medicine of any kind, you will find it worthwhile to give some thought to the medicine/toxicity issue. I will provide some pointers at the end of this piece to help get you focused on how you can get the most from any medicine that you take.

Poisons That Heal

To be sure, many, if not most, allopathic medicines are associated with toxic effects. Just pay close attention to any of the multitude of drug advertisements on TV or in the print media and you will invariably notice the list of noxious side effects of virtually every product. It is almost enough to make one question, “Why in the heck would I want to take that stuff?” Yet, people do purchase allopathic remedies in sufficient quantities to rack up enormous profits (and power) for drug companies.

The word pharmacology is derived from an ancient Greek term for poison. An-



drew Weil, M.D., has pointed out “the only difference between a drug and a poison is dose. All drugs become poisons in high enough doses, and many poisons become useful drugs in low enough doses.”

This concept applies to many medicinal substances. Even drinking too much water can produce toxicity (hyponatremia – water intoxication).

The ingredients of the herb foxglove provide one of Weil’s favorite examples of beneficial natural toxins that are dosage related. Although the whole leaf of the foxglove plant was originally used by physicians to correct irregular heartbeats and strengthen heart contractions, since the 1920s pharmacists have “improved” this medicine by extracting the pure active ingredients – digitoxin and digoxin. Digitoxin and digoxin are toxic and can be fatal if taken in excessive dosages. Yet they can also be helpful when used properly.

Interestingly, by removing the “nonactive” impure components from the natural plant, pharmacists also lost some of the natural safeguards in the whole foxglove leaf. The whole foxglove leaf contains substances that irritate the stomach. This minor digestive upset tends to naturally limit dosage and the potentially fatal consequences of overdosage from foxglove. Thus the natural plant contains at least two types of beneficial natural toxins – the “active ingredient” toxins that treat heart disease and the so-called “inactive ingredient” toxins that prevent overdosage. The wisdom of nature, indeed!

The Cayce Herbal

While helping to compile *The Cayce Herbal*, an online compendium of the herbs prescribed in the readings, I noticed that many herbs fit the pattern described by Weil. For instance, mandrake is a drastic purgative used mostly for bowel and liver complaints. Due to its toxic action, Cayce prescribed it in small doses and in combination with other herbs.

Strychnine, in its various forms, was prescribed in at least fifty-one readings as a stimulant to the circulatory system. A few readings suggest that strychnine may also have medicinal effects to the digestive system. Strychnine was often recommended in conjunction with other therapies to maximize therapeutic efficacy while minimizing negative side effects. Osteopathic manipulations and laxatives were advised in several readings to minimize re-

actions to strychnine.

Other cardiovascular stimulants (such as Digital, a commercial product derived from foxglove) were also sometimes recommended in the same readings with strychnine. These powerful toxic medicines were always recommended in small amounts, under the direction of a physician. *The Cayce Herbal* documents many natural toxic medicines prescribed by Cayce including opium, belladonna, and lobelia.

Cayce Colitis Tonic

The Cayce colitis tonic, which is based on reading 2085-1, exemplifies some key issues associated with toxic medicines. As was noted in the lead article of this newsletter, this tonic has been linked to some dramatic healings in cases of ulcerative colitis. In researching the ingredients of this compound as part of the institutional review board (IRB) process for a research project at Meridian Institute, we became aware of a serious problem with one of the components – wild ginger.

Although wild ginger (*Asarum canadense* or Canadian snakeroot) has an aroma similar to culinary ginger (*Zingiber officinale*), it comes from an entirely different family of plants. North American Indians used wild ginger to season food and disguise spoiled meat. The root was used for digestive problems and colic.

Wild ginger contains aristolochic acid (AA), a chemical that has recently achieved notoriety due to some serious health problems (primarily kidney damage) that resulted from inappropriate use of some Chinese herbs in a Belgian diet clinic. Consequently, the FDA issued a concern about any herb in the genus *asarum* (including wild ginger) that might contain AA.

Meridian Institute obtained samples of wild ginger and sent them to a lab to be tested using the FDA protocol for determining levels of AA. The assays for both samples indicated the presence of AA.

Major drug companies face this type of dilemma all the time – what to do about a promising medicine with potential negative side effects. The standard solution is to spend enormous amounts of money to document the level of toxicity and potential efficacy. This usually involves a series of closely monitored trials with animals and eventually humans. Even a relatively high level of toxicity does not necessarily rule out a drug if the potential therapeutic benefit outweighs the risk to the patient. Probably the most extreme examples of this process are some of the chemotherapy drugs used to treat cancer.

Unfortunately, it is extremely unlikely

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Health News



Massage for Low-Back Pain

A new study published in the *Annals of Internal Medicine* (June 3, 2003) supports massage as an effective treatment for low-back pain. The in-depth review of evidence from dozens of studies indicates that massage can be effective for symptomatic relief and increasing function among individuals with chronic back pain. Massage may also reduce the cost of care. People with diagnosable conditions, such as herniated discs, spinal tumors, infections, and fractures, were excluded from the study. The primary massage technique was Swedish.

Considering that more than half of all Americans experience back pain each year, costing over \$25 billion in medical treatment and \$50 billion in lost productivity and disability payments, this report has important implications for patient care and the future of the massage therapy industry. The study was funded by a \$4.4 million dollar grant from the National Institute of Health's National Center for Complementary and Alternative Medicine.

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trigger episodes of the illness. Essentially, the diet consists mainly of fruits and vegetables while avoiding fried foods and refined carbohydrates ("junk food").

* *Manual Therapy*: Osteopathic or chiropractic treatment is recommended to relieve any pressures that may be hindering assimilation and elimination. If osteopathic or chiropractic treatment is not available, the use of an electric vibrator along the spine may be helpful.

* *Medicine*: A special herbal formulation combining ginseng, wild ginger, lactated pepsin, and stillingia was almost a specific treatment in cases of colitis, especially when the cause was listed as the aftereffects of intestinal flu. See the "Toxic Medicine" article in this issue for more on this important Cayce remedy. For diarrhea, another herbal remedy based on alum root was suggested. Beef juice taken as a medicine was recommended for persons experiencing general fatigue and debilitation as a result of colitis.

* *Grape Therapy*: The use of grapes (typically Concord variety) in the diet and applied externally as abdominal packs were recommended for symptomatic relief of abdominal distress.

* *Attitudes and Emotions*: It is essential to maintain an attitude of desiring and expecting to be healed. A positive mental and emotional attitude can be created and maintained by focusing on a high purpose (ideal) for being healed. Attune to the divine within for guidance and strength on the healing journey.

For those wishing to apply the Cayce approach to ulcerative colitis, a treatment protocol is available from the A.R.E. (757-496-6411).

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that a drug company is going to invest resources to test and develop natural products such as the Cayce colitis tonic that use an herb like wild ginger. The potential profit would not justify the investment.

Meridian Institute is continuing to pursue chemical analysis of wild ginger and the 208 tonic formula in cooperation with the American Herbal Pharmacopoeia and its Aristolochic Acid Evaluation Program. The program is intended to develop validated multiple methods of identification of AA which will be presented to herbal products manufacturers and regulatory agencies worldwide, thereby taking the self-regulatory steps needed to protect public health.

A commercial solution to the toxicity issue for products like the Cayce colitis tonic is to substitute nontoxic ingredients for the problematic substances. The challenge is to be sure that the substitute provides the therapeutic effect of the original ingredient.

Homeopathy

Homeopathy provides an interesting model for dealing with medicinal toxins. In fact, from its inception homeopathy has focused on toxicity and dosage issues.

Samuel Hahneman, the founder of homeopathy, discovered that it could be helpful to give the patient a substance that will elicit the same symptoms as the disease (the "law of similars"). In essence, this amounts to giving the patient a poison or toxic substance to elicit the healing response. To minimize the toxic side effects of his medicines, Hahneman found that dilution of the drugs (even to infinitesimal levels) tended to decrease toxicity

while improving therapeutic effectiveness (the "law of infinitesimals").

Edgar Cayce endorsed the homeopathic theory of dosage in reading 276-5 when he advised, "Give the stimuli to *secrete* the necessary elements ... Hence, more *often* it will be found that the activity from what is known as the homopathic [homeopathic] doses is the better; even of allopathic [allopathic] medicine!" In this instance Cayce was suggesting that cod liver oil tablets be taken in *small doses* in *cycles*. This approach encourages the body to secrete what it needs rather than supplying it directly as a medicine. Cyclical treatment limits its dosage while preventing the body from becoming dependent on the treatment.

Application

Here are some practical tips for dealing with toxic medicine issues:

* *Minimal Dosage* – Less is often more. This is true for all medicines (allopathic, "natural," or whatever). Don't be so impatient to get a result that you increase dosage excessively. If a large dosage is required, it is often best to start out with a small dose and increase it gradually.

* *Cycles of Treatment* – This therapeutic technique allows the body to produce what it needs naturally with minimal toxicity. The Cayce readings provide numerous examples of how to work with cycles of treatment for almost any remedy.

* *Synergy* – By following the Cayce treatment recommendations, you will typically use a variety of therapies that produce a synergistic effect resulting in improved eliminations and decreased toxicity. Hydrotherapy and manual therapy were two of the most important modalities for promoting such synergistic effects.

* *Education* – Like pharmaceuticals, every herb or nutritional supplement has a range of chemical activity and can potentially cause side effects. Whatever type of medicine you take, educate yourself about possible toxic side effects rather than assuming that natural substances are totally safe and nontoxic.

* *Communication* – Talk with your physician or health practitioner about toxic side effects of medicines, particularly interactions between allopathic drugs and natural medicines such as herbs and supplements. Discuss minimal dosage and cyclical treatment options.

Visit the *True Health* Web site:
www.edgarcayce.org/th
 for more information on ulcerative colitis and medicinal herbs.