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True Health
 Physical-Mental-Spiritual

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Cayce's Wart Remedy "It Works!" by Anne Hunt

There is a wealth of information in the Cayce readings on skin care, ranging from suggestions for enhancing the natural glow of a beautiful complexion to treating skin problems as unsightly as warts and moles to as painful as eczema and psoriasis. This month I'd like to share Cayce's simple treatment plan for the former. A key ingredient in the remedies we will discuss is castor oil, a healing element discussed in superb detail last month by my co-editor, Elaine Hruska. My hope is that all of our readers were compelled by Elaine's article to freshen their supply of castor oil and baking soda (used to cleanse the skin after the pack). This article can give you an additional use for this amazing oil, should you or a family member suffer from warts.

It Works!

I've studied the Cayce readings for over twenty-five years now and met thousands of other people who have done the same. Over the years I've heard success story after success story on how the readings have proven effective in alleviating health problems. If there is a single story line that most often concludes with the words "It worked!" it would be stories about Cayce's simple cure for warts.

The most common suggestion by Cayce for the eradication of warts is a mix of castor oil and baking soda. Here's the most detailed reading on that subject:

"(Q) How can [1179] get rid of her warts?"

"(A) Apply a paste of baking soda with Castor Oil. Mix together and apply of evenings. Just the proportions so it makes almost a *gum*, not as dough but more as gum, see? A pinch between the fingers with three to four drops in the palm of the hand, and this worked together and then placed on - bound on. It may make for irritation after the

Warts cont'd on page 3

Laughter The Best Medicine by Elaine Hruska

According to June Bro, who along with her husband, Harmon, spent nearly one year with Edgar Cayce and his staff observing and studying the psychic and his readings, Cayce himself had a good sense of humor and enjoyed and appreciated it in others as well. Perhaps it's only natural, then, that witticisms would arise throughout his readings when he was in his unconscious, sleeplike state.

Not long after I began working at A.R.E., I'd overhear staff members from time to time reminding each other of the readings' advice: to make three people laugh every day. Usually someone would amusingly comment: Does cracking a joke to a crowd of people, then, more than fulfill that request? What I didn't discover until later was that this advice was in reply to a health question. Here is the excerpt:

"(Q) How long will it take before a return to normal health?"

"(A) This will depend, of course, upon the applications and the response the body makes; and the attitude that is held. These treatments, as we find, should make for a relief *soon*; in ten days to two weeks *some changes*—but we need not expect there not to be those periods when there will be bad reactions; for the weather, the temperature, the atmospheric pressures and the general surroundings will make blue days as well as brighter days. But don't forget the recipe of making three people laugh every day!" (798-1)

A Saving Grace

Several times humor is described as a "saving grace" for those individuals who characteristically possess it.

Laughter cont'd on page 3

**75th Anniversary Feature:
The Edgar Cayce Health
Tendencies and Strengths
Report**



Of the more than 14,000 Edgar Cayce readings, over two-thirds were “health” readings. People came to Edgar Cayce with virtually every ailment imaginable; he offered insights and advice from his unique perspective as a medical intuitive. The result was a legacy of psychically derived medical information that is unrivaled.

In 2003 the A.R.E. publishing team came up with an idea that could provide people everywhere with a tool to make the Cayce health readings more personal to their own circumstance. The idea, simply put, was to provide people with a health astrological report based on their unique birth information, and then weave into the report the advice Cayce gave for whatever health tendencies the person exhibited. At the end of the report specific directions would be included explaining how to apply the suggestions given to you in your report. The result is a personalized report that is “as close to a Cayce health reading as possible!”

Over two thousand people have had this report created for themselves. The feedback has been all that we could have hoped for. The profile helps people apply the Cayce health material in an individualized way. Cayce’s one dream was that his work would continue into the future after his death. Through “hands-on” materials like the *Edgar Cayce Health Tendencies and Strengths Report*, his dream is realized.

You may call us to order your own personalized report or order it online at www.aredbookstore.com.

**The 75th Anniversary
Endowment Fund**
has been established to support
the work of Edgar Cayce’s A.R.E.
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To inquire or contribute, contact
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Letter to the Editors

The following is a written report we received from a chiropractor on the value of castor oil packs:

“I have a patient now who had chemo for breast cancer a few years back. She was on a number of pharmaceuticals for depression and anxiety, breathing problems, and sleep disturbance. With chiropractic and Goddess tea we managed to take care of the sleep disturbance, improve her breathing, and get her off all medications except one. I kept suggesting castor oil packs, but she was resistant to trying them. Eventually after having joint pains plus fever (she said she felt as if she were back on chemotherapy), she started doing the packs for twenty minutes at a time. She began to feel better. Later, she could take them for one hour. She lost her taste for coffee as she continued to detox, still feeling a bit achy and feverish at times. I was surprised and pleased at the speed of her response and also quite surprised at the violence of the detox reaction. This made it clear to me why Cayce cycled most people on and off the packs. Tolerance seems to be inversely proportional to the level of toxicity. Her initial use of the pack for only twenty minutes seems like a good idea for someone who is detoxing from chemo or other heavy-duty pharmaceuticals.”—N.O., Amenia, N.Y.

Taking treatments in cycles with scheduled rest periods in between to allow the body some response time is a wise course to follow. Overload can often do more harm than good.



Focus on Skin Care: Moles

“(Q) Should moles on the back be removed? If so, by whom and what method?”

“(A) As we find, these are not to be disturbed to the extent of any material or outside influence. The massaging of same (by self, or one who may do same for the body) with just the Castor Oil will prevent growth, and - if persistent with same (not bruising same) - will remove same entirely.” (678-2)

“(Q) What treatment would remove the mole on my chest, or is this advisable?”

“(A) Haven’t we just given it? The massage with the Castor Oil twice each day; not rubbing hard, but *gentle* massage around and over the place. And it will be removed. [Miss Wynne reported on 3/9/35 that mole had entirely disappeared.]” (573-1)

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or self-treatment. See a physician for any medical
problems.

Warts cont'd from page 1

second or third application, but leave it off for one evening and then apply the next - and it will be disappearing!" (1179-4)

It would be nice if this solution worked for all warts, but it seems from the readings that there are some instances where the warts require a different approach. In this case, the situation appears to be plantar warts, a painful situation indeed! Here, Cayce suggests mixing spirits of camphor with baking soda. This is a remedy I applied myself in college, and I am here to tell you personally that "it works!"

"(Q) There are two growths that appear to be warts on the ball of my left foot; what is the best way to dissolve or remove them?"

"(A) Apply each evening a small amount of baking soda wet thoroughly with spirits of camphor, just sufficient to cover same - and bind on so as to keep over the night. This will cause some little sharp pain, and a little soreness for a few days, but will dissolve and prevent any irritation following same; for these are as but those eliminations in system being thrown out in improper directions." (1101-3)

In some cases, the warts were unusually stubborn, so Cayce provided a final alternative:

"As we find, they may be removed by touching same with a twenty percent (20%) solution of Hydrochloric Acid. But do not pick at them as the discoloration takes place, and as they begin to deteriorate! Rather let them wear off than pick at them, see? for such would allow too great a chance for infection by the irritating, and cause disturbance; otherwise they will disappear. In touching them with the Acid it is preferable to use either a glass pestle (that is, a small round piece of glass) or a broomstraw." (487-22) (*Note: Hydrochloric acid is the same as muriatic acid, used most commonly in cleansing concrete and bricks.*)

If you or a loved one are challenged with skin blemishes such as warts, give the Cayce remedies a try. You'll be sold on the simple wisdom of the readings forever!



Laughter cont'd from page 1

Another person was advised to "keep that ability to see the ridiculous even in the most sacred thing." (2560-1) There is also this reminder: "...a good laugh, an arousing even to what might in some be called hilariousness, is good for the body, physically, mentally, and gives the opportunity for greater mental and spiritual awakening." (2647-1)

While illness may be no laughing matter and the restoration to health considered sacred and, therefore, a serious business, there are several instances in which comments were made about the health professionals in charge of the individual.

"(Q) Should I keep going to [the] same doctors?"

"(A) If you want to die!" (5051-1)

"(Q) Why do the doctors all disagree as to my condition?"

"(A) Ask the doctors!" (1880-1)

"(Q) Please give specific teeth that need attention.

"(A) Let the dentist do something!" (2376-3)

If we had received a reading from Cayce, we may have difficulty following it or understanding it. The source of the readings seemed exasperated with these precise questions:

"(Q) How should the scalp be massaged?"

"(A) Just use common sense." (3797-1)

"(Q) ...would it be better for the body to remain in bed or without moving about?"

"(A) It'll move when you give it the Castor Oil, and that'll be soon enough!" (348-18)

"(Q) Which shoulder should be taped?"

"(A) The one that's hurt." (1710-5)

"(Q) What are all the things I am allergic to?"

"(A) It would be a list from here to Egypt!" (3556-1)

"(Q) What may be done to overcome the worry?"

"(A) Quit worrying!" (294-134)

Awaiting a Return to Health

Timing is of the utmost importance in restoring one's body to a healthy state, especially for impatient people.

"(Q) About how long should it take to remove this condition?"

"(A) How long before you're going to begin! It would take about thirty-six to forty-six hours." (487-23)

"(Q) If this treatment is properly followed, what period of time will be necessary to bring this body to its normal state?"

"(A) One year, one month, one day, one hour and ten minutes from now." (4681-1)

"(Q) When will I be perfectly well?"

"(A) When you do that which will get you well!" (1131-1)

"(Q) Is there likelihood of bad health in March?"

"(A) If you are looking for it you can have it in February! If you want to skip March, skip it—you'll have it in June! If you want to skip June, don't have it at all this year!" (3564-1)

Lest we feel we have strayed too far off course, affecting now our mental condition, consider this:

"(Q) Am I slightly mentally ill?"

"(A) No, save as to who would be the judge. Every individual is slightly mentally ill to someone else." (5210-1)

Just how the recipients responded to these quips we can only guess. For a delightful—and hilarious—read on the many other humorous statements in the readings and a chance to laugh along with Cayce, A.R.E. Press is offering for \$5.95 the booklet *Humor from the Edgar Cayce Readings* by Edgar Evans Cayce, himself a good storyteller, who will autograph your gift copy.



More Humor from the Readings

(Q) Would playing golf interfere with the treatment?

(A) If taken gently, but a good heavy swing might undo the axis that is being corrected in this—especially if you miss the ball! (2805-1)

Advice from the Cayce Readings

Skin Blemishes

This reading was given to a nineteen-year-old female in 1930. It is an example of the often clairvoyant nature of Cayce's work. The sleeping Cayce was given the suggestion for this reading at his home on 35th Street in Virginia Beach while the young woman was in her home in Bronx, N.Y.

EC: Yes, we have the body here, [5450] - this we have had before. Improvements are seen in the general conditions of the system. Still there has not been sufficient change in the character of the eliminations to prevent those forces manifesting themselves in the form of the coagulations or localizations in pimples, boils, and such.

We would cut out all sugars from the diet. Increase the salines. Keep up the manipulation. Use, as the eliminant, more of those of the colonic irrigations. Give equal parts of Salts, Sulphur and Cream of Tartar as a purifier. Also prepare as this for a tonic - (and this would be good for everyone [who needs a] as a spring tonic). To one gallon of distilled water, add:

Sarsaparilla Root.....1 ounce,
Wild Cherry Bark.....2 ounces,
Dogfennel.....1/2 ounce,
 (These are the common names)
Yellow Dock Root.....1 ounce,
Dogwood Bark.....1 ounce,
Prickly Ash Bark.....1 ounce.

Reduce this by simmering (not boiling) to half the quantity. Strain, and while warm add 4 ounces of grain alcohol, with 3 drams Balsam of Tolu cut in same. Oil of sassafras 20 minims, Tincture of Capsici 10 minims. Shaking solution together (though this may be bottled and kept), whenever the dose is taken shake the solution well together, and the dose would be half a teaspoonful four times each day, *before* the meals and before retiring. This will assist in clarifying the whole system. (5450-3)

Health News

Laughter Good for Blood Vessels

An average kindergartener laughs 300 times each day, while a typical adult laughs a paltry 17 times. Though intuitively we know that laughter is good for us, are we taking ourselves too seriously, as indicated by the research? Happily the medical profession seems to be endorsing the role of laughter for achieving healthy states.

A University of Maryland School of Medicine study indicates that laughter may help blood vessels, causing the tissue that forms their inner linings (the endothelium) to expand or dilate to increase blood flow. The endothelium, which has a powerful effect on blood vessel tone and regulates blood flow, plays an important role in the development of cardiovascular disease. The finding of this research confirms previous studies linking mental stress to the narrowing of blood vessels. Results of the study were presented at the scientific session of the American College of Cardiology on March 7, 2005, in Orlando, Florida.

Twenty nonsmoking, healthy volunteers with normal blood pressure, cholesterol, and blood glucose levels were shown fifteen-minute segments of two movies: *Saving Private Ryan* and the comedy *King Pin* to produce opposite emotional extremes. In the test each subject's brachial artery (in the arm) was restricted by a blood pressure cuff, then released. An ultrasound device measured how well the blood vessel responded to the sudden flow increase. A total of 160 blood measurements were performed both before and after the laughter/mental stress phases.

The result? There were striking contrasts after the movies were viewed. Fourteen of the twenty volunteers showed a *reduction* of brachial artery flow following the *Saving Private Ryan* movie clip, even though several had previously seen the movie. For the comedy film nineteen out of twenty volunteers showed an *increase* in beneficial blood vessel relaxation (vasodilation). "...given the results of our study, it is conceivable that laughing may be important to maintain a healthy endothelium, and reduce the risk of cardiovascular disease," states Michael Miller, M.D., principal investigator and director of preventive cardiology at the University of Maryland Medical Center. "At the very least, laughter offsets the impact of mental stress, which is harmful to the endothelium." Earlier research conducted by Dr. Miller on the potential benefits of laughter also suggested that laughter may be good for the heart, making a strong connection between daily chuckles and cardiovascular health. His recommendation? Fifteen minutes of laughter on a daily basis!



"Worry and fear [are] the greatest foes to [a] normal healthy physical body . . . "
 (5497-1)