

Circulating File

PACKS, STUPES AND POULTICES

**Suggested in
the Edgar Cayce Readings**

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PACKS, STUPES AND POULTICES CIRCULATING FILE

Circulating Files are collections of verbatim quotes of what Edgar Cayce said during his readings on a given subject or, in some cases everything. We have medical circulating files which focus on the over 9,000 health-related readings with subjects from Acidity-Alkalinity to Weight Loss. We also have non-medical circulating files on a broad range of topics, for example *Egypt: Sphinx, Pyramids, and Hall of Records*, *Fear and Its Far-Reaching Effects*, *Advice to Parents*, *Serving in Accord with Ideals*, and *Business Advice*.

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The circulating files support the research aspect of the Cayce work. We appreciate any feedback informing us of progress made in improving one's life or achieving good health by applying suggestions given in the readings. Please send any feedback (testimonies, experiences, results, etc.) to:

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Please note: The complete Edgar Cayce Readings are available through the members only section of our web site, EdgarCayce.org or on CD-ROM.

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Our hope is that through the Cayce readings you will find the wholeness and oneness which is God's plan for us.

Blessings, A.R.E. Member Services Team

There are in truth no incurable conditions.... 3744-2

This Circulating File consists of Edgar Cayce's recommendations for external packs, stupes and poultices. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

Articles may be included because the information supports the remedies and therapies described in the Edgar Cayce readings or are of a helpful nature. Their inclusion does not imply endorsement or recommendation. Before following any advice contained in the articles, please seek the counsel of your doctor.

Products may be purchased from Baar Products, the official worldwide supplier of Edgar Cayce health care products: www.baar.com or call 800-269-2502.

Many thanks to Sandra Duggan, R.N. for her help in putting this file together.

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Packs, Stupes and Poultices

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Introduction to the Cayce Readings on Health and Healing

No matter what illness or ailment concerns us, certain basic principles about health and healing are relevant. These are the premises upon which all of the Cayce health information rests. For those who would like to make a more careful study of these basic principles, the recommended Circulating File is entitled *Principles of Healing*. Here, in essence, are the ideas found in that file. They may prove to be very useful to your study of the specific ailment that requires healing for you.

The first fundamental idea about healing requires that we maintain a creative balance between two principles:

1. All healing comes from the infinite - that is, from attunement and harmony with our spiritual source. The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm.
2. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle - the need for self-responsibility - can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement. Often, if we look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness.

To illustrate self-responsibility further, the human body has a marvelous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective. Cayce stresses the healing ability of the body:

Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system. . . Hold to that KNOWLEDGE - and don't think of it as just theory - that the body CAN, the body DOES renew itself! 1548-3

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces - right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument. A violin or piano that is out of tune makes sour, discordant music - symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations - right down to the atomic level - are adjusted in a correct manner. In essence, all healing is bringing the vibrations into harmony from within.

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

What's more, Cayce affirms that the human body will naturally stay healthy - and even rejuvenate itself - if a kind of internal balance can be maintained. "Dis-ease" starts when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force, while another portion becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced. If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential - the habits of action and, even more potent, the habits of mind.

What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this - just as in other cases surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force. Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half-truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. Keep in mind this thought: what those chemicals can do is temporarily - and somewhat artificially - give your body an experience of greater oneness.

Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (that is, engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

These have been long-standing. Do not take the treatments just a few days, or even a few weeks, and expect to be well - and then revert to old conditions. But be consistent and persistent! Have periods when these will be taken (that is, ALL of those things indicated) for two, three to four weeks. Then rest by leaving them off a week. And then be just as patient and just as persistent as though you were beginning all over again. 976-1

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body. Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

- Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- Optimism and hope. We're encouraged to expect healing.
- Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

Alongside these specific attitudes and emotions, we're invited to use the creative potential of visualization to stimulate our own healing. The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing - that is, in the physical body only - yet still be spiritually sick. What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people.

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed?

What would the body be healed for? That it might gratify its own physical appetites? That it might add to its own selfishness? Then (if so) it had better remain as it is. . . But first the change of heart, the change of mind, the change of purpose, the change of intent. 3124-2

The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern? One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that

PACKS, STUPES AND POULTICES CIRCULATING FILE

individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

It is also important to remember that each reading was given for an individual. It must be emphasized that no suggested treatments for any particular ailments should be "lifted" from any individual reading and tried by another individual except under the supervision of and with the cooperation of a physician or licensed health care professional. However, there were many suggestions that were given over and over, and these can be studied to find how they apply to ourselves. These healing principles can be grouped in four categories that referred to as CARE.

Circulation – moving the blood around the body through therapies such as massage or spinal manipulation

Assimilation – encouraging the body to pull the proper nutrients from the food by eating the proper foods and in the proper combinations

Relaxation – taking time to rest and let the body recuperate and counterbalance the daily activities

Elimination – removing the waste products from the body through therapies such as sweats, colonics, and fume baths

For more information about CARE and recommendations on the lifestyle described in the readings, please see Dr. Harold J. Reilly's *Handbook for Health*. There are also many verbatim collections of the readings in other Circulating Files, Research Bulletins, and Treatment Plans for individual diseases which may be purchased through Customer Service at 800-333-4499.

The A.R.E. is interested in having all the material in the health readings reviewed by physicians and health care professionals who also provide summaries of their findings in the hope that the information may prove beneficial to others. When time and finances permit it is planned to have all the information in the health readings read by one or more physicians and the subject matter summarized. Please send any feedback to

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To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or Baar.com.

We do not advocate a do-it-yourself process. Please seek out the advice of a health professional before implementing any recommendation.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible. "Those that expect little of the Lord receive little; those that expect much receive much - if they live it!" 1424-1

Blessings,

A.R.E. Member Services Team

Packs

By Reba Ann Karp

Edgar Cayce Encyclopedia of Healing

The readings recommended a variety of packs for a number of therapeutic purposes and utilized different substances, some of them quite unusual.

Mentioned with perhaps the greatest frequency were packs of castor oil, Epsom salts, pure salt, salt with apple cider vinegar, and Glyco-Thymoline. Although each pack had its own special uses, packs in genera were recommended to facilitate the absorption of beneficial elements into the system, relax the patient, ease pain, stimulate circulation, and break up congestion.

An explanation of the packs mentioned above follows:

*Castor Oil—this pack is prepared by saturating three or four thicknesses of cotton or wool flannel with heated castor oil. General instructions were to place this pack over the abdomen and cover with a piece of plastic or oil-resistant cloth to prevent the oil from soiling clothing and linens. Heat was to be applied, usually with an electric heating pad. According to Edgar Cayce, the heat increased absorption of oil by the pores, and subsequently, many were advised to keep the packs as hot as possible. General instructions included cleansing the skin with a weak solution of bicarbonate of soda following each pack.

Castor oil packs were most frequently to be applied for about an hour and a half at bedtime and were generally to be applied in a series, such as three days on, three off, and three on. To assist in the elimination of wastes, an internal dose of olive oil was frequently to be taken on the third day of the series.

According to the readings, castor oil packs gently stimulated the organs of elimination and helped them to function more normally. Apparently, the packs also stimulated the lymph glands, thereby increasing the circulation, which in turn aided in removing toxins from the system. In general, castor oil packs were recommended for conditions involving poor eliminations, incoordination between the assimilations and eliminations, and nervous [system] incoordination. Recommendations were also made in more specific types of disorders, such as epilepsy. In certain conditions, such as scleroderma, the packs were to be applied over areas other than the abdomen. Cayce advised against using castor oil packs during menstruation or during three-day apple diets.

*Epsom Salts—this pack is prepared by soaking a coarse towel in a hot, saturated solution of Epsom salts and then applying it, as hot as possible, to the affected areas. To help contain heat, Cayce advised placing another towel over the pack, which was to remain in place until it cooled.

Epsom salt packs were generally recommended to relieve pain and increase the circulation in particular areas. Hot, local packs were part of the treatments suggested for relieving the pain of arthritis and bursitis. In the treatment of arthritis, Epsom salt packs were at times recommended to relax the spine prior to adjustments.

*Pure Salt—these are made by filling a cloth bag with salt and then heating it in the oven prior to use, taking care not to scorch the bag. As with Epsom salt packs, hot salt packs were to be applied over the affected areas to

relieve pain. In the treatment of cystitis, a salt pack was to be applied at times over both the lower spine and abdomen following a massage using a compound of mutton tallow, spirits of turpentine, spirits of camphor, and compound tincture of benzoin. Used in this manner, the hot salt was intended to aid the absorption of the massage compound by the skin, stimulating the circulation and alleviating local congestion.

*Salt and Apple Cider Vinegar—this combination was recommended either as a pack or rub in the treatment of bruising, sprains, and torn ligaments. In these recommendations, either the salt was to be moistened with vinegar or the vinegar was to be saturated with salt. Salt and vinegar was perhaps the most common application advised in the treatment of fractures or sprains. An individual with a fractured knee was advised to alternate salt-and-vinegar rubs with a combination of oils.

*Glyco-Thymoline—this is a mouthwash and treatment for mucosity which had many other uses as well and was suggested by Cayce for a variety of conditions. In these recommendations, a cloth was typically saturated with warm Glyco-Thymoline and then applied over the affected area. In some cases, heat was not needed, and in others the pack was to be kept warm, using an electric heating pad or other type of heat application.

To help reduce inflammation in cases of tonsillitis and sinusitis, Cayce suggested the application of an unheated Glyco-Thymoline pack. This procedure involved soaking two or three thicknesses of cotton cloth with Glyco-Thymoline and then wrapping the pack about the face and throat. In the case of an infant with acute colitis, Cayce recommended applying a Glyco-Thymoline pack over the abdomen two or three times daily, making it as hot as could be tolerated and leaving it on until cooled. Reportedly, this brought quick relief.

To relieve the discomfort of cystitis, one individual was advised to place Glyco-Thymoline packs over the pubic area, keeping them warm by means of a hot salt pack.

Glyco-Thymoline packs could also be applied over the eyes (diluted) to relieve fatigue.

Excerpt from *The Edgar Cayce Handbook for Health Through Drugless Therapy*
by Harold J. Reilly and Ruth Hagy Brod

Glyco-Thymoline Packs

Use two to three thicknesses of cotton cloth well saturated with Glyco-Thymoline as you purchase it from your druggist. Apply this over the affected areas or those areas specifically directed in your particular case. An electric pad may be used to keep the pack warm. The saturated cotton cloth should be applied first, then a piece of plastic to prevent soiling, and then the heat pad over that with perhaps a towel on top to hold it in place.

This should be applied for twenty to thirty minutes or longer if directed. Do not apply the pack when the Glyco-Thymoline is cold, as in chilly weather. Rather, you might place the bottle of Glyco-Thymoline in a pan of hot water to take the chill off before using it for the pack.

Mullein Stupes (Packs)

In 1943, Cayce sent me a lady who had been given a reading for a series of hydrotherapy treatments, massage, and electrotherapy with green glass. The lady, about fifty years old, with a close friend, had come from Utah for a series of readings with the "sleeping prophet of Virginia Beach!" I was interested in noting in the reading she brought me (5089-1) that Cayce recommended the application of mullein leaves stupes to her legs for her acute phlebitis—just one of a complex of complaints exacerbated by the menopause:

If there continues to be a great deal of trouble with the phlebitis or the swelling, apply Mullein stupes over the limbs once a week and take Mullein tea once a week. This will aid in eradicating the trouble but the pressures that cause same must be removed also. (5089-1)

I have had occasion to be grateful for that advice many times in the intervening years. Besides the mullein tea I have applied the mullein leaves to my own legs for varicose veins with grateful appreciation for the prompt relief they bring. The mullein plant is a velvety broad-leafed weed that we gather along the roadside in the spring; dried mullein as tea is also available from health food stores. The broad leaves are applied directly to the skin.

Cayce Directions for Making Mullein Stupes

We would apply the Mullein Stupes now more to those areas that are the sources from which the limbs receive their circulatory activity, and those positions about the limb to reduce the swelling. Apply these about once a day, and for about an hour. The Mullein made into a tea would also be well, but not of the same leaves used on the leg of course! About two ounces of this would be taken each day. (1541-6)

NOTE: If and when mullein stupes are used, use a crock or enamel or glass container for preparing them, *not* tin or aluminum or such. Also, when applied, use cotton—layers of cotton over same, to preserve the heat—then gauze over that.

These instructions were given in another reading (1541-7) which gave the mullein stupes, so I'm sure they wouldn't hurt here.

Bruise the leaves very thoroughly and dip them in hot water until wilted usually for one to three minutes). Apply directly to the skin and cover as directed above.

Directions for Making Mullein Tea

Take 2 oz. of the mullein leaves and bruise very thoroughly if the green leaves are used, or 3 oz. of the mullein leaves if the dried leaves are used, and put into a quart of nearly cold water. Let it come to almost a boil, but very slowly. As it comes to the boil, take off.
(See 1541-7.)

Turpentine Stupes

Instead of Glyco-Thymoline packs for painful menstruation, cystitis, and other vaginal pains, Cayce sometimes recommended turpentine stupes:

. . . over the pubic bone area. This will relieve these tendencies for the stricture in the clitoris and remove the disturbance there; easing the pain when activity of the bladder is desirable. There should be at least 4 or 5 thicknesses of cotton flannel dipped in water in which turpentine has been put; the proportions being a teaspoonful of turpentine in an ounce or two ounces or three to four ounces of hot water. Wring out cloths in this and apply low down over the pubic center. (243-35)

Cayce had a versatile repertoire of packs—many of them are just as rewarding to use as the castor oil for the specific purposes for which they were designed.

Epsom Salt Packs

Dissolve as much Epsom salts—about a pound in a small basin or pot—as will dissolve in the amount of water necessary to saturate a bath towel. Apply as hot as possible over the area indicated. Keep repeating the hot applications for two or three hours at each treatment.

If possible, instead of repeating the hot applications, use an infrared lamp and then use an electric pad to keep the pack warm until the Epsom salts have completely dried or have become caked in the pack. (See following pages for appropriate uses of Epsom salt packs.)

Cayce Packs, Stupes and Poultices: Definitions and Details

Cayce gave guidance for many packs, poultices and stupes in the readings for a wide range of health problems. Various materials were used such as wool flannel, cotton flannel, washcloths and cotton gauze. When using one of these home remedies, it is best to use organic material whenever possible.

- **PACK** — When material (wool or cotton) is dipped in hot water (foementation) or cold water and applied to an area, or castor oil is added to wool flannel [the swathing of a patient or a body part in hot, cold, wet, or dry materials, such as cloth towels, sheets, or blankets.]
- **STUPE** — When something is added to the water such as Glyco-Thymoline or Turpentine [a hot wet often medicated cloth applied externally (as to stimulate circulation).]
- **POULTICE** — When clay, a plant, a dried herb or a food is used such as Salt & Apple Cider Vinegar, Dried Mustard, Grape, Mullein, Onion or Potato. [moist substance applied to injury: a warm moist preparation placed on an aching or inflamed part of the body to ease pain, improve circulation, or hasten the expression of pus.]

Fourteen packs are covered:

1. Castor Oil Pack
2. Cold Moist Pack
3. Epsom Salt Pack (stupe)
4. Glyco-Thymoline Pack (stupe)
5. Grape Poultice
6. Hot Moist Pack
7. Hot Salt/Apple Cider Vinegar Pack (poultice)
8. Mud (Antiphlogistine kaolin clay) Pack (poultice)
9. Mud (Facial Clay Mask) Pack (poultice)
10. Mullein Poultice
11. Mustard Plaster (poultice)
12. Onion Poultice
13. Potato Poultice
14. Turpentine Stupe

CASTOR OIL PACK

INDICATIONS - Congestion, Pre-Fasting, Inflammation, Injuries, Low immunity, Pre-Colonic

CONTRAINDICATIONS - Apple Diet, Menses, NO HEAT with Abdominal Pain, Gas, Impaction

WHAT IT DOES

Moves lymph, decreases swelling and congestion, stimulates immune system

FREQUENCY - 3 days on/4 days off and other variations

TIME - 1-2 hours

MATERIALS

Wool (cotton) Flannel 12" x 28"	Bath Towel
Saran Wrap (or chux)	Large Plastic Garbage Bag
16 oz. Organic Castor Oil	Baking Soda
Heating Pad	Washcloth

PROCEDURE

Wash flannel - hang to dry

Cover heating pad with Saran Wrap or Chux, or 13-gallon trash bag

Place 8+ ounces Castor Oil in bowl

Thoroughly work oil into flannel

Fold in thirds or half - place on heating pad, pre-warm 15 minutes

Place garbage bag with bath towel on top on bed (to catch drips)

Lie down, Place saturated wool flannel on skin - heating pad on top, keeping it as warm as possible

ABDOMINAL PACK - ribs to groin

LIVER PACK - armpit to waist on right ribcage

Meditate/Pray/Read spiritual material - 1-2 hours

AFTER

Remove pack & heating pad

Mix ½ tsp. baking soda in 1 cup water - wash skin - rinse with water - pat dry

LONG TERM STORAGE - When not in use, store in covered glass jar - refrigeration is optional

For more details and examples, please see the circulating file on Castor Oil Packs or Dr. Wm. McGarey's book, *Oil that Heals*.

Also see: http://www.edgarcayce.org/are/holistic_health/data/thcast1.html

COLD MOIST PACK

INDICATIONS

Hot, Inflamed area, Muscle Soreness (over-use), New Bruises (black & blue), New Injuries 48-72 hours, Prevent Headache (steam/fume bath, Epsom salt bath), Sore Throat

CONTRAINDICATIONS

Feel chilled
Circulation problems (Raynaud's disease)
Numbness
On pain medicine
Paralysis

WHAT IT DOES

Constricts blood vessels, prevents swelling

FREQUENCY

10-20 minutes
3-4 times a day

HOW TO USE

1. Fill bowl with cold filtered water and ice cubes
2. Dip washcloth and wring out
3. Fold to fit area
4. Roll on and off until comfortable
5. Wrap snugly
6. Cover with dry hand towel
7. Re-dip as needed to stay cold
8. Remove cloth after 10-20 minutes and pat dry

EPSOM SALT PACK

INDICATIONS — partial regime for: Adhesions, Arthritis, Eliminations, Intestinal Problems, Lesions, Liver, Impaired Locomotion, Lumbago, Neuritis, Pelvic Disorders, Rheumatism, Spinal Subluxations, Tumors

CONTRAINDICATIONS

Hypertension (high blood pressure)
New injuries 48-72 hours

WHAT IT DOES

Relieves pain
Draws toxins
Reduces inflammation and swelling

FREQUENCY

30-60 minutes or until dried
Once a day, every other day, once a week

HOW TO USE

1. Heat 2 cups water until very hot
2. Slowly add Epsom Salts while stirring until salt no longer dissolves — will see salt on bottom of pan = (saturated solution)
3. Dip loose weave cotton cloth or towel into salt solution and wring out
4. Fold to fit area
5. Roll on and off until comfortable, then apply to area
6. Cover with dry hand towel and heating pad - low to medium setting
7. Remove cloth after 1-2 hours or when dried
8. Rinse area with tepid water and pat dry

261-19, M 47, indigestion:

“While there is still felt the uneasiness throughout the abdomen and stomach, the tendency for weakness and dizziness, we find that with another application today of the Packs as indicated - with the use of a high enema, and the taking of a little stimulant in wine that's light in nature - there should be a clearing of these conditions....”

(Q) Do you prefer Epsom Salts Packs or the Grape Poultices?

(A) The Epsom Salts Packs are preferable at this time, as indicated. There is not so much inflammation as a tendency for congestion. Hence the relaxation by the use of the Epsom Salts; while the Grape Poultices are rather to dissipate inflammation.”

Also see: http://www.edgarcayce.org/are/holistic_health/data/theppack.html

GLYCO-THYMOLINE PACK

INDICATIONS

Relax Spinal Muscles, Sinusitis

CONTRAINDICATIONS

Allergic to ingredients: Glycerin, Alcohol, Sodium Borate, Sodium Benzoate, Sodium Bicarbonate, Carmine, Sodium Salicylate, Eucalyptol, Menthol, Pine Oil, Thymol, Methyl Salicylate

WHAT IT DOES

Alkalinizes
Cleanses mucus
Relaxes spinal muscles before adjustments
Reduces inflammation, swelling

FREQUENCY

Relax spinal muscles — 1- ½ hours - before an adjustment
Sinusitis — 15 minutes 4 times a day

HOW TO USE

1. Place bottle Glyco-Thymoline in pot of hot water
2. Saturate old hand towel or old washcloth with warm Glyco and wring out (Glyco stains cloth)
3. Fold to fit — hand towel on spine, washcloth on forehead from hairline to tip of nose
4. Heating pad low setting. For spine lie face down - do not lie on heating pad
5. When done, remove pack, wash skin with tepid water, pat dry

3157-1, F 46, adhesions/lesions:

“. . . there should be a systematic series of osteopathic adjustments. However, each time before these adjustments are made . . . we would relax the area to be adjusted by applying heavy packs of Glyco-Thymoline. Use three or four thicknesses of cotton cloth saturated with warm Glyco-Thymoline and apply for at least an hour to an hour and a half, the day before the adjustments are to be made. Let these packs extend over the lumbar area and all of the sacral area, even to the end of the spine. Apply heat over this, not too much but sufficient to cause these properties not only to relax the body but to be absorbed into those areas. Thus the osteopathic corrections, when administered the next day, will relieve these tensions and make for those tendencies towards a better coordination and a better alkalinity in the eliminations.”

GRAPE POULTICE

44 readings

INDICATIONS

Adhesions, Appendicitis, Colitis, Constipation, Food Poisoning, Gas, Gastritis, Injuries, Pelvic disorders, Peritonitis, Tumors, Ulcers

CONTRAINDICATIONS

None

WHAT IT DOES

Cleanses lymph, Dissolves tumors, Reduces inflammation, Strengthens the body

FREQUENCY

90 minutes to 4 hours - 1-2x/day

8-9 hours - replace when dry for ACUTE cases

1 x week - 2 days in a row

90 minutes to 4 hours - 3 days in a row

4-5 days in a row until relief

HOW TO USE

1. Crush organic Concord grapes (or dark blue/black grapes) - including skin and seeds (340-34) "it's the tartaric acid (in the seeds) that we are giving that we want the reaction from"
2. Place 1 inch thick layer crushed grapes on ½ cheesecloth (6" x 14")
3. Fold cheesecloth in half with grapes inside
4. Place on skin
5. Cover with plastic and hand towel
6. Discard after 90 minutes to 4 hours
7. Wash area with tepid water — dry

1237-1, F 19, appendicitis: ". . . let each poultice remain until it has gotten warm . . . quite warm from the body heat . . . or more than temperature of the body. Then add a new one, or put a fresh one on. This should not be necessary more than forty-eight hours. They would be changed about every two or two and a half hours. Use fresh grapes, don't use those over again!"

1984-1, F 50, colitis: "Keep these up continuously until the condition is relieved"

Also see: http://www.edgarcayce.org/are/holistic_health/data/thgrape1.html

HOT MOIST PACK

INDICATIONS

Chronic Tight Muscles (cold area)

CONTRAINDICATIONS

Multiple Sclerosis

Numbness

On Pain Medicine

Paralysis

WHAT IT DOES

Brings new blood to area

Relaxes muscles

FREQUENCY

10-20 minutes 3-4 times a day

HOW TO USE

1. Optional — apply liniment to area
2. Fill pyrex bowl with boiling water
3. Hold washcloth at ends, dip in water and wring out, or wear rubber gloves
4. Fold to fit area
5. Roll on and off quickly until comfortable
6. Wrap snugly
7. Cover with dry hand towel
8. Heating pad low to medium setting
9. Remove cloth after 10-20 minutes and pat dry

HOT SALT/APPLE CIDER VINEGAR

23 readings

INDICATIONS

Arthritis, Bruises, Colitis, Injuries, Ligaments (torn), Neuritis, Rheumatism, Sprains/Strains

CONTRAINDICATIONS

No heat 48-72 hours after a new injury

WHAT IT DOES

Relieves swelling, pain, toxin build-up
Strengthens ligaments & tendons
Rebuilds nerve forces

FREQUENCY

30-60 minutes
3 to 10 days - depending on severity of injury

HOW TO USE

1. Moisten about 1 teaspoon sea salt with apple cider vinegar - (like wet sand). Massage 2-3 minutes - skin will redden - don't break skin
2. If too painful to massage, place dampened salt on skin ½ thick. Cover with plastic - secure with ace bandage (not tight)
3. Or soak washcloth with apple cider vinegar, squeeze dry, wrap area - put quilted bag of hot salt on top
4. Gently remove salt or cloth
5. Wash with tepid water - pat dry

7/19/68 Letter from Mrs. Ann Milano to Dr. H. J. Reilly:

"I must also say a word about Cayce remedy 304-3 (Salt & vinegar massage), of 4/2/23, which helped my daughter heal a sprained hand. She was able to move it after an application. This after nothing helped for a year."

2051-3, Man 67, neuritis tendencies:

". . . apply the heavy salt pack (coarse heavy salt, you see) saturated with Pure Apple Vinegar. This heated and applied will relieve any tension or strain...."

MUD PACK (Antiphlogistine kaolin clay)

INDICATIONS

Bee Stings, Bruises, Cough, Flu, Insect bites, Pneumonia, Poison Ivy, Sprains/Strains

CONTRAINDICATIONS

Sensitive skin

Severe reaction — burning, itching

Avoid large mud packs with arteriosclerosis, diabetes, heart disease, hypertension (high blood pressure)

WHAT IT DOES

Draws and neutralizes toxins

"Acts as a stabilizer and alkalizer" on the upper back chest area (1208-4)

Reduces inflammation, swelling

FREQUENCY

1-2 hours once a day

HOW TO USE

1. Place $\frac{1}{4}$ to $\frac{1}{2}$ inch thick layer of clay on area
2. Remove after 1-2 hours and discard
3. Wash skin with tepid water and pat dry

765-1, F 75, impaired circulation, paralysis:

"In meeting the needs first, then, we would apply mud - whether made from the antiphlogistine or clay - in those orders as to draw the affectations to the exterior portions, from the 10th and 11th dorsal to the end of the spine – once each day, in a thickness of at least a quarter of an inch. Let these remain so that they dry somewhat, on those activities along the spine, or for thirty minutes each day for two to three to five days."

MUD PACK (Facial Clay Mask)

INDICATIONS

Acne, Blackheads, Sagging Facial Muscles

CONTRAINDICATIONS

Allergic to clay

Sensitive skin

Severe acne

WHAT IT DOES

Draws toxins, deep cleanses pores, relaxes tight facial muscles, stimulates circulation, tones sagging facial muscles

FREQUENCY

Dry skin — once a month

Normal skin — twice a month

Oily skin — once a week

HOW TO USE

1. Remove make-up
2. Apply hot moist towels 2-3 times to open pores
3. Apply very thin layer Aztec Healing Clay or other clay masks to face - avoid eyes, eyebrows, mustaches, beards
4. Leave on 10 minutes
5. Remove with tepid water
6. Apply moisturizer

2072-16, F 34:

(Q) What are those conditions which I must still attain to, physically, before undertaking motherhood?

(A) The elimination of attitudes; and poisons, physically, from the system.

(Q) Would it be well to wait until the skin is completely cleared of blackheads?

(A) Not necessarily. This may be attained. For the deep-seated conditions, the body would find it well to use the mud packs on face and neck - Bonicelli [?] [Boncilla Clasmic Pack?] - with the oil rubs, then, following same.

These would be taken about every fifteen days, - or twice a month. We would find, we would eliminate the accumulations under the skin without bruising it, and bring a great deal better conditions for the body....

(Q) Would it be advisable for the body to use a brush for washing the face and neck?

(A) A sponge, but not a brush.

MULLEIN POULTICE

INDICATIONS — partial regime for:

Cancer, Lymph Circulation, Injuries, Kidneys, Osteochondritis, Recklinghausens Disease, Spinal Subluxations, Ulcers, Varicose Veins

CONTRAINDICATIONS

Allergic to mullein

WHAT IT DOES

Detoxes through perspiration
Absorbs poisons
Relieves pain
Relaxes
Reduces soreness and inflammation

FREQUENCY

30-60 minutes
2-3 times a day

HOW TO USE

1. Bruise large mullein leaves
2. Place in pyrex bowl and cover with boiling water
3. Let stand 10 minutes
4. Wring out leaves (wear rubber gloves if too hot)
5. Put between organic cotton gauze and place on area (roll on and off until comfortable)
6. Heating pad low to medium for 30-60 minutes
7. Remove gauze and discard
8. Wash area with tepid water and pat dry

5037-1, F 48:

“Do apply Mullein Stupes over the areas where there is the engorging of the veins, at least twice a week. Gather the mullein leaves, bruise these and pour boiling water over them (in an enamel pan or glass container, not aluminum nor tin). Then place over the affected areas.

“Take internally each day about two-thirds of a teacup of Mullein Tea. Use dried mullein for this - a pinch between thumb and forefinger, put in a cup and pour boiling water over same, allowing to set for thirty minutes. Strain off, cool and drink just about two-thirds of a cup, daily.”

Also see: http://www.edgarcayce.org/are/holistic_health/data/thmullei.html

MUSTARD PLASTER

INDICATIONS

Chest cough, bronchitis, pneumonia

CONTRAINDICATIONS

Very sensitive skin

WHAT IT DOES

Breaks up congestion, stimulates circulation

FREQUENCY

3-4 days on, leave off a day and repeat

HOW TO USE

Stir together:

Adult: 1 Tablespoon dry mustard (Coleman or Durkee)
4 Tablespoons organic wheat flour

Child: 1 Tablespoon dry mustard
8 Tablespoons organic wheat flour

1. Mix with tepid water to make a paste (consistency of soft peanut butter)
2. Spread paste on one half of 6" x 14" piece of cotton cheesecloth - then fold in half so paste is inside
3. Warm the cheesecloth on heating pad — low setting
4. Apply Castor Oil to skin of chest, then apply cheesecloth. NO HEATING PAD
5. Cover with saran wrap plastic and small hand towel
6. Skin will redden and feel warm STOP if burning/extreme redness)
7. Remove after 15-20 minutes
8. Dip washcloth in tepid water, wring out, gently wipe skin and pat dry
9. Cover area with snug shirt and wear overnight

602-5, F 57, headache:

(Q) What stimulant would be best to rub on back of neck?

(A) Musterole or mustard plaster or Bengue (Bengay?), or any of those that stimulate the circulation superficially – as counter-irritants.

325-33, F 57:

(Q) Which eased the back this morning? the salt packs or the mustard plaster?

(A) The mustard plaster.

ONION POULTICE

INDICATIONS

Chest cough, bronchitis, pneumonia

CONTRAINDICATIONS

Allergic to onions

WHAT IT DOES

Draws or disseminates the fluid - "will dissipate the accumulations" (3021-2)

FREQUENCY

Once a day 1-4 hours - keep on until it gets cold, then replace with a fresh poultice

HOW TO USE

1. Dice large organic onion into small cubes - put in saucepan (a few readings said to cook it in Patapar paper, then add the cornmeal)
2. Add 1 Tablespoon organic corn meal - heat 2-3 minutes stirring frequently
3. Place onion mixture (1/4 to 1/2 inch thick) on one half of 6" x 14" organic cotton cheesecloth. Fold in half so mixture is inside
4. Remove after 1-4 hours and discard
5. Wash skin with tepid water and pat dry

243-37, F 62

"As we find, conditions are rather serious in the present. The cold and congestion, combined with the fracture, has produced a stoppage in that side of the lung. [Pneumonia?]

"Then, we find, should be done in the immediate:

"Prepare an onion poultice. This should be full, but cut onions, heat them, mix then with a little meal - yellow corn meal, preferably; and apply on gauze over the area where the injury is indicated from the fall. This should cover both front and back of this side.

"When this has been on about an hour, change and apply another."

POTATO POULTICE

INDICATIONS

Boils, Carbuncles, Sty

CONTRAINDICATIONS

Allergic to potatoes

WHAT IT DOES

Cools, soothes

Draws toxins

Reduces inflammation

FREQUENCY

1-2 hours

Once a day

HOW TO USE

1. Scrape a raw, organic, Irish potato (at least 6 months old) with a knife, or use a grater
2. Place a 1 inch layer of potato pulp between organic cotton gauze
3. Discard gauze after 1-2 hours
4. Wash area with tepid water and pat dry

2086-1, F 45, blepharitis:

“(Q) What should be done for the eyes?”

“(A) As indicated, these disturbances are from the incoordination between the cerebrospinal and the sympathetic nerve system; and the corrections that are to be made osteopathically will be for the betterment of the eyes.

“If there is the continuing of inflammation, we would use of evenings the scraped Irish potato (old potatoes, not new ones) on gauze applied to the eyeballs themselves, or sockets, see? Let this remain on for a half to three quarters of an hour. This will draw the inflammation. Use only OLD potatoes, not new ones; and use such a poultice only if there is the inflammation or the burning of the eyes.”

Also see: http://www.edgarcayce.org/are/holistic_health/data/thpotato.html

TURPENTINE STUPE

INDICATIONS - partial regime for:

Bladder Infection (Cystitis), Kidney Infection, Kidney Stones

CONTRAINDICATIONS

Allergic to turpentine

Sensitive skin

WHAT IT DOES

Relieves pain and inflammation

Dissolves kidney stones

FREQUENCY

10-30 minutes or "until relief is obtained"

3-4 times a day

HOW TO USE

1. Heat 1 quart water until very hot
2. Add 1 teaspoon Spirits Turpentine
3. Dip washcloth into solution and wring out
4. Apply cloth to area (roll on and off until comfortable)
5. Cover with dry hand towel and heating pad — low to medium setting for 10-30 minutes
6. Remove pack, wash skin with tepid water and pat dry

843-5, M 54, kidney stone:

"With the rest that may be had, we find that the application of the Turpentine Stupes over the area as indicated would offer a means for causing a disintegrating of the stone sufficient for its passage without operative forces; because of the very nature of the penetrating influences of the Turp.

"Of course, the Spirits of Turpentine would be used in very hot water, then cloths wrung out of this and changed often. The proportions would be about half a pint of Spirits of Turpentine to a quart or quart and a half of water [these proportions would be inappropriate for most people and cause skin burns]."

2299-14, M 4, kidney issue:

". . . stupes of Turpentine applied over the kidney area would soon release the activity for the kidneys and then just keep the body quiet and give nourishment. These would offer the best that may be given the body.

"(Q) Should the Turpentine be diluted to use with stupes?"

"(A) Stupes are just a small quantity poured in hot water and rags wrung out of this; about a quart of water. Put about fifteen to twenty drops of Turpentine in the water."

Turpentine Stupes: For Kidney and Bladder Health

by Elaine Hruska

© Venture Inward Newsletter

Most of us are familiar with turpentine, whose pungent odor as a paint thinner is rarely forgotten. Used medicinally since ancient times as a chest rub for throat and nasal ailments and as a treatment for lice and intestinal parasites, it is mentioned in over 700 readings, along with related substances. Suggested primarily for external applications for kidney and bladder disorders, turpentine is also an ingredient in a tonic, an inhalant, and an expectorant; in capsules, as a pellet to be taken orally, and combined with mutton tallow and spirits of camphor in a massage formula.

It is obtained from the sapwood of several species of pine, fir, and other conifers. The essential oil (oil of turpentine) is separated from the rosin (a type of resin) by steam distillation and, when pure, it is a colorless and transparent liquid.

Using the Stupe

A stupe is any cloth that has been dipped in and wrung out of hot water, which contains an added medicament (sometimes referred to as medicated water). The cloth is applied directly to the skin and may be covered with a hot water bottle or heating pad to maintain the heat.

For the turpentine stupe (also called a pack) the amount of spirits of turpentine to one quart of hot water varied according to the individual reading: from 5 drops of turpentine to 15 to 20 drops, to 1 teaspoon or 1 tablespoon. The drops are placed in the warm or hot water, and a cotton flannel cloth or small hand towel is dipped into the water, wrung out, folded 4 to 6 thicknesses, and because of its temperature placed carefully on the kidney (lower back) or bladder (lower abdomen) area. It is not necessary to apply heat, but, if desired, place a plastic wrap or some protective covering over the towel to protect the pad from the moist pack. The towel can be left on for 10 to 30 minutes, even up to an hour, depending upon the severity of the condition. After removing the pack, dry the area off with another towel or cloth. The pack can be reapplied several times a day or once or twice a week.

According to the readings, a turpentine stupe will help disintegrate kidney stones and relieve painful urination. It is also useful for cystitis, painful menstruation, poor eyesight, and vaginal pain.

Results of Application

A number of people reported on their success with using the turpentine stupe. One A.R.E. member, M. Saraydarion, borrowed the Circulating File on Kidney Stones from the A.R.E. Library for her husband, who had a dull ache that began after an extremely bad attack. A doctor and radiologist diagnosed the condition as a kidney stone.

In her letter of August 10, 1976, she writes: "He got his attack on July 10. On July 31 he began drinking one ounce of watermelon seed tea each day. He also started applying turpentine packs every evening. By August 4 the constant pain was gone. In its place was occasional pain. By August 8, when he stopped the turpentine packs, he no longer had any pain, occasional or otherwise.

"Whether the stone passed intact and he didn't catch it or it dissolved, we don't know. But the point is, he now feels perfectly well and for that we are extremely grateful. We are truly amazed ..." (1839-1, Reports #4)

This is one of the simplest of the Cayce home remedies, yet like other suggestions it is not used in isolation. Individual readings mention osteopathic adjustments and colonics used in conjunction with the stupe. Those suffering from kidney or bladder infection should drink a minimum of 8 glasses of water daily, eat an alkaline diet, and (as mentioned in the report above) drink 2 or 3 cups of mild watermelon seed tea per week, plus reduce their intake of white sugar and white flour.

Some individuals may have a skin sensitivity to the turpentine, which can cause burns, so careful attention should be paid while the pack is on. If the skin begins to tingle or burn, remove the pack immediately and wash off the area with plain water.

For individuals suffering from discomforts in these two body regions, turpentine stupes can provide a welcome relief from pain, inflammation, stones, and infection.

When to Use the Packs

ACNE	Mud mask
ADHESIONS	Epsom Salt Pack, Grape Poultice
APPENDICITIS	Grape Poultice
ARTHRITIS	Castor Oil Pack, Epsom Salt Pack, Hot Salt & Apple Cider Vinegar Pack
BLADDER INFECTION	Turpentine Stupe
BLACKHEADS	Mud Facial Mask
BOILS	Potato Poultice
BRONCHITIS	Mustard Plaster, Onion Poultice
BRUISES (new)	Cold Moist Pack, Hot Salt & Apple Cider Vinegar Pack, Mud Pack
CANCER	Mullein Poultice
CARBUNCLE	Potato Poultice
COLITIS	Grape Poultice
CONGESTION	Castor Oil Pack
CONSTIPATION	Grape Poultice
COUGH/FLU	Mud Pack, Mustard Plaster, Onion Poultice
FOOD POISONING	Onion Poultice
GAS	Grape Poultice
GASTRITIS	Grape Poultice
INFLAMMATION	Castor Oil Pack, Cold Moist Pack
INJURIES	Castor Oil Pack, Cold Moist Pack, Grape Poultice, Hot Salt & Apple Cider Vinegar Pack, Mullein Poultice
INSECT BITES	Mud Pack
INTESTINAL PROBLEMS	Epsom Salt Pack
KIDNEYS	Mullein Poultice, Turpentine Stupe
KIDNEY INFECTION	Turpentine Stupe
KIDNEY STONES	Turpentine Stupe
LESIONS	Epsom Salt Pack
LIVER	Epsom Salt Pack
LOW IMMUNITY	Castor Oil Pack
LOCOMOTION IMPAIRED	Epsom Salt Pack
LUMBAGO	Epsom Salt Pack
LYMPH CIRCULATION	Mullein Poultice
MUSCLES, CHRONIC TIGHT	Hot Moist Pack
MUSCLES, OVERUSE	Cold Moist Pack
MUSCLES, FACE SAGGING	Mud Facial Mask
NEURITIS	Epsom Salt Pack, Hot Salt & Apple Cider Vinegar Pack
OSTEOCHRONDRITIS	Mullein Poultice
PELVIC DISORDERS	Epsom Salt Pack, Grape Poultice
PERITONITIS	Grape Poultice
PNEUMONIA	Mud Pack, Mustard Plaster, Onion Poultice
POISON IVY	Mud Pack
PRE-COLONIC	Castor Oil Pack
PRE-FASTING	Castor Oil Pack
PREVENT HEADACHE	Cold Moist Pack
RECKLINGHAUSENS	Mullein Poultice
RHEUMATISM	Mullein Poultice
SINUSITIS	Glyco-Thymoline Pack
SORE THROAT	Cold Moist Pack
SPINAL SUBLUXATION	Epsom Salt Pack, Glyco-Thymoline Pack, Mullein Poultice
SPRAINS/STRAINS	Hot Salt & Apple Cider Vinegar Pack, Mud Pack
STY	Potato Poultice
TUMORS	Epsom Salt Pack, Grape Poultice
ULCERS	Grape Poultice, Mullein Poultice
VARICOSE VEINS	Mullein Poultice

Partial List of Other Packs and Their Uses Recommended by Edgar Cayce

Alcohol (grain): arthritis, assimilation, asthma, cancer, carbuncles, tuberculosis.

Epsom salt: (used for most cases) adhesions, arthritis, childbirth (aftereffects), colitis, digestion, eliminations, enteritis, feet, fistulas (womb-vagina), flu, gastritis, hemorrhoids, infections, injuries, kidneys, lesions, liver (about twenty-six cases), lumbago, muscles, neuralgia, neuritis, paralysis, rheumatism, sciatica, sinusitis, spine, tic douloureux, toxemia, tumors, uremia, uterus.

Eucalyptus oil: tuberculosis.

Fig: teeth infections.

Fig and milk: dentistry.

Fuller's earth (mud): spine subluxations, tuberculosis.

Glycerine: pelvic disorders.

Glyco-Thymoline: adhesions, arthritis, bronchitis, cataracts, catarrh (nasal), cold congestion, cystitis, cysts, epilepsy, eyes, glands, goiter, hay fever, herpes simplex, injuries, intestines, kidneys, lesions, migraine, paralysis, Parkinson's disease, pelvic disorders (over forty cases), ptomaine poisoning, sciatica, sinusitis, subluxations, throat, tonsillitis, toxemia, tumors.

Grape: colitis, eliminations, food poisoning, gastritis, glands, incoordination, injuries, intestines (gas), nervous systems, pelvic disorders, peritonitis, ptomaine, Recklinghausen's disease, rheumatism, streptococcus, tuberculosis, tumors, typhoid fever, ulcers.

Honey: cysts, hands, infections.

Hot: adhesions, arthritis, assimilation, baldness, cancer, cholecystitis, circulation, dermatitis, elimination, incoordination.

Hot salt: acidity, adhesions, apoplexy, arthritis (sixteen cases), cholecystitis, circulation, colitis, congestion (cold), cystitis, cysts, debilitation (general), dysmenorrhea, ears (abscessed), edema, eliminations, epilepsy, eyes, feet-ankles, gallstones, glands, headache, hemorrhoids, injuries (twelve cases), intestines, iritis, kidneys (ten), lesions (fourteen), liver-kidneys (incoordination), lumbago (eight), lungs, menopause, multiple sclerosis, muscles (sprains), nausea (vomiting), nephritis, nervous system, neuralgia.

Ice: fever.

Kerosene: mumps.

Laudanum: kidneys (strangulation), sinusitis.

Lavoris: cataracts.

Linseed oil: injuries.

Liver: eyes.

Lobelia oil: spine subluxations.

Milkweed: blepharitis.

Mud (boncilla, clasmic clay): acne, complexion.

Mullein: abrasions, boils, cancer tendencies, circulation, dermatitis, femur cancer, lymph, varicose veins.

Myrrh: spine subluxations.

Onion: asthma, bronchitis, common cold, congestion, lungs, pneumonia.

Pine needle oil: epilepsy.

Plantain salve: cysts, injuries, tumors.

Potato (raw): blepharitis (fourteen), blindness, cataracts, eyes (about fifty).

Salt: arthritis, bites, rheumatism.

Salt and apple vinegar: colitis, elimination, injuries, strains.

Salt and spiritus frumenti: general debilitation.

Sand: arthritis, circulation, colitis, debilitation, elimination, lesions.

Sassafras oil: arthritic tendencies, cysts, fistulas, liver, tumors.