



Edgar Cayce on Health and Wellness

According to the *Journal of the American Medical Association*, “The roots of present day holism probably go back 100 years to the birth of Edgar Cayce.” For nearly 50 years of his life, Edgar Cayce gave psychic readings. The majority—about 70 percent—focused on health and wellness.

Though some were given as long as 100 years ago, Cayce’s health readings are still being studied today. While Cayce himself had no medical training or education, when he entered a self-induced altered state, his unconscious mind seemed to tap into an endless reservoir of helpful physical information. He could accurately diagnose illnesses and prescribe treatment for people he had never seen or met.

The information from the readings on health includes simple suggestions that each of us can follow to stay well. The nature of many of these recommendations indicates that Cayce’s understanding of physical care was really ahead of its time. These basic principles include such items as:

- Maintaining a well-balanced diet
- Getting regular exercise
- Being conscious of how our attitudes and emotions affect our health
- Keeping our physical bodies cleansed—both on the outside and the inside
- Living in balance—making time for relaxation and recreation

Cayce’s approach to staying well had its roots in health maintenance and preventive medicine rather than in the treatment of illnesses as they arose. Yet, his contribution to healing and physical well-being was not limited solely to proper diet, avoiding constipation, and regular exercise. The readings make recommendations for a variety of health concerns—from acne, diet, and cancer to arthritis, mental illness, and psoriasis. Nearly every condition that existed between 1901 and 1945—whether it was childbirth, fractures, or vitamin deficiency—is represented in the files of the Cayce material.

Interestingly, modern-day researchers have found that many of the recommended treatments, given to specific individuals, seem to be applicable today for others suffering from the same conditions. Two notable examples of this are psoriasis and scleroderma. For both of these diseases, the Cayce regimen involved specific diets, chiropractic medicine, and other natural remedies and procedures. In recent years, hundreds of people with these two ailments have been helped by following a similar program.

The concept of “holism,” as it pertains to health and healing, is based on the belief that there is more to a person than just the physical body. Therefore, health and healing involve more than just the physical or biological dimension of experience. In other words, the “whole” person is taken into consideration. Cayce also saw total health as involving coordination among the physical, mental, and spiritual components of life. Any complete approach to health needed to consider an individual’s entire being rather than simply the illness. Because of this concept, it has been said that the beginnings of present-day holistic health

started from the readings of Edgar Cayce.

Since 1967, the A.R.E. Health Center & Spa, located at A.R.E.'s headquarters in Virginia Beach, Va., has been helping individuals transform their lives with holistic healing, including massage therapy, bodywork, hydrotherapies, acupuncture, chiropractic care, and more. The focus here, just as it was in the Edgar Cayce readings, is on comprehensive body-mind-spirit care that supports the body's innate healing abilities.

If you're interested in the topic of holistic health, you may also be interested in two major components of our Virginia Beach campus:



The A.R.E. Health Center & Spa helps individuals to transform their lives with holistic healing, including massage therapy, bodywork, hydrotherapies, acupuncture, chiropractic care, and more. Opened 7 days a week, you can book an appointment through their website at AREHealth.org, or call 757-457-7202.



A leader in holistic education, our school offers a comprehensive program in both the art and science of therapeutic massage. The school offers flexible massage therapy certification programs, continuing education workshops, and a student massage clinic.

JOIN OUR SPIRITUAL COMMUNITY

Invest in your soul and explore topics of spirituality, personal development, and overcoming life challenges with online resources including an extensive health database, dream interpretation app, a meditation course, and more. You'll also be joining a community of people who are striving to do as Cayce suggested, and "Make the world a better place, because you live in it."

All members enjoy a full year of benefits including exclusive online access to the member-only section of EdgarCayce.org featuring:

- Complete access to all of Edgar Cayce readings in a searchable online database (more than 14,000 readings and 24 million words);
- Quarterly *Venture Inward* magazine;
- *Cayce Quarterly* newsletter with member experiments;
- Free online audio files and videos from recent events;
- Members save 20% on all products at ARECatalog.com.

We promote the oneness of God, the spiritual nature of humankind, the purposefulness of life, and the connection of body, mind and spirit.

Learn more at EdgarCayce.org/membership, or call 800-333-4499 to discuss membership options. New members receive a free Gift!