



## THIS IS YOUR MEMBERSHIP NEWSLETTER VIA THE INTERNET

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Written by David McMillin

### Longevity Quest

Researchers at Harvard Medical School and Philadelphia-based BIOMOL Research Laboratories recently reported breakthroughs in prolonging the life span of yeasts (*Nature*, Vol. 425). This may not sound like much to the layperson, but the results have created quite a stir among scientists researching anti-aging processes. The findings are also consistent with the Cayce readings on longevity and several articles that have appeared in past issues of this newsletter. Let's get started by reviewing the science behind the findings.

#### The Anti-Aging Enzyme

Numerous studies have demonstrated that a low-calorie diet prolongs life and decreases serious illnesses such as cancer. Some scientists believe that calorie restriction (i.e., reducing intake to 60 or 70 percent of regular daily calories) may stress the system resulting in "hormesis," a survival mode that the cell associates with a life-threatening shortage of food.

At a chemical level, the stress of hormesis signals cells to secrete enzymes called sirtuins that serve as guardians of the cell by delaying cell death. In a



sense these substances buy the cell time to repair damage or make adjustments to environmental changes. Thus sirtuins are regarded as universal regulators of aging in all living organisms – anti-aging enzymes.

If the secretion of sirtuins can be controlled, life can be extended. That's the

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### Dark Chocolate



A couple of recent studies will give chocolate lovers a chance to indulge with a little less guilt. The findings may also help explain a curious comment Edgar Cayce made in several readings that mention chocolate.

A study reported in the *Journal of the American Medical Association* (JAMA, Vol. 290, No. 8) focused on thirteen patients with mild hypertension who were allowed to eat chocolate bars (either dark or white) daily for two weeks. The hypertension remained unchanged for the white chocolate group while dropping notably for the dark chocolate group.

In another study published in the journal *Nature* (Vol. 424), researchers measured antioxidant levels in subjects who ate either milk chocolate (most commonly used in candy bars) or dark chocolate. You guessed it – only the subjects who ate dark chocolate exhibited beneficial increased antioxidant levels. Drinking milk with the dark chocolate canceled the positive effect. One possible explanation for the positive effects of dark chocolate is the presence of plant compounds called polyphenols which increase antioxidant levels and lower blood pressure.

Now for the Cayce quote: "Not too much sweets, especially chocolate of the present variety." (5162-1) Cayce made this stipulation in several readings, apparently referring to the commercial practice of adding sugar and other ingredient, (such as milk) in much of the chocolate of his era. Many of the readings that discuss chocolate were given for persons with digestive problems. Chocolate was typically listed among a group of difficult to digest foods. In the few readings that do allow for chocolate consumption, Cayce's advice was consistent with modern researchers who caution about eating too much of this delicacy. If you do indulge, keep it to a minimum and make sure it is dark chocolate.





**RE: "Autism: In your article on autism you used the words "oversensitive" and "supersensitive" when you wrote about some of Edgar Cayce's readings on autism. Does this mean that autistic people are more psychic than normal people? J.M., e-mail**

Edgar Cayce sometimes seemed to infer increased psychic sensitivity when he used words like "supersensitive." Frankly, I have not had a great deal of direct experience working with autistic individuals and can only give impressions based on my limited clinical exposure and my understanding of the relevant Cayce readings. Keep in mind that autism can manifest in so many different ways. Thus what I say must be considered in the context of the inherent variability of the illness.

In some cases I suspect there may be a problem with the soul connecting in through the nerve centers that the readings described as the body/soul connection. The sensory nervous system is one of the key connections for the soul at the physical level. If this system is disrupted in some manner, the soul may have difficulty being fully incarnate or present in the physical body. This line of reasoning is consistent with Cayce's treatment recommendations that focus on improving sensory nervous system functioning while also talking directly to the soul via hypnotic suggestions ("suggestive therapeutics").

Getting back to your question about possible psychic features in autism, perhaps difficulty focusing through the senses in this realm may allow the soul to maintain access to other realms in a way that we regard as being psychic. Some of the readings on psychosis definitely make this point. Therefore, any treatments that assist the soul to be fully present and grounded in the material world will likely be helpful.

I believe the Cayce perspective could make a significant contribution in our understanding of the causes and treatment of this increasingly common disorder. I welcome feedback from any readers who have experience with autistic individuals and can shed more light on this important topic. D.M.

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theory – that's why the yeast study made such a splash. The researchers believe that they may have found a way to influence sirtuin secretion without the misery of calorie restriction.

Certain compounds (polyphenols) were found to increase the life span of yeast by up to 80 percent, as measured by the number of generations produced. The part that I find fascinating is that two of the polyphenols that had the strongest effect were resveratrol (found in red wine) and flavones (found in olive oil). In fact, most vegetables contain these desirable polyphenols. You may have noticed articles in previous issues that extol red wine (in moderation), olive oil, and vegetables which are all part of the popular Mediterranean diet (see the September 2003 issue). The bottom line is that eating a healthy and delicious diet can also increase longevity.

I am sure the researchers are also aware of the commercial potential in these findings. The compounds that increase sirtuin secretion are relatively simple substances that can easily be made into drugs or nutritional supplements. The scientists are already exploring synthetic forms of the pertinent molecules which they have labeled "sirtuin activating compounds" (STACs) intended to enhance sirtuin activity and

produce greater longevity.

Wouldn't everyone want to live longer by simply taking a pill rather than starving on a calorie-restricted diet or being limited to certain foods (no matter how delicious)? You can see the potential for product development (and exploitation) in this burgeoning field. Just surf the Internet using "longevity" as a search term and you will encounter a host of clinics and companies who are already staking out territory.

### Longevity in the Readings

Those of you who are familiar with the Cayce material are probably already somewhat aware of Cayce's assertion that longevity, and I am talking major life extension, is a natural attribute of each body. Just as health is the default status of the body, longevity should be a natural outcome of a perfectly balanced system. According to Cayce, illness and death are experiences we have created by our cumulative choices and actions (in this and other lifetimes).

Consider the life spans given for numerous biblical characters and individuals in Cayce's descriptions of ancient Egypt and Atlantis. We are speaking of lives in terms of hundreds of years. Cayce said that such longevity is not only possible, but that it actually happened and can still be achieved. "Man should live much

longer than has been ordinarily given – and will!" (244-2)

The biochemical processes currently being discovered by researchers could be the beginning of a revolution in longevity technology. In Cayce's model, diet and nutrition are certainly a high priority: "... for would the assimilations and the eliminations ... be kept nearer *normal* in the human family, the days might be extended to whatever period as was so desired ..." (311-4)

The current concept of developing nutritional supplements to extend life may fall within the realm of improving assimilations. I would opt for using foods as a more natural and safe anti-aging strategy. Foods are the best source of antioxidants and polyphenols that have been linked to increased longevity by researchers.

Keeping a normal balance between assimilations and eliminations could be interpreted as not eating more than the system can properly eliminate. It doesn't necessarily mean that we must adhere to a calorie-restricted diet or be bound up in some other extreme dietary straight jacket. But it does certainly imply that we can't keep taking in more than the body can properly use and eliminate. Witness the epidemic of obesity and obesity-related illnesses that plague our culture and shorten our lives.

Researchers tend to entirely miss the relevance of eliminations in the longevity equation. Keeping all four of the eliminating channels working properly should be a high priority for anyone serious about life extension. The readings provide an abundance of information on how to optimize eliminations through the bowel, urinary tract, skin, and respiratory system. Eating an abundance of fresh fruits and vegetables is the easiest first step in this direction, especially if you are already focused on nutrition.

Assimilation and elimination are not just a physical processes. Consider that

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# Cayce Health Symposium

This year's Cayce Health Symposium was a great success in terms of diversity, quality of presentations, and the level of interest of attendees. For the eighth consecutive year health professionals and lay people interested in the Cayce material met at the A.R.E. conference center in Virginia Beach. This year's theme was "Holistic Health of the Future." The weekend event lasted from September 12-14.

As part of the planning team for all of the meetings in this series, I was deeply impressed

by the level of enthusiasm shown by prospective speakers as they approached us with proposals this year. The enthusiasm carried over into the presentations, making this a truly memorable meeting. The summaries that follow will give you a thumbnail sketch of the symposium.

## HRC Resources

The Friday night session began with a brief talk by Deborah Thompson, R.N., that described services offered by the A.R.E. Health and Rejuvenation Center (HRC). Deborah gave us an online tour of the health resources on the A.R.E. Web site, including a sampling of the Internet-based Cayce Health Encyclopedia, the HRC Assessment Program, over forty disease treatment plans, and a health professionals referral service. I will be covering some of these new HRC programs and services in a future issue.

## Osteopathic Physicians

Osteopathy is a central therapy in the Cayce health readings. Yet it is so difficult to find an osteopath who does manipulative therapy, especially the kind recommended in the readings. We were blessed this year with presentations by two outstanding osteopathic physicians who are also experts in the Cayce approach.

Keynote speaker Hollis King, D.O., Ph.D., delighted us with his range of knowledge and depth of expertise in several areas of interest. The title of his talk ("Edgar Cayce, Osteopathy, Homeopathy, and Energy Medicine") should have alerted us to his scope. His long involve-



**Keynote speaker Hollis King, D.O., Ph.D., expounds on "Edgar Cayce, Osteopathy, Homeopathy, and Energy Medicine."**

ment in the Cayce work was evident in numerous anecdotes he related as he strolled down memory lane. His insights into the roots of traditional osteopathy and the connections with Edgar Cayce helped us to understand why Cayce so often made referrals to osteopathic physicians. Dr. King expanded our conception of Cayce energy medicine with his demonstration of crystal therapy and magnetic therapy. Wow!

The Saturday morning session continued on the theme of contem-

porary osteopathic medicine as practiced by a Cayce-oriented physician. David Redding, D.O., made a return trip to the beach this year to tell us about his successes in applying Cayce concepts and remedies in a family practice setting. Last year Dr. Redding told us about a positive outcome with the Cayce approach to epilepsy. This year he provided further documentation of the efficacy of the Cayce approach in cases involving gall stones (cholelithiasis) and heart disease. Like Dr. King, Dr. Redding emphasized the holistic approach to healing – the spirituality of both of these "docs" was clearly evident. Dr. Redding has provided written documentation of his case reports which I will post on the *True Health* Web site.

## Light

The next presentation featured T. Lee Bauman, M.D., speaking on "Examination of Light in the Cayce Readings." You may be familiar with his A.R.E. Press book, *God at the Speed of Light*. Dr. Bauman reminded us that light has consciousness, exists outside of time, and can communicate – all attributes typically associated with God. The similarity of the light experience in the world's great religions testifies to the universal identification of light with God. Dr. Bauman gave a couple of examples of the therapeutic use of colored light which may help us understand applications recommended by Edgar Cayce.

## Suggestive Therapeutics

The third talk on Saturday morning was given by psychologist Barbara Derrick,

Ph.D., who gave a case report detailing the remarkable healing of a man ("Wally") diagnosed with Alzheimer's disease. Wally benefited from the use of suggestive therapeutics techniques recommended in the Cayce readings. Utilizing a tape recording of affirmations made by Dr. Derrick and regular massage sessions, Wally experienced a reversal of some dementia symptoms and improved mood. At the conclusion of the talk, Wally stood up for our applause. He had driven her up from South Carolina! Dr. Derrick has graciously allowed me to provide a transcript of her talk on the *True Health* Web site.

## Application

As Edgar Cayce so often insisted, it is not enough just to stuff ourselves with information. Knowledge must be applied. Over the years, we have consistently gotten some of our best feedback from attendees who appreciated hands-on workshops and audience participation.

Just before lunch on Saturday we were encouraged to put the Cayce approach to exercise into practice. Inge O'Bourne led a group exercise session.

Two afternoon breakout sessions provided additional opportunity for application. Carl Nelson, D.C., gave a workshop on manual therapy techniques practiced by the early osteopathic physicians as recommended by Edgar Cayce. Utilizing several massage tables in the massotherapy classroom, Dr. Nelson's presentation provided hands-on training in specific treatment techniques described in the readings and old osteopathic manuals.

Janice Long and the A.R.E. Health Services Professional Team gave a workshop titled "Five Basic Cayce Remedies." Janice and Maureen Mancuso explained and demonstrated the use of abdominal castor oil packs, turpentine packs over the kidneys, potato poultices and the violet ray appliance for the eyes, the charred oak keg for the respiratory system, and glycothymoline packs over the nose and sinuses.

## Managed Care

Sunday morning started off with John Ames who spoke on "Managed Care and the Future of Holistic Medicine." Today's common wisdom often equates managed care with denial of needed services and restrictions on how medicine can be practiced. Mr. Ames believes that, paradoxically, managed care has the potential to liberate holistic medical professionals to practice according to their highest ideals. The talk emphasized spiritually centered management principles (based on A

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# Health News



## Exercise Reduces Risk of Breast Cancer

A study published in the *Journal of the American Medical Association* (JAMA, Vol. 290, No. 10) supports a growing body of evidence indicating that moderate exercise can reduce the risk of breast cancer. Data for the study came from the government's Women's Health Initiative project which collected information on women's health status and lifestyle from 1993 to 1998. Women who reported doing about 1.25 to 2.50 hours of moderate exercise each week were 18 percent less likely to develop breast cancer than inactive women.

Moderate exercise can include brisk walking, biking outdoors, or easy swimming. Even when begun later in life such activities can reduce the risk of breast cancer, even for women who have used hormone therapy to reduce the symptoms of menopause. The researchers were careful to point out that the positive effects of exercise can only counteract rather than entirely cancel the risk of cancer. The researchers were unable to determine the effects of intensive exercise since relatively few of the women in the study reported such activity.

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we are each a triune entity that includes a mental and spiritual body. Providing mental and spiritual nutriment and letting go of dysfunctional attitudes and emotions is basic soul hygiene.

The readings do address the mental and spiritual aspects of longevity. First let's consider the role of a proper mental attitude: "For there is every infusion within a normal body to replenish itself. And if there will be gained that consciousness, there need not be ever the necessity of a physical organism aging ..." (1299-1) Such a simple thing it is to expect to live a long and healthy life rather than to accept that aging is inevitable. That is longevity consciousness. Thoughts *are* real things.

Keeping the spiritual energies flowing is another key factor in Cayce's formula for longevity: "Keep the pineal gland operating and you won't grow old – you will always be young!" (294-141) The readings describe the pineal gland (in association with the Leydig gland) as the "seat of the soul."

The readings link the pineal to the life force energy (kundalini) that flows through the spiritual centers. This is the divine vital force also referred to as creative energies which is the source of life and vitality in the system. Prayer, meditation, creativity, loving service – these are all means of raising this energy and energizing the pineal gland in its activity.

## Reservations and Hope

For all its obvious benefits, I must admit to having some reservations about the current longevity quest. Ponder these questions: Is the purpose of life merely to

survive as long as possible? Is the whole longevity movement simply a materialistic striving to deny death at any cost? What would we do with additional years if we can achieve a significantly longer life? Would the additional time merely allow us to waste more time before getting down to the real reason for being on this planet – namely soul development? With years to burn, I am sure I would be tempted to waste a good many decades goofing around before getting down to business.

What are the social, political, and spiritual implications of a longer life span? Can you imagine a world full of people with no particular sense of urgency? It would certainly be a different world – maybe a bigger mess than we have now! These are issues that we are already struggling with to some extent without a major breakthrough in biochemistry.

Both the longevity researchers and the Cayce readings insist that the human life span can and will be significantly extended. If a longer life span is our species destiny, let's go about it in the right way with the right ideal. Let's be careful of promises of quick and easy paths that make us reliant on pills or other biomedical anti-aging products. Let's use healthy foods and natural therapies to enhance the body's rejuvenating powers.

Let's draw closer to creative forces that are the source of true health and life itself. This is the way that will ensure that our added years are put to good use. With this attitude our longer lives will not be a drain on society or an additional burden on our environment. We will be able to contribute more than our share to the welfare of others and the planet as a whole.

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*Search For God* principles) and how these correlate with modern business thought, particularly the managed care business. Ames provided suggestions for how small-scale managed care programs can be utilized to ensure better patient access to holistic medical services, reduce or eliminate some restrictions on practice, and provide statistical validation for the overall effectiveness of holistic medicine.

## Visionary Medicine

Simone Gabbay, author of *Visionary Medicine*, related the content of her book and vast knowledge of alternative medicine to our current health situation. Her talk contained helpful insights into the personal application dimension of working with the Cayce approach. As often happens, a response to a question can open a fascinating line of inquiry. In this instance, Simone's discussion of her husband's healing response to ozone therapy elicited numerous questions and comments from the audience on use and accessibility of this alternative treatment.

## The Healer Within

Chiropractor Barbara Sikes provided an energetic and inspiring finale to the symposium with her presentation titled "Accessing the Healer Within: Awakening to Unconscious Attention." Dr. Sikes received a diagnosis of breast cancer two days before her attendance at last year's health symposium. As divine synchronicity would have it, two of the presentations were on cancer. Citing medical assessments and personal anecdotes, she discussed her healing journey during the past year, including the Hoxey herbal treatment and mind/body healing of unhealthy attitudes and emotions. Dr. Sikes intends to write an article or book on her remarkable experiences.

## Mark Your Calendar

The Ninth Annual Cayce Health Symposium will be held in Virginia Beach during the weekend of September 17-19, 2004. The public is invited to attend. We are seeking presentations from health professionals knowledgeable in the healing modalities recommended by Edgar Cayce. Please contact Deborah Thompson, R.N., for details on the submission process (757-496-6411).

Visit the *True Health* Web site:  
[www.edgarcayce.org/th](http://www.edgarcayce.org/th)  
 for more information on longevity and the Cayce Health Symposium.