

Aconite

Botanical Name: *Acontium napellus*

Common Names and Synonyms: Monkshood, Wolf's Bane

Background: All parts of aconite plant are poisonous, especially the root tubercles. Historically, aconite was used on arrow-tips and as a death drink for condemned criminals. In war, aconite has been used to poison the water supply of enemies. Medicinally, aconite has been used externally for nerve-related pain (i.e., rheumatism, neuralgia, and sciatica). Research indicates that aconite may have antiviral and antitumor properties.

Aconite in the Cayce Readings

- In the Cayce readings, aconite was always used as an external application, usually to relieve pain or to deaden a specific portion of the body. Two readings specified aconite as a dental application.
- Aconite was mentioned in 89 readings between 1927-1944 with peak utilization in 1937.
- Aconite was usually prescribed in combination with tincture of laudanum (84 readings). The most common proportion being 1 part aconite to 3 parts laudanum. The various proportions are as follows:
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 - 1 aconite : 3 laudanum ◦ 54 readings
 - 1 aconite : 1 laudanum ◦ 6 readings
 - 1 aconite : 2 laudanum ◦ 6 readings

- 1 aconite : 4 laudanum
- 1 aconite : 5 laudanum
- 1 aconite : 9 laudanum
- 6 readings
- 1 reading
- 1 reading

- At least nine readings specified that the aconite/laudanum compound be spread over the body with a camel hair brush.
- Application of the aconite/laudanum compound was usually followed by hot packs. Hot epsom salts packs were recommended most often (36 readings) and secondly, hot castor oil packs (25 readings).
- The aconite/laudanum compound was sometimes used with wet heat as a preparation for osteopathic adjustments.

Cayce Quotes on Aconite

257-87

(Q) What will cleanse this cavity in the upper teeth?

(A) Laudanum and ACONITE used in the roots, adding iodine occasionally with same. This will be done locally, of course.

523-1

Then, over those areas where there are the reactions from this tautness by thickened tissue (or scar tissue, as it may be called by some; but this is rather thickened tissue in the mucous-membrane activity, and is as cords), paint with a mixture of ACONITE and laudanum; about one-third ACONITE to two-thirds laudanum, painted over the external portions of the body, you see, over the area in the left portion of body, from hip to about opposite at the base or end of the rib area - the sternum, you see.

569-21

After ten days or two weeks we would begin taking OUT the teeth, those that are in the worse condition, but not too many at a time; and be sure that there is the recuperation from same after each one is extracted. Wash or CLEANSE each such place from which one is removed with laudanum and ACONITE, or such

an antiseptic that will PREVENT infectious forces spreading in the body.

635-5

We would use in the present more of the oil packs over the liver and caecum area, but we would first paint the spine - from the base of the brain to about the 3rd dorsal (that's the whole cervical area, you see) - with laudanum and ACONITE; half an ounce of laudanum with twenty minims of ACONITE.

637-2

Also, for those conditions in the hip, in the limb, where those strains in the tendons and muscular forces and structural force of the body itself cause acute pains, we would massage same with one part of ACONITE to three parts of Laudanum, then apply the heat from Epsom Salts packs - which should be a saturated solution of same - placed across the hip and thighs to relieve the conditions there.

624-4

(Q) What causes the swelling on left side?

(A) This is at the area where the swelling is on the stomach itself, see? Natural result. When this comes, we would paint the place with two parts of laudanum to one part of ACONITE - and put a hot water bottle over same. This will ease it, and take it down too!

557-5

But BEFORE the packs are applied, we find it would be most helpful (in the present condition) to paint the gall duct and lacteal duct area (using a camel's hair brush or tuft of cotton) with a mixture of one part ACONITE to three parts Laudanum; afterwards applying over the area a towel wrung out of very hot water. This will tend to make for a perspiration in this portion of the body.

733-1

And across the area of the upper portion of the right limb and left limb, or in the clavicle area, we would paint the body with ACONITE and Tincture of Laudanum before applying the Epsom Salts packs; one part ACONITE to three parts Laudanum would be the correct proportion. The general massage for the rest of the portions of the body.

(Q) How often should the ACONITE and Laudanum, and packs over the clavicle, be used?

(A) These would be about two or three times each week; ONLY to be given before corrections are made.

5402-1

These, as we find, are the sources of the disorder. There may be brought some relief. Under the direction of the physician there should be applied Laudanum and ACONITE - three parts Laudanum and one part ACONITE - preferably apply this with a camel's hair brush over the lumbar and sacral area. Then, the next day, apply wet heat, and then make osteopathic adjustments of the segments where pressure exists.

Agar

Botanical Name: *Gelidium cartilagineum*

Common Names and Synonyms: Seaweed, Red Seaweed

Background: Agar, or red seaweed, is commonly used in laboratories as medium for growing bacterial cultures. Medicinally, agar is classified as a hydrophilic (it absorbs water). Agar soaks up water in the intestine, increasing the bulk of waste material, and stimulating peristalsis which prompts evacuation. The gelatinous substance produced by boiling and drying the seaweed is used as a thickening agent for sauces and soups in the Orient. Agar gel is used in the manufacture of some candies, tooth pastes, cosmetics, and as a stabilizer for canned meats and fish.

Agar in the Cayce Readings

- Agar was recommended by Edgar Cayce as a laxative and intestinal cleanser.
- Agar, specifically was mentioned in 61 readings, between 1926-1944, with a notable peak utilization in 1933.
- Various products containing agar were also mentioned, as follows:
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 - Petrolagar ◦ 125 reading
 - Zilatone ◦ 83 readings
 - Alophen ◦ 48 readings
 - Emul-psylo ◦ 8 readings
 - Agarol ◦ 6 readings
 -
- In addition to its use as a dietary aid and laxative, agar in the form of Petrolagar was also frequently recommended as a solution used during colonic irrigations. The alkaline nature of this product was often cited as beneficial to the intestinal

tract.

Cayce Quote on Agar

279-10

(Q) Is there any definite solution to be used [for the colonic irrigation]?

(A) This, as we find, would be an excellent one - and few may be better - very few would be better: In at least the second water as is used, have - to a gallon - at least two ounces of Glyco-Thymoline. In the last quart to two quarts, put about two tablespoonsful of Agar and oil, or those as are SOOTHING to the intestinal tract - see?

340-18

Take the Petrolagar (the non-acid kind) at least twice each day, for the agar with the oils will reduce those conditions in the duodenum and upper intestinal tract that make the tendencies for inflammation through the colon.

1312-1

To indicate that this has been accomplished, we would begin immediately (that is, in each day) with as high enemas as possible to cleanse the colon, using in the slush water a tablespoonful and a half of Glyco-Thymoline for each gallon of water. The water should be tepid, not too hot nor yet too cold but to act as a cleansing. In the last water used as an emit (that is, in the last for cleansing), put at least a tablespoonful of the agar or Petrolagar - the alkaline nature. Stir this thoroughly, so that there will be rather the tendency for the agar to cling to those portions of the colon area that show inflammation by the cleansing so often, that the reactions from the applications to the liver and duodenum area have no regurgitation or reaction from the caecum and transverse and descending colon area.

275-30

(Q) What laxative is best for me?

(A) As we have indicated through these sources, it is better that changes be made from time to time that there be kept in system no tendency for any portion to become, as it were, warring against certain elements. Hence, as we find, Milk of Magnesia, Milk of Bismuth, a combination of agar, phenolphthalein and the jelly of psylla (called Emul-Psylo), are all well - and should be

ALTERED; not taken consecutively, any one, often.

598-1

But during those periods when the osteopathic manipulations are being taken, we would find that the use of the psyllium combined with agar (Emul-Psylo) will make for the enlivening and the dilation of the tissue, and leaving sufficient of the forces that create for better peristaltic movement without too great a dilation, see?

842-1

In the latter portion of such irrigations we would use oils as in the combination of agar with the other that makes for the creating along the walls of the colon itself a more alkalinity.

269-19

(Q) Should I have the colonic or the ordinary high enema?

(A) Colonic irrigation is preferable. For where congestion is indicated in the jejunum and lower portion of stomach, and the after effects of inflammation, there is the tendency to make for an accumulation in the colon - especially in the ascending. So, the colonic would be necessary to cleanse from those areas in the RIGHT side, THROUGHOUT the area of the colon itself.

To be sure, the solutions used should carry oil or the agar preparations in such measures as to make for elasticity in the activity or the flow of the lymph circulation through these portions of the body.

1140-2

(Q) How should I continue treatment of liver and gall bladder?

(A) Have those regular periods when the Zilatone is used for assisting in creating a better activity through the liver area itself, when there arise any distasteful conditions from the gastric forces of the body itself. Use same periodically, then. No activity of such a nature should be used continuously, to be sure, but let the SYSTEM react and then we may have the PROPER reaction from such properties as are combined in such preparations.

For in this preparation we find THESE elements that may be helpful to the body, for knowing what and how each factor in same acts upon the SYSTEM will aid in making the mental reactions when such is taken into the body, see?

In this we have an agar, or that which is taken from the

seaweed itself. We have bile salts. We have caroid as combined with same. We have a small quantity of a stimulation that goes under the name of the elements that stimulate the circulation, or the deeper hepatic circulation. And these COMBINED with those influences for making for an activity without producing too great an irritation. For with the bile salts or the Caroid AND bile salts combined there is directed an activity upon the secretions and excretions of the liver itself, without irritating the lymph flow; and not acting upon the pancreas or the spleen, save in the stimulated circulation as produced by the very small quantity of the heart stimulant.

1961-1

In the matter of the diets, - these should consist of not too much of fats, and keep away from too much of the hard drink, though malt - as a beer or wine, if not excessively used - would not be harmful; even if the Agar were used as a bulk to aid the peristaltic movements through the jejunum, aiding also the eliminations from stomach and duodenum.

The Agar would be taken consistently, - that is, a teaspoonful at least twice a day for ten days, left off ten days and then taken again in the same manner, and so on - throughout the periods when the osteopathic treatments and the vibratory forces by the corrections would be received in the system.

540-15

(Q) What may be done to relieve constipation?

(A) Use Oils, such as Russian White Oil, Usoline, Nujol or any of these, and this taken of morning, you see, or evening preferably, if this is the better desired by the body; but on the opposite period of the day - whether morning or evening - take Agar as a stimulant for better peristaltic movement.

3987-1

We would find beneficial results would be received by the use of enemas to remove those portions of conditions existent in colon, and by the taking in the system of those properties as would be found in the alkaline Petrolagar, to assist the assimilation throughout the upper intestinal tract - for these properties may be assimilated, as agar is seen in these properties to the extent that the viscera is OILED, as it were, or allows the

normal secretions by the removal of pressure in the portion of the cerebro-spinal centers that allows the proper incentive through nerve supply, aided by these properties in the system, give the better results.

482-2

Keep those properties for the system of the non-acid forces as are seen in the agar and oil, or Petrolagar - the non-acid, or alkaline. These will keep down acidity in the system, producing better eliminations.

Aloe

Botanical Name: *Aloe vera*

Common Names and Synonyms: Aloes, Barbados Aloe, Curacao Aloe

Background: Aloe vera is a popular plant well-adapted to dry, sunny climate and sandy soils. This succulent plant with a rosette of fleshy, tapering, prickly-edged leaves is valued for the sticky juice in the leaves which promote healing. Native to Africa and Mediterranean countries, aloe is cultivated in California, Texas Florida and Arizona. The bitter, yellow gel found in the leaves is a skin softener. The plant is often grown in the kitchen as a handy remedy for scalds and minor burns. The fresh juice of aloe is commonly used for relief from minor burns and wounds.

Aloe in the Cayce Readings

- Edgar Cayce recommended aloe most often in a formula used as a vapor bath for the female genitalia. Other uses for aloe were as a laxative, as an ingredient in a massage oil formula, and as an ingredient in a hemorrhoid ointment.
- Aloe was mentioned infrequently, primarily from 1925-1940, with one reading in 1912 suggesting this herb. The high point of aloe utilization occurred in 1930 (6 readings).
- As a vaginal sitz (fume) bath, aloe was most often combined with tincture of myrrh.

Cayce Quotes on Aloe

243-3

Then, to bring the normal conditions to this body would be, first, that the body rest from labors and strain on physical conditions. Diet to reduce strain on the whole system. Take those osteopathic treatments that would relieve pressure on all cerebro-spinal nerve system, and relieving the pressure in the lumbar and dorsal regions, keeping the portions in the system of the pelvic organs cleansed nominally with those properties as douches that will give the antiseptics necessary to reduce irritation. These will be found in small quantities of Glyco-

Thymoline in large quantities of water. Also using those stupes as would be found from putting Tincture of Myrrh and Aloes in warm or very hot water and steaming the rear portions of body to reduce irritation in system.

222-1

Also use those douches in the vagina at least once each three days, or every third day, Creolin, and use in sitz baths those of Myrrh and of Aloes and small quantity. That is, one aloe with twenty (20) drops of tincture of myrrh in BOILING water, and sit over same, so the steam may enter the exposed regions of the vagina and uterus. This will take longer but surer, for the blood stream is in poor condition for the operative method.

2238-1

. massage the whole cerebrospinal system with equal parts . tincture of aloes - equal parts, see? This will produce stimulation. After this is massaged, the manipulation should be given to correct the conditions from the 2nd dorsal to the 1st cervical.

4333-1

Each day while such periods last, there should be prepared as this, in an earthen or crock container, at least sufficient in size that the body may sit over same with ease: Place one (1) gallon of boiling water in crock, and add twenty (20) drops of Tincture of Myrrh, with forty (40) drops Fluid Extract of Tolu, with one (1) Aloe; and expose the parts to the steam arising from same, and prepare the vagina in such a manner that these fumes may enter the vagina proper, see?

5555-2

(Q) What laxative?

(A) The giving of the alkalins will aid in this direction. When laxatives are used, best that they be alternated between the combination of aloes or of Alophen in its preparation, and of those of Upjohn's laxative wafers.

5555-3

After the changes come about, and it becomes necessary to use cathartics - then we may turn again to these; remembering that there must be something in the system for that stimuli in the aloes or the phenophthalein to act UPON, see? for these excite

the gastric juices, especially when the assimilating portions of system are considered.

5671-6

(Q) Are the itchings on the thighs, legs and vulva separate conditions or all due to one cause?

(A) Yes or no, and either would be correct - but they are rather the COMBINATION of the conditions. This may be, in this region, RELIEVED materially were sitz baths of myrrh, aloes, and the liquid of tolu put in boiling water and parts exposed for a few minutes. This will relieve and heal also.

(Q) How should solution for sitz baths be prepared, and what quantities of each ingredient?

(A) To a half gallon of hot or boiling water add one aloe (These ways we would put them), five drops of the tincture of myrrh, forty drops of the balsam tolu or tolu in solution (that the better, in solution). Duration of the use of these should be from two to ten minutes, but begin with the SMALLER - or with the two minutes first, then possibly the next day two minutes, and the third day these may be used for three minutes - but do not produce too much irritation, for there will be the relaxing of the whole system as these steams ENTER, and as they act WITH the system.

5671-7

Yes, we have the body here - this we have had before. Now, in some respects we find conditions not so good; produced mostly by the improper application of the steam baths - for, instead of the aloes being in the form as in CONFORMITY to the properties as given - that PULVERIZED, or anhydrized, is too STRONG, and irritation has been the result.

Also, in the steams at the present - use only this: To the gallon of hot or steaming water, add (in THIS manner) 5 drops of the tincture of myrrh, and the balsam of tolu (in the gum - see?) 1/2 dram. This solution made about 2 minutes - (of course kept covered before it is used) - not longer, and do not add the aloe unless it is obtained in its ORIGINAL state - for the GUM of same is that as is necessary for the addition to the properties, so that the tendency is to penetrate more into the organs themselves, as the ACTIVITIES of same produce relaxation and contraction.

2711-2

LOCALLY [hemorrhoids], apply those properties as would be found in a combination of THIS character; using this as an ointment following the stools, or WHEN there is irritation. RESTING, keeping feet up, will also aid these conditions - as well as aid the general HEALTH of body, with the taking of the medicinal properties and the manipulations (which should be had at least ONCE each day). This salve [Tim], or ointment, would be made in THIS manner:

To 1 ounce of OIL of butterfat, add 1 dram of very fine POWDERED tobacco, 2 grains or 2 minims of oil of aloe, and 2 minims of oil of the buckeye kernel. Stir well together and use as an ointment.

5663-1

At least two to five days before the periods of menstruation, for two to three moons, we would use a steam sitz bath. The STEAM; not sitting in the water or bath - but prepare as in THIS manner:

Two gallons of BOILING water poured into a container, see? To this water (plain water) add a pinch of alum, one aloe bud, fifteen minims of tincture of myrrh, and tolu gum (pure tolu gum) the size of a pea - English pea.

When this has been prepared, then sit OVER such - so that the puba and the vagina is exposed to the STEAM from same, for five to eight minutes.

Do this three to five times - that is, from two to five days before (once each day) - before the regular periods. ONCE after the cleansing, or after period - see?

Alum Root

Botanical Name: *Geranium maculatum*

Common Names and Synonyms: Cranesbill, Dovefoot, Old-maid's-nightcap, Shameface, Wild Geranium

Background: Native to North America, alum root can be found growing wild from Maine to Georgia, west to Kansas. This astringent plant was used widely during the nineteenth century for diarrhea, dysentary, and hemorrhaging. American Indians often used alum root on mouth sores. Barbers have used the action of alum in styptic powder for small cuts. It is also used in the manufacture of pickles to give them a crisp crunch.

Alum Root in the Cayce Readings

- In the Cayce readings, the intended action of alum root was to stop diarrhea.
- Alum root was mentioned in 9 readings between 1921 - 1944.
- Alum root was recommended in three forms:
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 - Fusion ◦ 2 readings
 - Raw (to be chewed) ◦ 2 readings
 - Compound ◦ 4 readings
 -
- When used in a compound, alum root was typically combined with wild ginseng and Indian turnip (see formulas below). The amount of alum root in such compounds as 1 ounce.

Cayce Quotes on Alum Root

5631-1

Then begin with small doses of THIS as a compound: to 6 ounces of distilled water, add:

Alum root.....1 ounce,

Indian Turnip.....20 grains,
Ginseng (wild).....1 dram.

Reduce by slow simmering to 1/2 the quantity. Strain while warm and add 2 ounces of grain alcohol with 1 ounce of simple syrup. The dose would be a few drops in the beginning, every hour, until there is relief through the alimentary canal, and a tendency for the stopping of the diarrhea.

5057-1

Prepare this also in a fusion: Put 1/4 oz. of alum root in 4 oz. of distilled water and let come to a boil, then strain. Be sure the alum root is crushed. Add to this, 1/2 oz. of simple syrup and take 1 oz. of grain alcohol or rye whiskey and add. This is only to be taken, 1 tsp. when there is cramping through the alimentary canal or colon.

4714-1

One that is destined to suffer with that condition in early childhood known as the summer complaints, or that of the looseness to the intestinal tract, to detraction of the physical body, unless warned against same. With this, use those properties as would be found in herbs of alum root, camphor and such natures - alcohol mixed with same.

3933-1

. there should be taken into the system, is this: a preparation that is made from this will act as an astringent to the system and will be that which will cause proper adjustment through the system here. We take - (pausing) - four ounces of alum root. This is put into one quart of distilled water, reduced by simmering, - not boiling - [GKN: Yes sir] - to one pint. To this is added one dram of alcohol grain - [GKN: Yes] - while it is yet warm. This is as a preservative and will make food for the system. See? .

Then the evening and morning will be sufficient for some four weeks; with the manipulation as given to the system every third or fifth day, we will find the condition will be adjusted within itself. It would be well if the body would keep small portions of the alum root, that would chew on it or dissolve in its mouth, just without anything else in itself. You see?

1919-1

We would also take internally those properties that may be compounded in this way and manner, as for a tendency to prevent that activity in the lymph's circulation in intestinal system, as the irritations are allayed, and which do not cause too much of a strain on the body:

Prepare this, to be taken in this manner:

Alum Root.....1 ounce,
Wild Ginseng.....1/2 ounce,
Indian Turnip.....1/4 ounce.

GRIND these herbs until they are well pulverized, either by grinding or by rubbing or beating. Put this in 16 ounces of distilled water. Reduce by slow simmering (not boiling), stirring the properties occasionally, until these are reduced to 6 ounces of the juice or water. Strain, and while warm add Elixir Calisaya 1/2 ounce, Grain Alcohol (85%) 1 and 1/2 ounces. Shake solution together when the dose is taken, which should be half a teaspoonful, in water or plain, at least twice each day.

348-23

Begin with a small piece of Alum Root (dried) to be put in the mouth and chewed - a little piece of this the size of an English pea - put in the mouth about half to three-quarters of an hour after each meal, and gradually chewed - and the juice swallowed. This will gradually correct the condition through the digestive system.

(Q) What causes the tightness of muscles, and how may this be corrected?

(A) This is a combination of reactions from the overflow of the gastric juices or the lymph through the intestinal system; and is a part of the general debilitation, which will be aided and assisted by the properties from the Alum Root, you see; as well as the help that will come from a better assimilation by the digestive forces from the use of the Alcaroid that will aid in digesting the foods taken.

348-8

We have the body here - [348] - this we have had before. The general physical forces of the body indicate there have been bettered conditions than exist in the present. Taxation mentally, and worry - with the activities of the physical forces - show a

return of those indications as seen in the intestinal system, and as affect the kidneys directly in their functioning. Prepare as this, and keep it along with you as you use same, in the activities of the body:

To 8 ounces of distilled water, add:

Alum Root.....1 ounce,

Indian Turnip.....1/2 ounce,

Wild Ginseng.....1/4 ounce.

Reduce by low simmering, not boiling, to 1/2 the quantity. Strain while it's warm, then add 1 and 1/2 ounces 85% alcohol, with 1/4 dram Balsam of Tolu cut in same. Take it - just a little swig - not a mouthful - not a spoonful - two or three times each day. Then eat anything you want!

Anise

Botanical Name: *Pimpinella anisum*

Common Names and Synonyms: Aniseed

Background: Anise, native to Egypt, has been cultivated for centuries throughout Europe and north Africa as a seasoning and medicinal agent to treat colds and coughs. The tiny gray-brown licorice-flavored seeds produce an oil which, when applied to the scalp, helps control lice. Anise oil in an ointment base can be used to treat scabies. A tea sipped before meals from an infusion of crushed anise seed with equal parts of Fennel and Caraway seeds eases flatulence and colic. Liquors such as Pernod, Ouzo, and Anisette are flavored with anise.

Anise in the Cayce Readings

- Anise was mentioned in 1 reading (274-11 given in 1936) as an ingredient in Fletcher's Castoria. As described in this reading, the intended action of anise was to decrease infection and purify the system.

Cayce Quote on Anise

274-11

It would be well that the bowels be kept excessive in their movements; through using - as WE find - a mild laxative, such as may be had in the combination known as Fletcher's Castoria. Two teaspoonsful may be taken at a dose. This will tend to allay fever and to make for a clearing of the system. Also the properties in same - the Senna, of course, being the active principle, with the Pumpkin Seed, the Anise, the Thyme and the other properties - will tend to LESSEN the activity of the infectious forces, and cause a purification.

Arnica

Botanical Name: *Arnica montana*

Common Names and Synonyms: Leopard's Bane

Background: Native to Europe, Siberia and northwest North America, arnica is typically used externally in the treatment of bruises and sprains, muscular and rheumatic pain. Its action is anti-inflammatory. A tincture made from the yellow, daisy-like flower heads is used on the unbroken skin to relieve bruises and sprains and to stimulate circulation.

Arnica in the Cayce Readings

- In the four readings in which arnica was mentioned, Edgar Cayce's recommendations for arnica were consistent with traditional applications for sprains and bruises.
- In three of the readings in which it was prescribed, arnica was to be combined with olive oil (2 readings) or a mixture including Russian White Oil, Witch-hazel, rubbing alcohol, and Tincture of Myrrh.

Cayce Quotes on Arnica

1129-1

Also we find it would be MOST helpful to have a rub along the whole of the spine and along the limbs with equal portions (or half and half) of Olive Oil and Arnica. Of course, this should not be massaged over the whole of the area bruised, but where segments or the cerebrospinal and the locomotory forces coordinate in their activity. Heat the oil a little to pour these together and to stir. Then, shake them together and massage gently.

391-2

For the limbs, we would MASSAGE same thoroughly - as we SHOULD take a GENERAL massage 2 or 3 times a week, other than that as taken in the regular work-out; but in MASSAGING the feet use THIS - as put together to massage into the feet, the

soles of the feet, and the ankles:

To 1/2 pint of Russian White Oil, add:

Witch-hazel.....1 ounce,

Rub alcohol.....2 ounces,

Arnica.....1 ounce,

Tincture of Myrrh.....1/2 ounce.

Shake this together and massage just sufficient as to what the body, or the pores of the skin, absorbs.

318-3

To bring about the better condition, then, would be through that manipulation of the portions of body in that way of the neuropath or osteopath, and by massaging into this portion of the system those of equal parts of olive oil and arnica, and keep this bandaged until the condition has the chance to heal and strengthen; of course, removing bandage when these manipulations and emplacements are made, which should be done at least every other day, see? and at each time this is done, massage in the system, gently, those properties as given, for the strengthening of the walls.

288-51

(Q) Any special treatment for bruises [on arm] resulting from fall last Sunday?

(A) Use Arnica on same, or any good massage that will remove the strain.

Arrowroot

Botanical Name: *Maranta arundinacea*

Common Names and Synonyms: Maranta Starch, Indian Arrowroot

Background: Native to central and south America, arrow is now cultivated in Asia, India and Africa. Historically, this plant has been mashed and used to facilitate the healing of arrow wounds, hence its common name.

Arrowroot in the Cayce Readings

- Edgar Cayce recommended arrowroot primarily as an easily assimilated dietary supplement for body-building.
- Arrowroot was recommended in 55 reading between 1917-1942 with a peak of 10 readings in 1934.

Cayce Quotes on Arrowroot

5618-1

An intestinal wash would be good - not an acid but alkaline. Arrowroot, balsam and lime properties should be taken into the system.

5426-2

In the preparation of the arrowroot, use about the tablespoonful to a glass to glass and a half of water. May be made or cooked as a gruel, or given in small quantities.

5473-9

Those of the foods should be those of the juices and not of grease from those of the beef that is clear of fat, those as will be in the sugar - in that as may be had in blanc mange, or in arrowroot, or in junket, or in such. These are as BUILDING for the system, through assimilations, as will aid in digestion.

548-1

(Q) What can be done to promote appetite, so she can gain

weight?

(A) As indicated, use the character of diet pointed out. Those things that make for body-building; plenty of the beef juices, liver, junket, milk - that is made with arrowroot, and such - these will be contributory to making for better assimilation and better body-building.

Asafoetida

Botanical Name: *Ferula asa-foetida*

Common Names and Synonyms: Devil's Dung

Background: Indigenous to Iran and western Afghanistan, herbalists regard asafoetida as a sedative, antispasmodic and circulatory agent, also known to calm intestinal and digestive upsets. As a stimulating expectorant, its use is limited because of the sharp onion-like smell and strong taste, which comes from gummy drops which form on the roots of this herb.

Asafoetida in the Cayce Readings

- In the Cayce readings, the intended action of asafoetida was to relieve pain and provide proper incentive to the system.
- Asafoetida was recommended in 4 readings for three individuals between 1923-1939.
- The dosage was 5 grains in all readings for asafoetida.
- Asaphoetida was to be taken with aspirin in two readings. Other combined substances included an Alophen pill and a jigger of whiskey as described below.

Cayce Quotes on Asafoetida

5694-2

For the congestion and the condition through the larynx, the head and throat and the effect as is being produced through the digestive organs, we would take at the present time those of a specific nature. This we would take now for four days every evening: Five grains of asafoetida with 10 grains of aspirin with a very strong solution as would be found either from lemon heated or from a very strong alkali, as from soda. It would be well if this would be varied one one day and the other the next day - that is the acid one day and the alkaline solution the next..

4420-1

Then, to remove or relieve these conditions in the body, remove that producing same. Remove by manipulation and heat

those lesions in the dorsal region. Best that this be done osteopathically, provided chiropractic forces or adjustments are used to bring the proper distribution of the nerve center and trace these out osteopathically to their ends, and by taking at the time when this is being taken in the system (that is, when the manipulations are being effected) those properties that will give the proper incentive to the system to function normal. These would be found in taking every third to fifth day, five grain tablets or portions of Asafoetida.

470-27

We would take internally, again, -

Five grains of Asafoetida,

One Alophen Pill,

Two Aspirins, and

A jigger of Whiskey;

with a thorough massage as the body is ready for rest after taking all of these.

Balm of Gilead

Botanical Name: *Populus gileadensis*

Common Names and Synonyms: Poplar Buds, Balsam Poplar

Background: Traditionally, Balm of Gilead has been used primarily in the treatment of upper respiratory infections and has been considered a specific for laryngitis. The oil can be used topically for bruises and rheumatic pains as well as for eczema and psoriasis. The leaves, often used in a potpourri, produce a lemon-cedar-camphor fragrance when bruised, and the plant can be placed in a sunny room to give off a pleasant scent.

Balm of Gilead in the Cayce Readings

- Edgar Cayce most often recommended Balm of Gilead in complex tonics. No specific action of this herb was given, although it was usually given in the same portion of the formula as "carriers" such as alcohol and tolu. A few readings recommended Balm of Gilead for massage, usually mixed with myrrh or golden seal.
- Balm of Gilead was mentioned in 35 readings between 1921-1940 with a peak of 17 readings in 1924.
- Balm of Gilead was prescribed in the following amounts:

2 drams	12 readings
1 dram	10 readings
3 drams	7 readings
1/2 ounce	1 reading
20 minims	1 reading

- Balm of Gilead was typically recommended in combination with other substances. The most frequently mentioned substances mentioned in the same readings with Balm of Gilead are:

Buchu Leaves	19 readings
Sarsaparilla	19 readings
Yellow Dock	19 readings
Tolu	18 readings
Wild Cherry	17 readings
Mandrake	16 readings
Elder Flower	14 readings
Calisaya	13 readings
Prickly Ash	10 readings
Burdock	9 readings

- Three readings specified that the Balm of Gilead should be in its natural or "normal" state ("using the buds," "in the bulb").

Cayce Quotes on Balm of Gilead

4749-1

Add to those forces and give the application of that vibration that will give the body the incentive to overcome the condition in the system. There will be some trouble expected with the developing of this body in some weeks and some months to come. These will be well to be remembered and keep these in mind, for there will be a developing through the intestinal tract of a congestion, if not post-minded to this condition, that will prove serious to this body. If the conditions arise in the body, use this as they appear. This does not show at present but it may appear. If so, use equal parts of Tincture of Myrrh and Balm of Gilead - rub across the groin and abdomen of this body. This will

come in some weeks unless the diet is changed in the body.

Then to give the relief to this body we would first take in the system that which will give the incentive for correction in the body through the digestive organs, and as well through the mental reaction in the system. Unless the body desires to improve itself, it will continue to enjoy poor health.

4550-1

Take this: To one gallon of rain water add:

Wild Cherry Bark.....6 ounces,
Cane Sugar.....8 ounces.

Reduce this by simmering (not boiling) to one quart. Then add:

Water.....8 ounces, and
Calisaya Bark.....2 ounces,
Yellow Dock Root.....2 ounces,
Yellow Root.....2 ounces,
Buchu Leaves.....15 grains,

and reduce to one quart again. Strain while warm and add two ounces of grain alcohol, with two drams of Balm of Gilead in it (in the bulb). The dose would be teaspoonful four times each day before meals, and before retiring. Take the massage of the osteopathic forces over the whole system while this is being taken. The osteopathic forces should be applied twice each week. We will find we will improve the appetite, the elimination, the condition in the bronchials, lungs and through the digestive tract. Do that for this body.

4173-1

Massage the body especially along the spine from the cervical down over the whole system but especially the spinal region, with this:

To one-half gallon of rain water, add six (6) ounces of Plantain root and leaves. Reduce by simmering to one-half the quantity, then add:

Balm of Gilead.....3 drams,
Tincture of Myrrh.....20 minims.

Reduce this again by heating, you see, to one-half the quantity, then add Oil of Butterfat until a thin paste is made. This massaged into the system, see, every third day.

4165-1

We would have the assistance to these forces that are combating with the conditions. Keep those as we are using and apply to the body those of the forces that may be absorbed within the system by massage well in the system, the BALM OF GILEAD along the whole length of the spine, very gently, you see, into the arm pits, into the groin, and about the thyroids; so that the system - the blood supply, may take all these forces and assist to meet the resistance with the conditions as they are arising in the body, that life may be prolonged from time to time by the meeting of these conditions with this.

2790-1

To relieve the condition for this body we would keep those forces for the system much as we have at the present time. We would only take those of a stimulation to the body to give the correct vibration through the system with the air and water as is being shown or given in the body, as in this:

To one gallon of rain water we would add:

4 oz.Wild Cherry Bark, preferably from the North side of the tree.

2 oz.....Yellow Root

2 oz.....Red Root

1 oz.....Prickly Ash Bark

1 oz.....Elder Flower

Reduce this by simmering, not boiling, to one quart, strain, while warm add:

2 drams.....Balm of Gilead
6 oz.....Grain Alcohol

The dose with this would be teaspoonful four times each day before meals. The effect with this on the system is to give the stimulation to the organs and to the eliminating forces in the system, as in this:

The active principle from the Wild Cherry Bark with the other ingredients is a stimulation to the lungs, throat and bronchials and those organs above the diaphragm.

The Yellow Root is for the pneumogastric forces and gastric juices of the pyloric end of the stomach itself.

The Red Root is a stimulus for the secretions given by the pancreatic forces and the spleen in its functioning from the blood cell forces as destroyed there.

The Prickly Ash Bark is for the blood supply as acted upon in the emunctory forces of the liver itself proper.

The Elder Flower is as that in the functioning of the organs of the pelvis with the action of the kidneys, with the stimulation from the alcohol and Balm of Gilead in these organs.

2252-1

(Q) Should this body be massaged with the hands?
(A) Be well if this was massaged into the body at least each time when the temperature is very high and until this is reduced. Be well also to rub well into the groin, across the abdomen and the liver and spleen, you see, that is higher up here, you see, equal parts of Golden Seal and Balm of Gilead. Do that.

76-1

To one gallon of rain water we would add:

Sarsaparilla Root.....3 ounces,
Dogwood Bark.....1 ounce,
Calisaya Bark.....1 ounce,
Elder Flower.....4 ounces,
Buchu Leaves.....15 grains.

Reduce by simmering, not boiling, to one quart, strain while warm, and add 6 oz. grain alcohol with 2 drams of Balsam of Tolu cut in it and 1 dram of Balm of Gilead (that of course in its normal state) with 15 minims (drops) of oil of peppermint.

26-1

Then to give the relief to this body, and bring about the nearer equilibrium, we would give this into the system, taking exercises of specific nature for the whole system:

To one gallon of rain water, we would add:

Sarsaparilla Root.....2 ounces,
Burdock Root.....2 ounces,
Yellow Dock Root.....2 ounces,
Yellow Root.....2 ounces,
Black Snake Root.....2 ounces,
Buchu Leaves.....10 grains,
Elder Flower.....4 ounces.

Reduce by simmering (not boiling) to one quart. Strain while warm and add three drams of Balm of Gilead and four ounces of grain alcohol, using the buds, you see, in the Gilead. The dose would be a teaspoonful four times each day.

Balsam of Peru

Botanical Name: *Myroxylon pereirae*

Common Names and Synonyms: Peru Balsam, Balsama De Peru

Background: Native to Central America, the leaves and fruits of this tree have been used by the indigenous tribes of Mexico and Central America in the treatment of asthma, catarrh, rheumatism, and external wounds. The sap, or balsam, comes mainly from large trees which grow along the coast of El Salvador and not Peru, although it received the name "Peru," from the 16th century Spaniards who shipped the resin to Europe from both the Callao and Lima shipping ports in Peru. The sap is extracted by tapping, similar to the tapping of rubber trees. The resin has a fragrance of cinnamon when freshly harvested. The aged resin, found in the tree trunk, has a fragrance of vanilla and is highly prized. Balsam of Peru has been included in the US Pharmacopoeia since 1820, being used for bronchitis, laryngitis, dysmenorrhea, diarrhea, dysentery and leucorrhea.

Balsam of Peru in the Cayce Readings

- Edgar Cayce recommended Balsam of Peru for both external and internal usage. No stated action was described for Balsam of Peru.
- Balsam of Peru was mentioned in 11 readings between 1921-1926 with a peak utilization in 1921 (6 readings).
- Balsam of Peru was always used with other substances. The two most frequently mentioned substances associated with Balsam of Peru were Tolu (24 readings) and Elder Flower (14 readings).

Cayce Quotes on Balsam of Peru

4749-1

For the application to the parts of the body here in the facial portions and eye as affected, we would use with the Boracic Acid Wash. After the bathing off of parts of the secretions as shown, use equal parts of Boracic Acid with Balsam of Peru as a powdered form. Also use this with the acid as a wash for the throat internally now, see, with a cloth or a small mop through the tonsil region and epiglottis and the throat proper.

4704-1

We will take in the system this, as a cardiac and stimulant and a sedative to the various organs of the system: To one gallon of water, rainwater preferred, we would add:

Yellow Dock Root.....2 ounces,
Burdock Root.....2 ounces,
Black Snake Root.....2 ounces.

This would be reduced by simmering, not boiling, to one quart. Strain, and while warm add four ounces of Grain Alcohol with three drams of Balsam of Peru. The dose of this would be a teaspoonful, just after each meal. See?

4094-1

To relieve this congestion, to force the system to functioning normally through this condition, and the produce the proper vibrations in the system, we would do this: We would systematically, that is regularly and at regular times, use a douche through the vagina, that would be a sensitive force and an astringent, and also a healing property to all of the parts that are affected sympathetically and organically of these. To one-half gallon of soft water, temperature at 70, we would add five drops of Balsam of Peru, with five drops of Tincture of Myrrh. See?

And this would be used, that is, these douches, use regularly every third day. We would, across the lower lumbar, rub or knead the body well with Bicarbonate of Soda, almost a saturated solution, that is, water and Bicarbonate of Soda. See?

106-4

Also Balsam of Peru added to the dusting powder of Sterate (Stearate) of Zinc and Chalk as used over the outer portion of body.

Belladonna

Botanical Name: *Atropa belladonna*

Common Names and Synonyms: Deadly Nightshade, Dwale, Fair Lady

Background: Native to Eurasia, this extremely toxic plant now grows in the eastern United States. Medicinally, belladonna is considered an antispasmodic used in the treatment of intestinal disorders such as diarrhea, irritable bowel, and peptic ulcer. The Italian name, Belladonna, means "beautiful lady." The term came into use long ago when Italian women used the deep purple juice, squeezed into the eye from the plant's glossy black berries, to enlarge the pupils and to make the whites appear even whiter. Eye doctors use it to dilate the eyes before an examination of the retina. Belladonna is the chief ingredient in medications for colic and peptic ulcers.

Belladonna in the Cayce Readings

- Edgar Cayce recommended belladonna for a variety of conditions. The most frequent application was externally for eye problems, usually used in conjunction with potato poultices and other eye remedies. Belladonna was also prescribed as a plaster over the abdomen and pelvic areas. In a couple of readings it was recommended as an antispasmodic for the gastro-intestinal tract.
- Belladonna was mentioned in 19 readings between 1921-1929.

Cayce Quotes on Belladonna

4749-2

For the local application [to the eyes], use these: With the wash

as has been used, keep that for the local condition of the optic forces, yet now, each evening, see at night, prepare for the eye itself, so it will go on the outside of the lid when it is closed, small quantity or just sufficient to give the proper properties to the physical to throw off the secretions and cleanse those each morning - use the night shade of the tuberous variety, which is the Irish potato here, with very small quantity of Belladonna in the scrapings to be put outside the lids, then the secretions cleansed the next morning from the portions of the eye.

4702-1

The condition for the eyes and for this portion of the circulation being assisted by such adjustments, we would apply those properties as would be found in scraped old potatoes (Irish potatoes). This applied to the eye of evenings, see? Large enough quantity to cover the whole orbit or socket - this bound about with a light cloth until morning, see? applied in the evenings, left until morning. Cleanse this at this time (when this is removed) with a weak solution of Boracic Acid. THEN we would apply drops in the eye, to CLEANSE this. These would be very small quantities of Belladonna. This, as we see, will dilate and keep the eye from its normal vision, but at the same time will allow the ducts to become a normal eliminating source, through the adjustments as are being given at such times to the body. This should be applied with each application, or after each application of the potato (which should be given at least four to five times - every third day, see?). This, we find, will relieve this strain.

4419-1

In the eye and the condition there proper, each evening apply the scraped portions of old Irish potato. That is, not of the new but that of the old: Each morning bathe this off with equal parts distilled water and of the water as distilled from that of Boracic Acid, with Glyco-Thymoline, adding afterwards drops of a 20% solution of Belladonna, and when bathed off again in an hour apply the applicator of the Violet Ray direct.

4363-1

The conditions, then, to be met are those of sepsis, or the re-infection in these condition is, as well as general debilitation as come from all of these - temperature, the blood condition, the supply of energy, nerve force, and all - in the system.

To meet these at present, first we would use small doses of Glyco-Thymoline as an antiseptic for the system. No water taken save carrying that of elm - small pinch to a glass of water, and this taken whenever water is given. Those elements as are in that of small quantity of belladonna, chalk, and those conditions that will produce as food values for the mucus-producing portions of the system, and that will not add to the temperature of the body by producing the infusion of elements that will not be eliminated from the system.

4148-1

A small proportion of Elm water, a pinch of the ground Elm to each glass of water, or some four (4) ounces of Elm Bark to a gallon of water, keep cool, and when this is taken into the system, we would take small quantities of Yellow Saffron tea and this would be taken as medicine. Follow with the Elm water a small quantity of Belladonna and Milk of Magnesia and highly digestive foods to be used to the body to reduce temperature or the hepatic and clear the system, using an Alkaline Intestinal Antiseptic, such as found in Glyco-Thymoline, for intestinal disinfectant where foods lie with the system, and we will bring better condition to the body. Take that found in yogurt, manufactured by Kellogg Sanitarium, Battle Creek, Michigan [GD's note: Battle Creek Sanitarium, established by Dr. John Harvey Kellogg].

3437-1

The brain forces have not been injured. Do not give the body an overdose of any form of sedative. Very small doses of belladonna under the direction of a physician may be given, if there are any more severe attacks. For these lesions have been of such a length of period that corrections will necessarily have to be made, and these may cause reflexes such as to produce (the

corrections) one or two violent reactions - though not as severe as some, provided sweets are kept from the body....

If there is the reaction of an attack, give a small quantity of belladonna (under the physician's direction) and then a good eliminant.

2748-4

Hence those stimulations as indicated, either by the mechanical (osteopathic) massage or by the application of heat to those areas in the 6th, 7th, 8th and 9th dorsal centers, particularly. These are needed to relax the body and allow the proper nerve flow to the area affected.

Also we find that the use of belladonna internally, under the direction of physician, will also be helpful as an allayer for the spasm condition and the lack of activity there.

A little later the injection of oils through the lower colon will be beneficial, to aid in the activity.

1467-7

In the present we find an acute condition which arises from the effects of some of the conditions existent in the system as related to corrections being made in those portions of the pelvis. And this combined with the general condition of the activity of the lower hepatic circulation, has produced a rheumatic reaction, or a congested area that gives acute pain....

In the evening, or when ready for retiring for the night, apply a Belladonna Plaster over the affected areas. Use Energine to remove the plaster, in three or four days.

538-67

We find that small quantities of Belladonna, but necessarily administered under the supervision of a physician, will tend to reduce that spasmodic reaction in the cardiac plexus of the upper stomach.

404-7

Over the kidney area, but rather high up, apply a Belladonna Plaster. (If you will use Energine you won't have any trouble

taking it off; otherwise, it may be a lot of trouble!) Put the plaster on, though, good and tight.

379-15

(Q) Is the belladonna plaster harmful or helpful?

(A) In this case it only proves irritating. This is generally a very good application, but the eliminations are not sufficient, see?

Benzoin

Botanical Name: *Styrax benzoin*

Common Names and Synonyms: Gum Benjamin, Gum Benzoin

Background: The benzoin tree is native to the tropical areas of the Far East. The resin or gum from the benzoin tree is used as an aromatic in perfumes. Medicinally, benzoin is used as an antiseptic treatment for dry, cracked skin and as an expectorant for respiratory conditions such as severe bronchitis. A tincture made from benzoin added to a vaporizer has been prescribed for croup. The resin, also called gum benjamin, ranges in color from pale yellow to red brown and is harvested by making incisions into the tree's bark to establish a flow, which then hardens into lumps.

Benzoin in the Cayce Readings

- Edgar Cayce recommended benzoin for a wide variety of applications, most often as an ingredient in massage oil formulas and inhalant formulas.
- Benzoin was mentioned in 599 readings between 1925-1944 with peak utilization in 1936 (73 readings).
- Benzoin was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with benzoin were as follows:

Turp (Turpentine)	214 readings
Tolu	184 readings
Eucalyptus	148 readings

Olive Oil	124 readings
Creosote	102 readings
Camphor	96 readings
Mutton Tallow	81 readings
Sassafras	73 readings
Myrrh	54 readings
Cedar Wood Oil	54 readings
Canadian Balsam	53 readings

Cayce Quotes on Benzoin

849-35

The absorption of the Benzoin into the muscular forces BY the thorough massage will be a material aid to stimulating the superficial circulatory forces, and thus enabling the body to gain better control of the muscular forces where there has been the inclination for an atrophy or the lack of the vital superficial circulation in the muscular and tendon forces of the lower extremities, especially. This would be massaged, of course, all over the cerebrospinal system, but more particularly through the lumbar and the sacral and the muscular forces of the sciatic nerves and tendons or ends in the hip and the tendon under the knee, and about the

805-5

To 4 ounces of Pure grain Alcohol, add - IN THE ORDER NAMED:

Oil of Eucalyptus.....20 minims,
 Compound Tincture of Benzoin.....30 minims,
 Rectified Oil of Turp.....5 minims,
 Tolu in Solution.....15 minims.

Shake the solution well and inhale the fumes (removing both corks) into the nasal passages, first one side then the other; also into the throat. Do this morning and evening, or when there is the least tendency for irritation in the throat or nasal

passages. This is an antiseptic or a nature that will reduce the irritation produced by congestion, cold, or ANY irritation existent there as indicated in the present.

538-69

We find that material benefit may be had from the use of stupes made with heavy salt, heated and then sprinkled with Compound Tincture of Benzoin. This is not only good as an inhalant for the body, under the conditions, but this applied to the side of the head and over the eye area will be of material benefit in aiding to clear up the conditions with and in the eye. Do not have it too hot, but sufficiently warm that when the compound Tincture of Benzoin is sprinkled on same it will cause quick evaporation. Do not hold it too lose, - don't get it too hot on the face, but the fumes of same close to the face will be most helpful.

303-34

(Q) How may I clear up the wheezing in my right lung?
(A) This naturally comes from weakness and the general debilitation. A few drops of Compound Tincture of Benzoin will relieve the wheezing - this taken internally.

3542-1

At any period when there are severe spasmodic reactions, it will be helpful to have the burning of certain fumes in the room - as in a croup cup or boiling water. To a pint of boiling water, put half an ounce of Compound Tincture of Benzoin. Just breathe the air or the fumes from this - it will be helpful.

658-13

In removing the condition, then, we would use an inhalant for the muco-membranes in head, throat, in the antrums and soft tissue of the face, made in this manner:

To 4 ounces of grain alcohol, add:

Eucalyptus, Oil of.....20 minims,
Rectified Creosote.....5 minims,
Tincture of Benzoin.....15 minims,

Oil of Turp.....5 minims,
Canadian Balsam.....5 minims,
Tolu in solution.....30 minims.

Keep this solution in a container twice the size of the quantity, or an eight ounce glass corked container. Only shake solution together when this is to be inhaled; then inhale deep into the nostrils (that is, from the bottle itself), either side, and into the throat. This solution is only an antiseptic, so far as cleansing powers are concerned, but is very penetrating in its effect and will clear the head. So much, now, for the CAUSES; for these inhalations, as given, are for effects, see?

487-15

To 1 ounce of pure olive oil (heated, not to boiling but heated) add, while the olive oil is still warm, and stir into same in THIS manner this quantity, and in the order as given:

Tincture of Benzoin.....1/2 ounce,
Tincture of Myrrh.....1/4 ounce,
Russian White Oil.....1/2 ounce,
Witchhazel.....1/4 ounce,
Oil of Sassafras.....2 to 3 minims.

Use this night and morning to massage over the right side covering, the caecum area, and also over all portions of the pelvis bone, see? over the upper part to the lower portion of the sacral area; the caecum, the pelvis bone, to the lower portion of sacral area, on the right side.

1144-1

First, we would begin, then, with the FUME BATHS; that is, heating the body in the cabinet - but DO NOT raise the temperature in same too high above the BODILY temperature, or not above a hundred and one (101). And with the heat add the fumes from equal portions of Compound Tincture of Benzoin and witchhazel; preferably heat these and let the fumes rise upon the

body during the period of the bath. This done once a week should be sufficient.

1800-26

(Q) First: T-I-M, a remedy for hemorrhoids, a jar of which T. B. House holds in his hand. Does this product carry enough Tincture of Benzoin to act as an effective astringent in reducing the surplus skin or sac left by the hemorrhoid after it has been assimilated in the system?

(A) In this particular jar here, not sufficient; though it will act as an astringent. But a small quantity added to same would make it more effective, though in some types more irritating.

1208-9

As we find in the present, we would keep the inhalations or the room or air laden with the fumes; but these we would change somewhat from those being used. Prepare same in this manner:

Tincture of Benzoin (NOT the Compound).....1
ounce,
Oil of Eucalyptus.....1/2 ounce,
Oil of Turp.....1/4 ounce.

Put these together. Use a teaspoonful of the mixture in the croup cup, or in the boiling water, so that the fumes are inhaled.

1553-6

Have a GENERAL massage using an equal combination of Olive Oil AND Compound Tincture of Benzoin, over those portions of the limb and along the spine. This will not only aid in quieting the body but the absorption of these properties will stimulate the better circulatory forces, with the suggestive forces as to the activity of the flow of circulation in the system - and thus quieting the nerves, stimulating the ganglia. And especially make this stimulation, through the massage, in the areas of the upper dorsal and across the lumbar and sacral, as well as the limbs - or those centers from which impulses for nerve and blood supply are received for circulatory forces to the limbs.

Black Haw

Botanical Name: *Viburnum prunifolium*

Common Names and Synonyms: American Sloe, Camp Bark, Stagbush

Background: Black haw has been used traditionally as a uterine tonic (to aid in childbirth) and for the prevention of abortion and miscarriage. Native to southern and mid-North America, the root bark of this shrubby tree is also used for the after-pains of childbirth. The reddish-brown inner surface of the bark has a bitter, astringent taste, and produces an antispasmodic effect on the female reproductive system.

Black Haw in the Cayce Readings

- Only two readings discussed the specific action of black haw. One reading utilized black haw root for treatment of the spleen; another reading discussed mentioned the therapeutic action to the upper intestinal tract. The most common systemic problem cited in the readings recommending black haw was cardiovascular (usually hypertension), although pelvic disorders and the after-effects of surgery were cited in a few readings.
- Black haw was recommended in 32 readings between 1921-1924 with a peak usage (14 readings) in 1923.
- Black haw was prescribed in three amounts as follows:

2 ounces	28 readings
1 ounce	3 readings
1/2 ounce	1 reading

- Black haw was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with black haw were as follows:

Tolu	26 readings
Yellow Dock	20 readings
Sarsaparilla	19 readings
Elder Flower	18 readings
Wild Cherry	17 readings
Prickly Ash	13 readings
Calisaya	12 readings
Buchu Leaves	11 readings
Burdock Root	11 readings
Mandrake	11 readings

Cayce Quote on Black Haw

4676-1

The body need not be in the state of worry of the condition. Only bring about that which will equalize the circulation, stimulating the rebuilding centers of the system, so as to produce that vital force necessary to overcome these conditions in the system, creating the equal vibrations to the functioning organs in the trunk portion of body.

In this we will find that which would create this condition in the body: To one gallon of rain water, add:

Burdock Root.....2 ounces,
 Yellow Dock Root.....2 ounces,
 Black Haw Bark.....2 ounces,
 Red Root.....2 ounces,
 Elder Flower.....2 ounces.

Reduce by simmering, not boiling, to one quart, while warm, strain and add:

Balsam of Tolu.....3 drams,
 (cut in the alcohol) with
 Grain alcohol.....6 ounces.

(Q) What is cause of the pain in this body's left side?

(A) Reflexes from the condition in the spleen force itself and the strain as is produced on the nerve and ligaments or this portion of the body. With the action of those elements found in the Black Haw and Red Root, will find these pains will gradually be relieved as the condition producing those is alleviated - splenic action, reflex forces. Keep the intestinal tract open, but not by purging, but rather by the medicinal properties as given here and diet and movement in exercise for the pelvic organs. Not necessary that this be purged if these are taken, circular, bending motion of the body.

3724-1

This we would apply to this body to bring about normal effects in all portions, in all of the circulation and to the nervous structure and its forces in this body. First we would take into the system those properties to produce equilibrium to the circulation and to give to the blood forces to carry forces needed to rebuild within the Cellular force itself, and that which will be absorbed which will act with the system, that is acting at present to produce equilibrium throughout. Take this into the system:

Sarsaparilla Root (preferably green
rather than dried).....6 ounces,
Black haw Bark, dried.....2 ounces,
Yellow dock Rood, dried....2 ounces,
Prickly Ash Bark.....2 ounces,
Elder Flower, dried.....4 ounces,
Wild Cherry Bark, dried....2 ounces.

This will be placed in a gallon of water, rain water preferred, reduced by simmering not boiling to one quart, strain through flannel. While still warm add 4 ounces of Grain alcohol with Balsam of Tolu one-half ounce.

The action of these properties combined within the system are to act on the effects acquired in the lung forces within clarifying blood. The action of certain properties is to rebuild the Hemoglobin within the blood to give more Leukocytes to the blood, as we find in the bark of Wild Cherry and Sarsaparilla. The action of the Duodenum, pancreatic juices to the stomach and the intestinal forces are well applied from those of Blackhaw and

Dock root, those to function of the organs of the Pelvis from the Elder Flower and the Balsam of Tolu with its action on those organs. The alcohol force is to create more of the grape sugar within the stomach itself.

Dose of this would be a tablespoonful three times a day...

Black Root

Botanical Name: *Leptandra virginica*

Common Names and Synonyms: Culver's Physic, Culveris Root

Background: Herbalists typically recommend black root as a reliever of liver congestion and for inflamed gall bladder. Black root may also be used as a tonic for the stomach, and in the treatment of diarrhea, dysentery, and cholera. Introduced into European herbalists by the Seneca Indians the rhizome and root portions should be dug in the fall and stored for a year before use. Although odorless, the roots and rhizome have a bitter constituent (leptandrin) and there is a notable difference between the action of the dried and the fresh herb. The dried root gently stimulates the liver and increases the flow of bile without undue strain on the bowels.

Black Root in the Cayce Readings

- Edgar Cayce did state the specific action of black root in the readings recommending this herb. The most common systemic problem cited in these readings was toxemia. Ten of these readings cite problems with the liver or liver-kidney axis, a frequent cause of toxemia in the Cayce readings.
- Black root was prescribed in 49 readings between 1921-1928 with a peak utilization in 1924 (13 readings).
- The typical dosage of black root in the Cayce readings was as follows:

2 ounces	39 readings
1 ounce	8 readings
1/2 ounce	2 readings

- Black root was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with black root were as follows:

Yellow Dock	41 readings
Tolu	39 readings
Burdock Root	29 readings
Elder Flower	28 readings
Sarsaparilla	28 readings
Wild Cherry	26 readings
Buchu Leaves	22 readings
Mandrake	16 readings
Calisaya	14 readings
Sassafras	9 readings
Stillingia	9 readings

Cayce Quote on Black Root

4885-1

We would give, then, that which would create the balance in this body, to produce the proper conditions throughout, enlivening or giving revivification to the blood supplying forces and assisting nature - that is the store-house of medicinal properties, in the stomach itself, to give the proper function to the system. Take this:

Dogwood Bark.....2 ounces,
Prickly Ash Bark.....2 ounces,
Buchu Leaves.....1/2 ounce,
Black Root.....2 ounces,
Elder Flower.....4 ounces.

This should be put into one gallon of water, reduced by simmering, not boiling, to one quart. Strain; and add one half pint spiritus frumenti, 8 years old, with six ounces of sugar, beet sugar preferred.

A dose of this would be a tablespoonful four (4) times each day.

4679-1

To remove these, we would take this in the system as that to correct the functioning in blood supply and in producing elimination and assimilation properly, and to give the incentives for the organs to function correctly.

To one gallon of rain water, add:

Wild Cherry Bark.....4 ounces,
Yellow Dock Root.....2 ounces,
Burdock Root.....2 ounces,
Black Root.....2 ounces,
Elder Flower.....4 ounces.

Reduce by simmering (not boiling) to one quart. Strain while warm, and add three drams of Balsam of Tolu, cut in four ounces of grain alcohol.

4650-1

To remove the condition from the system, to give the permanent relief is not to treat the local condition first and only, but the seat of the trouble, see, which is through the action of the eliminating organs of the system, giving the perfect elimination and effect the better assimilation of properties for this body. Take this into the system:

To one gallon of rain water, add:

Yellow Dock Root.....2 ounces,
Burdock Root.....2 ounces,
Black Root.....2 ounces,
Yellow Root.....2 ounces,
Calisaya Bark.....2 oun

Black Snake Root

Botanical Name: *Cimicifuga racemosa*

Common Names and Synonyms: Black Cohosh, Squaw Root

Background: Native to Canada and the United States, this herb grows as far south as Florida. It grows to a height of 8 feet with deeply serrated leaves and is topped by cream-white spiked flowers. The herb is harvested in the fall after the fruits have ripened. The plant's roots and rhizome should be cut lengthwise and dried. Black snake root is used to ease the pain of childbirth and menstrual cramps, and because it was used by the Indians, received the name Squaw Root. It relaxes the female reproductive system and is used to relieve hot flashes during menopause. Black snake root is also used in the treatment of rheumatic pains, neuritis, rheumatoid and osteoarthritis. In small doses, it improves digestion and appetite, while larger doses augment the secretions of the intestines, kidneys, skin, and mucous membranes.

Black Snake Root in the Cayce Readings

- Edgar Cayce recommended black snake root as a digestive aid working especially with the stomach, liver and lacteal ducts.
- Black snake root was mentioned in approximately 51 readings between 1922-1943 with a peak utilization in 1922 and a notable decline thereafter.
- Black snake root was prescribed in the following amounts:
 -
 - 2 ounces
 - 22 readings

- 1 ounce
 - 1/2 ounce
 - 1/4 ounce
 -
 - 11 readings
 - 9 readings
 - 4 readings
- Essence or extract of black snake root was also infrequently prescribed (1/4 ounce - 3 readings; 1/2 ounce - 1 reading).
 - Black snake root was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with black snake root were as follows:

Yellow Dock	41 readings
Tolu	39 readings
Burdock Root	29 readings
Elder Flower	28 readings
Sarsaparilla	28 readings
Wild Cherry	26 readings
Buchu Leaves	22 readings
Mandrake	16 readings
Calisaya	14 readings
Sassafras	9 readings
Stillingia	9 readings

Cayce Quotes on Black Snake Root

636-1

Then the essence of the black snake root is an active principle with the lacteal ducts that make for secretions in the system that stimulate a capillary circulation ...

5653-1

... Black Snake Root 1/2 ounce - this being as an emit, and as an active force in gastric juices, in the combination with the others.

Blackberry Root

Botanical Name: *Rubus fruticosus*

Common Names and Synonyms: Common Blackberry

Background: This common shrub is widespread throughout the world. Blackberry leaves are used for throat infections and inflammations. Blackberry makes an excellent syrup which is useful in treating dysentery. The bark around the roots has been used for relaxed conditions of the bowels.

Blackberry Root in the Cayce Readings

- Blackberry root was recommended in 1 reading (3888-1) for a woman suffering from general debilitation and toxemia. The specific action of the blackberry root in a complex formula was not given.

Cayce Quote on Blackberry Root

3888-1

To one gallon of rain water, add:

Wild Cherry Bark.....4 ounces,
Sweet Gum.....2 ounces,
Yellow Dock Root.....2 ounces,
Blackberry Root.....1/2 ounce,
Golden Seal.....1/2 ounce.

This would be reduced by simmering to one quart; strain, and while warm, add,

Grain Alcohol.....4 ounces, and
Ambergris.....20 grains.

The dose would be two teaspoonsful three times each day.

Blood Root

Botanical Name: *Sanguinaria canadensis*

Common Names and Synonyms: Sanguinaria, Indian Paint, Red Puccoon, Red Root, Tetterroot

Background: Herbalists mainly use blood root in the treatment of bronchitis due to the emetic and expectorant properties of this herb. This toxic herb has a strong, bitter, acrid taste. American Indians used the red juice not only for decorating the body and as an insect repellent, but also as a remedy for sore throat and swellings. The orange-red underground stem produces, at intervals, a white bud enveloped in a single folded leaf. After flowering, the palmate leaf, lobed and pale green-gray, reaches maturity. The name Sanguinaria comes from the Latin, sanguis which means blood. The term refers to the red-colored sap which is found in the rhizomes.

Blood Root in the Cayce Readings

- Edgar Cayce recommended blood root (sanguinaria) as an eliminant and internal cleaner working especially with the liver and gall bladder.
- Blood root was mentioned in approximately 77 readings between 1922-1943 with peak utilization between 1922-1924.
- Blood root was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with blood root were as follows:

Leptandrin

66 readings

Mandrake	42 readings
Cascara	35 readings
Senna	23 readings
Dover's Powder	18 readings
Licorice	14 readings
Sarsaparilla	11 readings
Tolu	11 readings
Camphor	6 readings
Yellow Saffron	6 readings

Cayce Quotes on Blood Root

5451-4

Take, as an eliminator, this: As we see, it will not be necessary to take more than two doses, and the doses - after the eliminations - should be followed by those of Fletcher's Castoria, at least a whole bottle, or a small bottle of nine hundred drops of same. This as each dose of the eliminator, see?

Podophyllum.....1/4 grain,
 Leptandrin.....1/2 grain,
 Dovers' Powders.....1/2 grain,
 Sanguinaria.....1/2 grain,
 Cascara Sagrada (powdered)....1/4 grain.

Take this in capsule, preferably in evening. Let one day be between each dose.

4997-1

To give the better incentives, to relieve the conditions in this body, and give them the normal flow of blood supply of the gall duct in its functioning of the secretions of the intestinal tract, and to give the balance between the eliminating and assimilating forces in the body, we would take this into the system:

We would first take three doses of this; one every other day and only three:

Podophyllin.....1 grain,
 Leptandrin.....2 grains,
 Sanguinaria.....1 grain.

This would be for the dose. Take three.

4887-1

In this manner, then, would this be accomplished: First it would become necessary to produce such reaction in the liver and in the duodenum that would bring the better exercising or functioning of the gall ducts and the effect same creates in the system. This then we would have prepared. This as each dose, in capsule, and prepare three:

- Podophyllum.....1/2 grain,
- Leptandrin.....1 grain,
- Cascara Sagrada.....1/2 grain,
- Sanguinaria.....1 grain,
- Senna.....1/2 grain.

4438-3

(Q) Should the Dr. Hinkle pills be taken for the constipation, or what would you advise?

(A) Any of the cathartics that are reactive to the system will be well. As we find, this prescription would be preferable, with the conditions that exist - this would be one dose, and several of the capsules may be prepared:

- Podophyllum.....1/4 grain,
- Leptandrin.....1/2 grain,
- Sanguinaria.....1/4 grain,
- Cascara Sagrada.....1/4 grain,
- Senna.....1/4 grain.

This should be thoroughly mixed, and may be given in capsule. It will not be found necessary to use this more than every other day, or every third day.

4202-1

Taking for the constitutional condition and to adjust the system, these properties: To one gallon of rain water add:

- Sarsaparilla.....2 ounces,
- Wild Cherry Bark.....2 ounces,
- Sanguinaria Bark.....2 ounces,
- Yellow Dock Root.....2 ounces,
- mandrake Root.....40 grains,
- Buchu Leaves.....15 grains,
- Elder Flower.....4 ounces.

Reduce by simmering (not boiling) to one quart. Strain while warm. Add six ounces of grain alcohol, with two drams Balm of

Gilead put in solution.

4177-2

To give the normal condition, then, for the body from this condition at present, follow much of those as were given in the first, see? and for the specific condition, we would take these properties in the system, those as will be found in this combination:

Podophyllum.....1/2 grain,
Leptandrin.....1 grain,
Sanguinaria.....1 grain,
Dover's Powders.....1/4 grain.

This would be one dose, see? These should be put in capsules, and one taken one evening, skip one day, the next taken the next, see, after skipping one day. Two should be sufficient. This is to give a full action on the intestinal tract, without producing the aggravating of the system to the extent as to produce an over excess of the secretion as would be thrown into the system from the lymphatics of the intestines.

4176-1

We would take into the system this:

Podophyllin.....5 grains,
Leptandrin.....10 grains,
Sanguinaria.....2 grains,
Capsicum.....1 grain.

Mix well together - fill capsules, small size. Dose one capsule before retiring. This keep up for three days - then skip three days before taking again. The action of these principles in the system is to relieve the congestion of the liver, to make the proper secretive forces function through the liver in the proper or intestinal digestion, and rid the lower end of the stomach of that which forms in the stomach with this kind of condition in the body. This will carry in the circulation the destruction forces, or create in the blood more of the white blood cells or forces to destroy the bacilli in the body.

1898-1

Make three capsules, EACH containing the following ingredients:

Podophyllin.....1/4 grain,

Leptandrin.....1 grain,
Sanguinaria.....1 grain,
Dovers' Powders.....1 grain.

Take one of the capsules each day for three days. This should be sufficient. As we find, these should be given with PLENTY of water being taken at the time. Take one capsule each evening for three days.

Following the taking of these, even after these properties have acted upon the system, there should be a thorough cleansing of the alimentary canal with high enemas, so that the effects of these properties may be removed; for the Leptandrin and Sanguinaria, as well as the Podophyllin, will act upon the gastric flows through the liver. While some of these are severe, their reaction should not be so if combined with the others in the proportions as indicated.

257-16

Take a purgative that will arouse the liver to activity, that will draw blood away from the congestion, until the system is equalized, see? While congestion is necessarily relieved by increased circulation, but the congestion HERE has left drosses. Hence the nerves of face, teeth, neck, head, show as pressure created. Hence increasing eliminations through the hepatic circulation. Take at least two (2) doses of this - one as soon as may be taken, the other in the morning, see? This in each dose; preferably in capsule:

Podophyllum.....1/2 grain,
Leptandrin.....1 grain,
Sanguinaria.....1 grain,
Cascara Sagrada.....1/2 grain,
Senna.....1/2 grain. See?

243-2

To prevent temperature, which there is some at present, in this body, Miss [243], we are speaking of, we would these compound for the system so as to give correct incentive to the functioning of the secreted and excreted forces, and a stimulant throughout the viscera and to the pancreatic forces diminishing the acid and producing more of a lactic state within the body itself and take this into the system:

Podophyllin.....10 grains,
Leptandrin.....5 grains,
Sanguinaria.....5 grains,
Dovers Powders.....3 grains.

Mix well together and put in 3 grain capsules. The dose will be one of these each evening.

191-1

To meet the needs of the conditions, so that there IS the PERMANENT elimination of the disorders from the system: First we would use those of an ELIMINANT that will cause activity within the blood stream proper, and the causing of an activity in the hepatic circulation as to produce a normal return of the plasm in the division of the blood supply, producing an activity in the liver at the same time. These we would find in this, and we would take three of these, one day apart; that is, take one - rest a day and then take the next - rest a day, taking the next - see?

Podophyllin.....1/2 grain,
Leptandrin.....1/4 grain,
Sanguinaria.....1/4 grain.

This should be put in capsule, and this divided into the three doses, see? To add with this, as the CARRIER, we would take those of the Cascara Sagrada 1/2 grain, making then the capsule of the whole amount into three divisions, after they are well compounded.

Buchu

Botanical Name: *Barosma betulina*

Common Names and Synonyms: Buchu leaves

Background: Buchu is a traditional black South African herb indigenous to the southwest region of Cape Colony where it was used by the Hottentot people as a stimulant tonic and soothing stomach remedy. Today herbalists recommend buchu for urinary conditions such as cystitis, bladder irritation, and prostrate problems. Buchu is thought to absorb excessive uric acid, thus reducing bladder irritations. The glossy leaves, smooth and shiny, have oil glands throughout the leaf. Very brittle when dry, the leaves have an odor similar to black currant and are strongly aromatic to the taste. A tea can be especially useful for burning urination.

Buchu in the Cayce Readings

- According to the Cayce readings, the intended action of buchu was as a stimulant and cleanser for the urinary system and pelvic organs.
- Buchu was mentioned in 144 readings between 1922 and 1944.
- Buchu utilization decreased markedly from a peak period during 1923-1924. A notable increase occurred in 1944.
- Buchu leaves were recommended with the following frequency:

15 grains	35 readings
20 grains	21 readings
30 grains	16 readings
10 grains	10 readings

3 grains	8 readings
40 grains	1 reading
1 grain	1 reading
5 grains	1 reading
1 dram	12 readings
1/2 dram	5 readings
2 drams	1 reading
3 drams	1 reading
1/4 ounce	7 readings
1/2 ounce	6 readings
1 ounce	2 readings
2 ounces	1 reading
10 minims	1 reading

- Tincture or essence of buchu was recommended with the following frequency:

10 minims	4 readings
20 minims	4 readings
2 minims	1 reading
1/4 ounce	2 readings
1/2 dram	1 reading

- Buchu juice (2 drams) was prescribed in one reading.
- Buchu was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with buchu were as follows:

◦		◦	
◦	Tolu	◦	114 readings
◦	Yellow Dock	◦	102 readings
◦	Mandrake	◦	100 readings
◦	Sarsaparilla Root	◦	93 readings
◦	Wild Cherry	◦	84 readings
◦	Burdock Root	◦	62 readings
◦	Elder Flower	◦	53 readings
◦	Calisaya	◦	44 readings
◦	Prickly Ash Bark	◦	41 readings

◦ Sassafras Bark Root

◦ 25 readings

◦

Cayce Quotes on Buchu

4815-1

... the excretory system, affected by that of the Buchu Leaves ...

1278-1

That of the Buchu leaves and Elder Flower, are for those effects in the kidneys and the pelvic organs.

259-149

Do not become alarmed because it increases the activity of the kidneys; this is to wash or to cleanse same, for the properties of the Buchu Leaves in this makes for a cleansing in that direction.

4650-1

... for the stimulus and the effect to reduce the kidney action is given in the Buchu ...

5287-1

(Q) How may constipation be overcome?

(A) Read these conditions as we have indicated here, we will find that so far as even the tonic is concerned, the active principle is in the Podophyllin as well as in the Buchu leaves for the organs of the pelvis, and the activity of the kidneys and bladder, which at times gives disturbance from the sympathetic conditions, and these will relieve headaches which occur occasionally.

1358-1

(Q) Is there a gravel condition in the kidneys?

(A) As has been indicated, rather a slowed circulation which makes for a sedimentary condition.

Hence not only the Buchu Leaves in the Vinol will cleanse the kidneys but the added activity of the Nitre in its proportions from the Watermelon Seed Tea, will clear same ...

643-1

While the Buchu cleanses the kidneys from any of these poisons in such a manner as to make for bettered conditions.

257-149

This will act as a stimuli, as an emit, as a corrector of the circulatory forces. Do not become alarmed because it increases the activity of the kidneys; this is to wash or to cleanse same, for the properties of the Buchu Leaves in this makes for a cleansing

in that direction.

Burdock

Botanical Name: *Arctium lappa*

Common Names and Synonyms: Beggar's Buttons, Thorny Burr, Gypsy's Rhubarb, Fox's Clote, Cockle Buttons

Background: Burdock grows wild throughout much Europe and the northern United States. Traditionally, burdock was used as a blood purifier and to treat skin sores. Today burdock is also used as a systemic cleanser and is particularly noted as a liver purifier and hormone balancer, especially in cases of skin, arthritic and glandular problems. The large-leafed plant bears thistle-like red or purple flowers set in a round, fruiting head, covered with burrs. Burdock grows wild along field borders from July to September and the burrs cling to the fur of any passing animal or to a person's clothing. The idea for the product known as Velcro came from the sticking quality of the burrs.

Burdock in the Cayce Readings

- According to the Cayce readings, the intended action of burdock was as a digestive stimulant to the stomach, intestines, pancreas and liver.
- Burdock was mentioned in 160 readings between 1911 and 1944.
- Burdock utilization peaked in 1923 and decreased markedly with a notable increase during 1934-1935.
- Various amounts of burdock root were recommended with the following frequency:
 -

-
-

2 ounces	74 readings
1 ounce	29 readings
1/2 ounce	27 readings
1/2 ounce	4 readings

-

- Tincture or essence of burdock root was recommended as follows:

-
-
-

1/2 ounce	8 readings
1/4 ounce	4 readings
10 minims	1 reading
40 minims	1 reading

-

- Fluid extract of burdock root was recommended in 8 readings:

1/2 ounce	5 readings
1/4 ounce	1 reading
2 ounces	1 reading
40 minims	1 reading

- Elixir of Burdock root (1 ounce) was recommended in 1 reading. "Yellow burdock" was prescribed in three readings (1 ounce - 2 readings; 2 ounces - 1 reading) between 1920-1922.
- Burdock was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with burdock were as follows:

Yellow dock	142 readings
Tolu	133 readings
Sarsaparilla	97 readings
Wild Cherry	88 readings

Elder Flower	80 readings
Buchu Leaves	62 readings
Mandrake	56 readings
Prickly Ash Bark	49 readings
Calisaya	43 readings
Black Snake Root	31 readings

Cayce Quotes on Burdock

1012-1

The Burdock is an activative force with or in the juices through the hydrochloric area, or in the pylorus.

4650-1

We find these conditions, for the condition to produce the proper secretions to the pancreas and to give the correct functioning of the liver these elements are added in those of the Burdock and Yellow Dock root ...

Calamus

Botanical Name: *Acorus calamus*

Common Names and Synonyms: Sweet Flag

Background: Herbalists use calamus in the treatment of gastrointestinal disorders such as dyspepsia, gastritis and gastric ulcers. It is considered a specific for colic resulting from flatulence. Calamus, or sweet flag, should be harvested in the Autumn. The rhizome should be free of dirt and excess leaves, split lengthwise and dried in the shade. It is used to stimulate a poor appetite and ease flagging energy from poor digestion.

Calamus in the Cayce Readings

- Calamus was most often used as an ingredient in a massage oil formula (7 readings), although 2 readings included calamus as an ingredient in complex tonics. Edgar Cayce did not give the specific action of calamus in any of these readings.
- Calamus was mentioned in 9 readings between 1932-1944 with a peak utilization in 1943 (7 readings).
- The amounts of calamus varied as follows:

10 drops	3 readings
2 drops	2 readings
4 drops	1 reading
1/4 ounce	1 reading

1/2 ounce	1 reading
1 dram	1 reading

- All seven massage oil formulas included olive oil and myrrh. One of these readings also included oil of lavender.

Cayce Quotes on Calamus

3461-1

When the hot applications or hot baths are given along the spine, over the diaphragm, over the limbs, massage the body with this combination of oils:

Olive Oil (heated).....2 ounces,
Tincture of Myrrh.....2 ounces,
Calamus Oil.....1 dram.

3428-1

At least once each week we would have a general hydrotherapy treatment, including first a mild Cabinet Sweat followed by a needle shower, and then a massage using this combination of oils:

Olive Oil (heated).....2 ounces,
Tincture of Myrrh.....2 ounces,
Calamus Oil.....10 drops.

Massage these oils into the spine itself, also in the areas especially of the ribs, around each rib, around the central bone or sternum or breastbone, around the collarbone, especially over the areas of the 9th dorsal, 11th and 12th dorsals, and throughout the sacral areas.

3125-1

To 2 gallons of Distilled or Rain Water, add - in the order named:

Yellow Dock Root.....2 ounces,
 Burdock Root.....1 ounce,
 Calamus Root.....1/2 ounce,
 Black Snake Root, or Snake Root.....1 ounce,
 Red Root.....1 ounce,
 Buchu Leaves.....1 dram,
 Cincho Bark.....2 grains,
 Podophyllin (dry).....1 grain,
 Elder Flower.....4 ounces.

Reduce by slow boiling, in an enamel container with an enamel or glass top (not tin or metal), to 1 gallon. When partly cooled, cut 4 drams of Gum of Elm in the alcohol - that is, cut 4 drams of the Tolu elm, or Balsam of Tolu, in 6 ounces of Grain Alcohol, and add to the solution.

The dose will be a teaspoonful four times each day, before each meal and at retiring.

1111-1

Take 32 ounces distilled water. To this add 3 ounces clary flower, or garden sage (dried). Reduce this by slow boiling to 1/2 the quantity. Strain, and while still warm add 10 grains ambergris dissolved in 1 ounce alcohol, 1/2 dram Oil of Juniper.

Dissolve 2 ounces beet sugar in 2 ounces of distilled water. To this add Essence of Calamus root 10 minims, Essence of Wild Ginseng 5 minims.

Then add this to the other solution, with 1 dram of Cinnamon (preferably in the stick).

Shake the solution before the dosage is taken, which should be half a teaspoonful before each meal.

It would be well that there be added a sufficient amount of gin to the solution to act as a preservative, 2 to 4 ounces.

Calisaya

Botanical Name: *Cinchona calisaya*

Common Names and Synonyms: Jesuit's Powder, Yellow Cinchona

Background: Native to the tropical valleys of the Andes from Columbia to Bolivia, the bark of the cinchona calisaya is the source of quinine, a standard treatment for malaria. (See also Peruvian Bark.) Calisaya is the most important evergreen of the cinchona genus, encompassing forty species of evergreens, because calisaya has the highest quinine content. Although native to the South American Andes, Calisaya trees are cultivated on plantations, mainly in Java for their commercial value. After ten years of growth, trees are felled and stripped of the yellow bark, roots, and branches. Some 70 to 80 per cent of the total alkaloids found in the cultivated tree bark is quina (quinine). The reddish-brown powder is also known as Jesuit's Bark.

Calisaya in the Cayce Readings

- Edgar Cayce primarily recommended calisaya as a blood purifier and aid to digestion.
- Calisaya (*Cinchona calisaya*) was mentioned in over 300 readings between 1921 and 1945. The calisaya variety of cinchona may have also been intended in additional readings in which other names were used: Chincona (13 readings)

and Chinco (13 readings). (See also Peruvian Bark - *Cinchona succirubra*.)

- Calisaya utilization decreased markedly from 1924 -1937.
- Calisaya was typically recommended as either an elixir or as bark:

Elixir of Calisaya	263 readings
Calisaya Bark	68 readings

- Dosages for calisaya varied as follows:
Calisaya Bark

2 ounces	32 readings
1 ounce	27 readings
1/2 ounce	5 readings
1 1/2 ounce	1 reading
1/4 ounce	1 reading
Calisaya Elixir	

1/2 ounce	112 readings
1 ounce	38 readings
2 ounce	38 readings
1/4 ounce	28 readings
4 ounces	23 readings
3 ounces	7 readings
1 1/2 ounces	8 readings
1 dram	1 reading
2 drams	2 readings
40 mimims	1 reading

- Calisaya was typically recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with calisaya were as follows:

Valerian	171 readings
Potassium Iodide	161 readings
Capsicum	159 readings
Potassium Bromide	139 readings
Sarsaparilla	134 readings
Wild Cherry	123 readings
Tolu	122 readings
Stillingia	111 readings
Yellow Dock	87 readings
Sassafras	72 readings

Cayce Quotes on Calisaya

4815-1

Assist in the elimination by the Dogwood and Calisaya, which will affect directly that of the pancreas and the upper digestive forces ...

1192-4

The Calisaya as a clarifier for the blood supply, and PRODUCING in the digestive system an easier assimilation. Because it tastes bad, don't leave it off at times - it's bitter!

4742-1

In those of the Calisaya, we find as a stimuli to the circulation, a cleansing, a giving of strength to those of the nerves that govern the circulation as related to the red blood supply.

5509-1

Stillingia - an active force in the functioning of the liver, as related to the pancreas, and IS a stimuli TO same, as is the Calisaya, and ESPECIALLY the Calisaya with Peruvian Bark SYRUP will aid in destroying that tendency of WEAKNESS in the distribution of that assimilated

276-5

Calisaya - a purifier in the blood forces, and to stimulate the activities of those overactions in the blood to become centralized - or the accumulations in the blood itself; for this acts with the corpuscles and hemoglobin of that assimilated.

4650-1

... Calisaya is given in the system, which acts as the cleanser for

the blood ...

4721-2

(Q) What is the condition of the spleen?

(A) Taxed through the strain mentally and through the nerve system general. The Stillingia and Calisaya, especially, for the liver and spleen.

1101-4

(While the Elixir of Calisaya makes the compound very bitter, it will add to the system - in these combinations - the tendency for the blood supply, through the circulatory forces and the assimilation through the lacteal ducts, to prevent the inflammation that arises through separation of cellular forces in blood stream.)

Chamomile

Botanical Name: *Chamaemelum nobile* or *Matricaria recutita*

Common Names and Synonyms: Perennial Chamomile, English Chamomile, Roman Chamomile, German Chamomile

Background: Chamomile is probably the most widely used relaxing herb in the western world. Chamomile's anti-inflammatory, analgesic, and disinfectant properties have been applied to urinary infections, diaper rash, earache, sore nipples, toothache and neuralgia. The flowers have white petals, yellow centers and once they are dried, the flowers and leaves can be made into a soothing tea which has relaxing properties.

Chamomile in the Cayce Readings

- Most often, Edgar Cayce recommended chamomile as a tea to settle the stomach and work with the mucous membranes of the intestinal tract.
- Chamomile was mentioned in 22 readings between 1923-1941.
- Chamomile was spelled as "camomile" in the Cayce readings.
- Chamomile was often used in conjunction with other herbal teas with similar activity. Most notably, chamomile was mentioned in the same readings with yellow (American) saffron in 16 readings and slippery elm water in 8 readings.

Cayce Quotes on Chamomile

5611-1

Then, to meet the needs at the present time - the body should have absolute quiet and rest, and we would give only those properties in the system in the manner of drinking water that would carry those vibrations that will aid the whole of the alimentary canal, as well as the stomach itself in creating sufficient of the mucus-producing properties as will coordinate and vibrate with the body itself. These we would find in using small quantities of the elm water, or elm bark in water - alternated with those of saffron or camomile - either of these, or all of these in small quantities should be taken. No water taken should be other than little colder than tepid, and not too much taken at any one time.

4798-1

There are also those lymphatic conditions that affect in the present the lymph circulation, and the respiration and pulsation of the body. The latter are of an acute condition of a temporary nature, which - with the proper precautions in activities, diet, the preventing of the taking of cold, and the eliminations kept above the normal - will soon disappear. These we would keep active with a mild form of stimuli to the respiratory system, especially from the digestive and lymph area, as a mild form of camomile tea, or saffron tea, that is palliative to the digestive system, and that will make for the proper eliminations, preventing the accumulations of drosses that would affect the system in any way by not being eliminated; keeping the intestinal tract rather active, keeping the body quiet, and the diet rather that of the liquid diet.

4204-1

A mild camomile and saffron tea combined, see? Proportion about one to twenty (1 to 20) of each and this combined, and then mix with water and cooled. This, as we find, will reduce inflammation throughout the mesenteric system.

2884-3

We also will find that occasionally camomile tea, made in the same way and manner - this used instead of the Saffron, will enable the system - with these being kept in the line as has been outlined - to create more of a muco-membrane in the stomach and intestinal system, see? and keep up those rubs as given for

the limbs, and we will find changes coming about, betterments for the body.

1788-8

At least three times each day give a mild camomile tea, to reduce the disturbance in the intestinal tract and especially to settle the stomach. Pour a pint of boiling water over a teaspoonful of the camomile and allow to steep as tea. These would be the proportions. The dosage would be a teaspoonful three times a day - of the tea, you see; made in the manner indicated.

712-1

Camomile tea and Saffron tea altered form time to time, a little of these in place of water at times, will settle the stomach and make for the releasing of the irritations.

641-7

We would keep to the taking, more often, the Saffron Tea as indicated; and we would change or alternate this at times with Camomile Tea. For these tend to form, in the regular activities of the body, the best in the gastric flows for the intestinal disorder.

566-5

Keep rather the camomile tea as a drink; this not too hot but warm - or palatable for the body; and it will affect that tendency for the reduction of the temperature.

324-4

Hence we will find that the body should be kept quiet. Keep it out of drafts. Then, give sips of such tea as the camomile, to keep towards the capillary circulation. Put about a pinch of camomile to a whole cup full of hot water, and give it in sips when water is desired. In this manner give a teaspoonful or two to three teaspoonsful about three to four times each day.

Camphor

Botanical Name: *Cinnamomum camphora*

Common Names and Synonyms: Laurel Camphor, Camphor Laurel

Background: The clippings, roots and wood chips of the camphor tree are processed to produce camphor crystals and camphor oil. In addition to the aromatic quality of camphor, it is used medicinally in massage compounds, lip salve and inhalants. The camphor tree is native to eastern Asia and is a close relative of the cinnamon tree. The sturdy tree has glossy dark green aromatic leaves. When mature, the tree can reach a height of 100 feet. The wood repels insects, moths, and is very durable against the erosion of salt air. In days gone by, the wood was used by sailors to moth-proof their clothes. Camphor is extracted from the wood by steam distillation, which yields transparent crystals. More recently an extraction from the leaves has also produced camphor crystals. The camphor oil is an agent which eases bruises, inflammations, and joint pains.

Camphor in the Cayce Readings

- Edgar Cayce recommended camphor in a wide variety of applications, the most common applications were:
 - Spirits of camphor was prescribed for use in a solution jar

- with the wet cell battery and radial appliance;
- Camphor gum was sometimes combined with morphia and other substances to produce a sedative effect;
- Camphorated oil was recommended as a massage oil and camphor was included in various complex massage oil formulas;
- Combined with turpentine and mutton tallow, camphor was often used for hot packs and rubs;
- Camphor and baking soda paste was typically recommended to remove warts and corns;
- Camphor combined with lanolin and peanut oil was suggested for scar absorption.
- Camphor was mentioned in 694 readings between 1922-1944 with peak utilization in 1935 (65 readings).
- Camphor was typically used in conjunction with other substances. Although a wide diversity of formulas and applications were given, the most common substances mentioned in the same readings with camphor were as follows:

Turpentine	321 readings
Mutton Suet or Tallow	317 readings
Olive Oil	142 readings
Benzoin	99 readings
Peanut Oil	65 readings
Sassafras	48 readings
Morphia	45 readings
Cedar Wood Oil	46 readings
Pine Needle Oil	30 readings
Witch Hazel	34 readings

Cayce Quotes on Camphor

5710-1

To give the more perfect elimination and to add that vital force necessary to keep this body, [5710] we are speaking of, to its high point and effort or vital forces with these conditions, we would take in to the system, that, that would give the necessary force to the body and take along the whole length of the spine,

especially at the 5th to 7th cervical and 1st and to the 6th dorsal, but over the whole length, vibrations from an electric driven vibrator. As for the tonic for the system -

Gum Camphor.....20 grains,
Sulfate of Morphia.....3 grains,
Muriate of Iron.....30 grains.

These would be well mixed and made into thirty pellets or pills, one be taken every evening, see. The vibrations would be kept up until the body feels physically fit throughout. It is only to assist all nerve centers along the spine to alleviate and to eliminate properly.

287-1

The gum camphor is a stimulant to the sensory organism, especially to the mucus coats of all the nasal and eye and ear and throat cavities. It tends to rise, as it were, to this portion of the body.

1800-6

(Q) What would the spirits of camphor cure [when used in an electrotherapeutic solution jar]?

(A) Nausea and summer complaints. Any intestinal disturbance.

4637-1

Use as an inhalant, that of Spirits of Camphor, see? for the nostrils.

1101-3

(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.

831-1

(Q) Are any brain cells weakened or destroyed?

(A) As indicated. None are destroyed. All are under a stress from a weakened condition in the urea in the blood itself from the

lack of elements necessary to create a balance. And the Gold, which will be combined in a solution of one grain to one ounce of distilled water, will act upon the glands of REPRODUCTIVE cellular force in the body and PREVENT any inroads into the destruction of the gray matter in the nerve forces of the body or brain. And the Camphor (that is, the activity of the VIBRATIONS of same, not the property itself) is to prevent an irritation along the walls of the nerve centers and the internal centers of brain forces and nerve cellular forces themselves.

860-1

When attaching the Camphor [with the wet cell battery] we would make the first attachment in the 3rd and 4th cervical center, the larger plate with the current passing through the regular solution of Spirits of Camphor being attached at the ganglia of the plexus opposite the cardiac portion of the stomach proper; so that we may have the settling from this nausea that occurs at times in the stomach - and the headaches. This solution would be attached not over thirty minutes, twenty to thirty minutes.

1268-1

(Q) Is there any immediate danger of Rickets?

(A) This is foolish! If there was, we would have given it! We have given those things for the keeping of the body in its nominal, normal development. Oil rubs and camphorated oil rubs will DO MORE for the correction of the properties that make for the structural development than all the fish foods that you can ever give!

779-24

We would use the Fume Baths, about once each week. In the fumes that settle over the body, we would use preferably for this body an equal combination of Spirits of Camphor and Oil of Wintergreen; about half a teaspoonful of each in the pint of water used for the Fumes. These would be better than taking internal medicines.

(Q) Kidneys?

(A) Toxic forces overactive in the kidneys. Hence the very character and the nature of the Fumes - the combination of the Camphor and the Oil of Wintergreen.

2015-10

(Q) Will continued use of Camphorice [recommended in 2015-6, Par. 10-A] gradually eliminate scar on arm (resulting from severe burn 2 years ago)?

(A) Camphorice, or better - as we find - Camphorated Oil. Or make the own Camphorated Oil; that is, by taking the regular Camphorated Oil and adding to it; in these proportions:

Camphorated Oil.....2 ounces,
Lanolin, dissolved.....1/2 teaspoonful,
Peanut Oil.....1 ounce.

This combination will quickly remove this tendency of the scar - or scar tissue.

Canadian Balsam Fir Needle Oil

Botanical Name: *Abies balsamea*

Common Names and Synonyms: Canadian balsam, oil of turpentine

Background: A by-product of the resin, balsam is a pale yellow to clear oil, steam-distilled from the needles of the Canadian balsam. It has a pleasing sweet, woody, balsamic scent and is sometimes used in perfumes and shampoos.

Canadian Balsam in the Cayce Readings

- As an inhalant, Canadian balsam was combined with other herbs to clear head colds and treat bronchitis, asthma, sinusitis, tuberculosis, and to also alleviate or control painful breathing. Caution should be taken not to breathe in the fumes too deeply, otherwise, nausea could result.
- Canadian balsam was also used:
 - As an ingredient in an expectorant, combined with eucalyptol.
 - As an ingredient in a hemorrhoid formula.
 - As an ingredient for a tonic to treat pellagra.
 - As an ingredient in a pain relief formula.
- Canadian balsam was mentioned in approximately 136 readings between 1922-1944 with peak utilization in 1926.
- Various amounts of Canadian balsam were recommended. The amounts varied from 1/2 drop to 40

drops with the smaller amounts (1/2 - 1drop) usually prescribed as part of a compound to be put into a capsule and taken internally. The larger amounts were typically included as part of a formula to be inhaled. The following table provides the most frequent amounts prescribed:

5 minims (drops)	43 readings
1 minim (drop)	27 readings
10 minims (drops)	23 readings
1/2 minim (drop)	11 readings
3 minims (drops)	8 readings
20 minims (drops)	6 readings
15 minims (drops)	6 readings

- Canadian balsam was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with Canadian balsam were as follows:

Oil of Turp	114 readings
Tolu	75 readings
Creosote	54 readings
Benzoin	53 readings
Heroin	31 readings
Eucalyptus	29 readings
Sassafras	8 readings
Wild Cherry	7 readings
Mandrake	6 readings
Gin	6 readings

Cayce Quotes on Canadian Balsam

210-1

Canadian Balsam acts as the stimulant of the duodenum and pancreas ...

601-10

Occasionally, for the head, the throat, it would be found well to use an antiseptic that acts not so much as a curative as a preventative - which is also excellent for colds, or for those effects upon the mucous-membranes of the head; which would be prepared in this way and manner:

To 4 ounces of pure grain alcohol, in a 6 to 8 ounce container (preferably glass container with glass stopper, or the like), add - in the order named:

Oil of Eucalyptus.....20 minims,
Rectified Oil of Turp.....5 minims,
Compound Tincture of Benzoin.....10 minims,
Canadian Balsam.....5 minims,
Tolu in solution, or Essence of.....40 minims.

Whenever there is an aching through the head (that is, from the nasal passages), shake this solution well and inhale or breathe deep the fumes of same through the nostril and even into the throat. These act as a clearing of the tissue, making for a cleansing in a manner that will be most helpful.

This may be done once, twice, three, four, five or six times a day. Only breathe the fumes of same; do not take internally. Keep the container tightly corked when not in use.

4590-2

Those of the oil of pine and eucalyptol, or Canadian Balsam and eucalyptol, kept steaming or in hot water, or in those containers that allow this to be loosed in the air the body breathes. THIS will aid also. The quantity would be half a teaspoonful of each in a gallon of water. Not STEAM the body,

but loosed, that the body may BREATHE same through the lungs, and thus CLARIFY the blood in its circulation.

302-7

The inhalations may be taken three to four times each day, or that necessary to clear the tissue of accumulations of refuse forces as accumulate in the soft tissue of the head and throat. This the inhalant: To six (6) ounces of pure grain alcohol, in at least a twelve (12) ounce container, add:

Eucalyptol, Oil of.....12 minims,
Benzoin.....10 minims,
Rectified Oil of Turp.....5 minims,
Canadian Balsam.....20 minims,
Rectified Creosote.....10 minims,
Tincture of Tolu in solution.....1/2 ounce.

Keep this in a glass corked container. Do not shake or disturb except when it is to be used. Inhale only the fumes or the accumulations of the active forces of these, as applied with that of the radiating forces of the alcohol.

304-4

Use as an inhalant, not too often but at least once each day before retiring:

To four ounces of pure grain alcohol, add:

Eucalyptol.....20 minims,
Rectified Oil of Turp.....15 minims,
Canadian Balsam.....15 minims,
Oil of White Pine.....10 minims.

Some of these are nearer the same proportion. However, in the strength as given for each, each has its mission to perform in the lung and blood supply, and will affect the organs of the system in the correct manner.

5687-1

When attempting to rest the body becomes irritant, see. To

four ounces of grain alcohol, we would add twenty drops of Eucalyptol, ten drops of Benzosol and ten drops of Canadian Balsam. Use this as an inhalant four to five times each day drawing or snuffing through the nostrils, see. Do that and we will find we will in three to six months, see the relief necessary to grow out of this condition of [5687].

4666-4

We would use these properties as an inhalant, prepared in this manner:

Oil of Eucalyptus.....1/2 ounce,
Tincture Benzoin.....1/4 ounce,
Rectified Oil of Turp.....1/4 ounce,
Canadian Balsam.....20 heavy minims,
Rectified Creosote.....1/4 ounce,
Tolu in Solution.....2 ounces.

These may be all put together, if put in the order named. When used as an inhalant, in a granite container, pour a quart to half a gallon of boiling water - then place a teaspoonful of this solution in same and cover the head so that the body inhales deep into the lungs and through the nostrils, into the lungs these fumes as rise from same.

4810-2

To 8 ounces of grain alcohol add:

Eucalyptol.....1/2 ounce,
Canadian Balsam.....20 minims or
drops,
Benzosol (and not the substituted
as has been used but Benzosol)...1/4 ounce,
Rectified Spirit of Turp.....20 minims.

The gas as this forms should be inhaled into the lungs, through the mouth, not nostrils, and only the gas. This should be kept in container, wood, that is charred on the inside, and the container

should be two to three times as large as the liquid quantity, so there is sufficient space for the gas to form in evaporation as is needed and this kept tightly corked except when being inhaled and only inhaled five to seven inhalations. Too much would be detrimental for it will cause nausea and reaction in the diaphragm.

4874-3

Use the inhalant for the lungs proper, bronchials, nose and throat - preferably this NOW would be prepared in THIS manner and proportion, see?

To eight (8) ounces pure grain alcohol, or at least ninety percent (90%) alcohol, add:

Eucalyptol.....40 minims,
Rectified Creosote.....10 minims,
Canadian Balsam.....25 minims,
Rectified Oil of Turp.....20 minims,
Benzoin.....20 minims,
Tolu in solution.....40 minims.

Keep solution (that is, the combined solution) in a glass corked container at least twice the size of the quantity. This may be inhaled whenever necessary - at least three or four times a day, in bronchials, through the mouth, through the head also, through the nostril, see? three or four times each time - shaking solution - keeping well corked when not used. Do that.

5476-1

Using for the bronchia and lungs those of the inhalant that will act as an antiseptic and CLEANSING the system of the mucus as is thrown off, either by the respiratory system or by irritation to such as to produce a cough. These we would find in that prepared in THIS manner for this body:

To 6 ounces of 85% alcohol, in a 12 ounce or 10 ounce container, with glass cork, we would add:

Eucalyptol (or oil of same).....30 minims,
 Oil of White Pine.....15 minims,
 Benzosol.....20 minims,
 Rectified Oil of Turp.....15 minims,
 Canadian Balsam.....5 minims,
 Tolu in Solution.....1/2 ounce.

Only shake solution before the inhalation is made. Inhale through (that is, the fumes off of same) the mouth and nostrils. DO this whenever necessary to reduce or to prevent coughing, or to clarify or CLEANSE, antiseptically, the throat and bronchia - after coughing.

4983-1

To 1 teaspoonful of simple syrup, add:

Tincture of Benzoin.....1 minim,
 Rectified Oil of Turp.....1 minim,
 Canadian Balsam.....1/2 minim,
 Oil of Eucalyptus.....1/2 minim.

Put these in the simple syrup in the order given, for their combination makes for a difference in the reaction. This taken internally will aid as an antiseptic, as an expectorant, as an active force on the organs of the digestion; especially through the liver, duodenum and pancreas, making also the tendency to increase eliminations through the activity of the kidneys.

340-17

Take the oil of butterfat (fresh butter, not that that's been salted), and reduce same so that there is no water in same, or milk - see? Take one-half ounce of this, see? To this add one-quarter ounce of Burton's powdered tobacco or snuff. Boil this together, or heat together, so that the tobacco is cooked. To this add four drops of Tincture of Iodine and one drop of Oil of Turp (not turpentine, but Oil of Turp, or Canadian Balsam). Use this as an ointment, mixed thoroughly together while hot - then let congeal, see? [Another simple formula for that called TIM?]

5536-1

These (we don't find their name, but) in shape are that of the scorpion (Pellagra), and are attacking the vital forces, or through the blood supply, which in turn attacks the vitality of the body, taking from the serums of the system that which gives to the bone, to the vital forces, even in the return nerve energy in the system. Hence these are hard to combat with.

This PREFERABLY given in capsule, and this in each dose, and not more than one dose every OTHER day, see?

Oil of Eucalyptus.....1 minim,
Canadian Balsam.....1/2 minim,
Rectified Oil of Turp.....1/2 minim,
Benzosol.....1/2 minim.

This, as we find, will give the system the opportunity to see - through the change - the effect these various conditions internally have upon the system. Eucalyptol acting (internally) directly for the respiratory system. The Balsam as that of a clarifier of the blood, separating in its activity that portion which COMES to be in the system the ability to form the differentiation between white and red blood; while with the REST of the reaction of the Balsam and the Turp will act directly with the portions of kidneys that will AID the respiratory system as in reference TO the action of the lymphatic circulation and the hepatic circulation; while those of the Benzosol (Be sure it's this Benzosol, see?) will act WITH the other properties to assist the activity of the respiratory system, and heart stimulant, and also separating in the liver in the form that will assist in division in the eliminations and assimilation in system.

3857-2

Prepare in capsules as many as necessary to ease the pain, and only using when necessary to ease the pain:

Eucalyptol.....1 minim,
Canadian Balsam.....1 minim,
Oil of Turp.....1 minim.

These taken inwardly will create a different effect to the condition in the system.

4357-1

Also the condition as exists in the right side of the body, this will be reduced by the application to the system of those properties internally that brings relief to the tissue that has become involved in this condition, and by giving to the circulation that allaying and that creative force wherein the correct cellular rebuilding forces may be multiplied within the system and combat and meet those conditions that need to be brought to that wherein the system may come to a more normal condition, reducing the swelling, reducing the inflammation, reducing the pain and distress that is caused at times.

Take, then, into the system in the small dose - this being the dose. This should be taken, preferably, in capsule.

Eucalyptol.....1 minim,
Oil of Turp.....1 minim,
Canadian Balsam.....1 minim,
Heroin.....1/80 grain.

4520-3

To add medicinal properties in this would assist in some ways, which would be given as this: Make this in solution in simple syrup - four ounces of same. Add:

Eucalyptol.....24 minims,
Rectified Oil of Turp.....5 minims,
Canadian Balsam.....5 minims,
Benzosol.....10 minims.

The dose of this would be (and must be shaken well together before giving) 5 to 10 drops in water twice each day. This will assist in the blood supply and in preventing the increase of the white blood forces and build the red blood supply. Better that the body be outside as much as possible.

4653-1

Eucalyptol.....20 minims,
Canadian Balsam.....15 minims,
Oil of White Pine.....10 minims,
Creosote (liquid).....5 minims.

This would be heated and the fumes from this, - that is a small quantity of this after it is shaken together, see, - every four hours, heated and inhaled through the nostrils and mouth into the lungs, see. After this has been used, - that is the whole quantity of four ounces, heated so the evaporations come off, - use the same solution and add that of the forces as would be found in that of Heroin, one grain would be added to this solution, you see, so the effect in the inhalation would come from this, not taken internally, but breathed in.

4590-2

Those of the oil of pine and eucalyptol, or Canadian Balsam and eucalyptol, kept steaming or in hot water, or in those containers that allow this to be loosed in the air the body breathes. THIS will aid also. The quantity would be half a teaspoonful of each in a gallon of water. Not STEAM the body, but loosed, that the body may BREATHE same through the lungs, and thus CLARIFY the blood in its circulation.

5620-1

For the irritation as is produced in the membrane of the throat and bronchials, and lungs, we would prepare as these:

First we would take 3 ounces Wild Cherry Bark, this put in 16 ounces of distilled water. Reduce by simmering to 1/2 the quantity. This made as a carrier. TO this we would add, after this has been strained, 4 ounces of beet sugar first dissolved in 2 ounces of water. Then reduce to the original quantity, or the 8 ounces. Then add:

Syrup of Horehound.....2 ounces,
Compound Syrup of Sarsaparilla.....1 ounce,
Tincture of Elixir of Stillingia.....1/4 ounce,

Canadian Balsam.....3 minims,
Creosote, Rectified.....3 minims,
Oil of Eucalyptus.....10 minims.

Shake the solution well together before the dose is taken. Take the dose whenever there is IRRITATION for the system, or throat or bronchials, or just before lying down, see? In this same solution there should be also added Spirits Frumenti at least 4 ounces, see? All this shaken together. Don't take them separate! but take them together!

Capsicum

Botanical Name: *Capsicum frutescens*

Common Names and Synonyms: Cayenne, Red Pepper, Tabasco Pepper

Background: Found wild in some tropical countries, capsicum is a common food seasoning and medicinal herb. Typically, it is used as a general tonic and a specific for the circulatory and digestive system. A close relative to the chili pepper and sweet red bell pepper, Cayenne is the preferred species of capsicum for medicinal use because it is less fiery than other varieties of chili peppers. It is the main ingredient in tabasco sauce and is known by the name Tabasco pepper. Cayenne is extensively used in Mexican, Eastern Asian, Creole and Cajun cuisine.

Capsicum in the Cayce Readings

- Capsicum, in its various forms, was typically recommended in the Cayce readings as a stimulant to the digestive system.
- Capsicum (including capsici and cayenne) was mentioned in 211 readings between 1921 - 1944. The various forms of capsicum were recommended as ingredients in medicinal compounds between 1921 - 1937 with a peak in 1928 followed by a steady decline in usage.
- Capsicum, in its various forms was recommended as follows:
 -
 - Capsicum ◦ 16 readings

- Capsici
- Cayenne
-
- 174 readings
- 23 readings
-
- In all but four readings which suggest cayenne, the recommendation is as a dietary supplement and seasoning. The four readings which prescribe cayenne as a medicine (extract or essence) are for the following amounts:
 -
 - 1 minim (extract)
 - 2 minims (extract)
 - 15 minims (essence)
 -
 - 2 readings
 - 1 reading
 - 1 reading
- Capsicum was prescribed in the early readings as follows:
 -
 - 1 grain
 - 2 grains
 - 3 grains
 -
 - 10 readings
 - 1 reading
 - 2 readings
- Capsici was prescribed in 174 readings beginning in March, 1923. The early readings mention elixir of capsici, fluid extract of capsici, essence of capsici, and tincture of capsici. Quickly, tincture of capsici became the standard and is overwhelming represented in the readings as a whole. The various forms of capsici were prescribed in the following amounts:
 -
 - 1 minim
 - 2 minims
 - 3 minims
 - 4 minims
 - 5 minims
 - 10 minims
 -
 - 37 readings
 - 67 readings
 - 48 readings
 - 2 readings
 - 18 readings
 - 4 readings
- Capsicum was most often recommended as an ingredient in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with capsicum (or capsici) were as follows:
 -

◦ Calisaya	◦ 159 readings
◦ Valerian	◦ 116 readings
◦ Potassium Iodide	◦ 115 readings
◦ Potassium Bromide	◦ 113 readings
◦ Stillingia	◦ 73 readings
◦ Sarsaparilla	◦ 61 readings
◦ Sassafras	◦ 53 readings
◦ Wild Cherry	◦ 59 readings
◦ Tolu	◦ 48 readings
◦ Yellow Dock	◦ 27 readings
◦	

Cayce Quotes on Capsicum

4454-1

The Capsicum as a stimulant to digestion and the whole body.

5522-1

Those of the stimuli in the capsici, also in that of the oil of sassafras, acting as the stimuli to the nerve reactions as they are stimulated through the manipulation.

5509-1

... Capsici, will produce especially a stimuli to those secretions in pancreas and in duodenum, for the proper assimilation and ELIMINATION from the system.

4742-1

... Capsici, a stimuli to the digestive system, and ESPECIALLY to that portion in the lacteal ducts which makes for the distribution of that as is ASSIMILATED by the body ...

2504-8

... those of an astringent and cardiac that comes from those of Capsici and of VALERIAN.

276-5

Capsici - acts as stimulation to the secretions, as the other forces are assimilated in the medicine chest (as it were) of the stomach, or through the duodenum and its activity upon the properties that are taken as food values into the system.

3751-1

(Q) Should there be any change in the diet as previously given for this body?

(A) No. Follow those rather as we have given, see. Keep that of

the stimulus that gives the strengthening forces to the body through that of cayenne.

2509-1

Also use Irish potatoes that are boiled or baked and seasoned with plenty of Cayenne pepper, especially - if this is not too severe; but learn to digest or handle same, for this will stimulate the activities needed in the body at present.

Cascara

Botanical Name: *Rhamnus Purshiana*

Common Names and Synonyms: Sacred Bark, Cascara Sagrada

Background: This tree is native to the Pacific coast of North American and the reddish-brown bark of the cascara Sagrada is primarily regarded by herbalists as a laxative. Stripped from the tree in the spring and summer, the bark is aged for a few years and made into a powder. Aging the bark changes the harsher chemicals and makes the herb's action milder and less likely to cause cramping or nausea. As a laxative, the bitter taste is often masked by the addition of licorice or ginger. Cascara Sagrada re-stimulates peristalsis in cases of chronic constipation and tones the intestinal walls.

Cascara in the Cayce Readings

- Edgar Cayce typically prescribed cascara as a laxative, usually in combination with other eliminants.
- Cascara was mentioned in 99 readings between 1911-1943 with peak utilization in 1923, and a notable decrease in usage thereafter.
- Cascara was recommended in several forms:
 - Dry or powdered cascara

1/2 grain	36 readings
1 grain	22 readings
1/4 grain	10 readings
2 grains	5 readings
10 grains	2 readings
1 1/2 grain	1 reading

Fluid extract:

1 ounce	1 reading
1/2 ounce	1 reading

Compound

1 ounce	1 reading
1/4 ounce	1 reading
1 grain	1 reading

Syrup of cascara:

1/4 ounce	2 readings
1/2 ounce	1 reading

- Cascara was often used in conjunction with other substances. The following substances were most often mentioned in the same readings with cascara:

Licorice	42 readings
Sanguinaria	35 readings
Yellow Saffron	15 readings
Rhubarb	12 readings
Sarsaparilla	9 readings
Tolu	8 readings

Cayce Quotes on Cascara

4264-1

. the action with this, that is with the licorice of the cascara is to produce not an excitement of the mucous tissues of the stomach and intestines, but a condition that will act with these to eliminate through the proper channels the poisons now being absorbed by the blood back to the system .

4448-1

Every third day a laxative should be taken, thus: To 2 grains of licorice add 2 grains of cascara and 1 grain of senna. One capsule of this is a dose.

4611-2

Also cleanse the system, so that the liver and the hepatic circulation are in accord with the body. This would be done by the use of hepatics, such as would be found for THIS body in Castoria, or Senna, Cascara and PRUNE juices - or its sedative from same, see?

578-4

Then take an activity that will make for a MOVEMENT through the alimentary canal; as Castoria, we find; or Syrup of Figs, or Cascara Sagrada, or any that is chosen or proven for the body itself.

289-3

Those properties would be better that are found in the solution (rather than the dried) called Simmons' Liver Regulator, which is a vegetable compound including the Ragweed, and Cascara - that makes for an activity upon the GALL duct, the pancreas and the spleen. Use the liquid; not the dry. Take in broken doses; that is, half a teaspoonful about every two hours, until there is a FULL evacuation - or two or three reactions through the bowels.

1123-3

Afterwards have an emit, as a vegetable laxative; preferably of a senna base, - Syrup of Figs or Cascara or the like.

404-13

(Q) Should I take Olive Oil, say a teaspoonful with each meal?

(A) This is very well, but what is needed is to cleanse the colon and the secretions of the liver and the gall duct increased. Thus the form of vegetable forces indicated. For this is ambrosia

weed, with sufficient of the licorice and cascara to aid in stimulating and in fitting it for the body - though the better way would be to eat the ragweed itself!

2301-5

For the eliminations, for this body, and to stimulate the gastric flow, take that called Carter's Little Liver Pills. These are not calomel but are Cascara and Ambrosia. These combinations would be well to take occasionally. They are not habit forming and they will be effective for the body.

Castor Oil

Botanical Name: *Ricinus communis*

Common Names and Synonyms: Castor oil, Palma Christi

Background: Native to India, Asia and Africa, and cultivated in the U.S. for the oil, the castor plant is a shrub with stems which can grow anywhere from 3 to 30 feet high in some latitudes. The leaves are large and palmate, having blue-green lobes and serrated margins. The small red flowers produce extremely poisonous, greenish-red oval fruit, which contains the deadly alkaloid, ricin.

Castor oil is extracted either through compression or decoction. Cold pressed oil is superior to that compressed with heat. Fresh seeds are shelled and crushed between rollers. The mass is transferred to hemp cloths and placed in layers on a screwpress. Once the oil is expressed, water is added and heated to the boiling point to separate the scum from the oil. In heat compressed castor oil, the seeds are heated or baked for an hour before introducing them into a screwpress to draw off the oil, which again is mixed with water and boiled for an hour to clarify. This process of decoction generally is used in India, where castor oil extensively is used for illumination, rather than medicinal purposes. Castor oil is a powerful laxative, has an unpleasant taste and consistency, and is best administered in capsules.

Castor Oil in the Cayce Readings

- Applied topically, castor oil was recommended to remove warts. Mixed with baking soda, castor oil was used to soften and remove calluses from the feet. Rarely, castor oil was to be taken internally as a purgative.
-
-
- Warm castor oil packs applied to the abdomen was the most widely recommended use for castor oil. Castor oil packs were given for a variety of complaints, from breaking up abdominal adhesions, to loosening locked bowels. Abdominal castor oil packs were typically followed by doses of olive oil.
- Castor Oil was mentioned in 637 readings between 1921 and 1944 with a peak utilization in 1944.

Cayce Quotes on Castor Oil

255-9

. DO NOT create such a condition, by taking so much - either of the oil packs or of the olive oil - as for the body to become dependent upon, or the body become so strained by the constant purging of the upper portion of the alimentary canal, or of the hepatic circulation, but keep DOWN the inflammation. NOTHING is much better than the olive oil as a food for the intestinal system. This may be left off occasionally, however, for a week or ten days, and then resumed again.

1314-2

Across the areas of the lacteal ducts, the spleen, the pancreas, the liver, the caecum, we would apply Castor Oil Packs to alleviate those tendencies for tissue in the area to adhere and thus create at times the spasmodic reaction to the nervous system itself. These should be applied hot but not so hot as to injure, to be sure, the bodily functions. They should be changed about every hour for periods of two to three days, rest a week and then begin again.

2153-4

Have sufficient periods of the Castor Oil Packs. To be sure, they are disagreeable, but they will break up lesions, as no other

administrations will. The best time to take these is the evening, to be sure. These should be given in series; applied for an hour each evening for two or three evenings BEFORE each osteopathic adjustment is to be made, see? At least every OTHER series, follow same with at least a tablespoonful of Olive Oil taken internally.

4017-1

First we find that there should be several series of Castor Oil Packs, three to four thicknesses of old flannel saturated with hot Castor Oil, applied just as hot as the body can stand for one hour each day for three days in succession.

Apply these directly to the body, cover so as to prevent soiling linen, then apply the electric pad. These would extend over the gall duct and liver area to the caecum, along the right side, or the whole right half of the abdominal area, from the rib to the groins.

After the third day of applying these Packs, take internally a tablespoonful of Olive Oil.

637-2

Once a week, and for at least three hours at the time, we would apply the Castor Oil packs over the caecum and the lacteal duct and gall duct area. Use at least a three-ply of flannel wrung out of hot Castor Oil. This would necessitate the changing of the cloths at least three times during that period, or an hour for each application.

The day following the packs, for the better eliminations through the alimentary canal, we would take internally the combination of properties found in Fletcher's Castoria. Taken in very small quantities will be much more effective; quarter to a half teaspoonful every half hour, during the whole day. Do this each week on the day following the Castor Oil packs. This will create for the body the proper associations of the lymph circulation, that will be increased by the applications for those things without and from within; producing better peristaltic movement for the system, and bringing about bettered conditions for the body.

1843-3

The LESIONS exist in those areas of the lacteal ducts, or that area just below the jejunum, and upon which there is the flow of

activity from pancreas, spleen and liver to assimilate with that digested - or at the main center. Not that there are not lacteal ducts through other portions of the system, but the lesions are where the greater network exists through which fats and the alkalines and acids are separated in the system.

Here we would apply, consistently (over this area, you see), the hot Castor Oil Packs. These should extend over this particular spot, which is four fingers from the umbilical or navel center toward the right side - only slightly, very slightly upward from that center. If the hand is laid upon this area it will be found to be cold, in comparison to other areas. Then apply these also, or let them extend also, over the liver area, extending to the caecum area, on the right side. Use at least three thicknesses of flannel saturated with the Oil; not just sprinkled on or poured on, of the bedclothing, then applying an electric pad. Keep the electric pad at a heat that is not too objectionable, but warm enough to produce the absorption of the oil into the skin, you see. Let these remain on for an hour each evening, for eight days in succession. Then leave off eight days, then apply again, and so on in this manner. but saturate the flannel with the Castor Oil and apply hot. Not so hot as to make it disturbing to the body, but warm; and then cover same with an oil cloth or the like, you see, to prevent soiling

1312-1

The organ, the liver itself, with its contributory reactions, as the spleen and the kidneys, show the greater disorders. While this may not be termed as yet wholly cirrhosis of the liver, the spots and the hardening in portions indicate that it is bordering on that condition. Also the condition in the gall ducts, and the excretions that come from the pancreas and duodenum, make the improper assimilation of elements in system. Also there are those tendencies for the membranes of the colon and area to become dry, or a tendency for the lack of peristaltic movement, or for the lymph circulation to be proper through same, causing a pressure at times on the bladder and inflammation, naturally, to the kidneys. All of these are secondary, but will become complications unless there is the removal of the pressures in the

system so as to allow a more normal, nominal reaction of the assimilating system; for without the proper assimilations the vitality and the strength are gradually being used up, or burned up, in the attempt of the system to draw on the strength of same to supply the proper nutriment to the whole system. This is not a jaundice condition; rather more the torpidity of the liver, from hardening condition; though the indications in the system indicate that this in itself might become one of the complications, in the reaction to the organs affected by the disturbance. In meeting the needs of the conditions in the present, as we would find, this would be the manner in which this might be done:

First, begin with the Castor oil packs over the whole liver area. These we would apply at least twice each day until there is a full reaction from the effects of the oil upon the lymph about the circulation in the liver proper.

3210-1

Apply, then, the Castor Oil Packs over the area about the lacteal ducts of the right side. This would include the whole liver area even to the caecum on the right side, extending to the navel center.

Do this at least an hour each day for five days. Use three to four thicknesses of flannel thoroughly soaked in warm Castor Oil. Using electric pad, low heat, to keep the Pack warm for one hour.

After removing the Pack, sponge off the area with a rather strong soda water. Then massage the same area gently, by a masseuse or an osteopath, or one well-trained in physiotherapy or neuropathic massage.

503-1

Over the area of the liver, pancreas and the spleen, we would each evening apply castor oil packs; three or four layers off flannel dipped in castor oil and this kept as warm as the body may stand, for periods of thirty to sixty minutes. When this has been done for two or three days, begin with small doses of the liquid Simmon's Liver Regulator until the system is entirely cleansed. See?

2188-2

In the present, to relieve the tensions and to prevent the upsets which do arise at times now from the inflammation and cake caused in the mucous membranes of the pyloric portion of the stomach, and the concurrent disturbances which this produces with the pancreas and the liver in its activity in assimilation ...

We would apply hot Castor Oil Packs for at least two hours each day for three days.

On the evening of the third day of applying the Packs, take internally half a teacup of Olive Oil.

3683-1

The activities of the liver, especially the right lobe, cause a disturbance to the pancreas and the spleen. Thus, if we would relieve the tensions here, the greater portion of the disturbances through the body would be alleviated.

We would begin first, then, by making this application to the body:

Apply hot Castor Oil Packs for an hour each day for at least five days in succession, over the liver and extending to the caecum area. Keep this heated as much as the body can stand, but not sufficient to be disagreeable, just so there may be the absorption of the oils. When the Pack is removed each time, bathe off with a weak soda water.

On the third day of using these Packs, begin taking internally small quantities of Olive Oil; about half a teaspoonful two to three to four times a day.

567-8

The breaking up of the lesions in the caecum and in the lacteal ducts is beneficial, removing much of that which destroys the coordination between the sympathetic and cerebrospinal reactions at times; PROVIDED that the adherence is prevented from being made again.

As we find, with those adjustments that make for the better flow of the lymph and the circulatory forces through this portion of the body, we would add the Castor Oil packs as we have indicated before - which would assist in alleviating and drawing, through the absorption of the oil into the system, those activities of this vegetative or lymphatic circulation. These would be the

more helpful.

650-2

(Q) What can be done for the sore on the ear?

(A) Massage it with sweet oil or camphorated oil in the mornings, and with Castor Oil in the evenings; not to hurt, but just around the edges and over it.

2455-3

For the conditions in the lower limbs and the feet, - we would massage these thoroughly with Peanut Oil.

For the conditions of hardening, as on toe, we would use a mixture of baking soda and Castor Oil. Do not bind up, but massage this on after the feet AND the lower limbs - from the knees downward - have been massaged thoroughly with the Peanut Oil. Do this at least three to four times a week; and the condition - it will be found - will disappear.

308-13

(Q) What is the best way to remove warts?

(A) This one on the right knee is gradually leaving. Put equal portions of Castor Oil and Soda on the finger tip, massage this, it'll make it sore but it'll take it away also.

759-10

(Q) What will eliminate the warts from the hand and body?

(A) Massage them with Castor Oil.

1179-4

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

Catnip

Botanical Name: *Nepeta Cataria*

Common Names and Synonyms: Catmint, Catnep, Catrup, Cat's Wort, Field Balm, Nepeta, Nip

Background: Catnip is a gray-green aromatic perennial herb and member of the mint family. It is native to North America and was first used by the Colonists. It now grows wild all across the country. Fresh leaves of the catnip plant have a mint-like scent, while dried leaves smell like alfalfa. Medicinally, catnip has been used for insomnia, hyperactivity, intestinal disorders, and fever. As the name implies, catnip has a reputation for exciting felines.

Catnip in the Cayce Readings

- Edgar Cayce gave one reading recommending catnip in a weak sage tea for a 3 month old boy suffering from inguinal hernia. The tea was said to be an "alkaline stimulant to the intestinal system" with the intended action "to enliven the eliminating centers" and produce a "full action from the bowels."

Cayce Quote on Catnip

318-4

Yes, we have the body here. This we have had before. The general physical condition of body is on the improve. There are

those conditions of congestion that are existent, or dregs of same are existent, in the vibratory forces of the blood and cell building centers in the system. These need attention, in the way of an alkaline stimulant to the intestinal system, to enliven the eliminating centers and thereby rid the system of these conditions. Such as will be found in very weak sage tea, with catnip in same, see? That is, steep a pinch of the sage in 4 to 6 ounces of distilled water, for half to three-quarters of an hour. Strain off. Then add 2 to 3 leaves of dried or of green catnip, and let THIS steep for ten to fifteen minutes; that is, after the water is heated, see? Then strain. Sweeten just a little - very little - just so that it will be taken. A few drops at the time may be given, see, until there is full action from the bowels.

Celery

Botanical Name: *Apium graveolens*

Common Names and Synonyms: Celery, Marsh Parsley, Smallage, Wild Celery

Background: Celery in its wild state grows in the northern temperate maritime districts. The more familiar, cultivated celery has slender stalks, and 3 to 5 segmented pinnate leaves. Celery grows year-round in mild areas where the soil is organically rich. The flowers are small and white; the seeds are tiny, and have a distinctive aroma. Celery seeds are used in cooking to flavor salads, coleslaw and soups. The seeds contain a diuretic substance that increases the excretion of uric acid, and they also have an anti-rheumatic and sedative effect. *Celerina* is an extract made from celery and other herbs.

Celery in the Cayce Readings

- Celery was strongly endorsed in the Cayce readings for its nutritional value and specific use as a nerve building food or medicine. Celery is rich in phosphorus, silicon, iron, and calcium. As part of a balanced diet, celery can help improve alkalinity which helps ward off infectious tendencies.
- *Celerina* was a nerve tonic which is no longer on the market.. According to King's American Dispensatory, 1898,

it was a specialty of the Rio Chemical Co., St. Louis, Mo., containing celery, kola, coca, viburnum, and aromatics. Celerina was included in tonics to build up the system. It was added to the tonics for alcoholism, general debilitation, and rheumatism. Celerina's action is diuretic and nerve building. It is a tonic for the pancreas, spleen, and entire intestinal system.

- *Celerina* was mentioned in 22 readings, usually as part of a complex formula.

Cayce Quotes on Celery

480-19

So far as the body physical condition is concerned, the adherence to the use of carrots, lettuce and CELERY EVERY day at a meal or as a portion of the meal will insure against any contagious infectious forces with which the body may be in contact.

(Q) Can immunization against them be set up in any other manner than by inoculation?

(A) As indicated, if an alkalinity is maintained in the system - especially with lettuce, carrots and celery, these in the blood supply will maintain such a condition as to immunize a person.

2154-2

As to the diet, - each day have at least an ounce of vegetable juices; such as a combination of lettuce and carrots especially, and at times including celery juice - to strengthen the general nerve forces of the body. These would be the raw juices, of course.

255-3

(Q) Specify foods containing phosphorus.

(A) The yolk of egg, none of the white. Those in carrots, celery, turnips, ALL carry a form of phosphorus that are additions, and solubles to the system.

3304-1

. celery, carrots, tomatoes and the like. These supply silicon, as well as that needed in other energies to replenish the body.

257-11

Take as food values much that carries the iron, the silicon, the stabilizing condition for the system; such as we find in certain vegetables, as beets, celery, radishes..

3732-1

Digestive system shows at the present time very good, though strained of the condition as shown through the kidneys and through the liver, and the whole hepatic circulation, or that of liver and kidney direct.

In the lower intestinal tract we find the state of the taxation as is produced through the body.

Then, to assist and bring these conditions normal for this body, we would through manipulation, osteopathically given, correct those conditions in the lumbar and dorsal region, giving to the body at the same time those properties that will create the perfect eliminations for the system, giving the incentive to the nerve stream, to the blood supply, to come to the normal forces, as which would be found in this:

Tincture Valerian.....2 ounces,
Iodide of Potassium.....15 grains,
Bromide Potassium.....20 grains,
Elixia Calisaya.....4 ounces,
Elixia Celerina.....2 ounces,
Oil of Peppermint.....2 minims.
Sufficient simple syrup to make 10 ounces.

The dose of this would be teaspoonful three times each day. Shake solution well before properties are taken. We will find these properties acting in this manner with system: The Valerian as the sedative to the digestive system, and especially to the pyloric forces in the stomach proper. Iodide acting with the nerve system, especially in that of the functioning of the sensory

nerve forces, and especially those in the pelvic organs. Bromide acting in that as a strainer and restrainer of nerve supply and producing the normal inclination of the functioning of the kidneys. Of the Calisaya as the restrainer in blood and as acting upon by the lacteal ducts and giving the liver, spleen and the hepatic circulation the cleansing, as it were, necessary in the blood stream. The Celerina acting as the tonic for the pancreas, for the spleen and for the whole intestinal secretions. The action of all combine then that necessary to produce nominal eliminations, so that assimilations, when the corrections are made in the dorsal and lumbar regions, will become a normal condition in the body, [3732] we are speaking of.

3829-1

Now, we find in the general physical forces there is little to build upon, and the body continues to use up the vitality without restoring sufficient from the assimilation to replenish the physical forces, and gradually there has grown, then, within same, the lack of the incentive from various portions of the organism to function sufficient to recharge or resuscitate even the cells that are necessary to replenish those used in functioning in the system. This then produces a general debilitation. This is of existent condition, and this is that which must be met first before we would begin to add to the rebuilding within the system sufficient that the vitality will store up energies within the body to replenish same.

We would then prepare first for the body as this:
To one-half [1/2] gallon of distilled water we would add:

Compound Syrup of Sarsaparilla.....1/2 ounce,
Tincture Wild Cherry Bark.....1 ounce,
Tincture of Stillingia.....1/2 ounce,
Essence of Yellow Dock Root.....1/4 ounce,
Essence of Black Snake Root.....1/4 ounce,
Oil of Sassafras.....20 minims,
Elixir of Calisaya.....1/2 ounce,
Essence Celerina.....1/2 ounce.

Then we would reduce this by slow boiling. Keep the cover over this while boiling, else - with evaporation, through the heated alcohol in which many of these are dissolved - there would be lost much of the strength of the properties. When reduced to half the quantity, add - after cooled somewhat - one-half [1/2] ounce alcohol with one [1] dram Balsam of Tolu cut in it. Shake solution together before dose is taken. Take half teaspoonful every three hours.

Cinnamon

Botanical Name: *Cinnamomum verum*

Common Names and Synonyms: Common Cinnamon

Background: Cinnamon is used by herbalists to relieve nausea and vomiting. Cinnamon also produces a mild astringency that is helpful for diarrhea. Native to southern Asia, the cinnamon tree has provided a spice known the world over. Most cinnamon comes from Asia and the West Indies. The bark is stripped from the tree and dried. Used extensively for cakes and cookies, and to mask unpleasant tasting herbs in tonics, cinnamon has a reputation for settling the stomach.

Cinnamon in the Cayce Readings

- Edgar Cayce recommended cinnamon in a variety of applications, most frequently as an ingredient in clary water or in combination with lime water (and frequently potassium iodide and potassium bromide) to settle the stomach.
- Cinnamon was mentioned in 190 readings between 1911-1944 with a consistently high level of utilization between 1922-1937.
- Numerous readings specify that the cinnamon should be in the form of bark or stick.

- Cinnamon was typically used in conjunction with other substances. Although a wide diversity of combinations were given, the most common substances mentioned in the same readings with cinnamon were as follows:

Garden Sage	82 readings
Ambergris	79 readings
Gin	67 readings
Potassium Bromide	58 readings
Potassium Iodide	54 readings
Beet Sugar	39 readings
Juniper	28 readings
Tolu	19 readings
Ragweed	14 readings

Cayce Quotes on Cinnamon

5676-1

(Q) What about alcoholic stimulants?

(A) The Clarey Water [Clary Water] is composed of alcoholic stimulants. That is not needed in this, only enough to keep it as long as it is taken in the intestines. That is composed of gin, cinnamon, and tary [clary] flower. That takes up or simulates the gastric juices of the stomach. [See 5676-1, Par. B1 for detailed formula.]

175-1

Then we would give stimulating forces to the supply of the digestive organs of the body, that is, through the stomach. A sedative to the body forces of gin, sugar, sage and cinnamon mixed together. An active principle for the kidneys, liver; stimulation for the secretions of the intestines.

4156-2

Now, we find, we have given very specifically as to how these medicinal properties should be prepared. We would prepare the sage tea first, while warm, sufficient to easily dissolve the beet sugar, and only use beet sugar. This should be prepared in the medicinal properties, then adding Ambergris dissolved in the alcohol, then adding the Gin (Gordon's dry), then adding the Cinnamon. These properties taken in this manner with the

system, the sage becomes the sedative, and an active principle with the gastric juices and an incentive to the emunctories in liver, and with the sediments from the Ambergris as stimulated by the alcohol, and beet sugar, will give the action necessary to the pancreas and duodenum to receive the incentive for their functioning. This we find in the sugar properties, with the mixture in the system, does not become the active principle as that in cane sugar. Hence the beet or vegetable.

In the system below the digestion in stomach, the Cinnamon and Gin becomes the active principle with the hepatic circulation. These properties should be taken in the system in small quantities, as has been outlined.

106-7

To 2 ounces of a 2% solution of lime water, add 2 ounces of a 10% solution of cinnamon water. To this 10 minims of a 10% solution of Iodide Potassium, with 5 minims of 10% solution Bromide Potassium.

The dose of this would be 3 to 5 drops in water, taken every 1, 2, 3 or 4 hours, according to the needs of the condition of the body. This we would find will offer the correct balance in the system for nausea as is produced by the motion, for the action of same is of a nerve condition, produced by unbalancing of the hypogastric and pneumogastric plexuses, producing nausea, headache, to the body. This we find would work direct with the system as in this: The lime water offering the reaction in gastric juices to produce elimination, the cinnamon offering the sediment and sedative or the gastric juices, while the Iodide and Bromide act as the sedimentary forces for the nerve system, pneumogastric and hypogastric each being acted upon in a different manner by the two in the combination with each other in this manner.

900-76

[140], we find the trip would be well, change in the scenes and the conditions would be good. We will have some inconveniences through nausea. These may be assisted by keeping cinnamon and limewater at hand, or taking sips of these occasionally.

4638-1

... giving internally small doses limewater and of cinnamon water,

equal parts, to settle the stomach, reduce irritation.

3776-7

Lime water, spoonful at time, every few minutes, or fifteen to twenty minutes apart, to reduce the nausea. Cinnamon may be added after osteopathic treatments are given, so that assimilation may take place in the body.

139-2

(Q) What may she do to prevent getting so terribly train sick, as she always does?

(A) Using those properties, as has been given for train sickness; [See 106-7] equal parts lime water and cinnamon water, with the drops as per the amount as given (proportion it so) of Iodide Potassium solution and Bromide Potassium solution, for this taken without too much foods will prevent the nausea, train sickness and headaches produced from same, see?

142-5

On such a voyage (if sea voyage taken), use those of equal parts of cinnamon water and lime water as an alternative for the settling of the stomach and digestive system.

5572-2

(Q) What causes nausea? Give treatment.

(A) Lime water, Cinnamon water, Iodide Potassium, Bromide Potassium - this will prevent nausea. This produced from conditions existent in the physical forces as come from mental reactions in system. This, however, as we will find, will prevent the body from taking properties that will produce the disturbances in system - or make it very sick!

(Q) In the same proportion as that given for seasickness?

(A) Give in THIS proportion:

Lime Water.....1 ounce,
Cinnamon Water.....1 ounce,
Iodide of Potassium, 10% solution....20 minims,
Bromide of Potassium, 10% solution...40 minims.

The dose would be teaspoonful in half a glass of water.

1206-6

When there are the acute conditions, if the gums would be painted with Oil of Cinnamon this would relieve the condition much better than giving any sedative.

Clover

Red Clover

Trifolium pratense
(Meadow Tefoil)

Purple Clover

Petalostemum purpureum

Sweet Clover

Melilotus alba

Description: Red clover grows wild and brooms in the late spring to fall. The pink to reddish flower heads are gathered and dried. A tea made from the flowers has been used as a remedy for children with skin problems. Red clover tea has been used in the treatment off diverse cancers. Research suggests that red clover may also be helpful for coronary thrombosis (anticoagulant) and skin disorders (anti-inflammatory).

Clover in the Cayce Readings

- The specific activity of clover was not stated in the Cayce readings that recommend this herb.
- Various forms of clover were recommended in 4 Cayce readings

between 1922-1925.

- The forms of clover are as follows:

Purple Top Clover Blossom, Dry (1/2 ounce) in a compound recommended for a woman suffering from rheumatism (4608-1).

Sweet Clover Blossom made into a tea for a pregnant woman (4577-1).

Fluid Extract of Red Clover (1/2 ounce) in a compound for a man with psoriasis (4387-1).

Green, Red or Sweet Blossom (1 ounce) in a compound for a woman suffering from pelvic disorder (4138-1).

- When used in a compound, clover was most often combined with the following substances:

-
- Tolu ◦ 3 readings
- Prickly Ash Bark ◦ 2 readings
- Balm of Gilead ◦ 2 readings
- Yellow Dock Root ◦ 2 readings
-

Cayce Quotes on Clover

4608-1

The liver is atrophied in a manner, certainly not wholly so, but is hardened to an extent. The action through the digestive force becomes slow and only indirect, though through the action of the pneumogastric forces, they present a better condition than would be ordinarily with the hepatic circulation grown so dormant. Hence through the cuticle and capillary circulation there are places over the system that show the emunctory forces attempting to eliminate from the system those things that should have been eliminated in times back. To give the physical forces within this body the opportunity to be rejuvenated as it were, and to bring the functioning of the organs to sufficient activity as to produce elimination again through the system in any manner near normal, we would add those elements to the body that will give the incentives to all of the system. Give these:

To one gallon of distilled water add:

Sarsaparilla Root.....6 ounces,

Dogwood Bark.....2 ounces,
Prickly Ash Bark.....2 ounces,
Dog Fennel.....1/2 ounce,
Buchu Leaves.....1 ounce,
Purple Top Clover Blossom, Dry....1/2 ounce,
Peruvian Bark.....1/2 ounce.

Reduce by simmering, not boiling, to two quarts. Strain while warm. Add six ounces of grain alcohol, with three drams of Balm of Gilead.

The dose would be a dessertspoonful or two teaspoonfuls three times each day. When half this quantity has been taken into the system, rub the whole spinal column and the sciatic nerves - that is, the whole length of the limb here - with [Golden Seal] salts, and after being rubbed well into the body, give electric vibrations over the whole portion so rubbed with the violet ray, high voltage, low amperage.

4577-1

Now, we find this body - we have two to consider. While the physical in this is very good throughout, there are some conditions that may be changed in the physical body of this body, [4577], that will assist the conditions for that body depending upon this for its life in this plane. We see the effect of the circulation in the system. This is at present impaired to some extent, and also the conditions as are shown in the mammary glands may be improved so that the sustenance for the body that is to receive its life flow through these may be helped.

In the date, we find this will be completed at its regular time. In the sex we find this is the male, and in the corrections for the physical we would use that of the massage over the whole exterior portions, especially of extremities, and for the glands, as has been given, use a very weak solution of the sweet clover blossom as a drink, that the food as supplied through the mammary glands may be in accord with the condition of the child. Made in this manner: One to forty parts; that is, one ounce of the blossom to forty parts of water, and steep for from two to three hours in warm (not hot) water. Then strained and made palatable by the addition of three ounces of sugar and one ounce of grain alcohol. Drink as a tea.

Do this, and we will find we will come to the better development for both the mother and child.

4387-1

Then, to bring the normal forces to this body, it would be necessary to take in the system those properties which will give the expectancy of the equalized circulation, equalized nerve distribution, equalized forces, and give the body in its functioning, especially in the region of the Peyer's Gland that necessary to so thicken the walls as to prevent this leakage, or this toxin from disturbing the body.

Then, we would take this: To four ounces of Peptotone, or Simple Syrup add:

Fluid Extract Yellow Dock Root....1/2 ounce,
Fluid Extract Stillingia.....1/2 ounce,
Fluid Extract Poke Root.....1/4 ounce,
Fluid Extract Red Clover.....1/2 ounce,
Oil of Sassafras.....5 minims,
Essence of Tolu.....20 minims.

Shake the solution well together before each dose is taken.

The dose would be half a teaspoonful in water, or direct, twice each day, mornings on arising, evenings before retiring.

4138-1

First, prepare the system that corrections may be made with incentives created in system for normal functioning of organs.

Then take this:

To one gallon of rain water, add
Wild Cherry Bark (Fresh Bark).....2 ounces,
Yellow Dock Root.....1 ounce,
Burdock Root.....1 ounce,
Green, Red or Sweet Clover Blossom...1 ounce,
Prickly Ash Bark, green preferred....1 ounce,
Mandrake Root.....20 grains,
Buchu Leaves.....30 grains,
Elder Flower.....4 ounces.

Reduce by simmering (not boiling) to one quart. Strain while

warm and add 4 ounces grain alcohol, with 3 drams of Balsam of Tolu cut in it, with 2 drams of Balm of Gilead.

Shake solution well before taking each dose, which should be two teaspoonsful four times each day, before meals, before retiring.

Cloves

Botanical Name: *Syzygium aromaticum*

Common Names and Synonyms: Caryophyllus

Background: Herbalists use cloves to decrease nausea, vomiting and gas and to stimulate the digestive system. Cloves has a mild anesthetic effect and may be used externally to treat toothache. The clove tree may reach 30 to 40 feet tall. It has fragrant, glossy leaves. Clusters of tiny yellow buds form at the end of each branch. When the clusters turn red at their base, the buds are ripe for gathering. They are then sun-dried to keep them red-brown. They are used extensively in cooking and baking. Dentists use clove oil to ease a patient's toothache.

Cloves in the Cayce Readings

- Edgar Cayce endorsed cloves in one reading given in 1943 for numbing nerves during dental procedures.

Cayce Quote on Cloves

3211-1

(Q) What is the best and safest method to desensitize cavities in drilling teeth and for removing of decay in teeth, both in children and adults?

(A) Cloves, as well as a combination of Oil of Cloves, with more potent factors, are the ones to use, and are better than most of those used in the present.

Cocoa Butter

Botanical Name: *Theobroma cacao*

Common Names and Synonyms: Chocolate tree

Background: The cocoa tree is native to South America and grows from 12 to 16 feet high. The tree usually is planted under the shade of other trees, where it bears bright green leaves, tiny red flowers, and yellow-red fruits or pods, all year round. The seeds are ripe when they rattle in the pods. Each pod contains about two dozen seeds, which are generally gathered in June and December. The pods are split open, and the beans, surrounded by a sweet pulp, are allowed to ferment, and then dry in the sun. Cocoa butter, a yellow-white solid, is extracted or expressed from the ground beans. The odor resembles that of cocoa.

Cocoa Butter in the Cayce Readings

- In the Cayce readings, cocoa butter was frequently used in massages for adults and babies.
 - When combined with bromo-quinine its action was to reduce congestion and stimulate lymphatic activity.
 - A combination of cocoa butter and quinine was given to repel mosquitoes.

- Cocoa butter is given as a salve to be massaged into the surrounding breast tissue to help normalize the appearance of the breast.
- Cocoa butter combined with benzoin and rosewater is a general skin cleanser and tissue builder.
- Cocoa butter was mentioned in 185 readings between 1925-1944 with peak utilization in 1944.
- Cocoa butter was sometimes used in conjunction with other substances. Although a wide diversity of formulas and applications were given, the most common substances mentioned in the same readings with cocoa butter were as follows:

Olive oil	40 readings
Camphor	23 readings
Peanut oil	18 readings
Benzoin	9 readings
Myrrh	8 readings

Cayce Quotes on Cocoa Butter

3558-1

.we would give the body a good hot bath and a massage with cocoa butter in the areas where corrections have been made, so that there will be supplied food for the lymph and emunctory circulation. These areas will become dried with the corrections and make the body more sensitive at times, while this relaxing with the hot water and the cocoa butter massage will bring good sleep and recuperative forces for the body.

2999-1

Each morning, just after the bath, massage with Cocoa Butter; ALWAYS AWAY FROM THE HEAD, in a gentle circular motion, on either side of the spine; from the base of the brain DOWNWARD

to the 9th dorsal, and then from the end of the spine UPWARD to the 9th dorsal, see?

304-12

The body would find that massages over the body occasionally of cocoa butter would be well, and to prevent congestion in the body - those of cocoa butter and cocoa quinine - one part quinine to the three parts cocoa butter, rubbed into chest, arm pits and groins, see?

4281-13

The taking of properties in system, such as the tonics for such conditions, had best be left off at the present. Rather massage into the lymphatic circulation those properties of quinine - coco-quinine preferred, in the cocoa butter, and the absorption in the system will be sufficient to overcome this through this circulation, rather than taking properties into the digestive system that is ALREADY overtaxed to overcome same.

4281-12

In the application of the coco-quinine at the present time, this we would rather massage in the system than taking internally. That would be massaged in the lymphatic circulation - arm pits, elbows, abdomen, thighs, with cocoa butter - coco-quinine and cocoa butter massaged together into this portion will give strength, and will also reduce the circulation, you see, through the capillaries. The lymphatics taking this up, this will act directly on this circulation, see? Be careful that the feet are kept dry, especially. Not over heated, yet allowed to take sufficient exercise that we have a good full capillary circulation, see?

3172-2

(Q) Would it be well to rub legs and back with an alcohol rub or some combination with alcohol for strengthening?

(A) Depends upon whether this is needed or not. This is a good way to develop them. It would be better to use Cocoa Butter than alcohol. If you want to keep them reduced use alcohol. If

you want to develop normally use Cocoa Butter, or Olive Oil and Peanut Oil or one or the other of these.

1158-21

(Q) What is the cause and cure of the excessive cracking in the bones in my feet?

(A) This comes from lack of proper circulation. A gentle or thorough massage of the limbs DOWNWARD, especially with Cocoa Butter, and especially through the feet and the bursa of the heel and the ball of the foot, and across the toes, will aid, - this done once or twice a week.

462-14

(Q) What can I do to cure Varicose Vein in right leg?

(A) Massage with an ointment made from Mullein juices with Cocoa Butter and Oil of Butter.

2542-3

(Q) What causes bruise-like spots to appear on legs?

(A) The thinning of the walls of the circulation. Thus the vibrations that come by the radiation of hot and cold water, and stimulation of the spinal centers for an improved circulation; followed by the stimuli of the Cocoa Butter rub. And this, of course, should not be too severely given, - either the rubs or the massaging of the properties into the body. But these will act as food to superficial circulation, strengthening the walls of the circulating areas.

1223-3

(Q) How may I develop my bust?

(A) The natural development as comes from those activities through the better body building will be of helpful force. But if there is the desire for a greater development, we would massage the mammary glands, - not about same, but under the arm and down the side, you see - with Cocoa Butter, about three times each week; then about the glands themselves about once a week.

376-1

(Q) What can be done to develop the bust to off-set angular line of my body?

(A) Massaging the mammary glands with cocoa butter; not the bust but the glands. Massage always upward, not down not around but upward. This means commence at about the waist line under the arms, and especially the patches where there are the mammary glands, and where the emunctory patches supply nutriment to the glands.

1206-15

(Q) What explanation for right breast being larger than left, and how remedy?

(A) This is a nominal condition that exists in most individuals. If there is the desire for increasing the lesser, massage the lower portion with Cocoa Butter. If there is the desire to decrease the other, massage with Cocoa Butter adding the water from alum in same. Do this each evening

607-1

For the mammary glands and around the breast, to make them more firm and not so large - and yet make for a different activity to the whole body, we would massage a compound into the glands prepared in this manner:

To 2 ounces of Cocoa Butter (dissolved), add:

Oil of Butterfat.....40 minims,
Alum Water, almost a saturated solution....10 minims.

Stir this well together. Once or twice a week massage the glands around the arms and around the lower portion of the breast, upper portion, and massaging thoroughly around the edge - will make these more firm, relieve this strain, the burning sensations that have arisen at times after and during the menstrual periods.

1016-1

(Q) What can be done to build up broken down tissues in left

side of face?

(A) A massage with the electrically driven vibrator, followed immediately with a compound massaged through the neck, the side of the face, through the eyes, the temple, and along the vagus centers right at the entrance of the gullet, or at the entrance of the shoulder blade, or corner of the shoulder blade with the breast bone on either side. Such a compound for massaging would be prepared in this manner:

To 1 tablespoonful of melted Cocoa Butter, add - while it is in the liquid:

	Rose	Water.....	1
tablespoonful,			
	Compound	Tincture of Benzoin.....	1
tablespoonful.			

Keep this to massage these tissues. The activity of these ingredients will be to ENLIVEN and to make for - Well, this would be a very, very good skin cleanser and skin builder for anyone!

2423-1

. we would suggest Cocoa Butter that is dissolved or rubbed in with Olive Oil; as this will aid in preventing scars, even, upon the areas where old sores and injuries have been so disturbing to the body.

2679-1

And while we would continue the use of the massage with Cocoa Butter, we would alternate this with a massage using three parts Peanut Oil and one part Witch Hazel, - which would prevent there being so much scar tissue and less apt for any recurrent conditions from same.

658-12

(Q) Will cocoa oil with crude oil and kerosene make a good salve for bald heads, and how much of each?

(A) This would make an excellent ointment and salve for bald heads. The quantity would vary according to the specific gravity

of the crude oil used, and as to the amount of settling that has been done before it is used, but this may be used as a basis for experimentation:

To a pint of crude oil - that's a pound, you see (that the gravity is thirty or twenty-six, to thirty) - this is better liquid measure - add one ounce of kerosene. Stir this well together, and sufficient of the cocoa added in the liquid, of course, heated - to make same harden into a heavy paste, or about one and one-quarter ounces.

2582-4

(Q) Since diet has not caused hair on lips to diminish, is there anything which will prevent this that can be used externally? Will cutting or bleaching increase growth?

(A) Do not shave off, do not attempt to bleach or dye, but use this mixture:

Cocoa Butter.....3 drams,
Calomel.....2 grains,
Epsom Salts.....20 grains.

Mix these thoroughly, as with mortise and pestle. Massage this ointment gently in the areas where there are the disturbances from superfluous hair, and after leaving on for fifteen to twenty minutes, rub off. This used as an ointment will remove hair without injury to the body. To be sure, mercury is in the calomel, and this is a poison, but with this combination and in this quantity there is not sufficient for a body to absorb enough to become detrimental to the body-forces.

5188-1

Occasionally, do massage along the spine with Cocoa Butter; that is, an ounce in which there has been put five grains of quinine, mixed thoroughly. Massage this along the spine, under the arm and in the groin. Not only will the mosquito not bite, but there will be no malaria. Use cocoa butter in the massage, using a rotary motion, and away from the head.

1352-3

.after each bath (as this) the body should be massaged thoroughly all over, osteopathically, and then have (after the massage) cocoa butter massaged into the spine, across the abdomen, into all of the lymphatic circulation, about the throat and neck, and, as is seen, while this will weaken the body, it will NOT interfere with heart's action, properly done, unless the body allowed to chill, or excess action - physical exertion - following same, but the capillary circulation must be restored to the equilibrium of the body, so that eliminations are set up properly between the external and internal circulation, see?

1690-4

EACH evening let those about the body give the body a gentle massage down the whole of the cerebrospinal system; one day with Olive Oil, the next day with Cocoa Butter. Take at least twenty minutes to do this, EACH evening when the body is ready to retire. Begin at the back of the head, on either side of the spine, and in a circular motion massage DOWNWARD to the end of the spine.

2810-1

.massage the spine with grain alcohol. Cut in this Cocoa Butter, and massage especially over the area from between the shoulders to just between the hip bones. Massage this thoroughly on each side of the spine, not attempting to make any corrections. This will reduce temperature. This will keep those activities with that which is the effective activity of the properties given internally, aiding them to correct the eliminations and create the proper flow of the bile, as well as the flow from the kidneys into the alimentary canal, as well as the activity of the kidneys themselves.

263-10

.a thorough massage with cocoa butter AND olive oil - over the whole body. Massage TOWARD the center of the body always, so that the eliminations may be kept the better.

322-3

Also we would massage the glands in those portions where there are the connections to the testes or testicle with a compound prepared in this manner:

To 1/2 ounce of dissolved Cocoa Butter, add 1/2 ounce of olive oil and then 1/2 ounce of Tincture of Myrrh. This will solidify again when not in use, but stir together and massage only a small portion of same into the portions of the body and glands that make the connections to this portion of the system, see?

560-10

.massage with Cocoa Butter after each application of the Ultra-violet. Commence about the upper dorsal or lower cervicals, and massage in a gentle circular motion with this all the way to the end of the spine. Never up and down, but a circular motion coming down always, on either side of the spine; so that the reaction of this is to the sympathetic system, rather than the cerebrospinal. This will be most beneficial.

585-3

To 1 ounce of melted Cocoa Butter, add - while still hot; not while boiling but while still warm, before it has congealed again:

Oil of Cedar.....10 minims,
Oil of Peppermint.....10 minims,
Carum Oil [Carron].....20 minims.

Allow this to congeal again. Take a small quantity and massage just what may be absorbed by the body; not only, then, over the abdominal area, but reaching down low toward the groin, over the abdomen, and especially over the cerebrospinal system - from the base of the brain to the solar plexus center, or the 9th dorsal; and from the end of the spine TOWARDS the 9th dorsal area. The ingredients are of such a nature that the properties will strike INTO the activities of the lymph and the bursae circulation around each of the ganglia along the cerebrospinal system, if massaged in a rotary motion from the head to the middle - or to the 9th dorsal; then from the end of

the spine to the 9th dorsal, in a rotary motion, along each side and over the cerebrospinal system. This we would do about twice each week; at the same time, of course, going over the areas of the abdomen as indicated to overcome the tendencies for the drawing of the organs of the abdomen during these periods that make for pains, contractions of the organs of the body.

849-29

. use Cocoa Butter as combined with Olive Oil to massage INTO the hip, the limb, the knee, the WHOLE of the limbs. These will, through the absorption and through the very activity of same, with the electrical forces, prevent the portions becoming atrophied, or keep the nerves from becoming deadened.

849-30

In the massage keep plenty of the Olive Oil AND Cocoa Butter, one time with one, the next time with the other. This will supply food values for the muscular forces of the body, as well as those vibratory forces in the impulse of the nervous system through the muscular forces.

Especially those areas in the brachial center (for the arms) and in the lumbar plexus (for the lower limbs) should receive SPECIFIC massage with the Oils, to supply nutriment to the ganglia of the nerve system from which or through which impulses for activity to the limbs are received.

849-32

.be sure that the massage is thoroughly given afterward; and this is always better done with a little oil or cocoa-butter or the like. For to stimulate the extremities especially is to keep more of the flow of the impulse of the blood supply, that is gradually being built up.

849-35

. would occasionally use an equal combination of Compound Tincture of Benzoin and either Olive Oil OR Cocoa Butter (so as to make it work the easier). The absorption of the Benzoin into the muscular forces BY the thorough massage will be a material aid

to stimulating the superficial circulatory forces, and thus enabling the body to gain better control of the muscular forces where there has been the inclination for an atrophy or the lack of the vital superficial circulation in the muscular and tendon forces of the lower extremities, especially. This would be massaged, of course, all over the cerebrospinal system, but more particularly through the lumbar and the sacral and the muscular forces of the sciatic nerves and tendons or ends in the hip and the tendon under the knee, and about the limb, in that way and manner. This would be done only about once or twice a week, you see; while the others would be used in the regular order as has been indicated.

1594-1

After these Packs each day we would have a massage along the spine; this to begin almost at the base of the brain and be made **DOWNWARD**, **NOT** towards the brain, see?

For such massaging, one day use Cocoa Butter; this to be gently, not severely but gently, massaged into the spine and the area upon either side of same. The next day use Camphorated Oil ... one day using Olive Oil, the next day using Cocoa Butter. Massage all the body will absorb. Let this extend on either side of the spinal column, from the base of the brain to the end of the spine; gently, in a rotary motion, massaged into the body, see? Rub **AWAY FROM** the head, always.

1873-1

Each evening **FOLLOWING** the use of the Wet Cell Appliance, massage the body **GENTLY** - down the whole length of the cerebrospinal system - with Cocoa Butter, - as a food for the respiratory and perspiratory system, to be absorbed in the areas along the cerebrospinal system. Massage from the head downward, circular motion, either side of the cerebrospinal system. Take sufficient time in doing this, not to be hurried through, but that there may be a quieting and a relaxing of the body.

Coffee

Botanical Name: *Coffea arabica*

Common Names and Synonyms: Mocha, java, arabica, espresso, capuccino

Background: The coffee tree is native to the Ethiopian province of Caffa, from which the name is derived. The cultivated tree grows 12 to 15 feet high, and the evergreen leaves are six inches long, glossy, and have a cluster of white flowers at the base of the leaves. The tree blooms for only a few days, and then berries begin to form, which are red, plump, and look like small cherries. Each berry contains two seeds. Drying, grinding and roasting the seeds develops the aromatic oils. Among the constituents extracted from the beans by brewing, is caffeine, a

brain stimulant, and tannic acid. Caffeine is often incorporated into pain remedies to speed efficiency. In the body, coffee produces diuretic action.

Coffee in the Cayce Readings

- An infusion of coffee, with its property of tannic acid, was given as an aid to relieve tired, burning feet. The feet were soaked in water and fresh, used, but not soured, coffee grounds. The grounds could be gently massaged into the calves and limbs to bring relief from heaviness.
- Several references advised massaging the scalp with used coffee grounds that would stimulate and promote hair growth, but advised that it would discolor the hair to some extent
- As a beverage, Cayce advised that coffee should be taken without cream or milk.

Cayce Quotes on Coffee

2084-10

(Q) What caused the peeling of skin on the soles of her feet, sides of heels and ankles, and what should be done about it?

(A) The adjustments and the general treatments should take care of these. Bathe them occasionally in weak coffee made from old coffee grounds; coffee that has been used, see? Save the old coffee grounds, not until they are soured, but boil and then bathe the feet and lower limbs in same; massaging them with same. Use about a teacup of coffee grounds to half a gallon of water, see? It is the tannic forces from these that has the beneficial effect.

2315-1

Boil two to three cups of the used coffee grounds in about a

gallon or gallon and a half of water, you see. Let it boil for at least twenty to thirty minutes. Use the grounds as well as the liquid coffee to do the massaging, you see. The quantity of tannic acid from this source is preferable to using tannic acid in other solutions to massage. And the massaging with this solution, with the grounds in same, will stimulate the circulation. Massage this thoroughly from the knees, downward; over the knees and all the way down, and thoroughly over the feet. This will tend to strengthen and relieve the heaviness in the feet.

243-33

It is the tannic acid in this that is helpful, which can be better obtained from boiling the old grounds (but not soured). Too much of the new coffee grounds is not well, but sufficient that the water is colored well from the hard boiled coffee grounds.

Following such a foot bath, massage Peanut Oil thoroughly into the knee and under the knee, through the area from the knee to the foot, and especially the bursae of the feet.

And we will find, if this is done consistently, we will relieve these tensions.

418-2

Be well that two or three times each week the lower limbs and feet be heated or massaged in a little higher temperature than tepid of the weak coffee solution or allow coffee grounds to be used - as an accumulation, though do not use SOURED grounds, for these will be harmful, but the coffee grounds; the liquid or the coffee fluid off of same, which carries with it an acid that is helpful to the extremities and should be massaged thoroughly into the knees, calves of legs, the feet, and especially the bursae of the feet. This hot, or a good deal warmer than tepid; about two or three times each week.

760-19

. massage for the feet and for the bursae through the heel and through the inner portions of the feet. These will be as rests for the body and most helpful. Boiled coffee grounds is about the

correct solution. It is, of course, the activity not only of the tannic acid but of the other acids that form that are absorbed by the portions of the body itself.

These should be warm; not too hot, but hot enough to make the feet glow by the rubbing. It doesn't matter if the grounds are in it and use the grounds as a portion of the irritation to the lower extremities.

2322-1

This will have sufficient of the tannic acid to change the circulation; as well as assisting greatly in combination with the other treatments to strengthen the muscular forces in those areas that have been deflected activities by subluxations in the coccyx and the sciatic area.

2301-5

But we would massage the scalp about once a week with crude oil, and then shampoo with vaseline oil hair tonic or shampoo. This will be effective for this body.

The drinking of the soup made from Irish potato peels will also be helpful. Stew the peels from three or four potatoes in a little water and drink about twice a week.

Also the massaging of the scalp with old coffee grounds would be effective. Of course this would keep the hair colored but it would be effective to make same grow.

2533-6

(Q) How may I promote the growth of new hair on my head?

(A) Eat more shell fish; and rub same with a few coffee grounds occasionally.

1770-1

Are there any particular foods I should not eat?

Do not use milk or cream IN coffee, tea or the like, for these also produce activities which become combative within the assimilating forces of the body.

2868-2

(Q) Is coffee or tea harmful?

(A) With milk or cream, harmful.

2001-1

Here are the DON'TS:
DO NOT take cream or milk in coffee or tea. Sugar may be taken.

275-45

(Q) Is the chemical reaction of raw milk in coffee the same as cream in coffee in relation to the digestion in the stomach?

(A) Well, this depends - to be sure - upon the activity of the system at the time. Cream, to be sure, is less hard, or more easily digested and produces LESS of that hard to be assimilated by portions of the system. But in coffee it is PREFERABLE for the body to use neither cream nor milk. Of course, cream is less harmful - and of course carries more food value, of a different nature. But there is a portion in same that becomes gradually hard upon the activity of the juices from the pancreas and spleen to the activities upon the system through the lacteals in their absorbing from digestion.

(Q) What about sugar in coffee?

(A) Brown sugar, of course, is preferable. Sugar is NOT as harmful, provided there is of course not too much sugar taken in other sweets.

613-1

(Q) Should he take coffee at all? If so, should cream be taken in it?

(A) When coffee is taken, if milk or cream is used in same it is NOT a food. Without milk or cream it IS a food to the body. For this body, LITTLE of coffee; rather a cereal drink is preferable.

975-1

Without the cream coffee is a food; WITH milk or cream it is very hard on the system.

684-1

(Q) Can she drink coffee?

(A) Coffee, fresh - without cream, is a food. In excess, WITH cream - or with quantity of sugar, it becomes as a poison, or hard for a digestive system - if taken in excess. This may be taken in moderation.

942-1

Do not OVER use cream or milk in the coffee taken, for it forms that which is detrimental to the gastric flow of the stomach itself.

1073-1

Coffee or tea should preferably be without milk or cream, for again we find that the combination of the acids - or the tannic forces, the chicory, or the properties there are the food values to the digestive forces - becomes disturbing, when combined outside of the body. However, if milk and coffee are taken at the same meal - but not combined before they are taken - the gastric juices flowing from even the salivary glands in the mouth so taking these CHANGE the activity so that the food values of both are taken by the system, in the activity through the alimentary canal.

1224-3

Coffee may be used if desired, but NOT with milk or cream in same! for this is hard upon the heart, as well as the digestion. If a little sugar is desired, it is very well, but no milk or cream in the coffee.

983-1

While the food values in the milk or cream may be considered of an equal value alone, when used together they form a condition in the lactic juices of the stomach itself that does not make for the proper eliminations carried on through the whole of the alimentary canal.

Cola

Botanical Name: *Cola nitida*

Common Names and Synonyms: Kola, cola

Background: The cola tree grows 40 to 60 feet high and is native to the tropical rain forests of West Africa. The leaves are about 10 inches long and leathery. Small yellow flowers produce a brown pod that contains anywhere from 4 to 15 cola nuts. The nut's aroma is sweet and rose-like. The first taste is bitter, but

sweetens upon chewing. The nut can be boiled to extract the cola. Cola nut is a breath sweetener and contains three times the caffeine of coffee. The original Coca-Cola contained cola leaf extracts (a source of cocaine prohibited in soft drinks in the U.S. after 1904.) Cola is a stimulant to the central nervous system, it is anti-depressive, and diuretic.

Cola in the Cayce Readings

- Coca-Cola or cola syrup was mentioned in 62 readings, usually as a medicinal purifier of the kidneys. Typically the cola syrup was to be taken with plain water, not carbonated.

Cayce Quotes on Cola

257-167

(Q) Does Coca-Cola aid or deter?

(A) Coca-Cola for the body is a stimulant, and will aid at times and deter at others. Taken when tired, very good; but do not gulp - drink slowly.

540-11

. if desirable drink Coca-Cola - a little Coca-Cola; this will act almost in the same way and manner in purifying or clearing the ducts through the kidneys, and thus reduce the general forces and influences there.

2084-3

(Q) Are such soft drinks as Coca-Cola detrimental to her?

(A) Coca-Cola is not harmful; others, or some others, might be harmful. However, if the drink is prepared with the syrup added to plain and not carbonated water, it would be more beneficial.

487-22

Drink more water; less carbonated waters but more pure water. Milk, ice cream or the like is very well. When carbonated waters or drinks are taken, either Dr. Pepper's or Coca-Cola may be taken; but let such as these be rather as an extra drink and not too regularly - and of Soft Drinks BEWARE.

2780-2

(Q) Is there a kidney or bladder weakness that necessitates getting up at night?

(A) There has been rather the inclination for the eliminating channels to eliminate the poisons or excesses in the system. These are tendencies, but as we find are not weaknesses. These may be clarified by taking a drink such as Coca Cola occasionally, but this made with plain water - for the body - rather than carbonated water. Or, once in two to three weeks a lithia tablet in the water will prevent any sediment from such activities causing distresses or weaknesses in these directions.

2853-1

.a drink as Coca-Cola will be helpful to the kidneys for purification, owing to the forms of combinations in same, this should be made with plain and not carbonated waters.

3081-1

The only soft drink to be taken would be Coca-Cola. This is helpful in the condition through the kidneys, and in the circulation between liver and kidneys.

3109-1

Here we find that Coca-Cola will be good, even for this baby. This will act to purify the circulation between the kidneys and the liver. Preferably use this in plain water, however, NOT carbonated or charged water. The effect of the tannic forces will be helpful for this condition. Two to three ounces we would take at the time, not necessarily every day - but three to four times a week would be better.

3412-1

(Q) An injury to my head, neck and shoulders (auto accident) disturbs me greatly at times with eruptions on the neck and shoulders. What to do?

(A) These conditions should gradually disappear if the Fume Baths are taken with the massages. Also the activity of the properties indicated for the slowing of the alimentary canal, the

heart's activity, the kidneys, will change these conditions. Take the Coca-Cola as a medicine, not as a drink.

5097-1

Do take coca cola occasionally as a drink for the activity of the kidneys, but do not take it with carbonated water. Buy or have the syrup prepared and add plain water to this. Take about 1/2 oz. or 1 oz. of the syrup and add plain water. This to be taken about every other day with or without ice. This will aid in purifying the kidney activity and bladder and will be better for the body.

5058-1

Do not take too heavy foods for this body. Never take any carbonated water, although it will be found that the syrup of Coca Cola in plain water will be well for the body, for this will react with the circulation between the kidneys and the liver, and will clear off much of the poisons which will be more beneficial for the activity of the sensory system. Do that.

2332-1

Keep free from ANY carbonated waters, for the carbonations cause an effluvium in the blood. To be sure, Coca-Cola is helpful to the kidneys, but if taken, use the Coca-Cola syrup in plain water - and this to the body will not be very palatable.

Dogwood

Botanical Name: *Cornus florida*

Common Names and Synonyms: Boxwood, Dog Tree, Flowering Dogwood, Virginia Dogwood

Background: The word "dogwood" comes from a custom in England to wash dogs with a concoction made from dogwood bark to cure mange. Bark from the flowering dogwood (*Cornus florida*,

native to the eastern United States) is used to relieve fever and tone up the system. The North American Indians used the bark for tea, which produced sweating to break a fever. During the Civil War when there was a blockade of southern ports and quinine was not imported, dogwood bark tea was substituted for quinine to treat malaria.

Dogwood Bark in the Cayce Readings

- Edgar Cayce recommended dogwood as a digestive aid.
- Dogwood bark was mentioned as a medicinal agent in approximately in 48 readings between 1920 and 1935. Most of the readings prescribing dogwood bark were given between 1922-1924.
- Various amounts of dogwood bark were recommended with the following frequency:
 -
 - 2 ounces
 - 1 ounce
 - 1/2 ounce
 - 1/4 ounce
 -
 - 26 readings
 - 11 readings
 - 5 readings
 - 1 reading
- Tincture or essence of dogwood bark was recommended in 1 reading (1/4 ounce).
- Dogwood bark was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances in mentioned in the same readings as dogwood bark are as follows:

Tolu	35 readings
Prickly Ash	32 readings
Sarsaparilla	28 readings
Yellow Dock	26 readings
Wild Cherry	22 readings
Elder Flower	21 readings
Buchu Leaves	20 readings
Burdock Root	15 reading

Calisaya
Mandrake

13 readings
13 readings

Cayce Quotes on Dogwood Bark

243-20

Dogwood Bark (not the outer bark, but just that between the outer and the pulp, you see)....1/2 ounce .

4815-1

Assist in the elimination by the Dogwood and Calisaya, which will affect directly that of the pancreas and the upper digestive forces ...

Elder Flower

Botanical Name: *Sambuccus canadensis*

Common Names and Synonyms: Elder, American Elder

Background: Native to Europe, western Asia and North Africa, elder flower is now found in North America. This common plant grows as a shrub or small tree. Medicinally, the elderberry tree is known as nature's medicine chest, and is best known as a fever

reducer and blood purifier used in the early stages of colds. This versatile plant also has uses as a general detoxifier of the body and as a sedative for relief of pain. Elder flowers appear in late spring. Flat heads of creamy white, small, star-shaped flowers bloom in late June for about three weeks; ripening to purple-black berries by September. The flowers were gathered and quickly dried in the shade. Elder flower tea was often brewed as a spring tonic. In the 1800's Elder Flower Water was used by women to keep their skin free of freckles and blemishes.

Elder Flower in the Cayce Readings

- Edgar Cayce recommended elder flower as a stimulant to the urinary and reproductive systems and as an aid to digestion.
- Elder Flower was mentioned in approximately 147 readings between 1911 and 1944. Elder Flower use peaked during the period between 1922-1924 and decreased markedly thereafter.
- Various amounts of elder flower were recommended with the following frequency:
 - 2 ounces
 - 4 ounces
 - 1 ounce
 - 1/2 ounce
 - 1 1/2 ounce
 - 1/4 ounce
 - 3 ounces
 - 6 ounces
 - 4 grains
 - 57 readings
 - 52 readings
 - 15 readings
 - 4 readings
 - 3 readings
 - 2 readings
 - 2 readings
 - 1 reading
 - 1 reading
 -
- In 3 readings elder flower was recommended as either an essence, tincture, or fluid extract (1/4 ounce in 2 readings; 1/2 ounce in 1 reading).
- Elder flower was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances in mentioned in the

same readings as elder flower are as follows:

Tolu	131 readings
Yellow Dock	116 readings
Sarsaparilla	86 readings
Wild Cherry	85 readings
Burdock Root	80 readings
Buchu Leaves	53 readings
Prickly Ash	47 readings
Mandrake	44 readings
Calisaya	41 readings
Black Snake Root	28 readings

Cayce Quotes on Elder Flower

1012-1

The Elder Flower acts with the increasing flow for the NATURAL eliminations through the system to the organic activities of the system in its relation to the sex activities of the body.

2790-1

The elder flower is [for] the functioning of the organs of the pelvis with the action of the kidneys; with the stimulation from the alcohol and balm of Gilead in these organs.

5664-1

... while that activity as is seen in the Elder Flower, that of the vibratory forces as changed in the whole of the mesenteric system, aided by those of the Stillingia and Sassafras as the CLARIFIER of the blood stream and the tendency of the allaying of nerve pressure.

1278-1

That of the Buchu leaves and Elder Flower, are for those effects in the kidneys and the pelvic organs.

4477-1

The active force of the carrier and the other properties, especially that of the Elder Flower, the coordinating effect or vibration set throughout the digestive and mesenteric system.

3724-1

... those to function of the organs of the Pelvis from the Elder Flower and the Balsam of Tolu with its action on those organs.

4676-1

(Q) Why are the menstrual periods of this body irregular?

(A) With the strain on the hepatic circulation and the strain as given here for the organs of the pelvis, the reaction coming by submerged and low pressure reactions to the organs of justation [genitation - gestation?] causing the irregularity to the functioning of the liatic [Leydig] glands. This causes the irregular functioning of these. When we have taken the properties as given from the Elder Flower with the Tolu in the solution we will find the strengthening to the organs to produce the correct vibration through this portion of the body.

457-3

The Elder Flower is to be effective with the organs of eliminations as related to the generative organs.

Eucalyptus

Botanical Name: *Eucalyptus globulus*

Common Names and Synonyms: Blue Gum, Fever Tree

Background: The eucalyptus tree is one of the tallest in the world growing to over 250 feet. Eucalyptus oil is used by herbalists as an aromatic for respiratory conditions such as bronchitis and asthma. The oil, distilled from the leaves and twigs, is antiseptic and antiviral and has a scent of balsamic camphor.

Eucalyptus in the Cayce Readings

- Edgar Cayce recommended eucalyptus as an ingredient in inhalant formulas intended for all manner of respiratory ailments.
- Eucalyptus was mentioned in approximately 392 readings between 1912-1944 with a notably high and consistent utilization between 1922-1944.
- Eucalyptus was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with eucalyptus were as follows:

Turpentine or Oil of Turp	325 readings
Benzoin	242 readings
Tolu	217 readings
Creosote	146 readings
Canadian Balsam	124 readings
Benzosol	103 readings
Heroin	50 readings
Pine Needle Oil	29 readings
Camphor	21 readings
Sassafras	15 readings

Cayce Quotes on Eucalyptus

1045-2

But in the room where there is the taking in of the breath, let there be the fumes breathed into the body from a croup cup or a kettle boiling. Into a gallon of the boiling water (or this proportion, whether using the kettle or the croup cup), put a teaspoonful of a solution made from equal parts of Tincture or Oil of Eucalyptus and Oil of Pine Needles. With this boiled in the room, the air then becomes such that when breathed it will make for a purifying of the tissue through the nostril, through the mouth, through the throat and into the lungs themselves. For these, then, will coordinate together.

1045-3

(Q) Should the vapors from the Oil of Pine Needles and

Eucalyptus be kept in the room constantly, or occasionally?

(A) WELL that these be kept, not too much of same all the time. For the fumes of Pine and Eucalyptus are HEALING, as well as non-irritating to the lung and throat.

901-2

At those periods when there is the tendency for cold, or for the aching through the face and antrum, we would use an inhalant, prepared in this way and manner; not as a spray but inhaling the fumes of same:

To four ounces of Pure Grain Alcohol, add - IN THE ORDER NAMED:

Oil of Eucalyptus.....20 minims,
Compound Tincture of Benzoin.....15 minims,
Oil of Turp.....5 minims,
Tolu in Solution.....30 minims.

Put this compound in a container at least twice the size of the quantity, or an 8 ounce bottle, preferably colored, and having a large mouth through which there would be two entrances through the cork to the vacuum above the solution. The two small vents would also be corked, except when being used. Shake the solution well when ready to inhale, removing one cork and opening the other so that it may be inhaled as one would a cigarette or a deep breath through the nostrils, and into the mouth. This acts as an antiseptic, also alleviating those conditions as will be eliminated from the areas by the use of the compound to be massaged, and also the massage along the spine, given after the abdominal treatments indicated.

1641-2

Then we would have prepared for this body this character of inhalant, which will work with the activities of the organs for purifying those areas through which sensory influences are at times clogged. Thus we would prepare as this: Take at least a six ounce large-mouth bottle. In this we would prepare two vents. These are not to enter the solution. The vents should be so that they may be corked when not in use. Then add these in the solution, put them in the order named:

Grain alcohol (at least 90% proof).....4 ounces,
Oil of Eucalyptus.....20 minims,

Rectified Oil of Turp.....5 minims,
Rectified Creosote.....2 minims,
Compound Tincture of Benzoin.....15 minims,
Tolu in Solution.....20 minims.

When this is to be used, and use it on arising of a morning and before retiring of evening, shake the solution together. Then inhale deep through the nostril, either side of same, about twice. Then in the throat once. These will act as purifiers and also will assist the body-functionings as each of these have their effect upon the activity of the organs themselves. The lungs, the activities of the eucalyptus and the activity from the Tolu are to clarify or purify the lung tissue itself. The activity of the Turpentine is to act upon kidneys and liver for the assisting in tuning or toning the activity with organs for better eliminations through the system, while the other ingredients as they act upon the mucous membranes give better actions through the lymph circulation in the body-forces.

Fennel

Botanical Name: *Foeniculum vulgare*

Common Names and Synonyms: Common Fennel, Fennel Fruits, Fennel Seeds, Sweet Fennel, Roman Fennel; Semen Foeniculi

Background: Fennel is native to the Mediterranean and Southern Europe and has both culinary and medicinal uses. Herbalists employ fennel for intestinal disorders, especially colic and flatulence. As a local application, fennel has been used as an eyewash and for mucous membrane inflammations. Fennel

has tiny yellow flowers arranged on parasol type stems and the leaves are needle-like. The plant has a pleasant fragrance. Fennel seeds have an anise-like flavor and are valued for cooking and baking.

Fennel in the Cayce Readings

- Fennel (blossom) was recommended in 1 Cayce reading in 1935 for a 72 year old man suffering from general debilitation and toxemia. The specific action of the fennel was not given. The general tonic in which it was blended was intended as a systemic cleanser and stimulator.

Cayce Quote on Fennel

788-1

As we find, while there may not be CURATIVE measures to the extent of making for a body NEW, there may be HELPFUL measures to the general condition; making for an aid to the general physical forces of the system, aiding in making for the proper stimulations that would make for the rest and the activities of the body in a very much more active force or manner, and bringing ease and rest and a much more pleasant outlook by the mental activities of the body itself.

We would prepare, then, a TONIC for the body - in this manner:

To 1 gallon of distilled water, add:

Wild Cherry Bark.....1 ounce,
Sarsaparilla Root.....1 ounce,
Yellow Dock Root.....1/2 ounce,
Burdock Root.....1/2 ounce,
Prickly Ash Bark.....1/4 ounce,
Blossom of Fennel.....1/4 ounce,
Mandrake Root.....2 grains,
Buchu Leaves.....5 grains.

Reduce by slow boiling until when it is strained there is 1 quart left. Then we would add 3 ounces of pure grain alcohol, with 2 drams Balsam of Tolu cut in same. Shake the solution well together before the dose is taken, which would be 1/2 teaspoonful before the meals - morning, noon and night - and before retiring.

Fig

Botanical

Name: *Ficus*

Carica

Common Names and Synonyms: Fig

Background: Native to Iran, Asia Minor and Syria, the fig tree is widely cultivated in Mediterranean countries, and in the United States. The tree or bush, seldom grows more than 18 to 20 feet high. The leaves are broad and the fruit is hollow. An enlarging receptacle or pouch contains both fruit and flowers within the pear-shaped sack. The flowers and fruits, concealed inside, come to maturity within the body of the pouch. This distinguishes the fig from other fruits. Figs are used, both fresh and sun-dried, as part of the diet in Western Asia and Southern Europe. The chief component is dextrose. Figs contain iron, and their action is laxative. Roasted and split, they have been applied to ease gum boils and abscessed teeth.

Figs in the Cayce Readings

- The main use of figs in the Cayce readings was as an eliminant (i.e., Syrup of Figs). The eliminant was taken in small, frequent doses, rather than in one large dose for a gentle, but thorough, cleansing of the intestinal system. Syrup of Figs was often recommended in conjunction with Castoria, a mild laxative. Cayce sometimes specified California Syrup of Figs which was a proprietary combination of senna and figs.
- A combination of milk and figs was suggested as a poultice for an abscessed tooth extraction to remove poisons and speed recovery.
- Syrup of Figs was mentioned in approximately 95 readings between 1921 and 1944 with a peak utilization in 1939.

Cayce Quotes on Figs

849-21

(Q) Is the Castoria best as an eliminant?

(A) Castoria is well, but combined with the California Syrup of Figs.

572-9

(Q) What mild laxative will make his liver act?

(A) A combination of Syrup of Figs with the activity or active principles of Senna. Or the Syrup of Senna one part to two parts of Syrup of Figs.

618-7

(Q) Bowels don't move naturally at all; even with oil and psyllium have to take enema every night. Any further suggestions?

(A) Change more in the diet to those that carry the ACTIVE forces and influences; such as stewed fruits, figs, the pie plant and things like that. But keep the bowels active at least once each day, even if it requires the enema.

808-8

(Q) Are the seeds in figs too rough for the intestines in this body?

(A) Not too rough, if the figs are well ripened and WELL masticated - or plenty of the salivary gland activity with same. In other words, don't eat and wash them down with water!

5520-4

(Q) Should he take cooked figs or raisins?

(A) Cooked figs or raisins occasionally are well for the body. Both carry those properties of the iron, also of the bitumen, that are excellent for the developing of the body. Also will aid in the digestive forces for the system, causing that laxness as is necessary.

2055-1

An excellent food for the body of an afternoon and evening would be this combination:

1 cup Black Figs, or packed figs, chopped or ground very fine;

1 cup Dates, chopped or ground very fine;

1/2 cup Yellow Corn Meal (not too finely ground).

Cook this in sufficient water (2 or 3 cups), for 15 to 20 minutes, to make it the consistency of mush.

A little of this taken each evening or night will be found to supply energies for the system that will be most helpful, - especially combined with the osteopathic corrections, and the effect produced upon the nervous system as well as the glandular system from the quantities of the Gold taken in the manner indicated.

1152-6

. a combination or alternation of Fletcher's Castoria with Syrup of Figs. The general active principle of both of these is senna, but the combination of the other ingredients with same - as may be absorbed by the system to induce a greater activity through the assimilating forces of the body itself - may remove a great deal of poison. But use this in a consistent manner. Take about a teaspoonful every hour apart, first the Castoria, then the Syrup of Figs, - that is, one taken one hour, the other the next, see?

949-014

M

.take half to three-quarters of a teaspoonful of the Castoria, then the next thirty minutes (on the hour) take half to three-quarters of a teaspoonful of the Syrup of Figs. To be sure, the active principle in each of these is Senna, but the effect of the rest of the properties in the Figs would be to the activities of the pancreas and spleen, while the pumpkin seed and oils as combined in the Castoria will make all of these more effective for the system. Continue these for a whole day, or until there is a THOROUGH stirring of the liver and a cleansing of the system.

303-11

(Q) Is there anything the body may do that will bring about normal eliminations?

(A) Do those activities that have been indicated as to the diets; these are the more preferable way. When cathartics are needed for the eliminations, use an alteration between such as the Syrup of Figs and Castoria, or a combination of Syrup of Senna and the Syrup of Figs - as Caldwell's Syrup of Figs - mixed equal

portions. Take a teaspoonful at a dose of the mixture; while the other two when taken would be two to three teaspoonsful, not at once but half an hour apart. Do not take any one for a long period of time, but alternate - see?

289-8

An eliminant of the vegetable nature, then, as we find, would be better; and as a corrective in the directions indicated. Such properties whose active principle would be Senna, as combined with Syrup of Figs. Or, a combination of Fletcher's Castoria and California Syrup of Figs - half and half. Preferably give this in broken doses, as we have indicated, so that it is absorbed by the system. It is better for such conditions that it be taken a teaspoonful every hour until there is a THOROUGH cleansing.

774-2

(Q) Other than laxative foods, should I take anything for constipation?

(A) If it becomes necessary and the body feels laggard or dull from the non-activity from same, it would be well to use Syrup of Figs - or Syrup of Figs with a combination of the Syrup of Senna; these will be very good.

949-14

The arousing of the eliminations may be best accomplished for this body through the use of a combination of Fletcher's Castoria and California Syrup of Figs, - or alternate the doses of these, but take them in a manner in which the greater effect is had; which would be small quantities taken often. In one half hour period take half to three-quarters of a teaspoonful of the Castoria, then the next thirty minutes (on the hour) take half to three-quarters of a teaspoonful of the Syrup of Figs. To be sure, the active principle in each of these is Senna, but the effect of the rest of the properties in the Figs would be to the activities of the pancreas and spleen, while the pumpkin seed and oils as combined in the Castoria will make all of these more effective for the system. Continue these for a whole day, or until there is a THOROUGH stirring of the liver and a cleansing of the system.

5655-2

. the eliminant in the Castoria, acts directly upon the gastric forces of the system, while the Figs will act with those of the lower hepatic circulation, aiding - WITH those other compounds - to make for a better eliminant in the kidneys.

558-4

We would remove the tooth at once, and then begin with the properties outlined below along with it; for while there will be some little trouble in removing the tooth itself, if a poultice of milk and figs is used on same the after effects will be very little.

569-13

. there is an excess and the abscess formation there - will make it necessary for the removal of the tooth, that this elimination may be properly set up, for this irritation is aggravating to the whole nerve system, and especially to the sympathetic nerve system. Then remove same, and treat locally with that of the poultice of the fig for the removal of the poisons there from cavity.

Foxglove

Botanical Name: *Digitalis purpurea*

Common Names and Synonyms: Witches' Gloves, Dead Men's Bells, Fairy's Glove, Witch's Bells, Fairy Thimbles.

may use same in the Radio-Active Appliance in its vibrations to the system. Either of these would be helpful.

Radio-Active Appliance that would carry strychnine in solution, in this proportion:

Dissolve one grain in five ounces of alcohol. When used (this only in the battery, or in the anode that would be attached to the 2nd and 3rd dorsal center), the anode carrying the strychnine in solution would be attached last; or strychnine and iron would be well, though this would be hard to keep combined, for it would require changes often, but make the strychnine in solution - one grain to five ounces of eighty percent alcohol, see? The other anode, or the one first attached, would be attached to the umbilicus center, or the upper right portion of the umbilicus center, between the pancreatic area and the umbilicus, see? The small anode attach there. The large anode which passes through the solution would be attached last, at the 2nd and 3rd dorsal center.

The adjustments would be made gently, chiropractically preferably, in the upper dorsal area - 1st, 2nd, 3rd, 4th, 5th and 6th dorsal.

4488-2

Use not only, as outlined, the solution of the stimuli in the appliance but the odor of the foxglove blossom should be in the room, or in the air breathed by the body occasionally. This will be helpful.

1103-2

To bring any relief there must be a raised circulation, for the slowing up of circulation - with congestion in the intestines, liver AND kidneys - will NOT keep the forces active in the body without creating so much poison that the system would not be able to handle same at all; for, with the condition of plethora in heart already in its functioning, as has been given, this would not survive the pressure in same. Digital, or Digitalis, in very minute quantities, would be given for a quickening circulation, as WELL as those properties that would bring about reaction in the kidneys and in the liver, by stimulating externally and by giving that as

has been outlined (the deep manipulation) for the relieving of pressure there.

370-8

Give - but only under the suggestions and administration of a physician - those properties that tend to flow the circulation FROM the heart. This is flooding too often. The pressure is too high. Use the digitol [trade name of a fat free tincture of digitalis] rather than digitalis, but only under a physician's direction.

Friendly Fever

Friendly Fever in the Cayce Readings

- One reading given in 1937 mentioned friendly fever in the context of the question and answer section (see below). In responding to the question, friendly fever was not recommended for stiff joints.

Cayce Quote on Friendly Fever

982-5

(Q) Would "Friendly Fever" be of help in relieving condition of the joints?

(A) As we find, the deep therapy - the superficial circulation increased, you see, by the massage as combined with the effect upon all of the glandular system with the low electrical forces of the Wet Cell Appliance and the Chloride of Gold internally, as well as vibratorially - these would really be more effective than the "Friendly Fever."

For if the diathermy is given properly, not too high, not too long at a give period but with these other activities, it will produce a better condition in relieving this tendency for stiffening in the joints, and those massages will relieve the conditions along the cerebrospinal system.

Wild Ginger

Botanical Name: *Asarum canadense*

Common Names and Synonyms: Canadian Snakeroot, Indian

Ginger

Background: Wild ginger is not to be confused with standard culinary ginger (*Zingiber officinale*). North American Indians used wild ginger to season food and disguise spoiled meat. Folk remedy applications for wild ginger include stimulation of appetite and relieving gas pains. Wild ginger is a creeping plant which has a pair of heart-shaped leaves, a maroon-brown flower at the juncture of the leaves, and a rhizome which has a spicy, ginger-like fragrance. Used for complaints by the Canadian Indians, it is sometimes called Canadian Snakeroot. The root was used for digestive problems and colic.

Wild Ginger in the Cayce Readings

- Edgar Cayce typically recommended ginger in cases of intestinal disorder (such as inflammatory bowel disease or irritated colon). In certain readings he stated that the therapeutic action was through the lymphatics associated with the intestinal tract.
- Wild ginger was mentioned in 76 readings between 1924-1944 with peak utilization in 1935 (14 readings).
- Wild ginger was most often recommended as an ingredient in a formula. Most often, the wild ginger was to be in a processed form (i.e., extract, fusion, tincture, essence, or elixir). In these forms, the most common amounts were as follows:

1/4 ounce	20 readings
1/2 ounce	17 readings
40 minims	3 readings
20 minims	3 readings
1 ounce	2 readings
2 minims	1 reading
1/4 dram	1 reading

In several readings, the wild ginger was in a dry, pulverized form as follows:

1/2 ounce	6 readings
1 dram	2 readings
1/4 ounce	1 reading
1/2 dram	1 reading

- In several later readings, wild ginger and wild ginseng were sometimes made into fusions and taken together.
- Other medicines mentioned in the same readings with wild ginger include:

Ginseng	52 readings
Pepsin	31 readings
Stillingia	22 readings
Indian Turnip	18 readings
Valerian	12 readings
Wild Cherry	8 readings
Calisaya	6 readings
Tolu	6 readings
Rhubarb	5 readings
Sarsaparilla	5 readings

Cayce Quotes on Wild Ginger

975-1

So, in the first portion we would take internally a compound which would be activative upon portions of the system and the organism of the body in such a manner as to prepare the body for other conditions that will become necessary as helpfulness progresses in the body. Prepare same in this manner:

To 2 ounces of Strained Honey add 4 ounces of Distilled Water. Let this come to a boil. Then before it has cooled entirely, but after it has stopped steaming, add - in the order named:

Essence from Wild Ginseng.....1/2 dram,
 Tincture of Stillingia.....1/4 dram,
 Essence of Wild Turnip.....10 minims,
 Essence of Wild Ginger (this should be made

from the raw Ginger; not using an emanation of it or synthetic preparation, but that made from the herb itself).....40 minims,
Essence of Cinchona Bark.....1/4 ounce, which will act as the carrier for adding the eliminations in the system.

But this would be the ESSENCE from the quinine bark itself; not that which has been purified, but use the bark itself and make an essence. To 2 drams add 4 ounces of water and reduce to a quantity sufficient to use with the above as indicated.

Shake the solution before the dose is taken, which would be half a teaspoonful twice each day; preferably before the morning meal and before the time for retiring in the evening.

Take the whole quantity.

1019-1

... [wild] ginger will work directly with the gastric now in the liver's activity ...

1278-1

In those of the Ginger and Ginseng, act directly with the organs as are affected by the gland production in system.

340-46

Then we would set up a better tonal reaction of the flow of lymph through the alimentary canal with the Essence of Ginger and the other ingredients as we have heretofore indicated for the body. This needs attention, to coordinate better conditions through the colon.

Wild Ginseng

Botanical Name: *Panax quinquefolium*

Common Names and Synonyms: American Ginseng

Background: Ginseng has long history of use in China where it has been used for centuries as a cure-all with properties which increase longevity and vitality. Also native to the Americas, certain North American Indian tribes used ginseng to relieve nausea and an ingredient in love potions. Today, ginseng is used extensively to increase body strength and vitality. It is also used for stress management based on its reputation for reducing fatigue, depression and nervousness.

American ginseng is native to the woodlands of eastern and central North America. It once grew in profusion but now has become quite rare. It is difficult to cultivate and takes six years to reach maturity. The name Ginseng is derived from the Chinese word jen-shen which describes the shape of the root, and means, "manlike." The man-like or spindle-shaped root produces a straight stem with three large compound leaves, each composed of five serrated leaflets. The flowers, which bloom in June and July, are tiny green-white to light pink blossoms. The bright red berries are produced in late summer.

Ginseng in the Cayce Readings

- Edgar Cayce recommended wild ginseng root as a stimulant to the glandular and digestive systems. Specific references to the vitality enhancing qualities of ginseng were made in several readings. Combined with ginger and lactated pepsin, ginseng was also commonly recommended for colitis and intestinal problems. Although the readings did not specify national sources (i.e., American, Chinese, Korean, Manchurian, etc.), there was a consistent insistence on "wild" ginseng.
- Ginseng was mentioned approximately in 138 readings between 1923 and 1944. In contrast to most herbs recommended in the readings, ginseng was not recommended often during the early years, but generally increased in usage over the

years with notable peaks in 1930, 1935, and 1944.

- Various amounts of dried ginseng were recommended with the following frequency:

◦		◦	
◦	1 ounce	◦	13 readings
◦	1/2 ounce	◦	12 readings
◦	2 ounces	◦	7 readings
◦	1/4 ounce	◦	4 readings
◦	1 1/2 ounces	◦	2 readings
◦	1 dram	◦	5 readings
◦	2 drams	◦	2 readings
◦	1/2 dram	◦	1 reading
◦	1 dram	◦	1 reading
◦	3 drams	◦	1 reading
◦	5 drams	◦	1 reading
◦			

- Ginseng was also recommended in various forms, including tincture, essence, elixir, extract, and fusion as follows:

◦		◦	
◦	1/2 ounce	◦	32 readings
◦	1/4 ounce	◦	15 readings
◦	1 ounce	◦	8 readings
◦	2 ounces	◦	3 readings
◦	3 ounces	◦	1 reading
◦	1 dram	◦	3 readings
◦	1/2 dram	◦	3 readings
◦	10 minims	◦	2 readings
◦	20 minims	◦	1 reading
◦	40 minims	◦	1 reading
◦	4 drops	◦	1 reading
◦			

- Ginseng was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances in mentioned in the same readings as ginseng are as follows:

◦		◦	
◦	Indian Turnip	◦	55 readings
◦	Ginger	◦	52 readings

◦	Stillingia	◦	47 readings
◦	Pepsin	◦	37 readings
◦	Tolu	◦	29 readings
◦	Wild Cherry	◦	25 readings
◦	Calisaya	◦	18 readings
◦	Sarsaparilla	◦	17 readings
◦	Valerian	◦	16 readings
◦	Yellow Dock	◦	14 readings
◦			

Cayce Quotes on Ginseng

636-1

... wild ginseng essence, that is according to the ancients - the basis of the stimulation of life in its very essence in the body of man.

5664-1

... while that in Ginseng for the activity of the glands in the system as are affected by the subjugation or depressions of the body, as in a general manner.

5596-1

... those in the Ginseng as an active force with the glands of the body - which pressure is produced on - in the lumbar regions, which overexercise the functioning of the glands, especially those of the pineal gland, and these are active principles directly with same ...

2253-1

As we see, the nerve system, or nerve matter itself, is made up of vibrations from the system in its resuscitating or building forces. These, as we find, may be had from the use of those compounds in the Mayblossom WITH those of the Ginseng, as will STIMULATE those impulses of the body. These will also make for a better coordination in refraction and refractory reactions in, or between cerebro-spinal and sympathetic system.

1278-1

In those of the Ginger and Ginseng, act directly with the organs as are affected by the gland production in system.

1019-1

Stimulation from the Wild Ginseng is to the gastric flow but acts primarily upon the glands of the gastric flow for an activity to

the thyroid, to the ducts and glands within the liver area itself as stimulated by the Indian Turnip...

943-13

We will find, that when this has MOVED - or the impaction as produced the first distress - were there small quantities of the ambrosia weed, with those of the wild ginseng combined together, it would be an active force in sustaining and keeping the proper activity in the mucus membranes of the intestinal system.

839-1

... increasing their stability through the life principle as we have in the Wild Ginseng with the Stillingia as an emit and an active force with the gastric flow - these should soon overcome such conditions.

404-4

Wild Ginseng, which is as an essence of the flow of the vitality WITHIN the system itself. It is an ELECTRIFYING of the vital forces themselves.

Goldenseal

Botanical Name: *Hydrastis canadensis*

Common Names and Synonyms: Golden Seal

Background: Native to eastern North America, goldenseal was used extensively by Indians as a treatment for ulcers and arrow wounds. Modern herbalists used golden seal in the treatment of congestion and chronic inflammation of the respiratory and urogenital tracts. Golden seal also is also reputed to strengthen the immune system.

The rhizome with its rootlets, is brownish on the outside and bright yellow inside. The rhizome produces a single hairy stem from which two, five lobed serrated leaves sprout. The small flower with green sepals, produces a raspberry-like fruit in the fall. The name Golden Seal is derived from the yellow scars left on the rhizome after the stem breaks forth in the spring. The scars resemble the imprint from a letter seal. Golden Seal is sometimes found growing in rich shady woodlands in northern or north-eastern America, but is most often cultivated for its medicinal properties.

Goldenseal in the Cayce Readings

- Edgar Cayce recommended goldenseal externally with massage and internally as a tea and as an ingredient in complex systemic tonics. The internal action of goldenseal was for the lining of the stomach and as an aid to eliminations. Certain readings also indicated that goldenseal could enhance immune functioning (resistance to disease), support the pulmonary and cardiovascular systems, and increase vitality.
- Goldenseal was mentioned in approximately 36 readings between 1921-1943.
- When goldenseal was included in tonics, the most common substances mentioned in the same readings were:
 -
 - Tolu ◦ 4 readings
 - Yellow Dock ◦ 4 readings
 - Yellow Saffron ◦ 4 readings
 - Calisaya ◦ 3 readings
 - Camphor ◦ 3 readings

- | | |
|----------------|--------------|
| ◦ Elm | ◦ 3 readings |
| ◦ Sarsaparilla | ◦ 3 readings |
| ◦ Sassafras | ◦ 3 readings |
| ◦ Wild Cherry | ◦ 3 readings |
| ◦ | |

Cayce Quotes on Goldenseal

1866-5

Well, too, that occasionally that of Golden Seal be given in a mild form. The active principle of this, as seen, is as an astringent and as an effective issue for conditions as exist in the lining of the stomach itself proper; is to PREVENT temperature, or to intestinally produce better reaction with the blood supply, as is called there through the condition as is existent.

102-1

We have the body here. Conditions are serious. The sepses have advanced some. The vitality is low. The resistance is low; yet we find the WILL, the determinations, are strong with the inner forces of the body, and that those administrations being made very good. We would give that, as a stimuli - through tomorrow, especially - Golden Seal or Life Everlasting, in small quantities, will aid.

5664-1

The activities of these properties with the system - in those of the herbs as are given: The Life Everlasting [goldenseal] is for that tendency of the creation in system of those elements in the system that create a high vibration in the blood supply, both as to the respiratory and heart's action ...

4650-1

... the properties from Golden Seal is to turn the affect of elimination toward their proper channels of a local condition.

4672-1

To meet the needs to make the resistive forces, through the system, to regain recuperative powers within this body, instead of giving medicinal properties in the system, we would massage the body well, and equalize the circulation, and assist in the elimination, and stimulate the solar plexus center, so as to gain stimulation from the foods given the body. We would massage well into the body from the solar plexus, down, and lower across the

abdomen, GOLDEN SEAL. This is placed on the body and then massaged in.

4611-1

Give as a mild tea those properties either of Golden Seal or of Yellow Saffron, the proportions being one to forty. Do that. This may be given whenever water is desired by the body, see? given warm, however. Let the body drink as much as it cares for.

4597-1

R E L I E F - To give the relief, and the permanent relief for this body, for the present condition, there must be treated for the local effect, and for local conditions, as is found in the first, second cervical to fourth and sacral region, fourth lumbar and sacral region. We would massage well into this portion of the body those properties as found in Golden Seal, and give the vibrations of the Violet Ray forces over the whole portion of body along the spine especially, in the sacral and lumbar region and the upper cervical region. Give that twice each day. Massage well first with the hands, then giving the Violet Ray forces to the body for the condition in the intestinal tract, the liver, and for the hepatic circulation ...

4173-2

We would massage into the tissue, where the lymphatics and emunctories take up the circulation, those properties as found in Golden Seal. That will assist the body in the assimilation and elimination.

3728-1

We would, then, add with manipulations - that would be osteopathically given - deep every third treatment, and gently throughout the whole system with some corrections every day, until forces are changed in the body; giving these as properties as would bring about better vibratory forces with that set up by a general treatment: Golden Seal, or Life Everlasting, in the form of added to those of that that is being used as the reduction for temperature and added system reduction of the achey feelings that come from the poor circulation. This would be given in a tea that would be added to the water, as of one to twenty - that is, to one ounce of saturated solution add TWENTY OUNCES of water, or one drop to twenty drops of water, see? This added TO that being used

in medicinal properties for the reduction of temperature and for the enlivenment of the excretory system.

2252-1

(Q) Should this body be massaged with the hands?

(A) Be well if this was massaged into the body at least each time when the temperature is very high and until this is reduced. Be well also to rub well into the groin, across the abdomen and the liver and spleen, you see, that is higher up here, you see, equal parts of Golden Seal and Balm of Gilead.

360-5

We would also make a tea in this manner: To 16 ounces of distilled water add 1/2 ounce of the mullein leaves or the dried mullein, and 1/4 ounce Life Everlasting. Steep this as a tea and take sips of this three or four times a day, about an ounce during the day, preferably warm, see? While insipid in taste, if sipped when it is warm it will add that vitality in the circulation.

325-43

Take Life Everlasting one dram and dried mullein one dram. But these in one quart of water and steep; (not boil) as tea, for twenty-five to thirty minutes. Strain off and keep in a cool place, so as to prevent it from souring. Do not take any when it is sour, or when it becomes sour, but use as a tea to drink - see? Little sips of this. If it is found to be too strong, add plain water. Little sips of this two or three times a day; not big swallows but as much as a quarter to half a teaspoonful as a sip two, three, four times a day. Take it AS water, see? but it may be followed with water, that will be found better half and half; that is, carbonated water and plain water, as the drinking water.

275-18

(Q) How often should body take Life Everlasting Tea?

(A) As has been outlined, when there is that necessity of adding to the strength or vitality of the body, then it may be taken in the manner as has been outlined.

143-5

And massage into those regions of the dorsal (9th, 10th, 11th, 12th, see?), and across the abdomen, those properties of Golden Seal or Life Everlasting - the essence of this, see? and WEAKENED about twenty percent (20%), see? of the essence, warmed and

massaged into these portions of the body....

(Q) Should the limewater and cinnamon water be given together, or separate?

(A) No! Taken separate! These may be ALTERNATED, as given, to meet the needs of the conditions, see? but the Life Everlasting, THIS is as to STRENGTHEN the secretions from absorption, as well as the massage to the right side, or across the abdomen, see?

102-1

We have the body here. Conditions are serious. The sepses have advanced some. The vitality is low. The resistance is low; yet we find the WILL, the determinations, are strong with the inner forces of the body, and that those administrations being made very good. We would give that, as a stimuli - through tomorrow, especially - Golden Seal or Life Everlasting, in small quantities, will aid.

Concord Grape

Botanical Name: *Vitix labrusca*

Common Names and Synonyms: Fox grape, skunk grape, purple grape

Background: The wild purple or fox grape is the ancestor of the Concord grape, developed at Concord, Massachusetts. This grape is native to North America. Wild grapevines can be found from New England to Georgia and to the west through mid-America. The Concord is a plump, purple or blue purple grape, growing in clusters on a thick, woody vine. The odor is aromatic, with a sweet, musky flavor and several seeds are contained within each grape.

Concord Grapes in the Cayce Readings

- The Concord variety of grape was most often recommended in the readings to reduce fever and inflammation. Specifically, Concord grape packs were prescribed for abdominal abscesses, peritonitis, appendicitis, ptomaine poisoning, and other serious abdominal conditions.
- Concord grape juice was suggested as a dietary supplement to aid in reducing weight in cases of obesity.
- Grape monodieting was also sometimes recommended for internal cleansing.

Cayce Quotes on Concord Grapes

1419-2

At least twice a day have periods of applying three or four (in a series) of the grape poultices; preferably the Concord variety - because of the activities of these upon the body. Not only is there the absorption of the juices of same, but there is the carrying of the acids that act with the digestive forces. Also there is the absorption of same in the areas of the lacteal ducts from which the body gains food supply - which is strengthening to the body.

We would also find that a gentle massage, very gentle, with

Olive Oil, will be most beneficial; all that the body will absorb - but after there is the cleansing of the body from the use of the grape poultice. Be sure that the Olive Oil is massaged not only over the whole of the abdomen but especially across the small of the back and the limbs also.

1045-3

Keep the poultice, but get the Concord and not the other grapes. If the Concord grapes cannot be secured, then use the seedless white grapes; though the SEED in the Concord grapes are those that take away the inflammation the most.

Necessary that eliminations be kept, even though an enema be used each day; for there should be a movement every day. If there is not a natural movement, then use the enema.

(Q) How often should the poultice be used?

(A) Whenever there is pain across the abdomen.

340-34

Put a poultice of grapes, cool - grapes of any character, preferably Concord but any character, crushed - except those without seed, don't use those - we want those with seed for it's the tartaric acid that we are giving that we want the reaction from. Crush same, place between thin cloths over the abdomen, extending up to the lower end of the stomach, to overcome this nausea and tendency for the reaction to the head and throat and the irritations that arise.

5397-1

(Q) How may I get my bowels to be active as should be?

(A) Only through taking that which is easily assimilated, and, as has been indicated, massage occasionally with the acid - as grape acid, see? that is, Tartaric Acid. This will cause movement of the bowels. But not too long - not too much! It is best to apply the Tartaric Acid in a cloth or gauze over the abdomen, this just patted on. Cover, and then allow to remain for ten to fifteen minutes. Then remove, and gently massage the bowel with Peanut Oil. These will cause movement. If necessary, repeat

and let it remain a little longer, but don't get them so they will be started and then not be able to stop.

1970-1

Also have the heavy Grape Poultices each day over the abdominal and stomach area. Leave these on for at least two hours each day, changing them about once during the two hour period, see? have them at least half an inch thick. Crush the grapes and apply, raw; the Concord Grapes being preferable.

And live practically on grapes during that period, or grapes and milk, - with a little curd or crackers in same. The Concord grapes are preferable to be eaten also, but not the same ones that are used for poultice, to be sure! Of course, other types of grapes may be eaten also, but preferably and principally the Concord - or the colored grapes rather than the green, see?

After there have been the Grape Poultices used for at least three to four days, then we would have a colonic irrigation, - very gently given; and do not attempt to do this by self! Have it done rather by a professional, with the warning as to the disturbance in the caecum area! Rest during this whole period, you see, but especially remain quiet during the period the colonic is given, - just one, gently but thoroughly done, but after the Poultices have been used for three to four days as indicated.

Beware of any temperature, or too much of night sweats, or the poor eliminations through the respiratory system. Hence we would rub the body down with alcohol - whenever there is any tendency in this direction.

261-17

As we find, an acute condition has arisen from toxic forces very akin to a ptomaine reaction through the alimentary canal. And this, with the weakness and tenderness which has existed, has brought about some distresses there.

In ministering for the conditions in the present, we would:

Make application of a Grape Poultice; raw grapes, mashed in a form so they will be at least half to an inch thick across the whole of the abdomen; preferably the Concord Grapes.

Be well in preparation for it that there be taken internally

orange juice mixed with the grape juice; the fresh, not that preserved or put up, but the fresh - about half and half. Take little sips of this.

Keep the pack on for about an hour, and then change and put on a second one. Leave the second one on for an hour.

1984-1

As we find, there are acute conditions from a combination of disturbances; where there have been adhesions through the abdominal area, the effects from disturbances there, that have caused a great deal of trouble in the circulation of the lymph through the portions of the body, - as to cause neuritic, with arthritic tendencies in same.

And, with the application of properties, these have been caused to become inflamed; thus causing acute conditions.

We would have as little as possible of the narcotics or sedatives.

And we would use the heavy Grape Poultice over the abdominal and caecum area, especially. Crush the raw fresh grapes (preferably Concord), leave in hull, and apply direct to the body, between thin gauze, about an inch thick. These would be constantly changed as they become so warm from the body heat as to be uncomfortable, or about every hour or hour and a half. Keep these up continuously until the condition is relieved.

Also as the principal diet, for at least a few days, we would use the Grape Juice and grapes.

852-3

These are infectious forces, and unless there is an allaying there must become the peritonitis and the inflammations that arise from same - and disintegration....

As we find in the present, we would apply over the abdominal area the grape poultice; the raw grapes crushed with hulls, in a thin cloth container and applied over the stomach and abdomen area....

Of course, the grape poultice is not to be heated. This should be changed about every hour, or as soon as the pack becomes heated by the body; that is, renew the crushed grapes, and keep

up the packs for two or three, or four to five hours at the time. Then rest, and then give them again. Just crush the grapes in a cloth, or made so the pack extends over the whole of the abdomen and the stomach, you see.

313-16

As we find, the acute conditions in the present are not a part of the GENERAL condition.

But owing to the anxieties, the unbalanced condition existent in the assimilating forces of the body, the present effects arise more from an acute attack of congestion from poisons in the system.

To reduce the temperature, as well as the inflammation through the abdomen and colon specific, we would use Grape Poultices; preferably Concord Grapes. Crush same and put between gauze, at least half an inch thick, with a heavier cloth on top, and apply directly to the abdominal area. Make the Pack sufficiently large to cover the whole area of the colon and abdomen, you see. Let it remain until warm from the body heat, or as hot as the body, see? then change and put on a fresh Pack. It should not be necessary, in this particular case, for more than two such Poultices.

We would also use body-temperature enemas of a saline solution, with a little soda.

These as we find, with the general precautions and care, should eliminate these disturbances in the present.

303-35

In the present, while the body rests, we would have the Grape Poultice applied over the upper and lower abdomen. Just crush the grapes on gauze, or old cloth, sufficient in size to cover the upper and lower abdomen; covering same so as to keep absorption, with the heat from the body, to give strength. Use the Concord grapes, preferably; though if these are not available, use the larger variety (dark grapes, preferably). Crush the same character of grapes and drink the fresh grape juice. This will give the body strength.

Follow these with the oil rubs, - the combination of Peanut Oil,

Olive Oil and Lanolin.

These given about two or three hours apart should soon bring the strength back to the body.

324-7

As we find, while it is not entirely out of danger - the body has been very close to very serious disturbances with the soft tissue about the head and ear, from the inflammation as from the stomach and a general disturbance.

Now, in the present, we would begin with Grape Poultices over the abdomen. Crush the grapes and apply in a poultice about an inch thick, directly to the body - but between gauze, see? Do not put in water nor boil or the like, but crush the raw grapes - seed and all - and apply; spreading them about an inch thick between the gauze, you see. And we will reduce the temperature! When one poultice is warm from the body heat, remove and apply another poultice of fresh grapes.

Also we would have a diet, we might say, mostly of grapes - or grape juice; the same character of grapes as those used for the poultice - but not the same, of course, that are used over the abdomen! But do not eat the seeds. Of course, the seed may be left or should be left in those used for the poultice, but they should never be eaten - nor in the juice taken. The Concord Grapes are the best, if it is possible to obtain them. If not, use the purple grapes that may be obtained - as the California Grapes, but NOT the white grapes!

Begin with Castoria in small broken doses. Keep this until there is a general flushing of the system. Give about half a teaspoonful every hour, until it tends to make for a drugging as it were of the system. Given in that manner the body will absorb same, especially if the main portion of the diet - not altogether, of course, but principally - is of the grapes.

352-2

For at least three days (and rest during the period) we would eat only grapes, or fresh grape juice. Do not eat the seeds in the grapes, of course.

Also, for at least three or four hours each day, we would apply

the Grape Poultices over the stomach and duodenum area, - or that close to the rib and on the right side and extending to the lower portion of the abdomen. Crush the grapes (preferably the Concord variety for this) and apply about an inch thick between gauze - directly to the skin, you see. Use the entire grapes for this, of course - the skins as well as the pulp. Have these poultices at least half an inch thick, and keep over the area for HOURS at the time. As each poultice becomes warm and disagreeable (from the body heat), remove and replace with a fresh one. Keep these each day for three days.

And then after the third day of doing these, take internally at least two tablespoonsful of Olive Oil.

Horehound

Botanical Name: *Marrubium vulgare*

Common Names and Synonyms: Common Horehound, White Horehound, Hoarhound, Marrubum

Background: Horehound is native to Europe and is cultivated in Britain. Traditionally, horehound is used to treat bronchitis and aid in digestion. A mint-like plant covered in downy white fur and should be picked when the small white blossoms appear, between June and September. Horehound is used to flavor candy, cough drops and cold medicines. Its high mucilage content soothes the throat and stimulates the flow of bile from the gall-bladder aiding digestion.

Horehound in the Cayce Readings

- Edgar Cayce recommended horehound primarily for respiratory and digestive problems.
- Horehound was mentioned in 69 readings between 1921-1944.
- Horehound was most often recommended as a syrup, usually in a formula. The early readings that recommend horehound provide instructions for taking either green or (more often) dried horehound and producing the syrup as part of the overall formula. In these early readings, the most common amounts were as follows:

- | | | | |
|---|----------|---|------------|
| ◦ | | ◦ | |
| ◦ | 4 ounces | ◦ | 5 readings |
| ◦ | 2 ounces | ◦ | 4 readings |
| ◦ | 1 ounce | ◦ | 3 readings |
| ◦ | 3 ounces | ◦ | 1 reading |
| ◦ | 6 ounces | ◦ | 1 reading |
| ◦ | | | |

- The later readings simplified the process by consistently recommending syrup of horehound in the following amounts:

◦		◦	
◦		◦	
◦	1/2 ounce	◦	23 readings
◦	1 ounce	◦	7 readings
◦	1/4 ounce	◦	6 readings
◦	2 ounces	◦	4 readings
◦	1 tablespoon	◦	2 readings

- Horehound was often recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with Horehound were as follows:

◦		◦	
◦	Rhubarb	◦	27 readings
◦	Wild Cherry	◦	24 readings
◦	Tolu	◦	15 readings
◦	Stillingia	◦	10 readings
◦	Benzoin	◦	10 readings
◦	Camphor	◦	8 readings
◦	Sassafras	◦	7 readings
◦	Ginseng	◦	6 readings
◦	Sarsaparilla	◦	6 readings
◦	Calisaya	◦	5 readings
◦	Pepsin	◦	5 readings

Cayce Quotes on Horehound

3721-1

Now, to meet the needs of these conditions in this body would be to bring about that which will give the proper incentive to the nerve plexus and nerve reaction of the body. Not as of great quantities of medicinal properties, nor of any heavy changes in the body in organic functioning. Rather of consistent and persistent mental and physical action to bring about the correction; for the body then we would prepare first as this for medicinal properties:

Take six (6) ounces horehound (preferably the green - or the dried may be used). Put this in sixteen (16) ounces of distilled water. Reduce by simmering (not boiling) to one-half (1/2) the quantity, or eight (8) ounces. Strain, and while warm add two (2) ounces cane sugar, first dissolved in two (2) ounces of hot water. Then reduce again the whole quantity to the eight (8) ounces. Then add to this:

Cut three (3) drams Balsam of Tolu in two (2) ounces of grain alcohol. Then add one-half (1/2) ounce Elixir Calisaya, see?

Shake the solution together before the dose is taken, which would be teaspoonful three (3) times each day. The over or excess quantity of the horehound is as the active force in same to the tissue of the body, especially as regarding the functioning of the kidneys and of the functioning of the mucus producing tissue from diaphragm up, without suppressing the functioning of either the liver or the spleen.

244-3

Also we would take OCCASIONALLY - once a day, or once every other day - a good swallow of a preparation of this:

Take six (6) ounces of horehound. To this add eight (8) ounces distilled water. Reduce by simmering (not boiling) to one-half the quantity. Then dissolve one (1) ounce of rock candy in two (2) ounces of eighty-five percent (85%) alcohol, see? adding solutions to-gether. Then add to this - after this has been compounded together -

Oil of Sassafras.....5 minims,
Oil of Peppermint.....5 minims,
Senna.....1 grain.

Shake this Solution together, and let the dose be taken of a teaspoonful, see, once a day or once every other day, whenever necessary for the system to complete digestion throughout the whole of the mesenteric system.

5620-1

For the irritation as is produced in the membrane of the throat and bronchials, and lungs, we would prepare as these: First we would take 3 ounces Wild Cherry Bark, this put in 16 ounces of distilled water. Reduce by simmering to 1/2 the quantity. This made as a carrier. TO this we would add, after this has been

strained, 4 ounces of beet sugar first dissolved in 2 ounces of water. Then reduce to the original quantity, or the 8 ounces. Then add:

Syrup of Horehound.....2 ounces,
Compound Syrup of Sarsaparilla.....1 ounce,
Tincture of Elixir of Stillingia...1/4 ounce,
Canadian Balsam.....3 minims,
Creosote, Rectified.....3 minims,
Oil of Eucalyptus.....10 minims.

Shake the solution well together before the dose is taken. Take the dose whenever there is IRRITATION for the system, or throat or bronchials, or just before lying down, see? In this same solution there should be also added Spirits Frumenti at least 4 ounces, see? All this shaken together.

Don't take them separate! but take them together!

243-23

Put 2 ounces of Strained Honey in 2 ounces of water and let come to a boil. Skim off. And then while warm, add IN THE MANNER AND IN THE ORDER AS GIVEN:

Syrup of Horehound.....1/2 ounce,
Syrup of Rhubarb.....1/4 ounce,
Glycerine.....20 minims.

Stir this well together, then add to same 6 ounces of Apple Brandy.

Use this as an expectorant as well as a stimulant. If a teaspoonful is taken every two hours it will be the better.

1364-1

To 4 ounces of Distilled Water add 2 ounces of Strained Honey. Let this come to a boil. Skim off the refuse. Then when this is not entirely cold but some cooler, to be sure, add 1 1/2 ounces of Grain Alcohol. To this as the carrier, then, add - in the order named:

Syrup of Horehound.....1/2 ounce,
Syrup of Rhubarb.....1/4 ounce,
Glycerine.....10 minims,
Chloroform.....5 minims.

Shake the solution well before the dose is taken, which would be a teaspoonful - that may be taken every hour, but take ONLY

when the irritation in the throat is severe, or the cough.

808-3

To 8 ounces of distilled water add 2 ounces Horehound (preferably dried). Make a fusion of this by letting it come to a boil. Then set aside to simmer or to cool. But before it is entirely cool, strain and add to that left - which would be about 8 ounces - these ingredients, in the order named:

Essence of Wild Ginseng.....1/2 ounce,

A syrup made by allowing to come to a boil an equal quantity of

Strained Honey and Water.....1 ounce,

Essence of Wild Cherry.....1/2 ounce,

Pure Grain Alcohol as a preservative....2 ounces.

This may be kept almost indefinitely. Shake together before the dose is taken, which would be a teaspoonful when needed....

The taking of those properties indicated for the allaying of cold and congestion - as in the Cherry, the Horehound - will not only aid DIGESTION but stimulate the circulation for the upper portion of the head and through the bronchial area, thus giving a better flow of circulation for the throat and the gums - if the massage of the Ipsab is taken as indicated.

487-26

For the irritation from the cold, or the cough, make a compound with a small quantity of an anaesthesia - such as might be prepared best by the physician, for it would be necessary with the use of same, you see - such as a small quantity of chloroform. Obtain same from Woodhouse, [Robt. W. Woodhouse, M. D.] see - just explain what is desired, and he will give the prescription for same, which will include other properties, of course, such as horehound and the like.

Indian Turnip

Botanical Name: *Arisaema triphyllum*

Common Names and Synonyms: Jack-in-the-Pulpit

Background: Indian turnip was used by American Indians for stomach and bowel complaints. The plant is white, and its root resembles a small turnip. The Indians ate the berries and leaves surrounding the flowers, but considered the root poisonous. The fresh rhizome is very toxic, and can burn the mouth in the raw state, but once dried, loses its astringent quality. The Iroquois used the Indian Turnip as a food and as a medicine. The Osage and Shawnee Indians used the Indian Turnip for fevers and coughs. For malaria, they combined it with snakeroot and wild cherry bark for a tonic to be taken after the fever broke. The Ojibwa and Menomonee Indians used the root for eye sores, and the Medkwakis used the chopped root on snakebites.

Indian Turnip in the Cayce Readings

- Edgar Cayce regarded Indian turnip as a cathartic and astringent to the gastro-intestinal tract.
- Indian turnip was mentioned in 63 readings between 1921-1931 with peak utilization in 1935 (19 readings).
- Indian turnip was typically prescribed as an ingredient in formula. The early readings tended to recommend it in a dry form as follows:

◦		◦	
◦	1/2 ounce	◦	6 readings
◦	1/4 ounce	◦	5 readings
◦	1/2 dram	◦	5 readings
◦	1 dram	◦	3 readings
◦	2 drams	◦	2 readings

5596-1

... those of the Indian Turnip as the cathartic that will REDUCE the gastric juices in the stomach when taken in the proper proportions with those of the other properties, to form for the system less of the activities of the capillary circulation or the fluids of the system are diminished in such a way and manner that the eliminations are carried along nominally; and when the PRESSURES are REMOVED.

5664-1

The activities of these properties with the system - in those of the herbs as are given: The Life Everlasting is for that tendency of the creation in system of those elements in the system that create a high vibration in the blood supply, both as to the respiratory and heart's action; while that in Ginseng for the activity of the glands in the system as are affected by the subjugation or depressions of the body, as in a general manner. The Indian Turnip acting as a stimuli to the functioning of the distresses in the assimilations in the duodenum; while that activity as is seen in the Elder Flower, that of the vibratory forces as changed in the whole of the mesenteric system, aided by those of the Stillingia and Sassafras as the CLARIFIER of the blood stream and the tendency of the allaying of nerve pressure. The alcohol a stimuli and carrier, as is the Tolu for the digestive system.

348-13

While there are no indications of ulcerations, lacerations, or such, there ARE the indications of the excess amount of that created that forms the lining or portions of the intestinal system as for peristaltic movement. This isn't well, for it makes the body tire easily - and with cold, or with any exterior exercise above excess makes for headache, heaviness in feet, tendency for filling in throat and chest, and a general achey feeling over the body. These, as we find, may be aided the best by using those properties that were once given [in 348-8], as for those of alum root, Indian turnip, Wild Ginseng, compounded with simple syrup and alcohol - or just the alum root may be carried in pocket and eaten or chewed on just occasionally. This will act as an astringent, but not as a deteriorator, of the muscular activities

of the general system as related to digestion.

Ipecac

Botanical Name: *Cephaelis ipecacuanha*

Common Names and Synonyms: Ipecacuanha, Bowman's Root, Wild Ipecac

Background: Ipecac is native to Central and South America. Traditionally, ipecac has been used to treat congestive pulmonary conditions such as bronchitis and pertussis. A powerful emetic, ipecac is used to induce vomiting in certain cases of poisoning. The Indians used it as an emetic as well as an antidote for snakebite

Ipecac in the Cayce Readings

- Edgar Cayce regarded ipecac as an emetic and expectorant.
- Ipecac was mentioned in 27 readings between 1924-1943.
- Ipecac was typically recommended as a syrup either alone or as part of a formula. The amounts were as follows:
 -
 - 20 minims
 - 40 minims
 - 1/4 ounce
 - 10 minims
 - 5 minims
 - 1 dram
 - 1 ounce
 - 1/2 teaspoon
 -
 - 6 readings
 - 3 readings
 - 3 readings
 - 2 readings
 - 2 reading
 - 1 reading
 - 1 reading
 - 1 reading
- Numerous readings simply suggested keeping syrup of ipecac on hand for use as needed.

Cayce Quotes on Ipecac

1151-5

To 2 ounces of Pure Strained Honey add 2 ounces of Distilled Water. Let this come to a boil, and strain or skim off the refuse forces as arise. Do not boil too long. Set aside to cool. When nearly cool, add - IN THE ORDER NAMED:

Pure Apple Brandy.....1 ounce,
Syrup of Sarsaparilla Compound.....1/2 ounce,
Syrup of Horehound.....1/2 ounce,
Syrup of Lobelia.....1/4 ounce,

Syrup of Ipecac.....1 ounce (This is rather a large quantity of this, but these combined with the other properties, well shaken together, will work with the mucous membranes to relieve the disturbance; PROVIDED the manipulations are given as indicated).

The dose of this would be one-half teaspoonful, or just a little sip from the bottle, that may be carried and taken, not closer than an hour apart - the doses. But this will relieve the coughs of a morning and during the evening, will make for rest, and will act as not only an assistant in the eliminations but for drainages throughout the system.

1958-3

That to be warned against the most is the swallowing of the phlegm, or infection, that might find lodgment or produce the germ of colitis, or a colon affection.

Hence DO NOT be disturbed at the vomiting when coughing. This is beneficial; for should there become the involving so much of the glands in the throat and trachea, the best thing to produce relaxation - or to reduce the swelling thus caused is to give Syrup of Ipecac to PRODUCE vomiting!

2299-5

Keep plenty of Syrup of Ipecac, handy in case the body should become choked or clogged, so that a dose may then be given to cause vomiting - about half a teaspoonful.

Jimson

Botanical Name: *Datura stramonium*

Common Names and Synonyms: Jimson Weed, Locoweed, Angel's Trumpet, Thorn Apple, Devil's Trumpet, Mad Apple, Stink Weed, Sacred Datura, Green Dragon, and Devil's Trumpet, Jamestown Weed

Background: Jimson grows wild along highways and at the edges of woods. It can be found throughout most of the world. The name is derived from the old settlement of Jamestown, Virginia, where the colonists found the plant growing in profusion. The plant grows about three feet high, has long, white or purplish, trumpet-shaped flowers which open fully at night time, and the plant blooms throughout summer. Later in the season, green, spiny capsules appear, each the size of a walnut, filled with dark seeds. The entire plant is poisonous, especially the seeds. The leaves contain the same alkaloids as Belladonna.

Jimson in the Cayce Readings

- There are only two readings where Cayce prescribes the use of jimson weed. A solution for jimson weed packs was prescribed for an advanced case of mouth and throat cancer, where relief, but not a cure, was indicated. The second case is one of respiratory difficulty, where the lungs needed the properties of jimson to be inhaled by smoking the herb.

Cayce Quotes on Jimson

2764-1

At least three times each week we would apply a strong solution of Jimson-weed tea; this to be put on as packs or stupes

along the upper portion of the spine, - from the base of the brain to the 4th or 5th dorsal; that is, from the base of the brain to that area just below the shoulder blades, see? See, it is the infection in the throat and mouth, and the scar tissue, that causes the wasting away - which this application will retard. Put about six ounces of the weed, stalk and leaf, and burr if young, in half a gallon of water and boil down to a pint. Use this on packs along the spine, from the base of the head to that area between and below the shoulders. Put it on warm, and allow it to remain about twenty to thirty minutes.

4351-1

When the depression is to the lungs and nerves would be well for the spasmodic conditions that arise to inhale through the mouth the fumes or the smoke from Jimson-Weed leaves, dried. Mix with third quantity of the seed from this pod of the Jimson. This will not be necessary to be taken often, provided adjustments in dorsal regions are made.

Juniper

Botanical Name: *Juniperas communis*

Common Names and Synonyms: Juniper Berries

Background: Although native to Europe, juniper is now distributed worldwide. A distinctive ingredient in gin, juniper also has a solid history of medicinal usage, primarily for its tendency to stimulate and flush the kidneys in conditions such as cystitis, urethritits and gout. Juniper is a slow-growing evergreen bush or tree, with silvery-green needles and berries. It takes two years for the berries to mature. The ripe berries are picked in the fall and dried in the shade to avoid losing the essential oil; they turn dark brown. The name Juniper is derived from the Dutch word jenever, which means gin. At one time gin distillers added the hand-picked berries to flavor the spirit.

Juniper in the Cayce Readings

- Although Edgar Cayce typically recommended juniper for its stimulating effect on the kidneys, he also sometimes commented on its effects upon the entire hepatic system.
- Juniper was mentioned in 68 readings between 1910 and 1941 with a peak utilization during 1922-1923. Another peak occurred in 1929 with a notable decline in usage thereafter.
- Juniper was usually recommended in the form of oil of juniper, with a wide range of dosage:
 -
 - 1 drop
 - 1/2 ounce
 - 1/2 dram
 - 12 readings
 - 4 readings
 - 3 readings

- | | |
|---------------|--------------|
| ◦ 3 drops | ◦ 2 readings |
| ◦ 5 drops | ◦ 2 readings |
| ◦ 20 drops | ◦ 2 readings |
| ◦ 10 drops | ◦ 2 readings |
| ◦ 1 ounce | ◦ 2 readings |
| ◦ 1 1/2 ounce | ◦ 1 reading |
| ◦ 2 ounces | ◦ 1 reading |
| ◦ 60 minims | ◦ 1 reading |
| ◦ 2 drams | ◦ 1 reading |
| ◦ 50 drops | ◦ 1 reading |
| ◦ 3 drams | ◦ 1 reading |
| ◦ 15 drops | ◦ 1 reading |
| ◦ 20 grains | ◦ 1 reading |
| ◦ 30 drops | ◦ 1 reading |
| ◦ 24 drops | ◦ 1 reading |
| ◦ 1/4 ounce | ◦ 1 reading |
| ◦ 1 dram | ◦ 1 reading |

- Because gin contains juniper, Cayce sometimes prescribed small amounts of gin (either in a formula or to be taken separately) to produce the effect of juniper.
- Juniper was also a common ingredient in "clary water," along with other key elements of this formula (garden sage, ambergris and cinnamon). The following substances were mentioned in the same readings as juniper:

Garden Sage	27 readings
Ambergris	25 readings
Cinnamon	24 readings
Beet Sugar	17 readings
Sarsaparilla	9 readings
Sassafras	5 readings
Tolu	5 readings

Cayce Quotes on Juniper

4812-1

(Q) What would you suggest to do now?

(A) An ounce each of rectified spirits of turpentine, oil of juniper,

sweet spirits of nitre, balsam of sulphur; eleven drops of this every four hours until we have a reaction from the kidneys. Cleanse the body thoroughly. We will have to follow it as we go along, won't get well in a day, but will have to relieve him mighty quick.

3798-1

We must get the kidneys to act by small doses of Oil of Juniper to stimulate its action.

4332-1

Cleanse the stomach first. Drink plenty of water at all times. Drink more water, more than you have been doing, pure water when we drink it. And then we will take something to reach this trouble that we have through the kidney, to help throw off this discharge until we can equalize the secretions that gather from the secretions of the liver: Sweet Spirits of Nitre, Oil of Juniper for the kidney. That is, after we have cleansed the stomach, not with it in the present condition or we will have a reaction from the inflammation within.

112-1

For the condition through the larynx, through the lung forces we would inhale gases as produced from this:

To half gallon of GRAIN ALCOHOL in a container, preferably charred, and twice or three times as large as the amount put in, add to that two ounces of OIL OF EUCALYPTUS, one and one-half ounces of OIL OF JUNIPER, and two ounces of RECTIFIED OIL OF TURP. Inhale the gases through these, as you would inhale naturally into the mouth through a tube. Should be corked and heated just a bit before it is inhaled, once each day. Do that.

97-1

With the Juniper the element with the stimulus to produce the perfect elimination through the kidneys.

5651-1

For the effect on kidneys and bladder, small doses of Juniper - that is, rectified ...

5514-2

Well were it that the medicinal properties be given as soon as possible, for the stimuli as comes from the Juniper and from the Gin will MATERIALLY aid in correcting and assisting an equilibrium

in the assimilation of those foods for the system, as well as for the condition or pressure in blood towards heart's action or the upper circulation, and also in the lower hepatic circulation.

5458-1

Then, we would begin with that of very small doses of Oil of Juniper, that that condition in the hepatic circulation, in the mesenteric system, in those of the pelvic organs, may receive that stimuli as will aid the activities of the kidneys, relieving the pressure from that of the improper vibratory rate between kidneys and liver. This should be kept up only for three days, beginning on the third day of the citrous fruit eliminant with manipulations to REDUCE those pressures in the system.

2225-1

Also those activities in the Juniper, which come from the properties themselves that are carried IN the alcohol, in the forces that make for an OVER activity, REDUCING this pressure and this fullness about the kidneys, aiding the endrenal [adrenal?] glands to become nearer normal in their functioning.

674-1

To 32 ounces of distilled water we would add 6 ounces of Dried Garden Sage. Reduce by slow boiling (preferably in an enamel container with an enamel top; not a tin) to 16 ounces.

Strain, and while warm add:

Ambergris (cut in 1 ounce grain alcohol).....15 grains,

Strained Honey (in 2 ounces distilled water)....1 ounce.

Let the Strained Honey in the distilled water come to a boil; not BOIL, but just come to a boil, before adding to the solution. Also add:

Gin (active principle of same being Juniper;

such as Gordon's Gin or Lachmer's [?]).....4 ounces,

Cinnamon, preferably in the stick.....3 drams.

Shake the solution together before the dose is taken, which should be half a teaspoonful before the meals and at bedtime.

760-24

Also we would find helpful those activities as indicated heretofore for better coordination of the kidneys with the hepatic circulation to keep a well-balance - with occasionally Gin; but this should be very good, for it carries sufficient of those reactory

forces of Juniper for the kidney cleansing; which with the hepatic circulation and the activity between the liver and the kidneys and the liver and the heart need to relieve stress; though this should be taken, of course, in moderation, or in the manner as has been indicated - only when there are those feelings of the necessity for same.

243-35

First, we would obtain some good, clean watermelon seed. For each preparation, pour a pint of boiling water over an ounce of the seed that have been crushed or ground - or they may be put in a cloth, see, and the boiling water poured on same. Do not attempt to boil, but let it set and steep as tea, or at least until it is cool enough to drink. Drink at least two ounces of this each day. Keep on ice that quantity not used; only making a pint at the time, see?

Also, about three times a week, take about a jigger of Gin made from the Juniper Berries; Juniper Berry Gin, you see, or Sloe Gin. Because it makes you feel better, don't take it oftener than this!

Lavender

Botanical Name: *Lavandula officinalis*

Common Names and Synonyms: Lavender Flowers

Background: Native to southern Europe, but grown widely elsewhere, lavender has a long history as an aromatic and healing influence. Medicinally, lavender is regarded as a relaxant, antispasmodic, circulatory stimulant, and nerve tonic. Herbalists use lavender for exhaustion, depression, digestive upsets, headache and arthritis pain. The fragrance given off by the light purple-blue flowers can be used to promote sleep.

Lavender in the Cayce Readings

- Edgar Cayce recommended lavender primarily as an aromatic for use in fume baths and massage oil. Several readings address the holistic aspects of lavender use by describing its role in attuning the physical, mental and spiritual.
- Lavender was mentioned in 19 readings between 1921 and 1944.

Cayce Quotes on Lavender

4137-1

The development of brain, or mind, is good. This body will be especially gifted if trained along musical lines, and especially in connection with the spiritual through musical channels; with the odor of lavender applied to the sense organs of this body, and the shades of green in the development of the mind and the sensitive side of this body.

3892-1

Also keeping the alimentary canal in order, with the conditions as

created by same, see? FOLLOWING these - just after such - with the massage that would carry with same lavender, or oil of lavender, with the manipulation - as is such that the stimulation of the lower hepatic circulation is brought intact.

578-2

And lavender, odors that come from sandalwood have a peculiar influence upon the body in the present; for these bespeak of something innate within self that bespeaks of the abilities of the soul, mind and body to revivify and rejuvenate itself as to an ideal.

688-2

Well that the entity have the stones or minerals about self when in periods of meditation, or in those periods when it may find itself the more easily attuned to the influences that may use the body, either in the healing forces that flow through - through its attunements, or through the visions and the associations of the entity; the chrysolite or the amethyst. For the color purple should be close to the body; and the perfumes or odors as of lavender have their influence - not as in great quantity, but that which makes for attunements.

562-3

(Q) To what colors and musical notes do I vibrate?
(A) Lavender and gold; to these does the entity vibrate. As to the music or notes, the harsher - yet the idyllic or the outdoor notes make for the greater influence in the experience.

1551-1

(You know, it would be very well for the body to change the odors about the room from almond to lavender, and it would be much better.)

2154-2

Also a lotion for the hands, arms or face, prepared in this manner, will be good for this particular body:
To 2 ounces of Grain Alcohol, add - in the order named:

Rose Water.....4 ounces,
Oil of Lavender.....30 minims,
Pure Olive Oil.....1 1/2 ounces.

2712-1

Keep about the body the colors of purple and lavender, and all things bright; music that is of harmony - as of the Spring Song, the Blue Danube and that character of music, with either the stringed instruments or the organ. These are the vibrations that will set again near normalcy, - yea, normalcy, mentally and physically, may be brought to this body, if these influences will be consistently kept about this body.

3375-1

As corrections are thus made in the upper cervicals, extending even to the upper dorsal areas and those areas about the right base of the brain, and to the left side of the frontal bone of the brain, it will aid materially. These should not be given too often, but there should be regular intervals of attending to these for several days in succession. During such periods use not merely the corrective measures for the structural portions, but do so with oils - that are partially the anointing oils, the sacred oils - in this combination; adding these in the order named:

Olive Oil.....2 ounces,
Tincture of Myrrh (heating
the Oil to add the Myrrh).....2 ounces.

Beat thoroughly, then add:

Calamus Oil.....2 minims,
Oil of Lavender....1, 2, 3, 4, 5 drops.

These if combined in their correct proportions will aid in alleviating any strain in the muscle and tendon forces, and also aid at the base of the brain, by assisting the nerves to be normal in their reflexes - internally as well as externally - and thus gaining control of the locomotory centers (and these will come first in upper portion of body), and the reflexes to the auditory

centers; as speech, hearing, vision. For, all are partially hindered in the present - some more than others.

1567-4

While the applications formerly suggested here have been only partially carried out, we would suggest that there be relaxations through hydrotherapy. These should include Fume Baths with witchhazel and Lavender; a teaspoonful of witchhazel and ten drops of Oil of Lavender in the pint of water that would be boiling in the Cabinet so that the fumes would settle over the body. This should be a part of the Bath; that is, the fumes of these boiled in a croup cup or an open cup in the dry Cabinet for the body.

2982-2

After these have been taken for at least ten days, then have a good, thorough massage. First there should be given a Fume Bath carrying witchhazel and Oil of Lavender. This should be in the Cabinet when the dry heat or light is turned off. Begin with the dry heat, or light, that will cause the beginning of moisture on the body - not perspiration but moisture. Then turn off the light and put a teaspoonful of witchhazel and ten drops of Oil of Lavender in the pint of boiling water that would be placed in the Cabinet so that the fumes would settle over the body.

Lemon Juice

Botanical Name: *Citris Limonum*

Common Names and Synonyms: Lemon juice

Background: The lemon tree is a small, spindly tree with oval-shaped green leaves. The white flowers have five petals and their exterior is dark pink. The fruit is bright yellow, about three inches long, and the pulp is pale yellow. The aroma is sharp, with a pungent, fragrant odor. The juice has a stringent, acid taste, and is of value to insure adequate intake of vitamin C. It has protected sailors on long sea voyages from scurvy. It is a good astringent for a throat gargle, and a cooling drink to reduce fevers. Artificial lemon juice should not be used therapeutically instead of real lemon juice because it contains tartaric acid, sulfuric acid, and only is flavored with oil of lemon.

Lemon Juice in the Cayce Readings

- The primary use of lemons in the Cayce readings was to alkalize the system.
- Several readings recommend eating half a lemon upon arising in the morning, walking for exercise, and then eating the other half with salt. This was said to increase circulation, improve internal cleansing, and decrease insomnia.
- Lemon juice combined with the beaten egg white was part of an expectorant preparation.

Cayce Quotes on Lemon Juice

1709-10

(Q) Is lemon juice, as being taken now, helpful?

(A) It is a good alkalizer. Squeeze a little lime in with it also, just two or three drops in a full glass of the lemon juice taken. Best to mix the lemon juice with water, of course. Use half a lemon, or a full lemon to a glass of water, depending upon how soon the lemon is used after it is fully ripened or prepared for the body.

327-1

First we would, as the body at times suffers from insomnia, when the body awakens of morning IMMEDIATELY arise! Do not become restless by thinking, worrying, or of the activities mentally or physically, but immediately arise. Roll a lemon, cut in half. Squeeze the juice of same and drink without water with this, but take water afterward. Then walk just as far as the body is sure that it will be able to return without too much fatigue. Returning, rest for three to five minutes, then a good pinch of salt on the other half of the lemon and suck this, or get the juice with the salt for the system. Then rest until the morning meal, which should consist principally of those food values that carry those of the building for nerve energy, rather than blood building at this meal. Those things preferably as in cereals that are well cooked, or that are dry, or these may be alternated. Enough just to satisfy the body without producing hunger.

949-14

When orange juice is taken, put a little lemon juice in same; say have half to a quarter of a lemon squeezed in a glass of the orange juice. This will make it much more palatable.

622-7

(Q) Give immediate relief for cough.

(A) The white of an egg beat very stiff, with a half a lemon in same, taken at night.

3011-2

(Q) What can I do to clear up the congestion in my vocal cords and the hoarseness or foggy condition of my voice? It seems not to have improved under the above treatment.

(A) Use a compound prepared in this manner: Beat the white of an egg very stiff, add a little sugar (very little), and the juice of half a lemon. Stir this, and take about half the quantity just before there is to be the lecture. After such a lecture, take the rest. This should create a clearing influence for the mucous membranes of throat, larynx and also contribute to betterment of purifying all the passages through which there are the activities of air as well as foods.

538-45

We would keep a well-balance in the alkalines and acids; not too much now of the lemons but more of a combination - lemon, orange, lime, about half of each at one period during the day.

543-14

(Q) What can body do to help increase circulation?
(A) Would be well that soon of a morning, EARLY, the body gets up and takes a good long walk. Eat half a lemon before going out for the walk, and eat the rest when you get back! This will increase eliminations and circulation!

2078-1

(Q) Should I take more exercise, such as long walks, or should I rest more?
(A) The exercise should not be so much, - that is, not such LONG walks, especially through the early portion of the applications indicated; but the body should be in the open as much as possible, and gradually - as more strength is gained - the exercise may be greater. Walking is the better exercise; and when taking walks, before walking eat half a lemon; and then after walking, eat the other half - with salt. The first would be without salt. Then drink plenty of water.

979-7

Upon arising of morning, take a lemon, roll it, squeeze the juice from one-half of it into a glass (strained). Then fill the glass with water that is about ninety-eight temperature. Drink this, about thirty minutes before the meal is eaten. Do not eat unless

this has been in the system for at least thirty minutes. It will tend to make for an alkalinizing of the system in a very thorough manner, and will aid in overcoming the general tendencies.

4999-2

When the body first awakes of morning, whether light or still dark, get up! Immediately on arising roll a lemon and cut in two. Eat a portion of it - without salt - half of it - all the juice from same - then walk just as far as possible, AWAY FROM THE HOUSE - not so far that the body is not sure of making it back, see? When the body has returned, sprinkle salt on the other half of lemon and eat it. Then drink ALL the water POSSIBLE following same. Not before, but AFTER the last half is eaten. Then sit down, or lie down, and rest until the body feels entirely relaxed before the first meal is taken. Add only that. We will find this acid, combining with that as is created in system and as is being eliminated from system, will reduce not only the pulsation as caused from the reaction to the heart's forces, but will assist in CLEANSING system of the poisons from same.

Do that for at least twenty to thirty days. Then further instructions would be given.

2044-1

Also, as the corrections are made and these activities are undertaken, the Knox Gelatine will be found to be a strengthening force for the vital forces of the body. This would be taken in combination with orange and lemon juice, of course, much more of the orange than the lemon, but about half a teaspoonful of Knox Gelatine once each day for the first ten days, and then twice each day for the next twenty to thirty days.

1968-3

Occasionally - once or twice during a month, or oftener if the stimulation is such as to give better exercising of the nerves and muscles of the head, the neck, and ESPECIALLY across the areas of the throat and along the glands on either side of the throat, extending to that area back of the head and behind the ear - we would have a rub for the circulation, to aid the nerves and the

activities to the eyes. This may be done by self, and use a compound for such massaging, prepared in this manner: To one-half gallon of water, put the juice of half a lemon, and a handful of oatmeal. Massage this into the face and those areas indicated. Of course, this is not to be rubbed IN the eyes, but those nerves and muscular forces that stimulate a better circulation TO same.

Licorice

Botanical Name: *Glycyrrhiza glabra*

Common Names and Synonyms: Liquorice-root, Spanish licorice-root, Licorice-root.

Background: Native to southern Europe, Asia and the Middle East, sweet tasting licorice has been used for over two thousand years to soothe chest and throat complaints. Modern herbalists also use licorice for its anti-arthritis and anti-inflammatory properties, particularly its healing qualities for inflamed mucous membranes of the respiratory tract. The plant flowers between May and August. In the late fall, the roots are gathered and dried. A tea from the roots is useful in lessening the irritation of coughs and abdominal colic.

Licorice in the Cayce Readings

- Edgar Cayce recommended licorice primarily for its healing effects on the mucous membranes of the stomach and intestines.
- Licorice was mentioned in 63 readings with peak utilization in 1922 (13 readings).
- The most common dosages for licorice were as follows:
 -
 - 1 grain
 - 1/2 grain
 - 1/4 grain
 - 3 grains
 - 5 grains
 - 2 grains
 - 18 readings
 - 17 readings
 - 4 readings
 - 2 readings
 - 1 reading
 - 1 reading

-
- Several early readings which suggest licorice did not specify it as a compound, but simply gave amounts as follows:

-
- 1 grain ◦ 8 readings
- 2 grains ◦ 2 readings
-

- Licorice was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with licorice were as follows:

-
- Cascara ◦ 41 readings
- Senna ◦ 28 readings
- Yellow Saffron ◦ 21 readings
- Sanguinaria ◦ 13 readings
- Mandrake ◦ 12 readings
- Tolu ◦ 6 readings
- Ambrosia ◦ 5 readings
- Elm ◦ 5 readings
- Sarsaparilla ◦ 5 readings
- Sanguinaria ◦ 4 readings
- Yellow Dock ◦ 4 readings
-

Cayce Quotes on Licorice

3899-3

With the rhubarb and licorice we add the active principle to the mucous membrane itself in the upper intestines, giving off more of the properties used as a lining to the intestinal tract.

4264-1

The action of these medicinal properties is given here to produce the proper equilibrium is this, the licorice is an active principle, that is, the active principle in the licorice to the blood supplying forces as they are taken from the system in the duodenum and through the liver here as being active for new blood; the action with this, that is with the licorice of the cascara is to produce not an excitement of the mucous tissues of the stomach and intestines, but a condition that will act with these to

eliminate through the proper channels the poisons now being absorbed by the blood back to the system ...

248-2

Preferably to that which has been used we would use the preparation made by Simmons - known as Simmons Liver Regulator, composed of licorice compound; added cascara.

5651-1

Those properties as will be found in Licorice Compound, Cascara Sagrada, and Ambrosia weed (powdered), as an active principle for the liver. Those as would clarify the system and as would be active as medicinal properties.

Lobelia

Botanical Name: *Lobelia inflata*

Common Names and Synonyms: Pukeweed, Indian Tobacco, Eyebright

Background: Taken internally, lobelia is utilized by herbalists as a systemic relaxant, especially for bronchitic asthma and bronchitis. The American Indians smoked the leaves to relieve asthma. The entire plant is collected in late summer or early fall after the seed pods appear. Lobelia is also added to other relaxing herbs to increase their effectiveness. It is sometimes used in products to help reduce nicotine addiction. Lobelia is toxic and should not be used by the layman.

Lobelia in the Cayce Readings

- Although the precise action of lobelia was not stated by Edgar Cayce, most of the applications suggest that it was prescribed to reduce pain. Lobelia was most often recommended for external application.
- Lobelia was mentioned in 8 readings between 1925-1941 with peak utilization in 1941 (3 readings).

Cayce Quotes on Lobelia

263-13

There will be at times the return in greater or lesser degrees of the headaches. When this occurs, keep quiet, cover the eyes with COLD cloths, and bathe the temple with [GD's note: An equal combination of?] Camphor AND Tincture OR Oil of Lobelia. These will aid in lessening the pain. And have the back

massaged, across the sacral and lumbar areas.

4790-2

Now, we find the conditions are a great deal exaggerated from those as we had here before and that the vitality and resistive forces in the body have grown, until recent congestion as has occurred in the system brought this resistive force lower, and the lack of the system to be able to coordinate in the blood distribution in the equalizing of blood flow, in the equalizing of nerve tension and tissue in the system, this reducing the vitality in the system.

We would find, though, that were these properties, with that as has been accorded the system, applied at the present time, we would gain equilibrium and gain resistive forces in the system:

Let the air as is inhaled by the body (not too strong but the air) be laden with equal parts of:

Eucalyptol Oil,

Oil of White Pine,

Creosote,

Tincture of Lobelia.

These be placed in water and boiled, or steamed, in the room.

2606-1

Each day we would use oils as a massage; one day the Oil of Lobelia, the next day Pure Peanut Oil.

The Oil of Lobelia would be massaged only from the base of the brain to the higher point of the cervical area - or to the 3rd, 4th or 5th cervical. Not too much of this, but gently massaged - so as to be absorbed - to the joint of the shoulders, see?

The Peanut Oil would be massaged more particularly along the whole area of the spine, from the base of the brain along the spinal column to the end of the spine; gently, thoroughly, all the body will absorb. Also massage this across the diaphragm and the abdominal area.

1381-2

(Q) What can be done to prevent miscarriages?

(A) The mental attitude of the body towards these conditions is the greatest influence, as has been given to the body, as respecting these conditions. There has been so long builded in the whole entity that disregard for some responsibilities in this

direction, that easily we find the body responding to that as is innately at times felt in the body. To add physical effects to this condition would be to demoralize, as it were, the inner activity of that creative energy towards the resuscitation of life through the efforts of the body.

This in the physical sense may be added as that as will induce - through the activities of the physical body - that which would prevent such: Just after the menstrual period the body use the stupes as this:

To a gallon and a half of hot water, add:

Tincture Lobelia.....1/2 ounce,

Tincture of Myrrh.....1/2 ounce,

Tolu in solution.....1 ounce.

and expose the vagina to the steam or fumes from same. This will act as the reaction forces to the body to bring about a strengthening of the portions of the genitive system that will bring better conditions through the mental forces and the physical forces of the body. Do that for at least three periods before there is the act of regeneration in system, and we will find the difference in the condition.

1151-5

To 2 ounces of Pure Strained Honey add 2 ounces of Distilled Water. Let this come to a boil, and strain or skim off the refuse forces as arise. Do not boil too long. Set aside to cool. When nearly cool, add - IN THE ORDER NAMED:

Pure Apple Brandy.....1 ounce,

Syrup of Sarsaparilla Compound.....1/2 ounce,

Syrup of Horehound.....1/2 ounce,

Syrup of Lobelia.....1/4 ounce,

Syrup of Ipecac.....1 ounce (This is

rather a large quantity of this, but these combined with the other properties, well shaken together, will work with the mucous membranes to relieve the disturbance; PROVIDED the manipulations are given as indicated).

514-1

We would take at least three folds of flannel, see - wet or moisten same thoroughly in THIS as combined together:

Cinnamon water, with particles of

cinnamon in same,.....1/2 ounce,
Camphorated Oil.....1/2 ounce,
Tincture Lobelia.....1/2 ounce,
Tincture of Myrrh.....1/2 ounce.

Now do not apply heat of too great a strength, but place this over the area just below the rib and over the lower portion of the stomach and upper portion of the liver area - see? This would be between the right side and the umbilicus plexus. This we would allow to remain until it has REDDENED the skin perceptibly and relieved the area.

Mandrake

Botanical Name: *Podophyllum peltatum*

Common Names and Synonyms: Podophyllum, May Apple, Wild lemon, Raccoon-berry

Background: Mandrake is a drastic purgative used mostly for bowel and liver complaints. Due to its toxic action, it is used sparingly and usually in combinations with other herbs. Commonly known as mayapple, the chief constituents of this plant are a neutral crystalline substance, podo-phyllotoxin and podophylloresin, both purgatives. Growing in patches in the woodlands, mayapple is 6 to 8 inches high. The creeping rhizome is thin, and sometimes grows to six feet long. A single forked stem with two large, dark green umbrella-like leaves with a solitary white flower appears in May. The yellow fruit, resembling a rosehip, appears in Autumn, and is the only part of the plant that is non-poisonous. The powerful resin extracted from the dried rhizome is used for medicines.

Mandrake in the Cayce Readings

- Mandrake (also known as podophyllum and may apple) was recommended by Edgar Cayce as a laxative and liver stimulant.
- Mandrake (by its various designations) was mentioned in approximately 192 readings between 1922-1944 with peak utilization in 1924 (33 readings) and a notable decline in usage thereafter.
- Mandrake was usually recommended with other substances in a

compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with mandrake were as follows:

Tolu	110 readings
Buchu Leaves	106 readings
Sarsaparilla	96 readings
Yellow Dock	94 readings
Wild Cherry	87 readings
Burdock Root	59 readings
Elder Flower	51 readings
Calisaya	44 readings
Sanguinaria	42 readings
Prickly Ash	36 readings

Cayce Quotes on Mandrake

4815-1

... enlivening the liver through that of the Mandrake ...

4815-1

... enlivening the liver through that of the Mandrake and forces of the kidneys and bladder and the excretory system ...

4436-1

In the formation of this, as given, we would supply then that of the Mandrake Root in the form of the podophyllin ...

758-31

Then take MAYAPPLE root, or Mandrake Root ...

(Q) Would it be advisable to give body enemas, or what is suggested to keep the proper eliminations?

(A) If what has just been given is studied they will see that the better part of this is cared for, IF the diets are watched closely. What is Podophyllum [Mandrake] FOR?

643-1

As is also the Mandrake Root, and it - with the Buchu - is specifically active with the hepatic circulation. Mandrake, of course, is of the Podophyllum activity, or another name for the same, and is productive towards the increased secretions through the alimentary canal ...

257-149

Also the quantity of Podophyllum (though in the form here it is combined in the root extract itself - Mandrake Root, see?) is to make for a stimulation through the alimentary canal, and especially in the gall duct area, and will PURIFY the blood stream BY assisting (in this quantity) the eliminations; so as not to purge but to produce a laxative throughout the body.

2350-1

First, it should REST at least three to five weeks, and first we would begin by CLEANSING the system, or alimentary canal especially, thoroughly. We would use that of a combination of Senna, Ragweed, and Podophyllum. These in minute quantities, that will act MOSTLY with the liver and its functioning. The Ragweed, especially, to PREVENT the strain on the lacteal ducts, as cause the activity of the pancreas - but with the Podophyllum - that will enliven the GLANDS, or the gall ducts and glands in liver TO activity.

2015-6

Be very mindful that eliminations are kept above the normal. Use BOTH the Podophyllum and the Calomel as a base for eliminants, at various times; not together; but under the direction of the physician. While these would not be used under most circumstances for a child, these would be the better in this case - because of the poisons from so much area covered with the burn, and the shock to the system, as well as the kind of poisons to be eliminated, and the need for the excess lymph.

760-9

ALSO giving plenty of the oil, that, that as is begun by the action of Podophyllum and Senna may be kept in the activity of the liver.

635-8

However, when laxatives are necessary, use rather the vegetable than the mineral compounds; such as Inner Clean, or those that carry small quantities of Podophyllum, or those compounds that carry a little strychnine - as phenolphthalein, Alophen - these as we find would be preferable (Parke, Davis, see?). These as we find are the preferable types when necessary to be taken. Preferably use enemas than too much of these.

1131-3

(Q) What laxative for eliminations would be best?

(A) Rather those carrying the Podophyllum are better for this body. To be sure, the Podophyllum would be in very small quantities, or a very small portion of such compounds. But the more PREFERABLE manner for correct eliminations is to alter the diet as indicated.

(Q) Which compounds would be best, containing Podophyllum?

(A) Podophyllum is a base from which MANY are made. Choose any of these that are desired by the body.

5543-1

... PREFERABLY taking the GREEN Mandrake Root - for it BEING at the season when it will be most active WITH the physical forces of the body.

Milkweed

Botanical Name: *Asclepias tuberosa*

Common Names and Synonyms: Pleurisy Root, Butterfly Weed, Orange Swallowwort, Wind Root, Tuber Root

Background: Milkweed grows anywhere from one to five feet tall and derives its name from the milky juice which oozes from torn leaves or broken stems and pods. The sap is very toxic. The caterpillars of the Monarch butterfly feed exclusively on milkweed, and the poison they store makes them taste bad to birds. Milkweed can be toxic if taken internally in quantity. Historically, milkweed was used by Native Americans for asthma, dropsy and stomach ailments. Milkweed sap has been used to treat dermatitis and remove warts.

Milkweed in the Cayce Readings

- Edgar Cayce always recommended milkweed as an external application to assist with healing or cleanse the skin.
- Milkweed was recommended in 4 readings between 1924 and 1942.

Cayce Quotes on Milkweed

5521-1

We would first make this lotion and apply directly to the outer edges, first of the abrasions.

To two ounces of butterfat add the same quantity of Plantain, with the leaves, the root and the stem or blossom, reduced until nearly jellied; take six to eight ounces and reduce until almost

jelled. This with the oil of butterfat and apply directly to these abrasions, changing this at times with the milk from milkweed, as will be found about the farms of this district. This we find will heal these places, these abrasions; that is, we will use the Plantain and butterfat three days, one day use the milk from the milkweed; that is, the ground creeping weed, and the vibration is opposite to that of the Night Shade.

5521-2

The other lotion, and this will be applied to the edges only of the abrasions, the milk from the common milkweed, the weed gathered fresh with the dew on same, (This shaken of course) and the weed broken and the milk that comes from this break shall be rubbed on the edges of the abrasions. Not over the whole solution, or over the whole sores, but on the inflamed portions that are not broken. Not on tissue that is broken but over the edges that are not broken.

2072-6

(Q) What soap, manner of cleansing, creams and makeup would be least harmful and most helpful in correcting the beautifying the skin?

(A) Pure Castile soap [See 2072-6, Par. R19] is the better as a cleanser. As a cleansing cream or the like, the Genuine Black and White products are nearer to normal. The Milkweed Cream used occasionally for this body would be very beneficial.

20-2

Now we would, for this condition in the eye and eyelids, apply STILL those applications of the old irish potato, well scraped and applied a bandage about the eye, see? this used at least once each day, taken off and cleansed in mornings, see? Then apply the milkweed, the milk from same - that that grows on the ground as parsley grass, see? The weed needs be gathered fresh each day. It's found growing near here, see? Broken - the milk from same rubbed on (gently, of course) the eyelids, see? This, after having remained for an hour to an hour and a half, cleanse again with that cleanser as given, see? and then apply (before the irish potato is applied in evening) those vibrations of the Violet Ray, using the eye applicator, see? This should be applied at least for ten minutes, see? Not steadily, but taken off and then applied

again, taken off for a second or two, then applied again, but keep at least ten minutes vibration. Do this, and we will find we will continue to bring improvements to this body, [20].

Mullein

Botanical Name: *Verbascum thapsus*

Common Names and Synonyms: Bunny's Ears, Flanneleaf, Jacob's-staff, Aaron's Rod, Lady's Foxglove, Donkey's Ears

Background: Native to Europe and temperate Asia, but now naturalized throughout much of the United States, mullein has been used since antiquity for respiratory ailments and as an anti-inflammatory. Mullein is found growing along the roadside, in hedgerows, and beside grassy banks. The plant can reach a height of six feet or more. Both sides of the leaves are covered with a gray velvet. The spikes, which eventually are covered with dense lemon-yellow flowers, appear in mid-summer to early autumn. The leaves are rich in mucilage. Another name for mullein is candlewick because the dried stems were once used for tapers, and the down from the leaves was also collected, dried, and used for the making candle wicks.

Mullein in the Cayce Readings

- Edgar Cayce most often recommended mullein externally as a stupe (poultice) to increase circulation and relieve swelling and pain; and internally as a tea to improve circulation especially through the urinary tract and lower extremities. In the Cayce readings, mullein tea and stupes can be considered a specific for varicose veins.
- Mullein was mentioned in 141 readings between 1922-1944 with

a general increase in utilization until peaking in 1943 (17 readings).

Cayce Quotes on Mullein

1181-3

Use as a poultice or as a counter-irritant to the exterior forces of the body across the abdomen and across the spleen force, or the lower end of the stomach here, those poultices as made of what is commonly known as mullein leaves.

5514-4

First we would begin with exterior applications of Mullein Stupes, or leaves, to those portions of the system where the distresses are shown in the excess of accumulations, both in the lumbar and limb. By the use of these reduce the inflammation and swelling superficially.

130-1

(Q) What is the remedy for swollen side, caused by pleurisy and swollen veins? in abdomen, neck and side?

(A) Application here, for the local conditions - and for these - would be the mullein stupes. These are produced more from the condition in the RESPIRATORY system, as has been outlined, and when these are brought to a normalcy much of these will disappear. These, for the specifics, would be of the mullein stupes.

2225-1

(Q) Just how should these Mullein stoops be prepared?

(A) Preferably, when it's possible, have the green Mullein, bruised, with rather a poultice over same - that is, as stoop. If dried, a larger quantity would be required. These are placed between bandages, or thin cloths, and applied directly to those portions - across the kidneys, across the lumbar regions, across the abdomen, across the knee - and if pain is in the head apply at the BASE of the head.

988-7

But to overcome the dropsical or fluid forming portions in the limb and in the abdomen, use the Mullein Stupes - Mullein Stupes. These are to be used at least twice a day. The activities of same upon the body itself will tend to make for the accumulations to be thrown off through the perspiratory system,

excessively. Hence it is necessary after each of these stupes that there be used an alkalin or an acid (preferably an acid) antiseptic solution, for the cleansing of the limb and the abdomen. These stupes may be given for a period of half an hour to an hour, so long as they are kept in a manner that they will be active to remove the accumulations.

These are the properties in same, then, and how they affect the body. The heat from the very activity or applications of the stupes, to be sure, OPENS - as it were - the pores. And the very nature of the Mullein is to absorb poisons from the body itself; relieving pain and causing the accumulations to be thrown off through the respiratory system.

409-32

As has been indicated, we would keep the Sweet Oil on the hands - preferably, or especially, after they have been bathed or washed in a strong solution of tea from the Mullein Leaves. The hands should be rubbed off in this tea, you see, just as if washing the hands. Then when they are dried (by sponging with the towel, rather than rubbing), pat or rub on the Sweet Oil. This will relieve the tension and the pressure.

(Q) Will this Mullein Tea and the Sweet Oil relieve the severe itching on hands?

(A) That is what it is for!

1375-3

Use a little tea made from the Mullein, internally - preferably made from the flower, but this is early in the season for same. The proportions would be about half a dram to a quart of water. Let it steep like tea. Take about an ounce of this once a day, internally. This will be helpful for the general condition of the inflammation throughout the intestinal system.

843-6

Also we find that a tea made from the Mullein flower would be well. The proportions would be about a level teaspoonful to a pint of water, and let this steep as tea. Taking about an ounce of this twice a day will aid in keeping down this tendency for dizziness, and aid in the activity of the kidneys to expel - and the channels through the system for expelling stone.

409-36

Also we find that a weak Mullein Tea would aid in reducing the tendencies for the accumulation of lymph through the abdomen and the limbs. Prepare same in this manner:

To 1 pint of water add 1 ounce of the Mullein well bruised (with some of the flower included, would be well). Let it come ALMOST to a boil. Then set it aside to cool. Keep it on ice, of course, and make fresh every day or two. Take a tablespoonful of this about twice or three times a day.

2332-1

Each day, - preferably just before retiring, - take internally about an ounce or ounce and a half of Mullein Tea. Prepare same in this manner; preferably gathering the Mullein Leaves AND the flower fresh - at this season: Cut these very fine, and put about two ounces of same (by measure, not by weight) in a quart of water. Let this steep as tea. Do not attempt to keep this longer than two days, even with keeping same on ice, for it will not keep, you see. Hence it should be made fresh every third day, you see....

The glandular forces, of course, are in the adrenals. Thus the Mullein Tea will relieve the pressures upon the kidneys, as well as the bladder disturbance that at times causes some anxiety.

(Q) How soon should she go to work again?

(A) This will depend upon how much the body stands upon the feet, and as to how well the reaction is from the Mullein Tea.

If the feet and limbs give a great deal of trouble, apply Mullein Stupes also to the limbs - which will reduce the disturbance. Bruise the leaves, pour boiling water over them to wilt them, and then apply to the limbs as a poultice.

2451-2

We would use the Mullein flower and Mullein tea as an aid in better elimination. Make it as ordinary tea, brew it as tea, see? This would be taken at least every other day, about two ounces.

462-14

(Q) What can I do to cure Varicose Vein in right leg?

(A) Massage with an ointment made from Mullein juices with Cocoa Butter and Oil of Butter. [2/11/53 GD's note: Mr. [462] told me today that he has used this ointment whenever swelling of

vein occurs - has no more trouble.]

2722-3

(Q) Why does the head keep pulling and jerking?

(A) The incoordination between the sympathetic and the cerebrospinal system. Thus the necessity, as indicated, for the application of the Mullein Stupes when there is pain or jerking. This is the effect of the clots of the lymph in the muscular and nerve forces in the neck and head.

243-38

We would also take Mullein Tea. This should be made of the fresh, green, tender leaves. Pour a pint of boiling water over an ounce of the Mullein leaves and let steep for about twenty to thirty minutes. Then strain and keep in the ice box, so that it may be kept fresh. Take about an ounce to an ounce and a half of this each day. Make this fresh at least every two to three days. Keep this up, and it will aid in the circulation, in the elimination of the character of acid in system, and aid in the circulation through the veins - that are disturbing.

When there is the ability to rest, apply the Mullein Stupes to the areas in knee and along the thigh, and just below the knee where the veins are the more severe. But the Tea taken internally will be more effective.

457-13

If there will be the walking, and not merely standing or resting, and the taking of a small quantity of Mullein Tea every other day, these will disappear - and this disturbance will disappear. The therapeutic reaction is to better circulation - through the kidneys, especially as related to the lower limbs.

Prepare the Mullein Tea in this manner: Bruise the fresh Mullein Leaves and some of the flower, especially at this period of the year. Use about two ounces (in quantity, not in weight) to about a quart of water. Let this steep as tea. Take two or three ounces every other day; it may be taken twice during that day, but this is the quantity to be consumed during the day, see? Keep it in a cool place, and make fresh almost each time it is used, see?

3523-1

Over the areas of the varicose veins we would apply the Mullein stupes. If the dried Mullein is used, this may be used in a very

strong Mullein water. Do not attempt to have these veins removed by surgery. For, when these have been reduced by the activities of the osteopathic adjustments, later - when Spring comes - there may be used the mullein Tea - made from the fresh tender leaves of the Mullein that will be very helpful in this respect; keeping up the Mullein stupes, however, about once a week along on the varicose veins.

(Q) Above all, what can I do for this itching or sticking sensation I have on my privates for months at a time?

(A) This will be relieved by those properties that have been taken and that will be taken - especially the Mullein Tea, when this can be made from the fresh Mullein. Use douches of Glyco-Thymoline - this would be two tablespoonsful to a quart of water body temperature; not cold, not hot, but body temperature. Use only a fountain syringe.

457-14

(Q) Would the Mullein Tea be good for body now also? If so how much?

(A) Not unless there is trouble with varicose veins or the tendency for a dropsical condition through the pelvic areas. This taken occasionally is not bad for anybody and it will be very good for you.

(Q) Does it make any difference whether the Mullein is dried or fresh?

(A) Does it make any difference whether cabbage is wilted before it is boiled? It should indeed be fresh, not as in people, but as in the vegetable kingdom; not applying to people being fresh, but plants used for medicinal purposes, the fresher, the more active the better. And there is quite a variation between green Mullein and dried Mullein, but whichever you use, use the same all the while.

Mustard

Botanical Name: *Sinapis alba* (White) *Brassica nigra* (Black)

Common Names and Synonyms: White Mustard, Black Mustard

Background: In addition to its common usage as a food and seasoning, mustard has been used medicinally as a plaster for lung congestion and bronchial problems. Used externally, mustard can blister and should be used sparingly, in small amounts.

Mustard in the Cayce Readings

- Edgar Cayce recommended mustard externally as a bath, plaster or oil to stimulate circulation. Several readings mentioned hot mustard baths of the feet and lower legs to prevent or minimize colds. Mustard was also recommended in over 70 readings as a green, leafy vegetable.
- Mustard was mentioned in 89 readings between 1923-1944 with a peak utilization in 1935.
- When used as an ingredient in massage oil formulas, oil of mustard was typically recommended in the following amounts:

◦		◦	
◦	1/4 ounce	◦	18 readings
◦	1/2 ounce	◦	7 readings
◦	20 drops	◦	6 readings
◦	1 ounce	◦	4 readings
◦	10 drops	◦	4 readings
◦	5 drops	◦	3 readings
◦	2 drops	◦	2 readings
◦	2 ounces	◦	1 reading

- 4 drops
- 1 reading
-
- When used as an ingredient in massage compounds, mustard was most often mentioned in the same readings as the following substances:
 -
 - Olive Oil
 - Oil of Cedar
 - Sassafras
 - Camphor
 - Peanut Oil
 - Benzoin
 - Pine Needle Oil
 - Gasoline
 - Turpentine
 - Witch Hazel
 -
 - 51 readings
 - 47 readings
 - 32 readings
 - 29 readings
 - 23 readings
 - 20 readings
 - 16 readings
 - 16 readings
 - 16 readings
 - 9 readings

Cayce Quotes on Mustard

487-3

Keeping the body from drafts, keeping feet warm. Well that of evenings hot mustard foot baths be given, until cold and congestion is relieved from system, and corrections made.

3776-9

Well if the feet and limbs be bathed in very warm water, to increase the circulation in this portion of system, putting mustard in water when same is done, see?

191-1

Well that each evening, before retiring, the feet - to the knees - be bathed in hot water, to which MUSTARD is added. To the gallon of water, half a teaspoonful of mustard - rubbing in the sole of the feet, following same, those of mutton tallow and camphorated oil. This acts in THIS manner:

This will produce a circulation through the extremities that, added with the stimuli to the hepatic circulation, will aid in EQUALIZING and caring for the conditions as PRODUCE drosses in the body.

325-33

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

mustard plaster?

(A) The mustard plaster.

1377-6

Take 1 quart of Russian White Oil. To this add 1/2 ounce Oil of Cedar, 1/2 ounce Oil of Mustard, 1 ounce Spirits of Camphor - or, better still, 1 DRAM of Camphor Gum dissolved in as small quantity of alcohol as will suspend same. Mix these together and use about 2 tablespoonsful to massage the limbs and the spine. This will aid the manipulations to be more easily given in the following treatment, make for suppleness of body - but keep the eliminations through alimentary canal. Use the irrigations to assist in same, to remove toxins.

4754-1

Massage, especially over the left portion of body - from base of brain to the end of spine - with that prepared as this:

To one-half gallon of coal oil, add:

Oil of Mustard.....1/4 ounce,

Oil of Cedar.....1/4 ounce,

Camphor Gum.....1/4 ounce.

Dissolve this thoroughly and massage along the spine.

949-3

At least twice each week we would massage the lower portion of the spine, across the sacral, coccyx region, and to the ends of the nerves - especially that make for the LOCOMOTARY actions in the lower limbs, with this solution: Take one gallon of PLAIN or ordinary gasoline; to this add one and a half ounces Oil of Cedar; then one ounce Oil of Mustard; and cut up one and one-half drams of Gum Camphor. Shake the solution together. Use in the massage for the sacrum, or sacral region, and upper portion of the hips, about one ounce; and about half an ounce in the massage along the limbs, ESPECIALLY along those of the sciatic nerve root and about the knees.

558-4

Keep the body quiet. Particularly keep the feet warm; and it would be well if the feet were bathed once or twice a day in hot mustard water, a level teaspoonful to about two gallons or two gallons and one half of hot water - as hot as the feet can stand, rubbing the feet and limbs to the knees or above the knees

THOROUGHLY when the feet are put into the water. See? This would stimulate the circulation to the lower extremities and take it away from the head, until the eliminations have cleansed the system sufficient that there may be started the proper circulation.
632-13

(Q) Would onion packs or mustard packs dissolve the fluid in her chest?

(A) This may be told more by following those suggested massages and pressures following the light. And should there still sound the gurgle or the fluid of same, then use the counter-irritant; the raw onions, ground, would be the more preferable, the more penetrating. While the mustard makes for more of a superficial stimulation, the onion would be penetrating and not as irritating.

715-6

Put the feet in hot mustard water AFTER the Pack has been used, pulling the water up on the lower limbs to the knees, rubbing down thoroughly; and when taken out of the water and sponged off dry, massage with rub alcohol from the knees down. This will prevent taking cold, or more cold.

816-9

As we find, we would empty first the stomach, either with an emetic as mustard or salt - or with the pump.

1400-1

Do not overload the stomach when there is the regurgitation from nervous reaction, or the sick stomach. At such times we would settle same first by using an emetic - with a little mustard water.

556-17

And then it is necessary that the body keep out of colds, keeping the feet quite warm; and at times rubbing the feet and lower limbs with any good stimulating activity such as mustard water or an equal combination of Mutton Suet (melted), Turpentine and Camphor.

2858-1

There will be required a mustard poultice applied close to the base of the brain, and extending to the 3rd cervical. Before this application, it would be well to sponge off the body with warm or

hot water. Change the poultice sufficiently often to draw from the circulation to this portion of the brain - not enough to blister. After this has drawn somewhat, or when it has irritated a great deal, remove and let it remain off possibly for four to five hours, see? Then apply again, and it will not require so long to redden the skin the next time, see, but bathe off each time before the application. Musterole would be better here, - this will not blister so easily, see? Heat the poultice, of course, before applying. Just make a poultice of the Musterole and apply on gauze, to the area from the first to the third cervical.

3612-1

For this body we would begin first with Fume Baths or Cabinet Sweats twice each week, using witchhazel. Each of these treatments would be followed with rather a violent massage, or violent for this body. Use this combination of oils:

Olive Oil.....2 ounces,
Peanut Oil.....2 ounces,
Oil of Mustard.....10 drops,
Cedar Oil.....1 ounce.

Massage these especially in the lumbar and sacral and the sciatic nerves down to the knees, feet, throughout bursa of the feet and the heel, to the center of the toes. Especially go downward, not towards the body, go away from the body in giving the massages. Don't just slap this on but do massage it thoroughly into the body.

If this produces a rash, bathe off with lukewarm soda water. Then leave off the massage for a day or two and then begin again, reducing the quantity of the Mustard Oil; though we must get this counter-irritation, else we will have nerves that will not respond.

Myrrh

Botanical Name: *Commiphora myrrha*

Common Names and Synonyms: Gum Myrrh

Background: Native to East Africa and Arabia, myrrh comes from a scrubby bush with knotted branches which secrets irregular masses of hard red-brown or yellow resin. The resin is tacky and bitter to the taste, the odor, aromatic. Myrrh is an effective anti-microbial agent used in the treatment of mouth infections and catarrhal problems such as pharyngitis and sinusitis. Externally, myrrh has been used to treat wounds and abrasions.

Myrrh in the Cayce Readings

- Edgar Cayce most often recommended myrrh for external application as an ingredient in massage compounds.
- Myrrh was mentioned in 394 readings between 1921-1944 with peak utilization in 1936 and 1944 (40 readings each year).
- Myrrh was most often recommended as a massage oil ingredient. Other ingredients mentioned in the same readings with myrrh include:

	336
Olive Oil	readings
	s
Benzoin	54 readings
Sassafras	45 readings
Camphor	23 readings
Russian Oil	20 readings
Witch Hazel	18 readings
Wintergreen	15 readings

Cayce Quotes on Myrrh

4382-004 TEXT F 73

We would massage into the whole cerebro-spinal system those of equal parts of Olive Oil and Myrrh, and especially across the lower portion of the cerebro-spinal system and in the joints, for this, as we see, has the twofold purpose. The massage will assist and stimulate all centers from the cerebro-spinal system. The Oil and Myrrh acting as a lubricant and taken in the capillary circulation, assist in the proper eliminations, and the Myrrh acting as the carrier, while Oil acts as food and as stimulant, same as that in the Myrrh.

5421-6

Twice each day massage the body, especially along the spine. In the evening massage same with Olive Oil, pure Olive Oil, in each segment, each vertebra, along the spine, massage this well into the body; massaging along the limbs, especially that of the sciatic nerves and along those of the arm that come from the brachial plexus, or along the portion of the arm in the forearm on the exterior, inside on the upper portion ... Of a morning, see, massage the body with Tincture of Myrrh, weakened, see? This to toughen, the other to relax and strengthen and feed the muscular conditions, and to bring about the better locomotion from the effects of the poisons as are being eliminated from the system, and to strengthen the body throughout.

4874-1

Then, add this to that for the rest of the body: Every third (3rd) day, massage the body thoroughly, over the small of back and over the lungs, with equal parts Tincture of Myrrh and Olive Oil. Heat the oil and add the Myrrh, preparing just enough - just before using - that may be rubbed or massaged thoroughly into the spine and back portion of the body, so that the body absorbs these properties - the oil being the carrier and the Myrrh being the CLARIFIER and that that gives stability, strength, to capillary circulation, and increasing the circulation, and giving more strength to the body.

1381-2

(Q) What can be done to prevent miscarriages?

(A) The mental attitude of the body towards these conditions is the greatest influence, as has been given to the body, as respecting these conditions. There has been so long builded in the whole entity that disregard for some responsibilities in this direction, that easily we find the body responding to that as is innately at times felt in the body. To add physical effects to this condition would be to demoralize, as it were, the inner activity of that creative energy towards the resuscitation of life through the efforts of the body.

This in the physical sense may be added as that as will induce - through the activities of the physical body - that which would prevent such: Just after the menstrual period the body use the stupes as this:

To a gallon and a half of hot water, add:
Tincture Lobelia.....1/2 ounce,
Tincture of Myrrh.....1/2 ounce,
Tolu in solution.....1 ounce.

and expose the vagina to the steam or fumes from same. This will act as the reaction forces to the body to bring about a strengthening of the portions of the genitive system that will bring better conditions through the mental forces and the physical forces of the body. Do that for at least three periods before there is the act of regeneration in system, and we will find the difference in the condition.

2720-2

At least three to five times - that is, once each day for three to five days after menses period - the body should heat water to the boiling point, pour into a container over which the body may sit with ease, pouring about gallon and a half to two gallons of water, and to this add sweet gum (in the gum) fifteen grains, tincture of myrrh tablespoonful, and let the body - the pubis - be exposed to the fumes as arise from same. The irritation - as will be seen - will be decreased, and also there will be the more desire for sex relations and the effect as is produced in the body from same; for with this constant aversion (with the individuals as are about the entity), and with this constant drain on the nerve system, the mental forces suffer sympathetically.

1461-1

In the distribution also of the energies in system, well were the body GENTLY massaged - especially along the whole of the cerebrospinal system - after the bath; and massage well into the centers along the cerebro-spinal those of equal parts olive oil and tincture of myrrh. These will aid in bringing stability to the nerve plexus and the functioning of the muscular forces, as the vibrations are changed.

5671-6

(Q) Are the itchings on the thighs, legs and vulva separate conditions or all due to one cause?

(A) Yes or no, and either would be correct - but they are rather the COMBINATION of the conditions. This may be, in this region, RELIEVED materially were sitz baths of myrrh, aloes, and the liquid of tolu put in boiling water and parts exposed for a few minutes. This will relieve and heal also.

(Q) How should solution for sitz baths be prepared, and what quantities of each ingredient?

(A) To a half gallon of hot or boiling water add one aloe (These ways we would put them), five drops of the tincture of myrrh, forty drops of the balsam tolu or tolu in solution (that the better, in solution). Duration of the use of these should be from two to ten minutes, but begin with the SMALLER - or with the two minutes first, then possibly the next day two minutes, and the third day these may be used for three minutes - but do not produce too much irritation, for there will be the relaxing of the whole system as these steams ENTER, and as they act WITH the system.

4661-1

Well that, at least every other day, there be a massage of the brachial centers, lumbar centers, with equal parts of Olive Oil and Tincture of Myrrh. These act as foods for centers, allaying the distresses in nerve ends.

For, the therapeutic value of the properties given to the skin itself is as follows: As given, as known and held by the ancients more than the present modes of medication, olive oil - properly prepared (hence pure olive oil should always be used) - is one of the most effective agents for stimulating muscular activity, or

mucus-membrane activity, that may be applied to a body. Olive Oil, then, combined with the Tincture of Myrrh will be very effective; for the Tincture of Myrrh acts with the pores of the skin in such a manner as to strike in, causing the circulation to be carried to affected parts where tissue has been in the nature of folds - or scar tissue, produced from superficial activity from the active forces in the body itself, in making for coagulation in any portion of the system, whether external or internal. And, as indicated in the specific conditions referred to in relation to this body, will be MOST effectual. The Camphorated Oil is merely the same basic force [as Olive Oil?] to which has been added properties of Camphor in more or less its raw or original state, than the spirits of same. Such activity in the epidermis is not only to produce soothing to affected areas but to stimulate the circulation in such effectual ways and manners as to combine with the other properties in bringing what will be determined, in the course of two to two and a half years, a new skin!

313-8

We will find that the rubs along the spine with equal parts of Tincture of Myrrh, Olive Oil and Tincture of Benzoin will strengthen the body. Such massage should be done in short, circulator motions, especially across the hips, the sacral area and up to between the shoulders at least - and at times on to the head.

Olive Oil

Botanical Name: *Olea euopaea*

Common Names and Synonyms: Oliva

Background: In addition to its culinary uses, olive oil has been used for centuries as a laxative and skin conditioner. The olive tree is native to the Mediterranean area, with the exception of Egypt. The small evergreen tree with lance-shaped leaves is cultivated for its oil bearing fruit. In spring creamy white flowers appear followed by oval green fleshy fruit containing the seed. The fruit ripens to a dark purple before it is ready for pressing. The best quality oil comes from the first pressing of fresh ripe olives. The oil is pale yellow-green and has a subtle flavor. Olive oil is reputed to reduce levels of blood cholesterol. The olive branch is a symbol of peace.

Olive Oil in the Cayce Readings

- Olive Oil was one of the most commonly recommended botanical medicines in the readings for various applications such as massage oil, laxative, and intestinal healer.
- Olive Oil was mentioned in over 1383 readings between 1910-1944 with peak utilization in 1944 (177 readings).

Cayce Quotes on Olive Oil

4661-1

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For, the therapeutic value of the properties given to the skin itself is as follows: As given, as known and held by the ancients more than the present modes of medication, olive oil - properly prepared (hence pure olive oil should always be used) - is one of the most effective agents for stimulating muscular activity, or mucus-membrane activity, that may be applied to a body. Olive Oil, then, combined with the Tincture of Myrrh will be very effective; for the Tincture of Myrrh acts with the pores of the skin in such a manner as to strike in, causing the circulation to be carried to affected parts where tissue has been in the nature of folds - or scar tissue, produced from superficial activity from the active forces in the body itself, in making for coagulation in any portion of the system, whether external or internal. And, as indicated in the specific conditions referred to in relation to this body, will be MOST effectual. The Camphorated Oil is merely the same basic force [as Olive Oil?] to which has been added properties of Camphor in more or less its raw or original state, than the spirits of same. Such activity in the epidermis is not only to produce soothing to affected areas but to stimulate the circulation in such effectual ways and manners as to combine with the other properties in bringing what will be determined, in the course of two to two and a half years, a new skin!

5603-5

(Q) What treatment to stimulate eliminations?

(A) These are best stimulated by the diet and exercise. As has been seen in those given, these in the diet should be that as is a mild LAXATIVE, rather than CATHARTICS, see? and when there is the tendency of this condition to become sluggish, those of oils - PREFERABLY much more of olive than just plain mineral oil, for olive oil - PROPERLY taken - is a food for the intestinal tract. This would be well to be considered by many: That, that may be ASSIMILATED by the system - of olive oil - pure - is food value for the system itself, and tends to stimulate peristaltic movements, see?

Taken, then, in very small quantities - but rather often, and when found to disagree - or a tendency, from the foods or the character of drinks taken - discontinue; for nothing is more severe than rancid, or oil that has become over acted on by the

hydrochlorics in the system. Only that as will assimilate. So olive oil, or mineral oil - in moderation; but diet and exercise the best.

5592-2

We would also add at this time more olive oil, that the mucous membrane in the colon and intestinal area may have more activity or food value for the digestive system itself, as well as aiding the colon in the eliminations and assisting peristaltic movements, which will overcome the tendency for constipation in the system. This we would take, all the body will assimilate. Better that same be taken in small doses and as often as assimilation permits. Take half to a teaspoonful every two to four hours. Should there become the tendency for regurgitation, then reduce the quantity of the dosage but continue with same.

5522-1

(Q) What causes the secretions to seem to stop at times in my body, especially in the mouth?

(A) The attempting of the system to use all of the vital forces in the secretion of the system to overcome or MEET the needs of that existent in the stomach, or lower portion, and intestines.

(Q) What causes so much gas in my stomach?

(A) Same reactions. Do these as we have outlined, and then in twenty to thirty days we will give the changes as are, or have come about. These should react with the body in a PROPER manner to assist in ELIMINATING - provided eliminations are kept up. Well, with the taking of these properties, that occasionally oil and olive oil enemas be used to eliminate from the lower intestines, and use it in half and half of white oil and olive oil - taking possibly a pint as an enema. This should be at least once each week.

Onion

Botanical Name: *Allium cepa*

Common Names and Synonyms: Onion, common onion, garden onion

Background: The common garden onion is one of the oldest and most versatile herbal remedies. Probably native to Southwest Asia, onions are now found in all parts of the world. Traditionally onion preparations have been especially effective in the treatment of colds and congestion. Taken internally, onion may be helpful for indigestion and circulatory diseases. Used externally, onion poultices have wide application including treatment of congestion, infectious disease, earaches, warts, athlete's foot, muscle pain, and unsightly liver spots or dark blemishes.

Onions in the Cayce Readings:

- Edgar Cayce often recommended onion in the diet and as physiotherapy.
- As a medicinal herb, onion was often recommended as an external pack in the treatment of colds and congestion. Yellow corn meal was sometimes combined with the onion in a gauze poultice.
- Onion juice prepared from steamed or boiled onions was prescribed as a medicine to improve circulation, digestion, eliminations, and respiratory functioning.

- In at least 11 readings onion therapy was used in conjunction with squill, usually for the treatment of respiratory disorders.

Cayce Quotes on Onion Therapy

457-9

(Q) Since onions are supposed to be good for your blood and otherwise, why do they cause such ill smelling gases?

(A) From the most foul at times comes the most beautiful lilies.

632-13

(Q) Would onion packs or mustard packs dissolve the fluid in her chest?

(A) This may be told more by following those suggested massages and pressures following the light. And should there still sound the gurgle or the fluid of same, then use the counter-irritant; the raw onions, ground, would be the more preferable, the more penetrating. While the mustard makes for more of a superficial stimulation, the onion would be penetrating and not as irritating. If it becomes necessary to use the onion packs, they would be used two or three times each day - not enough to fan about and give the body MORE cold, but make them heavy enough, thick enough, so that they will hold and maintain the heat - not a mere spreading on, but at least a quarter to half an inch thick, on front and back.

1112-5

To prevent in the present the cold, congestion, from becoming more of a complex condition, causing a great deal of disturbance through those weakened portions of the hepatic circulation and those activities with the bladder, the kidneys and the upper circulation, we would at once:

Apply an onion and meal (yellow meal) poultice. Not quite half and half but chopping the onions very fine and mix the meal with

same; this on chest and throat, also on lower portion of kidneys and lumbar area. This, of course, should be warm; not hot but warm, see?

482-9

(Q) Is there congestion in the left lung?

(A) There is congestion in the left lung, but it is the drain more upon the whole of the blood supply that causes the great weakness.

We may break this congestion in the lung by the application of the Onion Poultice on same, front and back.

469-1

Also we would give the medicated properties of Syrup of Squill combined with the juice of onions. Boil or steam the onions and squeeze out the juice. To half a teaspoonful of the onion juice we would add six to ten drops of Syrup of Squill, as a dose.

Give this about twice or three times each day for the next three or four days.

555-4

We would prepare about six large onions, you see, steamed preferably in Patapar paper. Squeeze out the juice and sweeten just a bit. Begin with small doses of same taken about every two hours apart. This will change the condition for the stomach, change the condition in the respiratory system.

909-2

We would begin with the use of onion juices; juices squeezed from boiled onions - or onions boiled in Patapar Paper. And eat the onions as well as drink the juice from same. Let this be a part of one meal each day for a week, leave off for a week and then take again; the onions cooked in that way and manner, you see, to preserve their juices. Fresh onions if possible; if not, those that are well preserved - or the Spanish variety. These properties will act upon the circulation and the whole of the pulmonary reaction, as to produce a better elimination.

755-4

Also, about twice each day give a teaspoonful of the juice from onions. Prepare the onions, preferably, in Patapar Paper; or boil them in Patapar Paper, so that the juice from same is preserved in its NATURAL state. To each TWO teaspoonsful of the onion juice add one minim of Glycerine. Stir this well together. Let it be sipped when given. This will not only act upon the mucous membranes of the throat, but act with the circulatory forces through the respiratory system and be easy upon those activities of the gastric juices through the DIGESTIVE forces. Also it will make for a settling of disturbances that have occurred there at times, making for a better reaction through the system. Prepare this fresh each day.

759-4

We would also use with these at least few drops of Syrup of Squill. This will aid in the action of the respiratory system. We would also take care of that condition that exists in the lungs itself through the application of those as may be found in antiphlogistine or hot onion poultice.

973-002

As indicated, we would continue with the syrup internally as made from the onion juice and the lemon juice.

1561-22

About an hour at the time, each day for about two days, we would apply the Onion Poultices over the liver, the gall duct, and extending to the caecum area; prepared in this manner:

Prepare a thin gauze or cloth of sufficient size to cover this area. Cut up onions very fine; heat them, not cook them too much but heat them; mixing with them - for this quantity - about a tablespoonful of corn meal, - preferably the yellow corn meal. Spread this on the cloth, covering with a heavier cloth, - warm, not too hot, - and apply to the body.

After this has been on for some ten minutes (not in the beginning) apply an electric pad, and let this heat for at least thirty minutes more, see?

As soon as the poultice is taken off, begin with broken doses of a good eliminant. The better, as we find, is Fletcher's Castoria; this to be taken in very small doses; just a few drops, three to six drops, taken about every two hours apart.

2299-13

Keep up the onion poultice until the phlegm has been cleared from the throat.

2504-5

Well, too, were onion juice given to clarify the throat. Boil onions and press the juice from same, sweetening same just a tiny bit. Teaspoonful at the time will clear the throat and the mucus membranes in the bronchia. Do that. We are through with this reading.

2148-1

Almost immediately, or as soon as practical, apply an Onion Poultice over the chest, as well as between the shoulders. Do not make the poultice too strong, else it would be too severe for the developing body. Chop the onions very fine, heat them - or cook them until they are about half done, you see; keeping most of the juice with same, - preferably cook them in Patapar Paper, this would be the better way. Then mix just sufficient raw corn meal with same to make into a poultice, not too thick but just sufficient to allow the poultice to be applied - between gauze - directly to the body. For this body, preferably use the YELLOW corn meal.

Apply the poultice while it is still warm, you see. Leave it on for at least thirty minutes. Then if there is not a change in the congestion, in twenty-four hours, put it on again, - making a fresh poultice, of course.

Should there arise the filling, or the fullness in the chest, shortness of breath, apply an onion poultice over the area - to draw or to disseminate and dissipate the fluid. Chop onions rather fine, preferably using old onions rather than new ones. Then heat them; not too much, as to burn, but keep the oils in same. Sprinkle just a little yellow oat or corn meal in same, so as to make a poultice of the onions - having a layer of

onions half an inch thick on plain gauze. Apply this for an hour at the time.

If this persists, keep on adding more of these poultices, for it will dissipate the accumulations.

Opium Poppy

Botanical Name: *Papaver somniferum*

Common Names and Synonyms: Opium Poppy, Mawseed

Background: The opium poppy is native to Asia Minor. The plant grows two to four feet tall. The flowers can vary in color from white to vermilion. After the plant blooms and the petals fall, the green bulb which remains, is allowed to expand and ripen. The capsule, which is slightly flattened on the top, is then slit lengthwise along the outer covering, but not deep enough to cut into the interior seeds. The milky juice collects along the slits. When the fluid has dried to a brownish gummy paste, it is scraped from the bulb, formed into cakes, and dried in the sun. The most important alkaloid is morphine, a highly effective painkiller. Morphine is a stimulant, can induce euphoria, and is highly addictive. Other opium derivatives include heroin, codeine, and laudanum.

Opium in the Cayce Readings

- Edgar Cayce discussed opium and opium derivatives (morphine, codeine, heroin, and laudanum) in approximately 272 readings. The readings are very cautious about opiate use. Numerous readings recommend against opiate (narcotic) use in favor of milder sedatives (usually hypnotics). When prescribed, Cayce tended to recommend

relatively small doses of narcotics in combination with other substances.

- The word opium or opiate occurs in 24 readings, usually referring to laudanum.
- Laudanum (tincture of opium) was specifically mentioned in 101 readings. It was recommended as an external application to areas affected by pain, and was not to be taken internally. Laudanum is effective in reducing congestion and easing pain. A warning was given not to apply too much heat to the abdomen after it was painted with aconite and laudanum, or blistering will occur. The dosage, though it varied at times, generally was a three to one to ratio: Three parts laudanum, one part aconite.
- Morphine or morphia was mentioned in 67 readings. Morphine was most often prescribed by Cayce in the form of small doses of Sulphate of Morphia. The Sulphate of Morphia was usually part of a compound that was put into pellet form and taken internally to stimulate, strengthen, and rebuild the nerve forces in the body, and also produce a more restful sleep during the time the body is repairing the deeper organs.
- Heroin (a synthetic derivative of morphine) was mentioned in 68 readings. It was usually combined with Oil of Eucalyptol, Canadian Balsam, and Oil of Turp. The compound would be placed in capsules for internal use.
- Codeine was mentioned in 40 readings, usually for sedation, pain relief, and improved sleep.

Cayce Quotes on Opium and Opium Derivatives

849-20

First we would paint the area with a combination that will be penetrating, as an opiate; that is, combine one ounce of Laudanum and a quarter ounce of Aconite - using this to paint the

body over the areas affected. Then apply over the same area a saturated hot solution of Epsom Salts in very thick towels or pads. As this cools repeat the application; not repainting under two to three hours with the Laudanum and Aconite. Use at least five to six thicknesses of heavy crash toweling for the packs.

1190-1

First, we would have those periods of rest for the body in which there would be made an application of a combination of one part Aconite and five parts Tincture of Opium. Use this solution for painting those portions from the caecum to the lower portions of the liver area itself.

Then (over the area thus painted) we would apply the Epsom Salts Packs to relax the whole portion of the body. These should be applied for at least an hour or an hour and a half at a time, during a whole day at a time; that is, with an hour to two hours between each period of the applications - but rest during the whole day these are given. These are to create in the area a relaxing, and are - of course - to be applied hot. But the application or painting with the Aconite and Opium solution would only be applied ONCE during the day, you see - before the Packs are begun; just painted - not rubbed on.

2267-1

. there is the NECESSITY for the body to be in motion - through the acute PAIN as is produced at times.

These, we find, will be better alleviated by applying HEAT, LOCALLY, and to BATHE those portions as are IN pain - as across small of back and through the region of the upper portion of the sciatic nerve - with equal parts of those as will BRING the relief to the body - the form of the opium (Only put on not taken internally!) and aconite. This, added to one another, will BLISTER - will there be too MUCH heat applied, but this added in PROPER proportions will, with heat applied, bring the relief, as temporary relief, but we would then begin with the ELIMINATIONS through the system, stimulating the liver to activity through the application of those exterior applications that will act as counter irritant to the system; using, then, hot packs of the castor oil.

Also we would use those of the high enema, or the colonic irrigation, that we may remove the mucus from those portions where the prolapsus has CAUSED the basis of the irritation, and sufficient of the manipulations given - osteopathically - that the COORDINATION of the muscular and nerve forces MAY be relieved, with the reactions that are produced by the exterior applications.

900-463

To ease pain, well were the exterior - along the soft tissue back of ear, over the side of face to the nostril - bathed gently with a weakened solution of, added with, the tincture of opium, or that as is hydrated and then mixed with the alcohol, and this covered with gauze and heated salt - coarse, heavy salt, dried - but heated - applied to same. Do that. Only use this when the pain becomes severe, which usually occurs two, three to four o'clock in the morning - or same period in the afternoon.

728-1

First we would massage into the areas of the caecum and liver a mixture of one part aconite to two parts tincture of the opiate or Laudanum (opiate solution). Then lay over the same area the heavy salt packs (coarse salt in bags, heated). When such an application has made for a great deal of perspiration in the area, then apply the Castor Oil packs - three to four thicknesses of heavy flannel dipped in hot Castor Oil and applied as hot as the body can stand same, letting them extend across the whole of the abdomen. And apply OVER same the WET packs of very hot water, keeping these changed so as to keep the heat as near a hundred and ten as possible. Re-dip the flannels in the oil each hour. Keep the packs on the body for two to three hours at each treatment. And we would give these in this manner at least three times each week.

243-12

. we will find that we would apply physically a half solution of a mild opiate, as of laudanum, thinned with water (not alcohol), and spread over those portions of the body - the lower portion of

the lumbar, over those portions of the false pelvic area, from that of the cerebro-spinal centers - see? lumbar, portion of the sacral, and the lower part of the dorsal area. Then apply the saturated solution of Epsom Salts packs. This will relieve the pain and produce activities that will make for an EASING of the disorders in the system. During such periods there should not be too much activity of body upon the feet.

298-2

When there are those contractions - as under knee, in ankle, in foot, we would apply to those portions so contracted, as well as to those centers from which that portion of the muscular forces receive their impulse in the cerebro-spinal system (which will be across the lumbar region), a saturated solution of Epsom Salts. (When the pains are severe, it would be well that the portions so affected be massaged or painted with that which will act as an opiate to the system, see?) This will make for the relaxing quickly of any congested portions, but there must be the manipulations and corrections - especially while there is the inability of a great deal of activity by the body; though, whenever the body desires to be out or to be moved about, or to be carried for rides or the like, it should be kept out as much as is well for the general condition; that is, change of scene, change of environ, change of surroundings will be well for the body, as this creates not only the quieting of the general nervous system but gives the body other things to think of than self and self's condition. See?

340-39

We would apply the combination of the opiate influences upon the body; that is, three parts Laudanum to one part Aconite; just below the breast bone, you see - or across a portion of the abdomen AND just below the secondary cardiac plexus; or about the 4th and 5th

2504-10

We would find that the bowels should be kept a little more active, and that by giving an enema - with small quantities of the

suds, as have been used - castile suds - and following same we would make an injection of about a half a pint of olive oil, with one-half dram of opiates in same, in the form of the relieving of this pressure. Also we would find that, were this used also in bathing the parts over which the packs are put - and these packs should be kept up, not allowed to just ease - but use those of the laudanum over the portions, and then apply the saturated solution of the Epsom Salts. This, as we find, would reduce the swelling, and enable the conditions to be reduced. Unless this IS reduced, there will be the necessity for other measures. DO this.

4824-1

She is over-stimulated; the nerve forces need quiet. Take the forces that stimulate her brain; get the mind quiet, consequently the whole body will be in a state of repose. The body builds best when asleep. This is particularly true in this body and we want to keep this condition, if possible, without opiates, unless we are forced to, at times, to resort to them, as they will choke up the circulation and the nerve force will be paralyzed, especially, to the digestive tract, unless nature will take off in the natural channels, during sleep, all these poisons are not taken off properly.

647-3

We find that an application might be made locally of a fusion of three parts opiate to one part acid that goes with same, followed with the application of heat, to relax the body without the effects of same in the system. That is:

Paint the lumbar and the sciatic head (that's across the lower portion of the hip, you see) with a combination of three parts laudanum to one part Aconite.

1005-7

. in the region of the vermiform appendix - we have an impaction that causes the disorder or distention. This, as we find, may be removed through the application of exterior forces in taking into the system small doses - but all that the system will absorb - of olive oil. We would apply wet cloths - HOT - over the area and

then follow same with hot oil packs, see? first, to open the pores and to relax the system. Then apply the oil packs - Castor Oil. Following THIS, cleanse same with tepid water, and apply equal parts of aconite and of an opiate - or laudanum - that we may distort the pain, but do not eat too much - and do not STRAIN the system before this is relieved. SHOULD inflammation arise, or should temperature or extreme NAUSEA arise, then it would become operative...

Hence, each time BEFORE the Castor Oil Packs are applied, we would first paint the area with a combination of the opiate with Aconite; the proportions being three parts Laudanum to one part Aconite. Use a camel's hair brush or the like in painting the body. Then apply the

2267-1

. Prolapsus in the ascending colon! This the basis or the seat, or the condition that IS to be REMOVED if PERMANENT relief is to be had! Hence the colonics and the manipulation and the packs. These are to form the basis for the functioning ORGANS to ADJUST themselves to changes as will be brought in system. Hence the body should take the TIME to get the condition in the system adjusted, other than just temporarily being relieved. The applications of the heat and of the opiates, externally applied, will bring TEMPORARY relief - but that of the prolapsus in the COLON will GRADUALLY be magnified, UNLESS this is corrected! DO that. hot Castor Oil Packs, using at least three thicknesses of flannel. These should cover the area of the lower portion of the liver, the lacteal duct as related to the umbilicus plexus, and extending even to the caecum area.

325-67

(Q) As the gentle massage does not put the body to sleep, what can you give as a sedative that will not affect the stomach or heart?

(A) This, as we find, may best be given under the direction of physician in charge. But as we find, the hypnotic rather than the narcotic derivative would be preferable for the body. Luminal, as we find, would be most in accord or in keeping with the general

conditions; though those derivatives such as codeine or the morphia are well. But the Luminal would be less upsetting to the assimilating system.

1082-2

(Q) Any mental or spiritual advice for the body?
(A) Keep FROM the hypnotics or narcotics as much as possible, for these tend to produce a reaction to the whole of the eliminating system that clogs rather than clears. Hence those properties suggested here to be taken internally are given as those influences that will overcome these inclinations. When the pains become TOO severe, use a hypnotic rather than narcotic; but get away from these as speedily as possible, not to cause too great a distress, we would use that which is of a hypnotic nature, rather than of the narcotic so much. While a hypnotic is a narcotic, it is not as habit-forming as codeine or morphine.

543-10

. we would be very careful that there is not added with these administrations ANY drug that becomes habit-FORMING, or that the body-physical becomes dependent upon same for its own responses, or in USING - rather let the hypnotics than those of the narcotics be used; though BOTH must be harmful if persisted in.

1280-3

The great pain that is caused undermines, to be sure, the mental and physical forces as to resistances. Hence at times, under the direction of the physician, a hypnotic is to be preferred - not narcotic.

1361-3

(Q) What sedative should be used?
(A) The sedative necessarily should be under the supervision of the physician in charge; as to whether it is a narcotic or a hypnotic or merely a sedative, or bromides. Bromides, of course, for these general conditions, would be preferable; but it is to be given at the discretion of the physician.

2639-1

Use a hypnotic rather than the narcotic to quiet the body. As there is the gradual reaction from its use, taper off onto bromides. These both, surely, must be given under the direction of a physician.

3453-2

We would occasionally, when there is the tendency for disturbance, under the direction of the physician take a hypnotic, rather than a narcotic and it will allay or keep down the spells; like Luminal, see?

3517-2

Keep away from sedatives as much as possible, but do use the hypnotic rather than a narcotic if it becomes necessary.

3886-2

Yes, we find the body here, and the conditions show somewhat of the improvements and the reduction of those forces as cause the greater distress. Those that will be more of the general BUILDING, now, we would add for the system. Those that add iron and the SODAS to the system, or it may be in a stimuli as THIS: These we would add considerably to the stimuli, but would of necessity be given in very small quantities, and should be gradually increased until there would be given what would be the division of the whole quantity into thirty pellets. We would take:

Camphor Gum.....20 grains,
Muriated Iron.....20 grains,
Sulfate of Morphia.....1/4 grain.

Mix this thoroughly together. Begin with one grain of same, as a stimuli - see? Then add those in the food values. These will rest, and these will also BUILD the body.

4894-1

Gum Camphor.....20 grains,

Sulphate of Morphia.....5 grains,
Murate of Iron.....30 grains.

This to be made into pellets - about twenty-two pellets. The dose to be one just before retiring. Let the effect of this be in the system while the body is gaining its strength and rebuilding through sleep, for this will work with the involuntary forces of the body.

3939-1

R E L I E F, to give then the relief to this body, we would take those properties in the system that would be the stimulation for the conditions in the blood supply and to assist equalizing of circulation through normal channels.

Take, then, this into the system:

Gum Camphor.....20 grains,
Sulfate of Morphia.....1/2 grain,
Muriated Ammonia.....30 grains.

Mix well together, and make into twenty pellets. One would be taken each evening, and use the vibration of the violet ray over the whole system. Not only over the centers in the cerebro-spinal system, but over frontal portion of body. Especially those centers that have to do with elimination from the organs that assist in blood distribution.

4108-1

Through the hepatic circulation we find the strain at times tells on the emunctory functioning of the liver, raising then the high hepatic circulation and overtaxes the kidneys in their functioning, hence the effect that stimuli produce over the system and the blood then carries in the circulation that which in times professes their manifested action in the nerve and ligament centers over the system.

To give the renewed energy and forces to the body, we would take this into the system: (This is physical reaction and much

must be produced by the study of forces and self and their relations to other individuals, see. Then this:)

Gum Camphor.....20 grains,
Sulphate of Morphia.....1/2 grain,
Muriate Ammonia.....30 grains.

The dose would be, these made into twenty pellets or capsules and one taken each second day only, and the body exercise sufficient to keep the muscular forces over the body attuned in and about the personal condition, see. The exercise would be of specific nature to strengthen each muscle and ligament about the whole body.

4597-1

R E L I E F - To give the relief, and the permanent relief for this body, for the present condition, there must be treated for the local effect, and for local conditions, as is found in the first, second cervical to fourth and sacral region, fourth lumbar and sacral region. We would massage well into this portion of the body those properties as found in Golden Seal, and give the vibrations of the Violet Ray forces over the whole portion of body along the spine especially, in the sacral and lumbar region and the upper cervical region. Give that twice each day. Massage well first with the hands, then giving the Violet Ray forces to the body for the condition in the intestinal tract, the liver, and for the hepatic circulation, and to meet the needs of the body take this into the system, after the body has overcome the conditions at present. Take this:

Gum Camphor.....20 grains,
Sulphate of Morphia.....1/2 grain,
Muriated Ammonia.....30 grains.

Mix well, and make into twenty pellets. One would be taken each evening. This will be found to give the tingling sensation to the capillary circulation, for it is a stimulus to the system in giving the blood force that property that will make the correlation

between red and white blood supply, especially in capillary, and to meet the leukocyte need in body.

5705-1

For the inhalations as should be in the system, we would take those as found in this: To four (4) ounces of pure grain alcohol, add:

Eucalyptol.....20 minims,
Canadian Balsam.....10 minims,
Rectified Oil of Turp.....10 minims,
Heroin.....1/60 grain.

Keep solution in a container at least three (3) times the size of the quantity, preferably with a glass cork in same. Shake solution together and take the inhalation whenever it is necessary to retard the coughing, or to reduce the temperature.

5693-1

(Q) What medicine would you prescribe for her to take into the stomach?

(A) Continue the Calcium and Iodine, what we have had here. Continue that but if it gets very painful put some Heroin; that will open more of the cells and produce more of an action from the heart through the cardiac plexus here; it will force more of the blood from it.

5618-4

Then, to bring the better conditions, and to give the best resistance in the system, taking all conditions in the body at present, we would give much of that as we have given here before, yet changed in proportions, and adding to this those stimulus as would be found in this, and in this proportion:

To 4 ounces of Peptotol, add:

Eucalyptol.....4 minims,
Rectified Oil of Turp.....1 minim,
Benzosol.....1 minim,

Elixia Hydrastis.....1/4 ounce,
Heroin (dissolved first).....1/60 grain.

The dose of this would be 1/2 teaspoonful 3 times each day. This we find will give throughout the whole system the alleviation of distresses, of desires, of the system, in functioning organs, to draw on either the sensory system or the sympathetic system to supply that necessary. Hence the body, through its own will forces, will be better able to meet the resistance in the system. These properties we find give these conditions to the system:

The Peptol the carrier, and that forcing, or giving the system, in the digestive portion of stomach proper, the ability for the gastric juices to assimilate the properties carried in same.

Eucalyptol, the active principle to the respiratory system, opening all channels of elimination through the respiratory system, giving the better clarified condition for the lungs and the blood supply, and giving the incentive in blood, thus clarified, to rebuild in system.

Rectified Oil of Turp, active principle to the excretory system, especially in liver and in kidneys, that MUST give the proper elimination, would the body be bettered.

In that of the Benzosol, again an active principle with the action of respiratory system in stomach proper, giving a clarified effect to the juices as secreted and excreted in pancreas, and clarifying the action of nerve forces through the hypogastric and pneumogastric nerve plexuses of the central portion of system.

The Hydrastis, acting again as the sedatory forces for the action of blood cell force destroyed in spleen, as to give the eliminations in the correct channel.

The Heroin, that again of a clarifier, in this quantity, to overcome that condition as is produced in the system by the action of the mental forces in its action with the physical, or the action of the mental with the sympathetic and cerebrospinal centers.

Take these quantities only as given, only decreasing or increasing as the condition arises in the system. Should we have over quantity of grease of any character in the system, this will

produce nausea. Should we have over quantity of stimulus, as of caffeiines of any variety, this will produce over stimulation to the kidneys.

5585-1

First we would give that, rather than so MUCH of the morphia to EASE the body - we would begin with the dosages of this, which will bring much more restful ease and comfort. While it will be necessary to gradually decrease the dosages of morphia, these will entirely take the place, will the body respond to the other properties as will be necessary. This should be prepared, preferably, in capsule - though a liquid. We would give this as the dose in each capsule:

Oil of Eucalyptol.....1 minim,
Canadian Balsam.....1 minim,
Oil of Turp, Rectified.....1/2 minim,
Heroin.....1/80 grain.

Give only one of these in sixteen hours.

5433-1

In meeting, then, the needs in the present: True, that sedative measures are necessary under ACUTE conditions, but - as WE would find - were these changed from those of morphia to those that will be more active with the whole of the respiratory system, and with the eliminations as effective through the hepatic circulation, assisting the kidneys and the liver in a NORMAL direction, without producing counter-irritation - these would be more effective, less harmful to the cerebro-spinal system, and less pain to the body. We would take THESE, preferably, internally. This as a dose, and after the third day, it will only be found necessary to be given occasionally. This as a dose, under the supervision of physician - in capsule:

Eucalyptol, Oil of.....1 minim,
Rectified Oil of Turp.....1/2 minim,
Rectified Creosote, or

PREFERABLY Benzosol.....1/2 minim,
Codeine.....1/60 grain.

Do not prepare more than three doses at a time, for they will disintegrate after a few days, even though kept cool and in a dry place. Do not give more than one dose during any twenty-four hours, but the MORPHIA may be ELIMINATED - and these, we will find - the Eucalyptol active with the respiratory system and a reducer in the blood or heart's pressure; the Turp as an active force with the digestive system, and especially active with the kidneys, as to produce eliminations nearer normal in this direction; and those of the Benzosol as a stimuli to the gastric forces of the assimilating system; Codeine as a sedative in a nature that will act through the PNEUMOGASTRIC, as well as HYPOGASTRIC nerve centers, hence EASING the body in a more normal manner.

5020-1

We would continue the sedatives occasionally until there has been the opportunity for the activities from these treatments, but it is better to take three to four aspirins than to take even one dose of the other properties that have been taken. For those that are so much of the codeine are increasing the activities in the gall duct area.

4418-1

These, then, need to be met at once. Then when we have brought about that condition wherein there may be taken hold of the system, to prevent the body from returning TO this force, or from the condition to continue, or from the condition to be brought about in such a way and manner - we need to prevent now the necessity of operation - We would give, then, as this: First we would prepare capsules with this: This to be the dose in each capsule, see?

Balsam of Fir.....1 minim,
Oil of Eucalyptol.....1 minim,
Rectified Oil of Turp.....1 minim,

Heroin, or the equivalent in that of
Essence of Morphia.....1/80th grain, or
Codeine.....1/60th grain.

These to be taken not more than one each day, and apply immediately after the dose is taken, those vibrations of the alpine or the ultra-violet ray, especially over the central nervous system, or nerve system, radiating from the solar plexus. This we will find SHOULD - will the body respond - bring ease and relaxation to the body sufficient to, within six to eight days, be able to administer properties for the system that will bring about the more normal conditions for the body.

4050-1

(Q) Is there anything better than the codeine for sleep?

(A) Nothing better that is not too much habit-forming and that doesn't require the large quantities to be taken more often. Do keep the stimulation of eliminations. These will be better for the body.

2512-2

(Q) Should we continue using sedatives such as codeine and pantapone? Or can you suggest something else which would eliminate the pain and not make her so sleepy?

(A) Best to continue to administer these, or hypnotics.

988-11

(Q) Is Codeine the best thing to give to relieve pain?

(A) Codeine, or a hypnotic. A hypnotic is preferable, if it agrees with the body.

Passion Flower

Botanical Name: *Passiflora incarnata*

Common Names and Synonyms: Passiflora, Maypop, Passion Vine, Mayblossom, Apricot Vine

Background: Herbalists use passion flower as an antispasmodic (e.g., Parkinson's disease, seizures, and hysteria) and mild sedative for insomnia. The sweet scented passion flower is native to the southeastern United States. To the 17th Century Spaniards who were converting the New World to Christianity, the flowers on this exotic vine symbolize Christ's crucifixion and a blessing upon their task. Five pale lavender to white petals, represented the five wounds and the purple fringed corona at the center of the flower represented the crown of thorns. The flower,

which blooms from June until September, is followed by a yellow-orange oval fruit. The dried fruit and flowers are used to relieve restlessness.

Passion Flower in the Cayce Readings

- Edgar Cayce recommended passion flower as a nerve sedative, anti-spasmodic, and intestinal cleanser. From the Cayce perspective, passion flower can almost be considered as a specific for epilepsy.
- Passion flower, by its various designations, was mentioned in 79 readings between 1922-1944 with peak utilization in 1931 (20 readings).

Cayce Quotes on Passion Flower

4844-2

Then, for the improvement in the physical, keep constantly those vibrations in system of the tea from Maypop, as has been given, for this constantly gives that incentive in plasmatic cell for brain and nerve development;

4678-1

That treatment for the correction (see, this of the Maypop is for the nerve system and for the blood supply, as is hindered by the improper incentives through the connection between the glands at the base of the brain and the hypogastric nerve center, which governs the digestion and the assimilation in portions of the system) ...

543-2

Also we would find that the use of the Mayblossom Bitters will be effective, will these be [if these will] taken in quantities sufficient to act as a cathartic.

1001-10

We have the body here - this we have had before. Now, in a preparation as will eliminate the attacks [seizures] entirely, prepare as this: Because the attacks are farther apart, or because they are eliminated to where they become minor in nature, do not stop. Take about five gallons of this, but make it a quart at a time.

Maypop Root.....1 gallon. This cleansed.

Not the bark taken off, but cleansed - washed - cut up. Add to

this 2 gallons of distilled water. Reduce by slow boiling to 1 quart of the water, see? solution. Then add 1 pint of alcohol - 85%. [10/23/30 See same preparation, with variations, advised in 146-1.] The dose will be - see, this should be filtered - that is, through filter paper, the solution - before alcohol is added. The dose will be 3 to 5 teaspoonsful each day.

146-2 TEXT M 13

In the changes now, we would give - as an aid to the nervous forces of the body - those properties of the Mayblossom Bitters - teaspoonful at least twice each day.

2200-1

These medicinal properties would be better in the Mayblossom Bitters, that act directly with the nerve system itself. The dosage of this, as we would find, would be from three to four teaspoonsful each day.

3918-1

In those properties that we would take, then, from within, would be found in that combination which has been given in Mayblossom Bitters, as an assuagement in the nerve forces of the system, aiding also in the DIGESTIVE forces - and these should be kept, through the manner of the diet, in an even keel for eliminations and assimilations. As these are gradually rebuilt in system we will find the general forces of the body responding to that INNATE within, for the ABILITIES to be much lie latent.

4091-2

(Q) Should Luminal be continued or increased during period of attacks?

(A) We would find that if this can be REDUCED, rather than increased, and use more of the Mayblossom, this will reduce the attacks.

2253-1

As we see, the nerve system, or nerve matter itself, is made up of vibrations from the system in its resuscitating or building forces. These, as we find, may be had from the use of those compounds in the Mayblossom WITH those of the Ginseng, as will STIMULATE those impulses of the body. These will also make for a better coordination in refraction and refractory reactions in, or between cerebro-spinal and sympathetic system.

4798-1

(Q) Is this condition curable?

(A) As we have given, we would find it so. With the proper adjustments in the lumbar and sacral, with the proper alignments so that the nerve reaction are NOT of that nature as to PREVENT normalcy, with the developments through the thirteenth to fourteenth year of age we should see the full termination of the attacks [seizures], provided the NERVE forces are builded properly. Those properties given in the Mayblossom Bitters are not of a drug forming, nor are they of the nature as sedative producing - such as bromides and such natures - but STIMULATE the glands and the nerve system in such a manner as to produce a nearer NORMAL reaction in the system.

2253-2

(Q) Should Mayblossom Bitters be continued?

(A) The dose may be reduced, but we would continue until there are no reactions through that wringing of hands, or of continued nervousness - picking at things.

146-5

(Q) Shall we continue Mayblossom Bitters?

(A) As given, this would be well to continue - for it acts WITH the nervous system in building stamina in the nerve reflex.

2153-5

(Q) Please advise just what the effect is of the Mayblossom Bitters, and what it is supposed to accomplish.

(A) The passion flower effect is upon the sympathetic nervous system. It is to relinquish the congestions that are produced in the attacks of incoordination at the base of the brain, through the flexus as indicated which is produced through the areas along the spine, and in the adhesions in the area indicated.

5232-1

There will come 1 or 2 very severe periods with some of these changes. When these occur we would administer a heavy fusion of Passion-Flower. That would be the fruit, the leaves, the vine, a gallon by measure. Put this in a 2-gallon container and fill with water. Reduce by slow boiling to a quart and a pint. Add sufficient grain alcohol to make a preserving of the solution; then this would be strained off, of course, or filtered off.

5386-1

We would prepare and take also, to purify the alimentary canal, a gallon of the dried Passion Flower. This should include the fruit, as well as the leaves and stem. Put this in a gallon of distilled water and let it boil slowly. Put this preferably in either glass or enamel ware which is not broken. Reduce it until there is only one quart. Add sufficient of the grain alcohol to preserve this, and then take a teaspoonful twice a day for the first five days. Afterwards, of evening when the body is ready to retire, take one teaspoonful.

Peanut Oil

Botanical Name: Arachis Hyogaea

Common Names and Synonyms: Peanut Oil

Background: The peanut is native to South America. It grows on a leafy vine and is a member of the pea family. The nut-like seeds have a high protein content and they are a source of vitamin D and the B-complex vitamins, without having cholesterol. Peanut oil is favored by chefs everywhere for the fine taste it gives to fried food.

Peanut Oil in the Cayce Readings

- The primary use of peanut oil in the Cayce readings was as a massage oil ingredient. It was described as a "food for the nerves AND muscular forces" and a specific preventive measure against arthritis.
- Peanut oil was mentioned in approximately 612 readings between 1937 and 1944 with peak usage in 1943.
- Peanut oil was often recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with peanut oil were as follows:

Olive oil	347 readings
Lanolin	147 readings
Sassafras	65 readings
Camphor	65 readings
Nujol, Usoline, or Russian White Oil	63 readings
Pine needle oil	61 readings
Oil of mustard	12 readings

Cayce Quotes on Peanut Oil

533-18

Use the Peanut Oil massage for the feet and limbs, body, face and neck, at least once a week. This, absorbed, will also aid in keeping the conditions thinned in the epidermis circulation, so that these accumulations will not be caused.

2321-2

Across the hips, and down the limbs and feet, we would use a massage with Peanut Oil; not a combination of oils, but just the Peanut Oil. This as a food for the nerves AND muscular forces will be most beneficial.

257-233

(Q) Is peanut Oil best rubbing oil?
(A) It is the best rubbing oil if sufficient of it is given for the body to absorb, for it becomes rancid less often than others.

257-233

(Q) Is peanut oil taken internally as beneficial as olive oil?
(A) Peanut Oil is a lubricant and not a food as olive oil is. In some conditions it would be very well. As an eliminant it is very good. As a food value in some conditions it is more harmful than beneficial.

303-27

(Q) What is the cause and cure for the hurting of my spine?
(A) Read those things indicated, and as to why the peanut oil would be applied to the spine, see? The stiffness comes from the lack of the lymph flow. This is the attempt of the system to produce sufficient for the eliminations where there has been little through the abdominal area, and thus the applications. Do these things indicated for better conditions for the body.

303-27

We would continue especially with the oil rubs - that is, the peanut oil along the spine and limbs. But over the abdominal area and lower portion of stomach we would massage with an equal combination of Tincture of Myrrh and Olive Oil; heating the oil to add the myrrh.

1553-22

(Q) How can we help discomfort of legs?
(A) Massage same with an equal combination of Peanut Oil and Olive Oil.

2500-1

Over those portions where there are the weaknesses in the muscular forces and tissue, we would use the Epsom Salts Packs to relax the body. Apply these for about an hour each day; and following same we would rub the body with all the Peanut Oil that

it will absorb - in the areas of the muscular forces across the small of the back, the knees and limbs, the hands and elbows.

2567-1

(Q) What can be done for hip joints in order to get use of the spine?

(A) As indicated, massage over same the Peanut Oil; and supply those energies needed through the diet and the Gold vibratorially.

2582-1

However, - specifically for the dry skin, - we find it would be well once or twice a week to take almost a bath in Peanut Oil, - but this more as a massage, to be sure. A small quantity - say two tablespoonsful - should be enough to make a complete massage. Do this over the whole body. Begin with the temples, the face, neck, shoulders, along the spine, limbs, arms - all parts of the body, and especially give this across the diaphragm area; that is, from the liver - or almost a circular portion of the body, see? This will make a GLOW and a circulation that will be most beneficial.

2989-1

(Q) Why does he walk with such difficulty?

(A) Lack of strength and vitality through the locomotories. Thus the daily massage with the peanut oil.

4009-1

Following each of the Appliance treatments, let the body be massaged with this combination of oils, also in the massage attempt to break up the lesions in the lacteal duct area -

Olive	Oil.....2	ounces,
Peanut	Oil.....2	ounces,
Lanolin (melted).....	1/4 ounce.	

Massage these oils through the abdomen as well as over the locomotory centers and the limbs.

1158-31

Those who would take a peanut oil rub each week need never fear arthritis.

5348-1

Yes, apply Peanut Oil to the body. Massage daily across hip, down the sciatic centers or nerves, under the knees, around the knee cap, the ankles and the feet [away] from the body, each day, all the body will absorb.

69-5

For this condition we find that a course of hydrotherapy treatments would be best, - which would include first a mild fume bath - using Witchhazel in the fumes; and then CONSIDERABLE massage with oils that would aid in stimulating this coordination between the superficial and this deeper circulation. The oils should be a combination of one-third Olive Oil and two thirds Peanut Oil; that is:

Peanut Oil.....3 ounces,
Olive Oil.....1 ounce,
Lanolin, melted.....1 tablespoonful.

Massage these oils thoroughly, especially across the area of the sacral, the 9th dorsal, and between the shoulders; and these will aid in stimulating this activity.

1788-9

The Peanut Oil rubs, we find, will aid in better appetite, better growth, and better activities throughout the body.

480-52

After a Fume Bath occasionally, use a rub with an equal combination of Olive Oil and Peanut Oil. This will enable the better circulation to the body, effecting the beneficial condition

for the dryness of skin, and the inclinations for bumps or blemishes on exposed portions of the body. When this oil rub is given, massage just what will be absorbed from the palm of the hand. Begin at the hair and go plumb down to the toes - that is, from the edge of the hair into the temple and neck and the upper portion of the chest, across the shoulders and arms, and down either side the spine and across the abdomen, and - of course - across the pelvic areas, all the way to the limbs and even to the toes themselves; gently but thoroughly. Take about thirty to forty minutes to do this, THOROUGHLY, - at least once a week, - and we will find much of strength will be gained.

1158-31

(Q) Shall I resume peanut oil rubs?

(A) There is nothing better. These may be given by any good masseuse. If they are taken once a week, it is not too often. For, they do supply energies to the body.

2426-3

(Q) Why does abnormal temperature persist daily?

(A) From the very nature of the disorders themselves; a strep that causes, with the activities of the body, that of temperature.

When this arises, rest - and use an equal combination of pure grain alcohol and peanut oil (these cut together, equally) to massage, with the tips of the fingers, along the spine. We find that this will reduce temperature, as well as supply better conditions for a better circulation to that area especially over or along the cerebrospinal through the rib area.

307-21

(Q) What can I do to gain strength in my knees and legs?

(A) Keep better eliminations, and daily massage same - just before retiring - with peanut oil.

464-31

First we would take a very light sweat AND then twenty to thirty minutes of thorough massaging; using an equal combination of Olive Oil and Peanut Oil. This is food and

stimulation to the superficial circulation, and will aid in producing a better superficial circulation, as well as aiding in the deep circulation.

608-14

Massage the limbs and the back with an equal combination of Peanut Oil and Grain Alcohol (or good Whiskey). Shake them together and massage along the spine, along the limbs. This will rest the body, keep down temperature, and give some body strength.

Peppermint

Botanical Name: *Mentha piperita*

Common Names and Synonyms:

Background: Herbalists use peppermint as a carminative for relaxing the muscles of the digestive tract in the treatment of intestinal colic and flatulence. Peppermint has also been used as an inhalant for relief of nasal catarrh and to reduce nausea and vomiting associated with pregnancy and travel sickness. Peppermint grows from one to three feet tall and has fragrant leaves. The purple flowers bloom in spikes at the branch tips. Sprigs of peppermint are used in cold drinks and the dried herb is used as a tea. Jellies and candies are also flavored with

peppermint.

Peppermint in the Cayce Readings

- Edgar Cayce did not specify the action of peppermint in the readings in which this herb was recommended.
- Peppermint was mentioned in 70 readings between 1922-1944 with peak utilization in 1924 (22 readings).
- Oil of peppermint was the most common form used in various formulas containing this herb. The amounts were as follow:

◦		◦	
◦	2 drops	◦	20 readings
◦	10 drops	◦	8 readings
◦	5 drops	◦	7 readings
◦	3 drops	◦	7 readings
◦	15 drops	◦	4 readings
◦	20 drops	◦	3 readings
◦	1 drop	◦	2 readings
◦	1 dram	◦	2 readings
◦	4 drops	◦	1 reading
◦	60 drops	◦	1 reading
◦	3 drams	◦	1 reading
◦			

- One reading (102-1) gave instructions for making peppermint water, and several others recommended other forms of peppermint (essence, extract, syrup) to be used in formulas as follows:

◦		◦	
◦	1 drop	◦	3 readings
◦	10 drops	◦	3 readings
◦	3 drops	◦	2 readings
◦	2 drops	◦	2 readings
◦	1 ounce	◦	1 reading
◦	1/2 ounce	◦	1 reading
◦			

- Peppermint was typically recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances

mentioned in the same readings with peppermint were as follows:

◦		◦	
◦	Calisaya	◦	35 readings
◦	Sarsaparilla	◦	27 readings
◦	Tolu	◦	24 readings
◦	Wild Cherry	◦	23 readings
◦	Potassium Iodide	◦	18 readings
◦	Yellow Dock	◦	18 readings
◦	Potassium Bromide	◦	17 readings
◦	Valerian	◦	16 readings
◦	Stillingia	◦	15 readings
◦	Sassafras	◦	14 readings
◦			

Cayce Quotes on Peppermint

4836-1

Three grains of common salt in two ounces of water and add to this at the time two drops of Syrup of Peppermint with one minimum Wintergreen. The effect of this is to supply action to the forces of the charged system, produce proper distribution of the blood forces. This will be necessary to be taken for some time in the system.

760-3

To 6 drams of Wild Prickly Ash Bark, [Simple formula for what later came to be known as Ipsab.] add 6 ounces of distilled water. Reduce to 1 ounce by simmering, and strain. Wash the barks before putting in for this reduction. Then, when strained and reduced, add common table salt until the solution takes up all that it will in producing saturated solution, adding to this 2 minims Tincture Iodine, with 1 minim Essence of Peppermint. Use this solution by rubbing the gums with finger, not with cloth or brush, getting in the sore or abrasion places, treating locally the condition in the teeth where the air breaks in to exposed nerves. This we find will reduce the condition.

3732-1

Then, to assist and bring these conditions normal for this body, we would through manipulation, osteopathically given, correct those conditions in the lumbar and dorsal region, giving to the

body at the same time those properties that will create the perfect eliminations for the system, giving the incentive to the nerve stream, to the blood supply, to come to the normal forces, as which would be found in this:

Tincture Valerian.....2 ounces,
Iodide of Potassium.....15 grains,
Bromide Potassium.....20 grains,
Elixia Calisaya.....4 ounces,
Elixia Celerina.....2 ounces,
Oil of Peppermint.....2 minims.
Sufficient simple syrup to make 10 ounces.

4618-1

To assist the functioning of the system, we would make an inhalant of this: To 4 ounces of grain alcohol, add:

Oil of Sassafras.....20 minims,
Oil of Peppermint.....20 minims,
Balsam of Tolu (first dissolved).....20 grains,
Eucalyptol.....15 minims,
Creosote.....1 minim.

Keep solution well corked and in a container twice the size of the solution, see? Shake well together (rather warm or heat by coming in contact with heat, see) and inhale the fumes into the nostrils and in lungs. Twice each day at least should this be done. This, we see, will add to the respiratory system these properties that will become stimulants to the body, without affecting digestive system by taking internally.

3796-1

This as the condition for the liver and intestinal tract. Take green ragweed 3 ounces. Add to this 8 ounces distilled water. Reduce by simmering (not boiling) to 1/2 the quantity. Strain off. Then add 4 ounces beet sugar dissolved in 2 ounces of distilled hot water. Set this aside as one solution. Then take 4 ounces of wild cherry bark. Add to this 8 ounces distilled water. Reduce this by simmering to 4 ounces. Strain. Then add this to the ragweed or ambrosia weed solution. Add then to THIS 1 dram of Balsam of Tolu cut in 1 ounce pure grain alcohol. Add then 2 minims Oil of Peppermint. Shake solution well together, and the dose will be

teaspoonful every 4 hours.

1000-17

(Q) As the orris root flour suggested in the last Reading does not eliminate the odor and has a tendency to dry up the oils which would hinder the sale of the product, can the Forces suggest some ingredient which would not only overcome the odor, but would add a slightly perfumed odor?

(A) Oil of Peppermint. And the proportions of this will be governed by the variations in the applications or experimentations with same. Not a great deal at first and gradually a little bit less or more - what is necessary for the removal of the odors of the other oils and the additions of the varied preparations.

1709-6

To 2 ounces of Russian White Oil as the base, add - in the order named:

Rose Water.....1 ounce,

Peppermint Water.....1 ounce, (prepared by
dissolving 1/4 ounce Peppermint in 1/2 ounce

Alcohol,

shaking together and then adding 1/4 ounce of
Distilled Water).

Shake together thoroughly each time before it is massaged, of an evening, on the face, neck and arms. This will aid in stimulating better circulation through these portions.

Peruvian Bark

Botanical Name: *Cinchona succirubra*

Common Names and Synonyms: Red Bark, Jesuit's Powder

Background: Peruvian Bark, a source of quinine, is world-renowned for its use in treating periodic fevers, such as malaria. See *Chinchona calisaya* for a comparison with another variety of this family. Peruvian Bark has also been used as a digestive system stimulant. The reddish-brown bitter tasting powdered bark is also known as Jesuits' Powder, and was first documented in 1633 by Jesuit missionary in Peru. In 1640, Peruvian bark was introduced to Europe; eventually, it was renamed Chinchona

after the Countess of Chinchon promoted the medicinal qualities of the bark.

Peruvian Bark in the Cayce Readings

- Edgar Cayce recommended Peruvian bark as a digestive aid and stimulant.
- Peruvian bark was mentioned in 20 readings between 1910-1936 with peak utilization in 1927 (6 readings).
- Peruvian bark was most recommended in the following amounts:
 -
 - 1/2 ounce ◦ 9 readings
 - 1 ounce ◦ 2 readings
 - 1/4 ounce ◦ 1 reading
 - Essence of Peruvian bark was recommended in 3 readings (10 drops, 30 drops, 1/2 ounce) and as syrup of Peruvian bark in 2 readings (1/4 ounce).
 -
 -
- Peruvian bark was typically recommended as an ingredient in complex tonics. The substances most often mentioned in the same readings with Peruvian bark include:

Tolu	14 readings
Sarsaparilla	13 readings
Wild Cherry	12 readings
Calisaya	11 readings
Elder Flower	9 readings
Yellow Dock	9 readings
Burdock Root	8 readings
Sassafras	7 readings
Capsicum	6 readings
Buchu Leaves	5 readings

- Note that calisaya (*Cinchona calisaya*) was prescribed in combination with Peruvian bark in 11 of the 20 readings for this herb. It is interesting that Edgar Cayce saw the need to

combine these two closely related varieties of cinchona in the same formulas.

Cayce Quotes on Peruvian Bark

5509-1

Then, we would first prepare those of this nature, in a compound as this: Better were this carried in that of both pepsin and wild cherry, or a cherry with the pepsin added. These are as REGULAR carriers. To 3 ounces of such, add:

Compound Syrup of Sarsaparilla.....1/2 ounce,

Tincture of Stillingia.....1/4 ounce,

Elixir Calisaya.....1/4 ounce,

Cincho Syrup, or the syrup of

Peruvian Bark.....1/4 ounce,

Tincture of Capsici.....2 minims.

Shake solution together before the dose is taken, which would be half a teaspoonful in water, or followed by water, at least twice each day.

Stillingia - an active force in the functioning of the liver, as related to the pancreas, and IS a stimuli TO same, as is the Calisaya, and ESPECIALLY the Calisaya with Peruvian Bark SYRUP will aid in destroying that tendency of WEAKNESS in the distribution of that assimilated - as well as that of the Capsici, will produce especially a stimuli to those secretions in pancreas and in duodenum, for the proper assimilation and ELIMINATION from the system.

3798-1

Take, also, internally, to remove this trouble Peruvian Bark and Alcohol, just enough to tone up the tissues and cause a reaction or a tonic effect. Do not excite too strongly or magnify the condition within the intestines themselves. Too much will produce inflammation, too little won't produce anything. Use judgement and use just enough so that we will have force sufficient to remove this condition that exists in the blood current. When these conditions are removed this condition that exists in the eye, the face, the shoulders, the rush of blood to the head will all be removed, nature exerts itself in the right way and the whole system is rebuilt.

1102-2

(Q) What special tonic for the hair - quinine tonic - is meant?

(A) Just what is given! Quinine Tonic! That's what it's called! It is, it carries quinine or the properties from which it is made. It's the juices from the Peruvian Bark as combined with alcohol and the rum. This as we find for this body is the more preferable. As given when this is massaged let it come around close to the edge of the hair, around those parts. It'll burn a little bit the first three to four times it's used, but it is the most helpful for THIS body; and stimulating for the growth of the hair, for the preservation of the color, for the preservation of its lustre and the whole livelihood as it were. And as we stimulate the system not only with the glandular forces but the corrections in the digestive forces by stimulating in the lumbar axis and the sacral areas, we will find better conditions.

Plantain

Botanical Name: *Plantago major*

Common Names and Synonyms: Common Plantain, Greater Plantain, Rat's Tail

Background: Native to Europe, plantain is now widespread over the world. This plant can be found growing wild on roadsides, lawns, and in fields. Used as a leaf poultice, plantain is used to speed wound healing. In Latin America, plantain is used as a folk remedy for cancer.

Plantain in the Cayce Readings

- Edgar Cayce recommended the plantain as a tea, poultice or stupe, (and most often) as a lotion for healing abrasions and reducing pain. One reading insisted that plantain could make a notable contribution in the treatment of cancer.
- Plantain was mentioned in 91 readings between 1910-1944 with peak utilization in 1943 (14 readings).
- Various parts of the plantain were specified for individuals cases. Generally, fresh plantain was emphasized. Cutting the tender leaves with scissors was recommended in a couple of readings. In certain readings, the leaves, stem, seeds and roots were to be used. In other readings, only certain portions (such as the leaves) were to be used.
- When used as a lotion, combination with butter (unsalted) or sweet cream was usually recommended (see excerpts below).

Cayce Quotes on Plantain

3387-1

We would apply Plantain Salve over the areas where the sarcoma nobules are indicated as being a part of the experience. Cut the tender Plantain leaves in strips; not the heavy leaves of the Plantain weed but the tender portion of same. Cut up about half a pint of these, and pour over same about half a pint of sweet cream. Heat until it almost comes to a boil. Apply this as a salve over the affected areas.

These will bring ease. These will not cure, but are sources of help - and if studied - the juices of the Plantain weed and the keeping away from certain food values - help may be brought even to many individuals suffering with the same.

5086-2

We will keep into the system that which we have for the present, that is the medicinal properties we are taking in. We will apply to the limbs here, you see the muscles have grown taut, and drawn, the body is thin and emaciated, and we have poor circulation, and will apply here to those particles here, that of amadou fungus, that of Plantain. Take the roots and leaves, form into a jelly, cook to a jelly, with equal parts of that of fat, or milk, without anything in it, the butter. Apply to those portions of the

body, and rub into the circulation.

4316-1

Take Plantain, the leaves and the root, six ounces, reduce by simmering to a very low state, you see, that is six ounces of this added to one pint of water, simmer until it is almost turned into a jelly. Add oil of butterfat until we do make the solution jelly. [Note: This means butter without salt and the water and milk cooked out of it.] Apply this to the abrasions. These we find on the limbs here and the effect of some that were over the groin and lower portion, you see. We are through.

3751-6

The washing or cleansing of the abrasions should be of an alkaline rather than an acid solution. Keep more and stronger solution of the plantain and butterfat for the abrasions itself, so we may have the effect, both direct and influenced by the reaction of these over the system. Use rather the plantain in its original state rather than the dried.

4650-1

For the body itself here, to soften and to assist to remove the cyst, see, apply this: To one-half pint of plain water, distilled, add:

Plantain Root.....6 ounces, only.

Reduce this to almost a jelly by boiling open, then add:

Oil of Butterfat.....2 ounces.

3751-15

(Q) Has the sarcoma germ become revived?

(A) Not revived in action in itself, for the growing in the enlivening condition in the system is produced from toxins within, as we gave. As we have in the correction we should have more of the deep manipulation to enliven the liver and the excretory system, and the plantain should be of the force to destroy that [as it] presents itself. Prevent external infection and internal infection, if we bring the best to this body. It may be done if properly followed. Do that.

129-3

For condition where the abrasions are, those massage with equal parts of Plantain Root Tea, and oil of Butter-fat, in and about the place, not direct upon the abrasion until the

inflammation is reduced. Do that.

4413-1

For the specific condition in the forearm, or wrist, apply this for the local condition. Take of Plantain Root (not leaves or seed save just the portion that is now showing in the growth) and six ounces, and add eight ounces of water. Reduce to the very low state by constantly mashing or chopping up the roots and particles. When this is reduced to nearly the jell state, remove from the heat and add the oil only of butterfat. Apply this to the tissue that shows inflammation, rubbing well into the arm and elbow, and even the shoulder.

2667-2

(Q) About a year ago this body had a small breaking out on the left wrist. He applied a solution which apparently healed up the place, but it left the skin red and very ugly looking. It becomes itchy at times. Please tell what he should do to heal up this place and remove the scars.

(A) Apply this to these: Take Plantain root and stem (not leaves, [GD's note: In some instances the Plantain leaves WERE recommended to be used. See 5161-1, for example.] but that bearing the seeds) three ounces. Preferably in the green state. Place this in six ounces of water. Steep until this is reduced, until solution would be thick or until we have only two ounces of the solution. Strain and thicken to a soft paste by addition of oil of butterfat. That is, butter without salt that has had the water and milk removed by heat. Apply this once each day, massaging it into the parts showing the condition.

This will remove this. Do that.

5521-1

To two ounces of butterfat add the same quantity of Plantain, with the leaves, the root and the stem or blossom, reduced until nearly jellied; take six to eight ounces and reduce until almost jelled. This with the oil of butterfat and apply directly to these abrasions, changing this at times with the milk from milkweed, as will be found about the farms of this district. This we find will heal these places, these abrasions; that is, we will use the Plantain and butterfat three days, one day use the milk from the milkweed; that is, the ground creeping weed, and the vibration is

opposite to that of the Night Shade.

136-66

(Q) What can be done to relieve the pain in the boils on the leg?

(A) Remove that from the system as is causing this condition and these will disappear. As for specific, add as an applicator for the condition equal parts of plantain and thick cream, as a lotion or salve. This will relieve the pain. But remove from the system those properties in their right channel, that are causing the conditions, and the body will be rid of these eliminations issuing through improper channels.

569-13

(Q) What should be used on the eruption to sooth and heal?

(A) These may be used with plantain and cream - will be effective in healing. Better start the eliminations from within before such is applied.

365-2

Also, if there would be used a compound prepared in this manner as a massage, the breasts may be made - the one to develop, the other to remain more firm - both in better proportions; this, of course, being USED with the proper stimulation from the plexus from which these receive their impulse of circulation:

To 2 ounces of cocoa butter (heated sufficiently to become liquid), add - while in the liquid state 4 minims of juice from bruised plantain leaves (these bruised until there is extracted 4 drops of the juice from the plantain leaves, in the raw - to be sure). Stir this in thoroughly. Then add 20 minims of Russian White Oil and 2 minims of Cedar Oil.

Use this as a massage AROUND the mammary glands and to the portions of the system that receive the nutriment of the glands that run parallel, or crosswise and parallel, with the side muscles under arm - see?

This we would use about twice each week.

2295-3

Also we find that Plantain Stupes applied ABOVE the area where the swelling is indicated would be helpful. Not as an ointment, but bruise the leaves and put in hot water - then apply as a poultice.

If a tea is made from the Plantain Seed it will also aid in REDUCING the possibility of the blood poisoning. Put a teaspoonful of the Plantain Seed to a pint of water and steep as tea. Take about a good swallow of this, or a jigger, about three or four times each day.

3121-1

First we would give that there be prepared an ointment from the leaves of young Plantain, at this particular season of the year, growing in the vicinity where this body lives.

Yes, it is this herb that you desire oft to get rid of, in the yard, garden or walk. But do not use the seed, so much, in the ointment. Gather the tender leaves, about the quantity that may be crammed, not too tightly, into a pint cup.

But to purify these from the body-force, we would also take internally a Plantain Tea, made from the tender top leaves of the same plant, with - at this season, especially - the seed of the Plantain - about half and half. Fill half a pint cup with these, and add to one quart of Distilled or Rain Water - using only an enamel or glass container, not metal. Cook until reduced to about half the quantity, or half a pint of the liquid. Take this as a tea, a teaspoonful four times each day; after each meal and at bedtime. Keep this where it is cool, and if the quantity tends to turn a bit sour, discard it - but this whole quantity should be taken before it would sour. It is not so good to add a preservative for this particular material, for it changes this.

Poke

Botanical Name: *Phytolacca decandra*

Common Names and Synonyms: Pokeweed, Pigeon Berry, Poke Root, Coakum, Pocan

Background: Poke is a toxic herb which may be eaten after long boiling. Medicinally, poke is used as purgative and anti-inflammatory. Poke grows in shady soil across eastern North America. The green or purple stems bearing simple leaves and white flowers that give way to purple staining berries, was used in small doses by the Indians as a blood purifier. The roots were crushed and roasted. This plant must be properly cooked or it can be toxic.

Poke in the Cayce Readings

- Edgar Cayce did not describe a specific action for poke.
- Poke is mentioned in 49 readings between 1922-1943 with peak utilization between 1924-1926.
- Poke was recommended as a food (poke greens in 8 reading during the later years) or as an ingredient in a complex compound. When prescribed in a compound, the most frequent form was prepared (tincture, extract, essence or fusion) in the following amounts:

◦		◦	
◦	1/2 ounce	◦	8 readings
◦	1/4 ounce	◦	7 readings
◦	20 minims	◦	5 readings
◦	10 minims	◦	4 readings
◦	5 minims	◦	2 readings
◦	1 ounce	◦	1 reading
◦	30 minims	◦	1 reading
◦	15 minims	◦	1 reading
◦	1/8 ounce	◦	1 reading
◦	5 grains	◦	1 reading
◦	2 minims	◦	1 reading
◦	20 grains	◦	1 reading
◦	10 grains	◦	1 reading

- A few early readings recommended poke root (presumably dry) in the following amounts:

1 ounce	2 reading
10 grains	2 readings
2 ounces	1 reading
2 drams	1 reading
20 grains	1 reading

- Although a wide diversity of formulas were given that contained poke, the most common substances mentioned in the same readings with poke were as follows:

Yellow Dock	41 readings
Wild Cherry	36 readings
Sarsaparilla	35 readings
Stillingia	30 readings
Tolu	23 readings
Calisaya	22 readings
Burdock Root	17 readings
Mandrake	11 readings
Potassium Iodide	11 readings
Buchu Leaves	10 readings

Cayce Quotes on Poke

3741-1

Then to bring the better results to the body, and to correct these conditions, we would first give that in the system that would give the correct incentives to the organs of elimination to function properly; that is, prepare the system first for the corrections in the dorsal region, and then stimulate all excretory system, and the nerve centers that are released, and we will bring the better conditions to the body. Taking, then, this first:

Syrup Sarsaparilla.....2 ounces,
 Syrup or Fluid Extract Wild Cherry Bark...2 ounces,
 Fluid Extract Stillingia.....2 ounces,
 Fluid Extract Yellow Dock Root.....1 ounce,
 Fluid Extract Poke Root.....1 ounce.

Add to this sufficient simple syrup to make 12 ounces. The dose would be teaspoonful three times each day, until the greater, or until three-fourths of this has been taken. Then, through deep manipulations, osteopathically, reduce the condition in the dorsal region, 6th and 7th, 8th and 9th, reflexly. This will stimulate also the whole excretory system. At the same time taking those vibrations of the violet ray, using the heavier applicator, for three minutes each evening. Do not take this while medicinal properties are being taken, but after all of this has been taken. Begin with osteopathic treatments before the whole quantity is taken.

4818-1

Then, to reduce the condition and to bring the normal forces to

the body, we would first take those properties in the system that will give the correct incentives for the eliminations, then correct the condition in the cerebro-spinal nervous system, giving the correct functioning of the body and the correct vibrations through the adjustment of these conditions and bring about the normal forces.

Taking, then, this:

To 4 ounces of simple syrup, add
Syrup of Sarsaparilla.....2 ounces,
Elixia Calisaya.....1 ounce,
Fluid Extract Stillingia.....1/2 ounce,
Fluid Extract Yellow Dock Root.....1/2 ounce,
Fluid Extract Poke Root.....20 minims,
Fluid Extract Capsici.....1 minim.

Shake solution well together before the dosage is taken. The dose would be half a teaspoonful taken three times each day. When two-thirds of quantity has been taken (and at the same time keeping the intestinal tract open, full, free, that we may reduce the eliminations and the excretory forces may be functioning nearer the normal), begin with the deep manipulations in the whole cerebro-spinal system, adding the light rays to the lower dorsal and the lumbar and sacral region, of the Alpine Rays. These we find will give the correct vibrations and the eliminations necessary to produce the adjustment and coordination through the body here, [4818].

Potato

Botanical Name: *Solanum tuberosum*

Common Names and Synonyms: Spud, Irish Potato

Background: The potato is native to South America and was introduced to Spain from Peru in the 16th century. The potato is closely related to the nightshades. Those parts which grow above ground and which are exposed to light, possess poisonous and narcotic properties of the nightshades. These portions are the stalks, berries and leaves. The fleshy portion, that we eat, does not contain poisonous properties. Only when young, green potatoes are exposed to the light do they become bitter and poisonous. The tubers, which grow below ground, are the enlarged portions of underground stems that become thickened in places where starch is stored. The tuber is composed mainly of starch and large quantities of potash salts. The raw juice from a

mature potato contains a certain amount of citric and phosphoric acid.

Potato in the Cayce Readings

- As a medicinal herb, potato peel scrapings were recommended in the Cayce readings as poultice to reduce inflammation of the eyes.
- Eating the peelings of potatoes was sometimes recommended to improve the color and health of hair.

Cayce Quotes on Potato

257-228

The peelings of potatoes don't of themselves make hair grow if everything else is done to prevent it! But it tends to stimulate, to keep the activities in such a manner as to be beneficial. For this body, or any other body - if it desires to use it - though it's rather late for this body to undertake to grow back hair, when it might have followed this procedure some twenty years ago and prevented the loss of the hair; but for most bodies, about an ounce of the potato peeling juice taken every few days is beneficial.

It also carries the salts that are helpful in stimulating an activity for better assimilating forces in the body. For it tends to keep a balance.

But remember, much depends upon the manner in which such potatoes are used, - where and how they are grown, and how prepared. But in general, these are beneficial in the manner indicated.

2011-2

(Q) How can I keep my hair from turning gray?

(A) The citrus fruit juices and the regular weekly use of the juice from the Irish potato peel. Peel the potato and make a soup of the peelings, see. Take this weekly. This, with the character of the dressing for the hair, should correct this condition.

3900-1

(Q) Is there any real benefit to be gained from the "gray hair" vitamins?

(A) Upset stomach is usually gained!

If you desire to prevent gray hair, drink at least once each week half a pint of juice prepared from Irish potato peelings. Just the peelings, not the bulk of the potato. This will aid in keeping the correct color in hair.

5197-1

(Q) How can I improve texture of hair?

(A) Better be glad that you have it, but the peelings of Irish potato boiled and taken once a day will improve the texture of the hair. This will require a long period of about six months. Two ounces of this fresh juice a day.

774-2

While there are those conditions that still disturb the body with the manner in which there is the inflammation in the eye, or in the lids and the iris, these - as we find - are somewhat on the improve. We would use the potato poultice, scraped old Irish potato - not new; put the scraped potato in a gauze and place on the eye (with it closed); not the potato directly to the eye in this particular case, but in a gauze, and sufficient quantity of it to fill the whole socket space. Let this remain as the body rests, for an hour to an hour and a half; then take off. It will be found that considerable amount of inflammation will be drawn out. Do this for two to three days, or two or three evenings; then rest by leaving it off for two or three days - if it makes for too great an irritation, which at times it would, dependent upon the newness or oldness of the potato, you see, that is used. When the poultice is removed each time, cleanse the eye with a weak solution of boric acid. This will make for a cleansing of the inflammation from these conditions.

5499-1

Do not use the new potato; that is, use the potato of the year

previous, and scrape same and lay over the eye of evenings, and cleanse same afterward with a weak solution of Boric Acid.

2638-1

.. we would apply a scraped Irish potato poultice over the eyes; that is, scrape an OLD Irish potato (not new potato) and apply between gauze. Let this remain on the eye for at least thirty to forty minutes. Then bathe off the eyes (when this is removed) with a weak eye lotion

Prickly Ash

Botanical Name: *Xanthoxylum americana*

Common Names and Synonyms: Toothache Tree

Background: Native American Indians chewed prickly ash bark for toothache. Traditionally, it has also been used for rheumatism and circulatory problems. Today, herbalists use prickly ash bark as a stimulant for the central nervous system and general circulation. It is also used to improve digestion and treat colic and stomach cramps. The prickly ash can grow to 25 feet high. In the spring the tree bears small, fragrant, yellow-green flowers before the leaves appear. These are followed by round, red berries. The berries are gathered in the late summer. The bark is stripped from the stems and gathered in

the

spring.

Prickly Ash in the Cayce Readings

- Edgar Cayce recommended prickly ash bark as a digestive aid and stimulant to the hepatic system. It was also frequently recommended in formulas for tooth and gum care.
- Prickly ash bark was mentioned in 111 readings between 1920 and 1944. Prickly ash bark utilization peaked in 1922 and decreased markedly thereafter.
- Various amounts of prickly ash bark were recommended with the following frequency:

2 ounces	41 readings
1/2 ounce	28 readings
1 ounce	20 readings
1/4/ ounce	8 readings
6 ounces	1 reading
4 drams	1 reading
6 drams	1 reading

- Essence of prickly ash bark was recommended in 2 readings (1/4 ounce and 20 minims).
- Prickly ash bark was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances in mentioned in the same readings as prickly ash are as follows:

Tolu

89 readings

Yellow Dock	73 readings
Wild Cherry	63 readings
Sarsaparilla	62 readings
Burdock Root	49 readings
Elder Flower	47 readings
Buchu Leaves	41 readings
Mandrake	34 readings
Dogwood	32 readings
Calisaya	25 readings

Cayce Quotes on Prickly Ash

1012-1

The Prickly Ash Bark acts directly with the activative forces in the liver itself, in the gall duct, and as a stimulant to the pancreas and spleen's activity.

2790-1

The prickly ash bark is for the blood supply, as acted upon in the emunctory forces of the liver itself, proper.

457-3

The Prickly Ash Bark is for the lacteal ducts and their activity in dissemination throughout the system.

4466-2

There must be some local treatment by the dentist, then there must be used, the application of the same ingredients as we have given of a tea from toothache or Prickly Ash bark. We would make a thin paste with this tea and salt and rinse and wash the mouth with this once every week. The cause of the condition arises more from the stomach. When we correct the condition in the stomach, we will correct the condition of the teeth, also use the local treatment. We are through.

4260-1

(Q) What should be done with the teeth, Mr. Cayce?

(A) There is a combination here: Tooth-ache bark [Prickly Ash Bark] made into a very strong solution, enough of common powdered salt added to make a very thin paste, and that be applied to the gums, you see?

1800-26

(Q) What is the reaction of the Prickly Ash Bark on the gums?

(A) It is nature's preservative for STRENGTHENING the tissue about the teeth themselves. The very NATURE of it, from its name as given by the aborigines - that toothache bark indicates its very nature!

3992-1

We would first use that in the mouth as a wash for the teeth and a gargle for the throat, a strong solution of prickly ash bark made of this: To one pint of water, we would add one ounce of the bark, simmer or steep until reduced to half the quantity, strain and add thirty grains of common salt - gargle the throat with this.

5710-1

Make a weak solution of Prickly Ash bark, that is, one to 20 parts, steep well, make the tea and add three parts of salt. Use this as a wash and rinse the mouth once or twice a week. We would relieve the gums and give to the glands in the throat, the inside of the mouth and the tonsils, a new vibratory force. Do that as we have given.

4895-1

The condition of the organs themselves: Through the larynx and upper portion of the circulation at the head and neck, we find some of the condition showing from where the condition has produced in the blood, that is the antrum to the left side, especially to all of that in the part where pus forms.

Some of these need local treatment and this we will find will be assisted by using for this the wash for the mouth and the gargle for the throat made of a strong tea made from prickly ash bark, ten parts or nine parts, to one part salt, as a gargle, to use as

that to rub on the gums, we would add more salt, common table salt, but powdered very fine.

4283-2

(Q) Mr. Cayce, should the teeth in this body be drawn?

(A) No, only those of the second molars, upper and lower on one side, you see, need to be removed. Those conditions produced by this bacilli in the system. For the specific condition use this:

To three ounces of distilled water add one ounce of bark of prickly ash, reduce by simmering to two gills, and strain. Heat common salt and add until a thin mixture is made. Wash or rinse the mouth with this every third day for three to five treatments. Then those that need correction where exposed nerves are shown in the ones as given, remove those.

4436-2

(Q) Do the gums of this body need immediate attention from a dentist?

(A) Some of the teeth need immediate attention from a dentist. Would be well to use for a wash this [Ipsab] for the gums: To 6 ounces of distilled water, add 2 ounces Prickly Ash Bark. Reduce by simmering (not boiling) to 2 ounces. Strain and add Powdered Common Salt until we have a very thin paste. Rinse or rub gums with this once every two days until this trouble in the mouth and gums has subsided.

Psyllium

Botanical Name: *Plantago psyllium*

Common Names and Synonyms: Fleeseed, Fleawort

Background: Psyllium seed has a long history of use as a laxative and intestinal cleanser. It has been especially helpful for hemorrhoid sufferers. Both dark and pale psyllium are used as a

bulking agent to regulate bowel movements. The plant's small seeds contain a mucilage which swells when combined with water. The mass has gelatinous properties which are lubricating as well as laxative.

Psyllium in the Cayce Readings

- Edgar Cayce often recommended psyllium seed as a mild laxative. Typically, it was to be taken with meals and used in cycles of 3 or 4 days with an equivalent period of rest.
- Psyllium was recommended in approximately 52 readings between 1931-1943 with a peak utilization in 1932 (11 readings).
- In addition to the use of raw psyllium seed, a product containing psyllium called "Emul-Psylo" was also recommended in 15 readings.

Cayce Quotes on Psyllium

279-10

Then, we would take more of the Psyllium Seed as an absorbent for the system. Well that this be taken as has been outlined, for three to four days - then REST from it for three to four days, then begin again, so that the toxic forces are eliminated.

514-3

We will find that, will there be taken those food values - or those that will produce bacilli in the system - that cleanse the walls of the system, either in that of the Lacto-Dextrin (that act with the lymph circulation through intestinal system) or the Psylla, or psyllium (that makes for weight and a tendency of activity of the colon), these drosses will be relieved.

260-1

(Q) What laxative would you advise as being best for this body?

(A) A rotation of laxatives would be better. One day the Milk of

Magnesia, the next day Milk of Bismuth, the next day that with the phenolphthalein content - or that which is prepared with agar, phenolphthalein and the active forces of psyllium (called Emul-Psylo).

260-1

When taking the psyllium, take it at the meals, or WITH the meal - a tablespoonful of the seed in FOUR tablespoonsful of hot water, stirring same so that it jellies and is cool before it is taken or masticated.

313-5

(Q) Should the Blond Psyllium be taken?

(A) The Blond or the Black, either one. The Blond is more PALATABLE.

777-3

Each day for a week we would EAT - with the morning meal - the Psyllium Seed (preferably the blond). Stir a tablespoonful in hot water and allow it to congeal or cool, and eat WITH the morning meal.

1039-1

Occasionally we would add the effluvia of the BLONDE Psyllium seed, to produce weight through the activity of the alimentary canal WITHOUT making for roughage in same. The blonde is preferable. This taken occasionally produces weight in the alimentary canal, and an activity that is helpful toward the eliminations.

279-5

(Q) Do the Forces recommend Psyllium seed for the eliminations? If so -

(A) These would be very well, but were these taken they should be taken only for periods - say of three to six days, then a rest period of the equal length of time, particularly for THIS body, but these would be WELL, ESPECIALLY, to relieve those pressures as exist in the caecum region.

Pumpkin Seed

Botanical Name: *Cucurbita pepo*

Common Names and Synonyms: Common Pumpkin

Background: Pumpkin is an ancient food probably native to the eastern Mediterranean. The pumpkin is a trailing vine with funnel shaped yellow flowers. The flowering stalks ripen into bright

orange fruit which can weigh as much as 25 lbs. Fresh seeds, eaten upon arising, are an old remedy for worms.

Pumpkin Seed in the Cayce Readings

- Edgar Cayce described pumpkin seed as an eliminant.
- Pumpkin seed was mentioned in 5 readings between 1935-1943.
- Pumpkin seed was most often mentioned as an ingredient in Fletcher's Castoria. Reading 3053-1 gave a formula for an eliminant containing pumpkin seed that was described as a good eliminant for anyone.

Cayce Quotes on Pumpkin Seed

3053-1

Here we may give for the body a very good eliminant, from which might be gathered that as would be good for children, babies, and grown-ups.

Make a fusion of Senna; that is, in the proportions of six to eight Senna Pods to a pint of water. Boil this, and steep, but reduce to a three times less the quantity. That is, if the first quantity is a gallon, reduce it down to at least one quart, see? Let it not boil then, but just simmer, so as to be strained off. Then, to this quart, add two ounces of Strained Honey.

Then make a fusion of Pumpkin Seed, these crushed, and prepared in the same proportions as the above, though only one-third of the quantity would be used, see? To this add (to the third of a quart, you see) one-half ounce of Rochelle Salts.

Then add, for this same quart quantity that was used, one-half pint of Alcohol.

You'll have a good eliminant! This may be used by anyone. The dosage, for an average adult, would be a teaspoonful - or for this individual, you see. For babies, use from one minim up to fifteen drops, depending on the age, you see.

949-14

The arousing of the eliminations may be best accomplished for this body through the use of a combination of Fletcher's Castoria and California Syrup of Figs, - or alternate the doses of these, but take them in a manner in which the greater effect is had; which

would be small quantities taken often. In one half hour period take half to three-quarters of a teaspoonful of the Castoria, then the next thirty minutes (on the hour) take half to three-quarters of a teaspoonful of the Syrup of Figs. To be sure, the active principle in each of these is Senna, but the effect of the rest of the properties in the Figs would be to the activities of the pancreas and spleen, while the pumpkin seed and oils as combined in the Castoria will make all of these more effective for the system. Continue these for a whole day, or until there is a THOROUGH stirring of the liver and a cleansing of the system.

786-2

(Q) What is causing ammonia odor in the urine?

(A) The effects of those conditions that act upon the system, as has been indicated from the eliminations in the body. Hence the use of the properties found in Castoria (the Fletcher's). For the active principles, of course, are in the Senna - which will work with the digestive forces, the kidneys and the activities in the liver proper; while the Pumpkin and Watermelon seed in this are the active principles upon the kidney activity.

555-11

We would begin with Grove's Tasteless Chill Tonic. Do not take a great spoonful of this, but if one teaspoonful is taken three times each day it would be better - and then every third day take Bromo-Laxative Quinine. This will act upon the system and should be taken as the best eliminant for the body. Then follow same with two teaspoonfuls or a tablespoonful of either the Syrup of Figs or the Castoria; for the basis of the Figs is the senna, and the combination in the Castoria is from the gourd and pumpkin seed that is much of the same reaction; or those as we find changeable or interchangeable would be the more effective.

274-11

It would be well that the bowels be kept excessive in their movements; through using - as WE find - a mild laxative, such as may be had in the combination known as Fletcher's Castoria. Two teaspoonsful may be taken at a dose. This will tend to allay fever and to make for a clearing of the system. Also the properties in same - the Senna, of course, being the active principle, with the Pumpkin Seed, the Anise, the Thyme and the

other properties - will tend to LESSEN the activity of the infectious forces, and cause a purification.

Ambrosia (Ragweed)

Botanical Name: *Ambrosia artemisiifolia*

Common Names and Synonyms: Common Ragweed, American Ragweed, Ambrosia Weed

Background: Native Americans used crushed ragweed externally

for stings, infections, and skin diseases. Taken internally as a tea, ragweed has been used to treat abdominal cramps, constipation, vomiting, pneumonia and fevers. Ragweed is said to cause 90% of pollen-induced allergies in the United States.

Ragweed in the Cayce Readings

- Edgar Cayce recommended ragweed (ambrosia) as a laxative and liver cleanser. In several instances, the readings stated that chewing or eating ragweed could alleviate allergic symptoms.
- Ragweed was mentioned in approximately 141 readings between 1922-1944 with peak utilization in 1929 (19 readings) and a notable decrease in usage thereafter.
- Ragweed was often recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with ragweed were as follows:

Tolu	44 readings
Sassafras	25 readings
Garden Sage	16 readings
Cinnamon	14 readings
Gin	14 readings
Ambergris	13 readings
Sarsaparilla	12 readings
Senna	12 readings
Stillingia	11 readings
Wild Cherry	11 readings

Cayce Quotes on Ragweed (Ambrosia)

5651-1

Those properties as will be found in Licorice Compound, Cascara Sagrada, and Ambrosia weed (powdered), as an active principle for the liver. Those as would clarify the system and as would be active as medicinal properties.

5642-7

There are still drosses in the system that at times need the

eliminant as may be given through the use of the ambrosia weed, as has been outlined. This we would take occasionally.

5583-2

Gas is formed from the conditions existent in the duodenum proper, and were the properties as were GIVEN in medicinal properties - especially of the ambrosia weed - taken properly, these will be ELIMINATED, PROVIDED the foods - or that taken - does not produce MORE.

5562-1

DRAINAGE is the FIRST to be set up. Keep the system cleansed; that is, through the alimentary canal, even though those properties in the Ambrosia weed were given. These will reduce the sugars in the system, and would be well to give the plain Ambrosia weed tea. This would be given, a teaspoonful about once each week.

4477-1

Do this, and we will correct these conditions in the physical forces of this body - for these properties are as this: The Sarsaparilla is as the purifier in the blood stream, aided by that of the Ragweed or Ambrosia Weed - as an emit for the duodenum, and an active principle with these in the digestion from the other properties or roots.

4280-5

Then, to assist this, we would now leave off those properties that purge the system (ragweed juice).

3826-1

To meet the needs of the conditions at the present, we would first cleanse the system with a mild cathartic; preferably that as would be found in combining the ragweed with senna.

3180-1

Keep good eliminations, even though occasionally it becomes necessary to use something as an eliminant. For this particular body, because it is subject to, or has an allergy to pollen of this particular flower or plant, - use Simmon's Liver Regulator. This, of course, is made from the ambrosia weed. This may be used in liquid or the dry flower or leaf itself; but the liquid will be the preferable to take at the present time. This take only occasionally.

2563-1

Have rather plenty of those foods that aid in the better eliminations; as plenty of water cress, plenty of green vegetable salads - with at times small quantities of ambrosia weed, which should be fresh rather than that as may be kept for several days; unless it is preferred to use the dried and crumble it on the salad as a salt, - then it may be used in that manner.

2552-1

However, if there is added about two pieces or leaves of Ambrosia Weed [Great Ragweed] with the raw salad occasionally, this should be sufficient for the eliminations - without the necessity of taking other things for that purpose. Use only the tender vine or leafy portion of the Ambrosia Weed, not the heavy. This may be used for two or three days in succession, and then left off for a period.

2384-1

The correction of these, as we find, will bring bettered conditions for the body; provided there ARE precautions through those periods or seasons when the body is subject to the irritations from the ambrosia weed or ragweed, and the EFFECTS this produces upon the body. Then, in the diet, - especially as related to those seasons when the body is allergic to the ambrosia weed, - refrain from taking any cereal or any corn product; and we will find it will make a vast difference as to the effect such has upon the body.

2350-1

First, it should REST at least three to five weeks, and first we would begin by CLEANSING the system, or alimentary canal especially, thoroughly. We would use that of a combination of Senna, Ragweed, and Podophyllum. These in minute quantities, that will act MOSTLY with the liver and its functioning. The Ragweed, especially, to PREVENT the strain on the lacteal ducts, as cause the activity of the pancreas - but with the Podophyllum - that will enliven the GLANDS, or the gall ducts and glands in liver TO activity.

2301-5

For the eliminations, for this body, and to stimulate the gastric flow, take that called Carter's Little Liver Pills. These are not

calomel but are Cascara and Ambrosia. These combinations would be well to take occasionally. They are not habit forming and they will be effective for the body.

2097-1

We would also gather, in or from the country, those of the green ambrosia weed - just the leaves; not the stem or the seed (as it is seeding time). We would CHEW this, not retaining any save the juice as comes from the CHEWING of the weed - see? This would require two to three leaves at a time. This may be done once or twice a day. This would be better than the distillation of same, or from the COMBINING of this with others, under the existent condition.

Those of the ambrosia weed act, with its secretion by the masticating of same, with the gastric juices that come to the system from the glands in the digestive portion of system, to make for the eliminations to be accentuated without carrying too much stimuli to any portion that produces STRAIN, or an OVER force of the lymph and emunctory activity, either in the extremities or through the digestive system.

1880-1

Then, after the Packs have been given for five days, begin with taking small doses of the Essence of Ambrosia Weed. PREFERABLY this would be taken green, or NEW; prepared in this manner:

Put about half an ounce of the green Ambrosia Weed in a pint of water. Let this come thoroughly to a boil (after the Weed has been bruised and put in the water, you see). Then take off and strain; and to the quantity that is left - which would be about two-thirds of a pint, you see - add one ounce of Pure Grain Alcohol, that it may be preserved. [See 369-12 formula on 9/13/34 saying it is better than Simmons Liver Regulator.]

This is better for the body than taking even the Simmons Liver Regulator; which is of the same, but is combined with licorice and other compounds that, for THIS body, would NOT be so well. [See 6/10/71 letter under 1880-1 Reports saying that Simmons Laxative Medicine was discontinued over ten years ago.]

1541-6

As to the eliminations in the present, we find that the

Simmons Liver Regulator would be more effective, OR the Ragweed made into a lotion, or this boiled together and with a preservative - which is practically the same; though Senna or Dover's Powder is added in the Regulator. Hence we would use the liquid Simmons Liver Regulator.

1202-1

Only these as medicinal properties, we would take in the system would be a tea made of ragweed in this proportion: It should be made to two ounces of the leaves, green, we would add one quart of water and let it steep for two and one-half hours on a slow fire, add to this two ounces of sugar, cane sugar and four ounces of grain alcohol. The dose would be teaspoonful half an hour before each meal. Do that, we will find with the adjustments it will not be necessary to have an operation, and the body will be able to assimilate foods and gain in weight and flesh.

1145-2

Cleanse the system with an eliminant, preferably an alkaline eliminant or vegetable than acid or mineral. Hence either Inner Clean or the Ragweed, or Podophyllin ...

1013-7

However, in the present, we would first begin with the liquid Simmons' Liver Regulator [Simmons' Liver Regulator is no longer available. Edgar Cayce gave a substitute for it, which can be filled by Ingram Pharmacy under EC formula 369-12 called Ambrosia Laxative]. Take this in broken doses; that is, half a teaspoonful every four hours, - of course, it is not necessary that it be taken through the night, but begin early in the morning and take until there is a good flushing of the alimentary canal. This will act upon the liver, clearing and purifying same, and keeping down those tendencies for the dull, achey, tired out, washed out feeling that naturally arises from the inclination for the strep to produce some temperature in the body.

1005-13

In the eliminations, then use - as we find - a stimuli to the activity of the liver through a vegetable compound - or the ragweed or ambrosia weed, or Simmons Liver Regulator, that there be the excess as it were - or precautionary measures.

953-20

EC: Now, we have here those conditions as regarding the physical condition of [953], and that element of the condition in the physical forces of the body, especially as relating to that of the physical attempt to apply certain conditions for the body, in that of Eksip, or a cure for diabetes.

Now, in the application of these properties, we find there be three elements that go to make up the basic activity of the properties as contained in these. That of the Ambrosia Weed; that of the bee comb, or that created to hold the honey, and those of the secretion in the whale, or that known as the properties as has been given to the body. In the combining form of these, these produce in the system that activity of the digestion, which is as has been applied. Then, taking these properties in the system, as is outlined in the treatment for same, would, just as has been given in those properties as have been applied to the body heretofore, be beneficial to the body.

903-35

(Q) What particular weed or flower is causing it?

(A) Ragweed!

(Q) Since hay fever is usually caused by an allergy, can the Forces describe the particular allergy which is causing this condition to this body, so that the body can stay away from it?

(A) As just indicated, smell one of the weeds, try it on self and see! But if you chew it as it is growing, you may relieve yourself from it! It's a good eliminant, too! It is one of the best eliminants with a vegetable base. But it must be chosen very young, and the leaves alone chewed - but don't spit it out because it is bitter! It's not poisonous, and it is a good eliminant, and it will relieve the allergy - or eliminate that causing the hay fever **FOR THIS PARTICULAR BODY!** For it is not caused by the same in all.

569-15

(Q) What is best for eliminations?

(A) For **THIS** body, as given, the ragweed or ambrosia weed. [GD's note: I think this preparation is sold also under the name of Simmons' Liver Regulator.] That is an eliminant that acts with the juices of the system, see?

(Q) Should this be made as has been given in a former reading? [See 569-9.]

(A) As given in a former reading. To alternate from this, Toris Compound may be used - with simple syrup, to which a teaspoonful or tablespoonful of Spirits Frumenti may be added. That would be well as an alternative; that is, when one is needed use one, when the next is needed use the other. Both are cleansers from the system. This will also act as an absorbent for those of phosphates. Phosphates are well in most systems. Do not overtax THIS one with phosphate - for we become lacking in iodine when too much of phosphate is used, and in ragweed and in Toris we have a combination where both are added in an equalized condition, and are more absorbed by the system.

404-13

(Q) Should I take Olive Oil, say a teaspoonful with each meal?

(A) This is very well, but what is needed is to cleanse the colon and the secretions of the liver and the gall duct increased. Thus the form of vegetable forces indicated. For this is ambrosia weed, with sufficient of the licorice and cascara to aid in stimulating and in fitting it for the body - though the better way would be to eat the ragweed itself!

289-3

Take an eliminant for the whole system, to start - as it were - the reactions of the liver through the gall duct, the pancreas, and those activities of the spleen. Those properties would be better that are found in the solution (rather than the dried) called Simmons' Liver Regulator, which is a vegetable compound including the Ragweed, and Cascara - that makes for an activity upon the GALL duct, the pancreas and the spleen. Use the liquid; not the dry. Take in broken doses; that is, half a teaspoonful about every two hours, until there is a FULL evacuation - or two or three reactions through the bowels.

Rhubarb

Botanical Name: *Rheum palmatum*

Common Names and Synonyms: Pie Plant

Background: Rhubarb is a long-stalked plant with blunt leaves. The stems are purplish and jointed; the flowers are white. Rhubarb has a long history as a laxative and purgative. Rhubarb root may color the urine yellow or red. In small doses rhubarb is a mild stimulating tonic to the alimentary

mucous membrane, liver and gall ducts.

Rhubarb in the Cayce Readings

- Edgar Cayce recommended rhubarb as a mild laxative and stimulant to the mucous membranes of the upper intestinal tract. Rhubarb was sometimes prescribed as a food (30 readings) or as a medicine (usually in a formula with other ingredients).
- Rhubarb was mentioned in approximately 142 readings between 1921-1944 with a peak utilization in 1934 (19 readings).
- Rhubarb was most often recommended as a syrup as follows:
 -
 - 1/4 ounce ◦ 32 readings
 - 1/2 ounce ◦ 23 readings
 - 20 drops ◦ 3 readings
 - 2 ounces ◦ 2 readings
 - 1 drop ◦ 2 readings
 - 1 ounce ◦ 2 readings
 - 60 drops ◦ 1 reading
 - 1 drams ◦ 1 reading
 - 1/2 teaspoon ◦ 1 reading
 - Several of the early readings prescribed rhubarb in dry or powdered form as follows:
 -
 - 1 grain ◦ 4 readings
 - 1/2 grain ◦ 2 readings
 - 30 grains ◦ 2 readings
 - 10 grains ◦ 2 readings
 - 8 grains ◦ 1 reading
 - 1 ounce ◦ 1 reading
 -
- Rhubarb was most often recommended with other substances, often in complex formulas. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with rhubarb were as

follows:

Wild Cherry	35 readings
Stillingia	33 readings
Figs	28 readings
Horehound	27 readings
Calisaya	26 readings
Sarsaparilla	25 readings
Senna	20 readings
	19
Capsicum	readings
Sassafras	14 readings
Tolu	14 readings

Cayce Quotes on Rhubarb

3899-3

With the rhubarb and licorice we add the active principle to the mucous membrane itself in the upper intestines, giving off more of the properties used as a lining to the intestinal tract.

5514-4

Now, while those conditions as have been given have not been wholly applied - we would then prepare THIS, for we will find these will materially aid the system in creating that necessary to overcome the inflammation, will the activities of the eliminations through the intestinal system be kept up, or very active, while these are being taken. Prepare, then, as this:

Quinine - Sulfate Quinine.....25 grains,
Sulfate of Iron.....50 grains,
Rhubarb.....30 grains.

Mix well together and make into pellets, or capsules, at least 125, see? Take 3 of these each day, morning, noon and evening. Not necessary, then, that other conditions as have been given be changed, with the giving of these properties.

The iron is to assist the blood through the assimilations, as is being created to ELIMINATE these conditions; the Quinine active with the active forces of the liver; Rhubarb with the active principles of the gastric juices of the stomach, so that the

assimilation of the iron may take place.

5522-1

That of the rhubarb as the laxative for the activities in the liver, with the lacteal ducts.

5618-16

... those properties as have been given in those of the iron, the camphor, and those of the rhubarb. THESE will prevent the heart's pressure ...

4750-1

Occasionally we would take a dose of a combination (which is prepared) of calomel, colocynth and rhubarb. This will LOOSEN the whole system. Now, do not over STRAIN the body in these eliminations.

(Q) What dosage of this?

(A) These are already prepared in pellets - calomel, colocynth and rhubarb. One pellet as a dose, see?

349-11

Every other day, for at least three to five days, there should be given a cathartic as of calomel, colocynth and rhubarb, [CRC tablets] that the eliminations may be kept at an extraordinary reaction in the whole hepatic circulation.

(Q) What should be the dosage of calomel, colocynth and rhubarb?

(A) These are already prepared in tablet form; they come in five grain tablets. [CRC tablets.]

543-21

Calomel - Colocynth - Rhubarb. These should be given to [543]; for the mercury in the Calomel will rid system of the poisons from the burn, and the Colocynth will prevent the too great a strain upon the secretions from the liver. The Rhubarb will tone the activity of the lacteal ducts and thus aid in preventing these great strains at this time.

808-4

Two 2 ounces of Strained Honey add 3 ounces of Distilled Water. Let this come to a boil; keep stirring at the time it is heating - not boiling too much, but this is just as the carrier. Then add to same:

Elixir - or a FUSION of the WILD GINSENG.....1/2

ounce,

Indian Turnip (a fusion or Elixir).....1/4 ounce,
Tincture of Stillingia.....1/4 ounce,
Syrup of Rhubarb.....1/4 ounce,
Horehound (the Syrup of).....1/2 ounce.

Add to this 1/2 ounce of Pure Grain Alcohol. The dose of this would be, not only for the mucous membranes of the throat and head but for the digestive system, a teaspoonful every three or four hours. Or, if there is a tendency for restlessness of evenings, or tendency more for the cough, this may be taken as often as an hour and a half to two hours apart.

1025-3

To 1 ounce of Elixir of Lactated Pepsin, add - in the order named:

Compound Simple Syrup.....1 ounce,
Saltpetre, well dissolved.....10 grains,
Syrup of Rhubarb.....1/2 ounce,
Tincture of Stillingia.....1/2 ounce.

Shake the solution well before taking. The dose would be a teaspoonful just before retiring. But do not take same unless there becomes more and more a disturbing factor in this direction. But when necessary, these properties may be used to allay; and yet to act upon the system in aiding a release through the lacteals and those portions of the system where the disturbing conditions have caused and do cause distresses through the alimentary canal.

558-5

(Q) In what condition is the appendix?

(A) Needs CLEANSING by the use of the Simmons' Liver Regulator, and this will make for clearances there. Preferably take it in the liquid. Take a teaspoonful at a dose until there is a full activity of and eliminations through the alimentary canal. Then take it whenever necessary. It should be taken rather in series, see? Take two or three doses one day. If these act properly, then a small dose of Syrup of Rhubarb combined with Syrup of Figs will cleanse the dregs from same without irritation.

633-6

(Q) What particular diet at this time?

(A) A general diet that includes those active forces that have a tendency for laxative reaction; as prunes, figs, stewed raisins - all of those activities that include such. The pie plant or rhubarb, those of such natures that tend to make for not merely weight but an activity to the mucous membranes to the LOWER intestinal system.

1112-5

As a laxative we would on the morrow also give equal portions of Syrup of Rhubarb and Syrup of Senna; not more than a teaspoonful of the combination, though this may be combined with other properties if most desirable.

528-8

(Q) Are enemas given correctly?

(A) These are very good. As has been indicated, let these be used in preference to so much cathartics, or even laxatives; though vegetable stimulation may be used - such as a little excess of rhubarb or the like in the meals, or the oils as of the Russian Mineral Oils, or even the Simmons Liver Regulator for an exercising of the whole hepatic circulation at times when necessary, when there is not at least one to two activities from the alimentary canal each day. Do not let a day go by without SOME eliminations; better that there be two eliminations.

307-14

In the use of eliminants, rather than any individual one, keep the vegetable rather than the mineral laxatives and alternate same; though Oil (called Mineral Oil), preferably Usoline, may be a part of that to be used at times. Change rather than continually taking any ONE, you see. That is, at one time there might be taken the Syrup of Figs, or the combination of the Syrup of Figs and the Syrup of Rhubarb, or at another time the Castoria (which is a combination with the active principle Senna, with the active forces from other vegetable products), or Inner Clean may be taken occasionally; or the regular Apple Diet would be WELL for the body - but DON'T TRY TO WORK LIKE A HORSE WHEN YOU ARE ON THE APPLE DIET! or else we will find it will be more detrimental than helpful! But these cleansings will prevent the accumulations of gas, the pressures that make for the neuritis

through the portions of the body. But just be consistent.

540-8

First we would use a vegetable form of eliminant, such as may be had with the Syrup of Rhubarb and Soda - half a teaspoonful of the Syrup with a quarter teaspoonful of Baking Soda; these may be combined or taken separate - but at the same period. Take sufficient of this compound to produce well eliminations, taking the dosage indicated about every two hours.

If it is not desirable to take the Syrup in this form (as it may be out of the ordinary to get the Syrup of Rhubarb) then we would take the California Syrup of Figs in broken doses. The Syrup of Figs would be more easy to obtain. The Soda should not be taken with the Syrup of Figs, only with the Syrup of Rhubarb. Of course, Soda may be taken alone if so desired - but not at the same time with the Syrup of Figs, or at the same dose, that is.

275-45

(Q) What laxative is best for the body?

(A) The BEST laxative, of course, is the exercise and the breathing as indicated. Of course, this and the direction of the raised energies by the breathing exercise. So when laxatives are NECESSARY, for this body, use rather vegetables than minerals - and NEVER the combination.

Of course, Inner Clean or the like is very well, but this becomes gradually hard upon the colon itself. Senna or the Rhubarb derivative is the better.

315-5

Rather than taking cathartics, we would use such as Psyllium Seed and Rhubarb as a part of the diet of the body occasionally; once or twice a week. The Rhubarb may be taken at this period especially as a sauce or the like. The Psyllium preferably would be taken with the morning meal.

This is to produce weight and to aid in stimulating the activity through the eliminations of the body wastes.

808-16

While conditions show improvement, we would in the present - under the direction of a physician - give a CRC pellet (calomel, rhubarb and colocynth); this to stir the activity of the liver for eliminations of urea as an excess or dross indicated there.

3899-3

To correct this condition we must reach higher than has been used in this system. Give to the system this: For one dose -

Senna.....1 grain,
Licorice.....1 grain,
Rhubarb.....1 grain,
Yellow Saffron....2 grains.

This is one dose in a capsule to be take twice a day (night and morning for one day). It is then taken only every fifth day for 20 days. As this is taken well into the system, this is after it has been absorbed, use an exceedingly high enema to cleanse the descending colon, as well as the transverse colon, so that we give the force in the duodenum, and the pancreatic juices proper force and incentive to give off enough to prevent this condition again coming into the system.

The active principle of the medicinal qualities are these: with the senna we give the active principle to the pancreatic juices. With the rhubarb and licorice we add the active principle to the mucous membrane itself in the upper intestines, giving off more of the properties used as a lining to the intestinal tract. While the saffron is a sedative and a food for all of the organs throughout.

Clary Sage

Botanical

Name: *Salvia*

sclarea

Common Names and Synonyms: Common Sage, Garden Clary, Clear Eye, Horminum,

Background: Clary Sage is native to the Mediterranean and Middle East. The plant grows three feet high, has square stems, velvety wrinkled leaves, and light blue or lilac colored flowers. Clary oil is aromatic, with a lavender-like scent. It is used as a fixative in perfumes, soaps, and cosmetics. Clary sage is very mucilaginous. Herbalists use an infusion, or a sticky paste, made from crushed seeds and water to remove foreign matter from the eyes.

Clary Sage in the Cayce Readings

- Although "clary sage" is not mentioned in the readings, the term "clary flower" occurs in 21 readings and an alternative spelling ("claraflower") is used in one reading.
- Clary flower was most often included as a primary ingredient in "clary water." The intended action of clary flower was to settle the intestinal system, to assist in the elimination of toxic forces, and to tone the stomach without excessive stimulation. Its action on the duodenum, pancreas, and gall duct is sedative.
- Clary flower was most often combined with gin, ambergris and cinnamon in a complex formula.
- In at least 9 readings, "garden sage" was mentioned as an equivalent to clary flower. Some experts on the Cayce herbs believe that Cayce was prescribing "garden sage" when he used the term "clary flower." See garden sage for more on this related species.

Cayce Quotes on Clary Flower

3768-1

We would also take this as medicinally given, Clary water prepared in this manner: To one gallon of water, rain water

preferred, we would add eight ounces of Clary Flower, dried. This should be steeped until reduced, that is not boiled, until reduced to one quart, strain, while warm add four ounces of cane sugar dissolved in warm water before being added, six ounces of gin with twenty grains of Ambergris dissolved in one ounce of alcohol, and then add three drams of Cinnamon bark. Follow these, we will relieve these conditions in this body.

5707-1

To assist the stomach in its digestive functions, we must use Clary Water, because it is a compound which will increase the digestive powers, and the appetite.

2352-1

Then, when the properties are taken in the clary water, we will find that of the clary flower or sage is an active principle with the digestive forces of the INTESTINAL tract themselves, acting PARTICULARLY WITH those of the circulation in the duodenum, pancreas and liver area, giving for the jejunum a better activity with that of the coating as is necessary to prevent seepages in the intestinal tract - as is seen, with those especially of that in the ambergris, is a coating FOR the intestinal tract, increasing - as it were, for it acts directly upon the muco-lining [mucous] of the whole of the intestinal system, stimulated BY that of the stimuli or alcohol, with the Oil of Juniper - which acts as a stimuli particularly to the eliminations in the hepatic circulation, which will prevent toxic forces from acting in system - as do those vibrations from the ultra-violet to the centers of the nerve system, as particularly to the solar plexus - which, being as the brain of the torso of the body, reflects to ALL the organs of the digestive forces.

4975-1

To one-half gallon of rain water or distilled water we would add four ounces of Clary Flower, simmer not boil until reduced to one quart, strain and add to this: four ounces of plain sugar, dissolved in warm water before being added, see, then add six ounces of Sherry or Gin with fifteen grains of Ambergris dissolved

in one ounce of alcohol; add two drams of Balsam of Tolu. The dose of this will be well shaken before, would be tablespoonful about a half an hour before meals, see.

4633-1

To 16 ounces distilled water, add:

Clary Flower (or dried Garden Sage).....3 ounces,

Reduce by slow boiling to 1 pint, or 8 ounces. While still warm, strain and add:

Ambergris (dissolved in 1 ounce pure grain alcohol).....15 grains,

Syrup made from Saccharin
(for the active principles with the digestive forces).....2 ounces,

Cinnamon Water, or the dried Cinnamon.....1 dram,

Gin.....
.....6 ounces.

Shake solution well together before the dose is taken, which would be a teaspoonful taken right after the meals are taken.

It would be well, as we find, to take at least three quantities, made in the manner as given, but allowing between each quantity at least a period of six to eight days. See?

This would be taken three times each day.

Ready for questions.

(Q) Where may she get this prescription filled properly?

(A) Eimer & Amend.

(Q) Should all three quantities be prepared at once and kept, or just one quantity prepared at a time?

(A) Just as is chosen to do, for these will keep, of course, an indeterminate time.

(Q) Which organ in the body is not functioning properly?

(A) The pancreatic activity, as affected with the liver and spleen, you see.

4414-2

To one gallon of rain water, add 8 ounces of Clary Flower, or Common Garden Sage, dried. Reduce by simmering (not boiling) to one quart. Strain while warm, and add this:

Four ounces of beet sugar, dissolved in 1 ounce of very hot water; 15 grains of Ambergris, dissolved in 1 ounce of grain alcohol; 6 ounces of grain alcohol, diluted to make the quantity with 2 ounces of water, with 20 grains of Oil of Juniper dissolved in same, with 20 minims of Oil of Peppermint, with 2 drams of Cinnamon. The dose would be 2 teaspoonsful before each meal. DO NOT eat meats of ANY character while this is being taken.

4094-1

The clary water is prepared for this individual in this manner: Sage or Claryflower, eight ounces into half a gallon of rainwater or distilled water, simmered, not boiled, until reduced to one quart. Add six ounces of Cane Sugar, four ounces of Grain Alcohol, three drams Sweetgum dissolved, five drops Oil of Juniper. This must be shaken well before a dose is taken. We are through. - No operation at all; no operation.

953-2

To eight (8) ounces of rain water, add:

Clary Flower.....8 ounces,

Let this steep for twenty to thirty minutes, not boil, then add eight (8) ounces of rain water and strain, while warm and add fifteen (15) grains of Ambergris dissolved in one (1) ounce of grain alcohol. Dissolve four (4) ounces of Beet Sugar in two (2) ounces of hot water, very hot water, distilled or rain water. Add this to the whole quantity and eight (8) ounces of Gordon's Gin with three (3) drams of Balsam of Tolu and ten (10) minims of Oil of Peppermint. The dose will be two teaspoonfuls four times each day.

2352-1

Take 3 ounces of clary flower to 16 ounces of distilled water. Reduce by simmering to 1/2 the quantity. Strain while warm and add 15 grains of ambergris, dissolved in 1 ounce of alcohol. Then add:

Simple Syrup.....1 ounce,
Oil of Juniper.....1 dram,
Alcohol (grain - 90%).....2 ounces,
Cinnamon (preferably in the stick).....1 dram.

Shake the solution together before the dosage is taken. The dose would be teaspoonful 4 times each day, half an hour before the meals and before retiring.

Garden Sage

Botanical Name: *Salvia officinalis*

Common Names and Synonyms: Sage, Common sage, Red Sage, Garden Sage

Background: Native to southern Europe and Asia Minor, garden sage has a long history as a medicinal and culinary plant.

Historically, garden sage is associated with wisdom (i.e., "sage"). As a medicinal herb garden sage is regarded as a calmative and digestive aid. Taken internally, it has been used as a remedy for inflammations of the mouth, gums, tongue, throat and tonsils. It has also been used externally to promote wound healing. Taken in quantities, garden sage can be toxic and should be avoided during pregnancy.

Garden Sage in the Cayce Readings

- In the 73 readings in which garden sage was mentioned, Edgar Cayce typically prescribed this herb as an ingredient in a complex formula intended to improve digestion and purify the system.
- Formulas containing garden sage were prescribed in approximately 15 cases involving diabetes.
- In at least 9 readings, garden sage was mentioned as an equivalent to clary flower (which may have referred to clary sage - see clary sage for more on this related species).
- Garden sage was prescribed as an ingredient in "clary water" in 7 readings. In one reading (1100-17), clary water was suggested as a substitute for Jerusalem artichokes which were frequently prescribed in cases of diabetes.
- The following substances were most often mentioned as ingredients in the formulas that included garden sage:

Gin or juniper	64 readings
Ambergris	63 readings
Cinnamon	57 readings
Beet Sugar	35 readings
Cane Sugar	17 readings
Peppermint	9 readings

Stillingia 7 readings

Cayce Quotes on Garden Sage

5559-1

Put 6 ounces of garden sage (dried) in 16 ounces of distilled water. Reduce by simmering to 1/2 the quantity. Strain. Then add simple syrup 2 ounces, Gordon Gin - or alcohol with the Juniper berry or juice - 4 ounces. Cinnamon, preferably in the stick, 2 drams. Cut 10 grains Ambergris in 1 ounce of pure grain alcohol and add to solution; also Essence or Tincture of Stillingia 1/4 ounce, Wild Ginseng - Essence of - 1/4 ounce. Shake solution together before the dose is taken, which should be a teaspoonful 4 times each day....

(Q) Is there any kidney, liver or stomach trouble?

(A) These, as indicated, are DISTURBED - but only functionally at the present time. The properties as given in this compound - the Sage is for the activity of the lobular forces of system; the Juniper or Gin as an active principle for the kidneys in their clarification; and the stimuli - both in the Stillingia and in the alcohol content, WITH the Ambergris - for the gastric forces of the intestines and stomach. These, with the manipulations as will correct those pressures in lumbar and dorsal, make for a normal reaction in body.

5443-1

To 6 ounces of distilled water, add Garden Sage (dried) 3 ounces. Reduce this to 1/2 the quantity. Then add simple syrup 2 ounces, Gordon Gin 4 ounces - or these may be made with those of Juniper and alcohol to the same quantity. To this, when dissolved, add 10 grains Ambergris dissolved in alcohol. Add Cinnamon 2 drams. Shake the solution together before the dose is taken, which would be teaspoonful 3 times each day, about half an hour before the meals are taken. These properties become active with the digestive juices, or to those of the stomach itself; the principles being with those in the gastric forces as an activity with the eliminating channels of the system. These, we will find, will create - with the alkaline diet, with the corrective

forces made in the nervous system, CLARIFYING the whole of the COORDINATING in eliminations - an equilibrium, and clear up those disorders as have been in the LUMBARS - from heaviness in the extremities.

3932-1

16 ounces sage (garden sage) placed into a gallon of rain water or pure water, allowed to steep, not boil, until it is reduced to one quart. This is strained off and to this is added this

Cane Sugar.....8 ounces,
Gin.....1 pint,
Ambergris (gray preferably)...3 drams,
Cinnamon.....15 grs.

The dose of this will be taken before meals, tablespoonful twice a day morning and evening. The action of these properties on the system is this: The sage with the other properties that have been put in the system before this as cleansing forces sedative to the duodenum, a reactive principle through the kidneys through the excitement created by this amount of this sedative taken to the liver. The sugar acts with the tea or sage to make it palatable and with this sugar as created or manufactured in the stomach reducing the acid state forming an alcohol preferable to that being formed in the system at present. The ambergris formed a new coating with the mucous lining of the intestine exciting by the stimulation of the gin that is taken that reacts on the kidney to form new blood supply through the hepatic circulation to induce the walls to become stabilized to meet the resistance and will take away all forms of digestion throughout the system.

816-1

To 2 ounces of distilled water, add 6 ounces plain Garden Sage (dried). Reduce this by slow boiling; preferably in an enamel container and not in an aluminum vessel, you see, and preferably with a glass cover; NOT a tin cover. Reduce the quantity to 1 quart. Then strain, and while warm add:

Ambergris (dissolved in 1 ounce pure grain alcohol).....15 grains,
Compound Simple Syrup.....2 ounces,
Gordon Gin, re-distilled.....4 ounces,
Cinnamon, preferably in the stick.....1 dram,
Tincture of Stillingia.....1/4 ounce.

Shake this solution together before the dose is taken; a teaspoonful after each meal, and EAT the meals! ...

The fusion of the Senna or Garden Sage acts upon the liver and the pancreas in such measures and manners not to increase the gastric flow beyond that which is of a stimulating nature, and acts with the food properties taken at the time in such a way as to make for better assimilations throughout the activities of the glands and the secretions necessary for the carrying on of the gastric flow in the digestive system.

And the ambergris acts directly with the activity of the pancreas itself, making for a better association of activities between the spleen, the pancreas and the liver; thus aiding where those pressures in the system have caused a dilatory activity through these, or increased activity of the pancreas and a slow activity of the spleen itself and to the liver for a normal flow and activity.

On the other hand, the Gin will act upon the hepatic circulation, aiding or clarifying with the combinations to alleviate those tendencies of drosses to act upon the circulation through the hepatics, or through the kidneys; and these make for a more normal activity of the adrenal glands that act directly with the sympathetic nervous system to the circulation in the sensory forces or to the throat, the head, the eyes, and the activities of the sensory system.

And these making, then, for an alleviation of those drosses and accumulations, with the corrections in the cerebrospinal system, the activities may CONTINUE in such a way as to bring the better conditions to this body of [816].

816-2 [see previous reading above]

In the preparation of the carrier for those properties that are

to act upon the system as a correctant, and as an active force with the assimilating forces of the body, that will eliminate through those corrections as indicated and that may bring about the better forces of this body, this should be two quarts (2 quarts) of distilled or rain water, and reduced to the one quart, with the Garden Sage or Clary Water.

The active forces of these ingredients are as these: The Sage or Senna is as an emit activity upon the organs of the digestive system, and toning with the Stillingia, the Gin, the Ambergris, the active forces in the pancreas; especially; as well as a stimulation for the cleansing through the alimentary canal; cleansing also through the active forces upon the hepatic circulation.

4594-1

As an active force for the system, use clary water prepared in THIS manner: To 8 ounces of dried garden sage, add 16 ounces of distilled water. Reduce by simmering (not boiling) to one-half the quantity. Strain while warm, then add 2 ounces simple syrup, 15 grains Ambergris dissolved in 1 ounce of grain alcohol, 4 ounces Gordon Gin, 3 drams Cinnamon in stick.

The dose would be (and shaken together before the dose is taken) teaspoonful half an hour before the meals.

730-1

To 16 ounces of distilled water add the 6 ounces of Dry Garden Sage. Boil slowly (not in aluminum, but preferably in an enamel container - with an enamel or glass cover; NOT tin), until the quantity has been reduced to 8 ounces.

Strain, and while it is warm, add:

Simple Syrup.....1 ounce,
(but not made with cane sugar;
preferably beet sugar)
Cinnamon, preferably in stick.....1 ounce,
Ambergris (dissolved in 1 ounce
of grain alcohol).....15 grains,
Gin.....4 ounces.

Shake this well together each time before the dose is taken.

The active principles of each of these ingredients will act upon the digestive system in these manners:

The Cinnamon with the carriers are as laxatives for the system that make for active forces with the upper portion of the digestion of the body.

Ambergris in its actions is not for the sedimentations but the active forces to allay the tendencies for the glands that secrete or make for accumulations of sugar to be reduced in its quantity.

The Gin acts upon the flow for the kidneys, if used in the manner indicated.

175-1

Then we would give stimulating forces to the supply of the digestive organs of the body, that is, through the stomach. A sedative to the body forces of gin, sugar, sage and cinnamon mixed together. An active principle for the kidneys, liver; stimulation for the secretions of the intestines. The body then will be kept in better condition.

If we have an over-stimulation to these [by the internal stimulus], we would eliminate by the muscular force [of osteopathy] and action onto the blood supply by the manipulation of the body. Not the two together.

First the relaxation of the body by the [osteopathic] manipulation, then the [internal] forces in the intestines to keep them like they should be. But stimulate them both [liver - kidneys?] to act.

195-2

To one gallon of rain water, add eight (8) ounces of common Garden Sage. Reduce by simmering to one quart, while warm add:

Alcohol.....	4	Grain
		ounces,
Beet Sugar first dissolved in		warm
water.....	4	ounces,
Ambergris dissolved in one ounce		grain

alcohol.....20			grains,
	Gin,	Gordon's	Gin
preferred.....4			ounces,
	Cinnamon.....		
....15 grains.			

The dose would be two (2) teaspoonfuls half an hour before each meal. Do that, and we will find this: The sage as a sedative to the intestinal tract, especially in the action of the pancreatic and gall duct forces over the body; the gin as the stimulation to the kidneys in their action in eliminating; the sugar, Beet sugar with Ambergris as the force necessary to create that which will produce the healing forces to the intestinal lining, as it were, itself. Do that.

4156-2

Now, we find, we have given very specifically as to how these medicinal properties should be prepared. We would prepare the sage tea first, while warm, sufficient to easily dissolve the beet sugar, and only use beet sugar. This should be prepared in the medicinal properties, then adding Ambergris dissolved in the alcohol, then adding the Gin (Gordon's dry), then adding the Cinnamon. These properties taken in this manner with the system, the sage becomes the sedative, and an active principle with the gastric juices and an incentive to the emunctories in liver, and with the sediments from the Ambergris as stimulated by the alcohol, and beet sugar, will give the action necessary to the pancreas and duodenum to receive the incentive for their functioning. This we find in the sugar properties, with the mixture in the system, does not become the active principle as that in cane sugar. Hence the beet or vegetable.

In the system below the digestion in stomach, the Cinnamon and Gin becomes the active principle with the hepatic circulation. These properties should be taken in the system in small quantities, as has been outlined.

4414-2

To one gallon of rain water, add 8 ounces of Clary Flower, or

Common Garden Sage, dried. Reduce by simmering (not boiling) to one quart. Strain while warm, and add this:

Four ounces of beet sugar, dissolved in 1 ounce of very hot water; 15 grains of Ambergris, dissolved in 1 ounce of grain alcohol; 6 ounces of grain alcohol, diluted to make the quantity with 2 ounces of water, with 20 grains of Oil of Juniper dissolved in same, with 20 minims of Oil of Peppermint, with 2 drams of Cinnamon. The dose would be 2 teaspoonsful before each meal. DO NOT eat meats of ANY character while this is being taken.

1111-1

Take 32 ounces distilled water. To this add 3 ounces clary flower, or garden sage (dried). Reduce this by slow boiling to 1/2 the quantity. Strain, and while still warm add 10 grains ambergris dissolved in 1 ounce alcohol, 1/2 dram Oil of Juniper.

Dissolve 2 ounces beet sugar in 2 ounces of distilled water. To this add Essence of Calamus root 10 minims, Essence of Wild Ginseng 5 minims.

Then add this to the other solution, with 1 dram of Cinnamon (preferably in the stick).

Shake the solution before the dosage is taken, which should be half a teaspoonful before each meal.

It would be well that there be added a sufficient amount of gin to the solution to act as a preservative, 2 to 4 ounces.

1100-17

The preparation of the clary water for THIS body (the husband [470]), would be in this manner:

To 6 ounces of Garden Sage add 16 ounces of Distilled Water. Let this boil slowly, only in a glass or enamel container - NOT aluminum, nor with an aluminum cover; until when drained or strained there would be 8 ounces of the solution, you see. To this then add:

Honey.....1 ounce, that has been boiled in 1 ounce of Distilled Water.

Then add 15 grains of Ambergris, dissolved in 1 ounce of Pure Grain Alcohol.

Then add:

Gordon's re-Distilled Gin.....6 ounces,
Cinnamon.....2 full sticks, this
would gradually dissolve.

Shake solution well and take as indicated; a teaspoonful before each meal for a week to two weeks; leave off, and then take again the same way.

Sarsaparilla

Botanical Name: *Smilax officinalis*

Common Names and Synonyms: Mealy Sarsaparilla, Honduras Sarsaparilla, Guatemala Sarsaparilla

Background: Sarsaparilla is native to Central and South America. It is a ground-trailing vine which climbs by means of tendrils. The woody stems have sharp prickles and the leaves are arrow-shaped. Small green-white flowers grow from the leaf axis. The woody roots have a spicy-sweet taste. The Indians boiled the roots to make a tea which was used as a blood purifier. Some tribes used the beaten roots mixed with oil as a cough medicine. In the mid 1800's many proprietary medicines contained sarsaparilla and it became a popular ingredient for tonics. Sarsaparilla was widely used to treat syphilis until the beginning of the twentieth century. Today, herbalists use sarsaparilla as a blood purifying herb for the treatment of liver problems, rheumatism, and skin diseases such as psoriasis. It also finds use in balancing the glandular system and improving digestion.

Sarsaparilla in the Cayce Readings

- Edgar Cayce regarded sarsaparilla as a blood purifier and digestive aid.
- Sarsaparilla was recommended in 356 readings between 1911 and 1944. Peak utilization was evident in 1924 with a steep decline in usage thereafter.
- Various amounts of sarsaparilla root were recommended with the following frequency:
 -
 - 2 ounces ◦ 67 readings
 - 4 ounces ◦ 45 readings
 - 1 ounce ◦ 33 readings
 - 6 ounces ◦ 17 readings
 - 1/2 ounce ◦ 3 readings
 - 1 1/2 ounce ◦ 2 readings
 - 3 ounces ◦ 2 readings
 -
- In many readings sarsaparilla was recommended as a syrup as follows:
 -
 - 1/2 ounce ◦ 44 readings

- 1 ounce
- 2 ounces
- 1/4 ounce
- 4 ounces
- 1 1/2 ounces
- 5 drops
- 3 drops
- 6 drops
- 2 drops
- 9 drops
- 10 drops
- 4 drops
- 7 drops
- 15 drops
- 30 drops
- 1/2 teaspoon
- 43 readings
- 18 readings
- 8 readings
- 3 readings
- 2 readings
- 22 readings
- 8 readings
- 8 readings
- 5 readings
- 4 readings
- 3 readings
- 1 reading

• Sarsaparilla was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances in mentioned in the same readings as sarsaparilla are as follows:

- Wild Cherry
- Tolu
- Yellow Dock
- Calisaya
- Burdock Root
- Stillingia
- Buchu
- Elder Flower
- Mandrake
- Sassafras
- 211 readings
- 203 readings
- 174 readings
- 134 readings
- 97 readings
- 96 readings
- 93 readings
- 86 readings
- 83 readings
- 76 readings

Cayce Quotes on Sarsaparilla

5653-1

Sarsaparilla Root (which is as a blood purifier in this particular condition and case).

5522-1

... sarsaparilla as a cleanser diathetic, and a purifier ...

5509-1

The Syrup of Sarsaparilla forming - with the compounds - those of a CLEANSER, especially active in the glands that function through the straining or the assimilating of the first new blood.

1012-1

The Sarsaparilla works with the gastric juices of the stomach, and the eliminations in the peristaltic movement through the intestinal tract.

643-1

The Sarsaparilla Root is an emit, or a STRENGTHENER to the activities of the secretions in the stomach and INTESTINAL tract.

457-3

The Sarsaparilla Root is an active force in the lactic fluids of activity in the digestive area.

404-4

The compound Syrup of Sarsaparilla makes for an emit that carries to the gastric flow of the stomach and to the intestinal digestive force an equalizing in the body, or in the flow of the lymph to these portions of the system.

4815-1

That of the forces or vibration created by the Sarsaparilla will be the cleansing in the blood forces.

4622-1

Of that of the Sarsaparilla as a restrainer and strainer for the blood itself.

4477-1

The Sarsaparilla is as the purifier in the blood stream

3724-1

The action of certain properties is to rebuild the Hemoglobin within the blood to give more Leukocytes to the blood, as we find in the bark of Wild Cherry and Sarsaparilla.

569-5

(Q) What salines would be best for the body to take?

(A) Those as found in BiSodol, as given, and those as would be found in taking (or these may be changed from time to time), take for one to two days those properties of plain Phosphate of Soda, half a teaspoonful in half a glass of water, with two to five

drops Syrup Sarsaparilla. This would be good for the system also, sweetening the stomach, giving the intestines the proper eliminations and assisting the organs in functioning properly, see? 340-4

We would take those salines that will keep the perfect eliminations in the intestinal tract. We will find these would be well: Half a teaspoonful to three-fourths teaspoonful plain Phosphate of Soda taken before meal; that is before breakfast. Added to this, we would give two drops of Syrup of Sarsaparilla and one drop, occasionally, not taken each time, of Oil of Turp. This we find will also assist in eliminating the toxins and in eliminating the inflammations as produced by toxins in the mesenteric system. This will also stimulate the secretions properly, giving the better action to all of the assimilating effects in digestive system, clarifying in the lacteal ducts, in the whole system, and assisting body to regain its equilibrium.

183-1

First, we would take that in the system as would create the more lacteal fluids for the system and less of the acidity as seen in the functioning of the liver and of the pancreas, taking then, each morning, those small doses of the Bicarbonate of Soda, one-half teaspoonful in full glass of water, to which has already been added fifteen minims of Syrup of Sarsaparilla, see?

106-1

(Q) How often should the body take the sarsaparilla and soda?

(A) Only when eliminations are not proper. See? When the excretory system does not function normally, or when it feels dull or achey through overtaxation, or the dull headaches that may proceed from conditions of over-eating or over-stimulation. See?

25-2

Plain Phosphate of Soda, half a teaspoonful in a half glass of water, and add five to six drops of Oil, or Syrup, of Sarsaparilla. This will be found will keep the system cleansed ...

Sassafras

Botanical Name: *Sassafras albidum*

Common Names and Synonyms: Ague Tree, Cinnamon Wood

Background: The sassafras tree grows from ten to forty feet tall. Small pale yellow-green flowers bloom in the

spring, followed by leaves having one to three lobes. Clusters of dark blue, pea-sized berries appear. The orange-brown root bark of the tree contains a fragrant oil which is used in soaps and perfumes. Traditionally, the oil is used on the skin to get rid of scabies, lice, and other infections. Once consumed in flavoring for candy, root beer, chewing gum, and tooth paste, the oil, containing safrole has been deemed a potential carcinogen by the FDA. Native to eastern North American, sassafras was used by Indians and settlers as a treatment for syphilis. Today, sassafras is combined with other herbs to purify the blood and stimulate the liver. Applied externally, it contains antiseptic properties making it useful in the treatment of skin wounds, sores and rashes.

Sassafras in the Cayce Readings

- Edgar Cayce recommended sassafras oil for both internal and external applications. Taken internally in combination with other herbs, it was said to be a blood purifier and digestive aid. Applied externally with other ingredients, it was frequently used as a massage oil intended to penetrate the skin, strengthen muscles and sinew, stimulate the circulation of blood and lymph, and assist with nervous system coordination.
- Sassafras was mentioned in approximately 398 readings between 1922-1944 with peak utilization in 1935 (41 readings).
- Sassafras was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with sassafras were as follows:

Tolu	98 readings
Witch Hazel	85 readings
Wild Cherry	81 readings
Sarsaparilla	76 readings
Calisaya	72 readings
Capsicum	53 readings
Stillingia	52 readings

Camphor	48 readings
Yellow Dock	47 readings
Potassium Iodide	32 readings

Cayce Quotes on Sassafras

4742-1

... the Oil of Sassafras gives not only a palatable effect to the bitterness (for it will be bitter!) but acts ALSO as a pepsin to the gastric juices of the stomach itself, working WITH the rest of those as are combined - see?

5664-1

... Sassafras as the CLARIFIER of the blood stream and the tendency of the allaying of nerve pressure.

5522-1

... the oil of sassafras, acting as the stimuli to the nerve reactions as they are stimulated through the manipulation.

5423-1

... the myrrh and those of the sassafras oil, these add to the STRENGTH of the muscular tissue, of the sinew along the system, as to carry - the one stimulating the muscular forces, the other carrying to the cartilaginous forces, and to every nerve fibre itself, that of strength and activity.

849-43

Then the rubs and the massage, - keep these, as these have been very well, with the same solutions; though in the next quantity we would add, or we would prepare another pint of the solution and add to same ten minims of Oil of Sassafras, and use this only about once a week. This will be more of a burning solution, or an irritant, but is necessary to stimulate the superficial circulation to come to the surface sufficient to draw in more of the other oils.

396-1

To a tablespoonful of heated olive oil add a tablespoonful of tincture of myrrh. Then add three minims or drops of oil of sassafras. This will make for the tendency of stimulating not only the superficial circulation but aid in causing the oil and myrrh to strike in to the centers over the cerebrospinal segments. Especial reference would be given to the lumbar and sacral area, both with

the vibrator treatment and with the hand massage with the compound.

379-2

(Q) Please give remedy for callous places on feet?

(A) When there are the applications that have been outlined for the lower limbs, from the lumbar to the feet, these will naturally be improved.

For specific conditions, use this:

To a tablespoonful of Olive oil add a teaspoonful of Tincture of Myrrh and three drops of Oil of Sassafras.

Use this to massage into the bottom of the feet or over callous places in feet, massaging also the ankle, the heel, and through the instep - WELL; only using sufficient that will be absorbed in the system each time. This may be done each day, or - should it produce tenderness, then only use every other or every third day.

Occasionally, once a week or such matter, dampen baking soda with spirits of camphor and apply to callous places direct. This will tend to produce soreness the first application or so. Then they'll sluff off! Be well that this, of course, be bound - or a cloth tied over same to keep it on when applied. Apply it, of course, only at night.

265-10

Pour a little of this in a saucer, dip the fingers into it and massage over those portions that have been massaged with the saturated solution of Epsom Salts. This will leave a pleasant, tingling sensation, and - for the first time or two - leave a little burning (as from the Oil of Sassafras), but will restore more and more the normal equilibrium and coordination throughout the whole system, overcoming the tendencies for the active forces in the lymph and the circulation that make for the disturbances.

5525-1

After the fourth to fifth treatment, leave out the Sassafras Oil, for we will have created then an irritation to the exterior portion of the body, along the cerebro-spinal region, especially in the lower portion of body. This will disappear with the leaving off of the Sassafras Oil, but this we desire to create in the system to be assimilated by the system through the action of the cuticle, or the skin itself, and we will find with the keeping up of these

conditions that within six to eight weeks the conditions will disappear.

Senna

Botanical Name: *Cassia acutifolia*, *Cassia angustifolia* or *Cassia senna*

Common Names and Synonyms: American Senna, Locust Plant, Maryland Cassia

Background: The flat, oblong seed pods and leaves of the senna shrub are usually combined with carminatives such as fennel or dill to prevent colic. The leaves produce a stronger reaction to the lower digestive tract than the berries and can produce nausea or stomach pains. The Indians used senna for poultices to treat sores and fevers. Throughout the centuries, herbalists have used the senna as a laxative. Senna is a highly effective cathartic.

Senna in the Cayce Readings

- Consistent with the herbal tradition, Edgar Cayce most often used senna as a laxative.
- Senna was mentioned in 256 readings between 1921-1944 with peak utilization in 1943 (29 readings).
- Senna was typically recommended in combination with other substances. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with senna were as follows:

Saffron	32 readings
Leptandrin	30 readings
Camphor	30 readings
Licorice	28 readings
Mandrake	28 readings
Yellow Saffron	25 readings
Sanguinaria	24 readings
Camphor	21 readings
Pepsin	20 readings
Rhubarb	20 readings

Cayce Quotes on Senna

3972-1

We have in this [formula], the first, the senna, is the first to act with the digestive forces to produce the proper condition with the blood that is to be carried through the hepatic circulation

4256-1

For the eliminations, begin with small doses of Senna -

SENNA. Half a grain first. Let this be taken one each day for five days. Then increase the quantity to the full grain, and after this has been taken for five days, still increase again to the one and a quarter grain, see? Not allow the system to become over nauseated from same, but if it should, then cut it out, or leave it off, see?

The diets, as is seen - not meats, but not great vegetables at the present, see? The soups or broths may be taken in MODERATION, but do not EVER overload the stomach. Won't be very apt to while the Senna is being taken, for it will produce nausea; but the liver must be aroused, but in the moderate way, until this is thoroughly eliminated, for this is that condition which has become termed (in name) pellagra. [GD's note: Her mother died with pellagra.]

2036-2

Those of senna, yellow saffron, and Dover's powders, sufficient to act on liver and the intestinal system, especially the colon.

3826-1

To meet the needs of the conditions at the present, we would first cleanse the system with a mild cathartic; preferably that as would be found in combining the ragweed with senna. This combination: To 3 ounces of ragweed add 8 ounces distilled or rain water. Reduce to half the quantity. Strain, adding sufficient alcohol to preserve same. Adding THEN to same 2 grains of senna. Shaking well to-gether, the dose would be teaspoonful every evening until at least half to two-thirds of the quantity is taken.

5655-2

Take the Castoria as it is prepared, but when the body goes to take a dose - which, with this body, in taking it, we would take at least a TEASPOONFUL of Castoria three to five drops of Syrup of Figs - see? The change, or difference in these - Senna, the active principle, or the eliminant in the Castoria, acts directly upon the gastric forces of the system, while the Figs will act with those of the lower hepatic circulation, aiding - WITH those other compounds - to make for a better eliminant in the kidneys.

243-13

In the carrying out of these, these will tend to make for

weakness in the digestive system, with nausea following occasionally, and dizziness - but when clarified by the properties found in the Castoria, taken in small doses and absorbed by system, these will clarify themselves; for the active forces not only of the senna in same (which is active with the mucous membranes of the stomach, duodenum, pancreas and the phrenic nerves), but the activities of the vegetable compound will make for a better activity of the rotary movements, as also the peristaltic movements through the system.

324-3

(Q) Should Castoria be given, or is it acid creating?

(A) Castoria is NOT acid creating, and it is better for the eliminations than anything else provided there is added sufficient of the Senna which is the active principle for the creating of the proper eliminations in the body. This is an active force in the conditions of the intestinal tract, and is fever reducing; and adds to the blood supply of the body.

786-2

(Q) What is causing ammonia odor in the urine?

(A) The effects of those conditions that act upon the system, as has been indicated from the eliminations in the body. Hence the use of the properties found in Castoria (the Fletcher's). For the active principles, of course, are in the Senna - which will work with the digestive forces, the kidneys and the activities in the liver proper; while the Pumpkin and Watermelon seed in this are the active principles upon the kidney activity.

Slippery Elm

Botanical Name: *Ulmus fulva*

Common Names and Synonyms: Indian Elm, Moose Elm, Red Elm, Sweet Elm

Background: Native to North America, the slippery elm tree can grow to 80 feet tall. The rough outer bark is reddish brown to

dark brown. The inner bark is the only part used. The slippery qualities of the inner bark give the tree its name. The large leaves are unevenly toothed, dark green, and rough to the touch. The orange-tipped flower buds open into cluster at the branch ends. Although these trees once were common, they have been ravaged by the Dutch Elm Disease. The inner bark of the slippery elm was used by the Indians for diarrhea, fevers, and intestinal complaints. The mucilaginous properties are soothing to a sensitive intestinal tract. The faun-colored inner bark was also made into a powder and mixed with water to be used as a poultice for relief from painful wounds or boils. The Creek Indians used the bark as a toothache remedy. The early settlers sometimes survived on the elm bark when food or game was scarce.

Slippery Elm in the Cayce Readings

- Edgar Cayce recommended slippery elm bark be dissolved in water for gastro-intestinal healing. This herb was consistently prescribed for skin conditions such as psoriasis to heal the walls of the small intestine ("leaky gut syndrome") which the readings often cited as the source of the problem.
- Slippery elm bark was mentioned in 170 readings between 1911-1944 with peak utilization in 1924 (17 readings).
- Slippery elm water often used in conjunction with other substances intended to heal the gastro-intestinal tract, most often, yellow saffron water (108 readings), olive oil (36 readings) and chamomile tea (9 readings).

Cayce Quotes on Slippery Elm

4841-2

To remove the condition as we have over the system, take that into the system, into the intestines and stomach, those of a nature which acts to the rebuilding of forces and as an absorbent

to remove the acidity state in the stomach and intestines: First, into the system what we have now; plenty of water. Cleanse out as much as possible. Then to the system that of water carrying the cellular force of elm. That is, water produced from the bark of the elm, to act as a rebuilding force to the mucus coat of the intestine and lower duodenum itself.

4724-1

We would add to the properties as now given elm water, giving to the lower portions of the stomach more of the lactic fluids to be acted upon, so that absorption becomes proper into the amount of new blood force as acted upon by the carbon or air taken into the lungs. This acts directed and through the diaphragm and duodenum in this portion of the body.

4830-2

Let the water that is used carry junket or elm to form healing through the duodenum and the rest of the system and intestines, with relaxation and rest to the body if we would relieve this body.

4804-2

First, we would not take any water into the system that does not carry with it the elm bark or slippery elm: 4 grains of the bark, ground, to a glass of water, with the water cool and only give just when it is ready to be taken, just enough to be sufficient to prevent so much fermentation taking place in the stomach, and to assist the stomach to give out to the system those properties so much needed in assisting the circulation ...

5473-3

Also well if the water that is drunk carries the properties of elm bark. This, we see, will empty the stomach, and at the same time act as a sedative and soothing to the parts that are suffering from this condition.

Snake Root

Botanical Name: *Polygala senega*

Common Names and Synonyms: Seneka Root, Senega Snakeroot, Seneca Snakeroot, Senega

Background: The knotty rootstock is brown on the outside; pale yellow inside. The taproot has many lateral side roots and grows in a line spiral. There are scars on the root and vestiges of purple leaf buds. The leaves are lance-like; pink flowers appear on narrow spikes. Senega was used by the Senega Native American tribe for snake bite. Herbalists used senega as an expectorant in the treatment of bronchial asthma.

Snake Root in the Cayce Readings

- Edgar Cayce did not specify a specific action for snake root in the readings given where this herb was recommended.
- Snake root was mentioned in 16 readings between 1920-1944.
- Snake root was prescribed in the following amounts:
 -
 - 2 ounces
 - 1/2 ounce
 - 1 ounce
 - 1/4 ounce
 - Essence of snake root was prescribed in 2 readings (30 drops and 1/4 ounce).
 - 5 readings
 - 4 readings
 - 3 readings
 - 2 readings
- Snake root was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with snake root were as follows:

Tolu	12 readings
Yellow Dock	12 readings
Burdock Root	9 readings
Elder Flower	7 readings
Buchu Leaves	5 readings
Wild Cherry	6 readings
Sarsaparilla	4 readings
Prickly Ash	4 readings
Ginseng	3 readings
Mandrake	3 readings

Cayce Quotes on Snake Root

4458-1

Now to relieve and to bring a normal condition to this body, for it can be done, would be to give in the system that, that will give an equilibrium as near as possible of elements needed to produce the perfect functioning of the organ involved or create the element needed to combat the condition now being created in the system and making the trouble there. We would also equalize the circulation by neuropathic adjustments to the whole spinal column, for with the conditions we find the centers in the nerve force showing their need of being brought to their normal condition. As this is being applied we would give this in the system:

Yellow Dock Root.....2 ounces,
Burdock Root.....2 ounces,
Snake Root.....2 ounces,
Dog Wood Bark.....2 ounces,
Prickly Ash Bark.....2 ounces,
Elder Flower.....4 ounces.

This would all be put into one gallon of distilled or rain water and reduced by simmering, not boiling, to one quart: While warm, strain and add four ounces of grain alcohol with three drams of Balsam of Tolu. The dose would be teaspoonful after each meal and before bed time. Follow this and with the equalizing of the circulation, we will bring this body to its normal force again.

3922-1

As a stimulant to the functioning of the duodenum, the pancreas and the liver, and for perfect lacterial balance in the stomach itself, and to perform the correct intestinal digestion throughout the system we would take this: To one gallon of rain water we would add:

Wild Cherry Bark.....4 ounces,
Yellow Dock Root.....2 ounces,
Bur Dock Root.....2 ounces,
Snake Root.....2 ounces,
Elder Flower.....2 ounces.

This would be reduced by boiling, very slowly, with covered top

to one quart, strained and while warm add 4 ounces of grain alcohol, with three drams of tolu. The dose of this would be teaspoonful four times each day. While this is being given in the system there should be every evening and morning the spine from the first cervical to the sacrum rubbed well with cold water and then dried and rubbed with a rough coarse towel, - see.

Squill

Botanical Name: *Urginea maritima*

Common Names and Synonyms: Sea onion, scilla

Background: Squill is a bulb which has fleshy leaves. The outer leaves range in color from red to white as they first sprout from the ground. After a stem appears, the upper third of the stalk buds with white flowers; followed by fleshy, lance-shaped leaves. The onion-like plant should be collected shortly after flowering. Squill is a powerful expectorant, particularly to relieve dry irritable cough. Herbalists use squill in the treatment of bronchitis, bronchial asthma and whooping cough. Squill's stimulating action on the heart makes it useful for heart failure and fluid retention brought on by the heart problems.

Squill in the Cayce Readings

- Edgar Cayce recommended squill for many conditions, especially as an expectorant and relaxant for the respiratory system, an emetic for the intestinal tract, and as cardiovascular stimulant. Edgar Cayce noted that syrup of squill was especially appropriate for children. Over half of the readings in which squill was prescribed were for children under the age of 13 years.
- Squill was mentioned in 55 readings between 1924-1943 with a peak utilization in 1934 (11 readings).
- Syrup of squill was often recommended by itself or in conjunction with other simple remedies. In those few readings where squill was included as part of a complex formula, the following amounts were prescribed:
 -
 - 1/4 ounce
 - 1/2 ounce
 - 2 drams
 - 15 drops
 -
 - 4 readings
 - 1 reading
 - 1 reading
 - 1 reading
- The most common substances mentioned in the same readings with squill were:

Camphor

14

readin

	gs
	10
Turpentine	readin
	gs
Tolu	5 readings
Wild Cherry	5 readings
Mutton	5 readings
Tallow	
Sarsaparilla	4 readings
Sassafras	4 readings
Senna	4 readings

Cayce Quotes on Squill

4727-2

Into the system an emitting from the intestinal tract, lower part of the stomach, - this squill here will produce an emitting up or down and we want the body or what we take into the stomach to be of itself.

The stomach is weaker until we got this out; won't want much to eat with the squill in it.

1005-5

This external application will materially aid, as well as the Syrup of Squill to act with those of the stimuli for the system.

(Q) What would be the dose of Syrup of Squill?

(A) The NOMINAL dose, which is from quarter to half teaspoonful.

5632-1

We would take, internally, these properties: At evening time, we would take Sweet Spirits of Nitre - one to two drops with two drops of Syrup of Squill. Now the activities of these in the system, is to MODIFY that distress as is seen in this portion of the system, about the kidneys. The CAUSE of this condition is the strain as HAS existed for a period of time in this particular region.

759-4

We would also use with these at least few drops of syrup of squill. This will aid in the action of the respiratory system. We would also take care of that condition that exists in the lungs itself through the application of those as may be found in

antiphlogistine or hot onion poultice. Either of these will relieve the pressure.

304-19

First, as the stimuli for the cardiac forces, we would change to the usage of Syrup of Squill as a cardiac and as an aid in the respiratories, and ESPECIALLY easing conditions in the bronchia and lungs. Dosage would be from five to fifteen (5 to 15) drops given at least three to five (3 to 5) hours apart, or dependent UPON the heart's action and the tendency of the throat and bronchia as to irritation.

5479-1

In the applications, then, as we would find, would be in those in the medicinal nature of small quantities of Syrup of Squill, given 5 to 7 drops twice each day. This as a cardiac stimuli.

3998-1

We would, then, administer in the beginning those of small quantities of Syrup of Squill. Five to ten minims may be given every three to four hours, until same acts as an active force in the cardiac activities ...

138-1

In meeting the needs of the conditions in the present, we would find that there should be tepid baths - especially along the spine; hot foot baths, basting with equal parts of mutton tallow, camphor and turpentine, rubbed well into the soles of the feet after such a hot bath. Following the tepid bath - at least once or twice - or to reduce the temperature - especially this along the spine and across the diaphragm, we would rub with the rub alcohol; giving internally - every three or four hours three to five drops of Syrup of Squill. This is a heart stimuli, or cardiac but will loosen the condition in the respiratory system.

759-6

(Q) What is best relief for breathing that the body can have?

(A) That that will act the quicker with the respiratory system. As we will find, ONE of the best will be that of the Syrup of Squill.

324-1

We would take the Syrup of Squill, five to eight drops every three to four hours....

The oil and the Squill, especially, will reduce the temperature.

299-3

When there is the irritation, so that there is picking or rubbing of the ears and nose, from this constant irritation in portions of the face, small quantities of Syrup of Squill will be of material aid in clearing and clarifying the circulation; both the superficial and the deeper circulation to the head, and in clarifying the whole respiratory system. This would be given in drops of three to five at a dose, and may be given every two or three hours until the condition is allayed.

275-31

(Q) Is Syrup of Squill good for anyone to help clear a head cold?

(A) Depends upon what is the cause of such a cold. And ordinarily, as in reference to this particular body, would be well. But not for all grown or matured bodies; for Syrup of Squill acts with, especially, the developing influences in a growing body.

But under conditions where there is being created a force within the body, or elements within the body that are structural building (as with this particular body), half to a teaspoonful would be beneficial in conditions where cold or indigestion disturbs the body.

265-12

Syrup of Squill would be well to have on hand for the periods when nausea may arise from having to take too great quantities of the Creosote, for this becomes rather hard, to be sure, in the stomach itself. Syrup of Squill would be taken in the small doses, half a teaspoonful three or four times a day, which would be helpful for the digestive forces acted upon by the Creosote, see? But this is not too great a quantity, for - as seen - there's very small doses, but this in the homeopathic dose makes for an activity that would be most beneficent and helpful, as we find, for the body.

265-14

We would change somewhat the applications being used in the present. As we find, it would be well to continue with the syrup and the compounds in same. It is not necessary for the Syrup of Squill unless there is the nausea or paroxysm of coughing.

628-2

During the rest period we would add only to the assimilating

forces small quantities of Syrup of Squill, that would be active for the respiratory system. This would be given a quarter of a teaspoonful, with syrup or honey or plain, about twice a day during the periods when the treatments osteopathically are NOT being given, see?

632-3

Also we would find it beneficial to give at least once or twice a day small quantities of Syrup of Squill. This will enable the breathing in the lung, keep down temperature.

656-1

Take internally small doses of Syrup of Squill; meaning from six to ten drops two to three times a day. These properties tend to relax without carrying any of the influences that are of a narcotic or even a hypnotic or sedative nature.

711-3

Secure a small (900 drop) bottle of Fletcher's Castoria. Take out at least a teaspoonful (you can take that yourself, if you like!) and in its place put 1/2 grain of Senna, a teaspoonful of the Syrup of Figs, and 2 minims of Syrup of Squill. See? Shake this together each time the dose is taken, and give it every half hour - not more than a quarter teaspoonful. And only give water with every other dose. There's a special reason for this; for you want those activities along the bronchi and throat and different points to adhere to the circulation through these portions, to make for the variation in the activities of the circulation through the system - which they will do if they are not washed down, see? Take the whole quantity until there are the thorough eliminations.

632-7

With the existent disturbances in the bladder, or clitoris area, as we find, a HELPFUL condition would be to take small quantities of Syrup of Squill - we will say in the morning; ten to twenty drops - and in the evening five to six drops of Sweet Spirits of Nitre. These will be not only helpful in RELIEVING the flow of the tissue but will make for the prevention of further disorders in this direction.

558-5

As we find, not all at a time but being consistent (else we may find there will be disturbances that may become very aggravating

to the body), we would occasionally take small doses of Syrup of Squill. Do not gulp same, but allow to TRICKLE down, so that it will slowly pass through the throat. To be sure, it does not enter the portions of the system, but its reaction upon the system - taken in this way and manner - will be upon this portion of the organism in the impulses created by the activity of these forces or influences in the body. The dose would be a teaspoonful, sipped; allowed to trickle down. Take occasionally, dependent upon the distress in the area. It may be taken as often as twice a day, or once a day for a few days; then rest from it for a period and take again.

1100-17

For the body-building, that will add to the assimilating forces of the system influences that will bring about better conditions in the lymph, in the blood, in the activity of the glandular system as related to the bodily functions for resistances, we would take periodically the Syrup of Squill.

1208-9

Then about every two to three hours, until there is the release from the rattling and the heaviness, we would give about ten to fifteen drops of the Syrup of Squill at a dose.

1519-2

But we would replace same [Calcidin] by the use of Syrup of Squill. This we would take almost in the same manner that has been indicated for the Calcidin; until there is an allaying of this burning in the throat and a better activity or a full activity of the Squill forces through the alimentary canal. That is, take little sips about every hour; this means about a quarter teaspoonful in a little water, see?

(Q) Is the heart action too fast?

(A) As indicated, leave off the Calcidin and take the Squill; and it will become near normal.

585-5

After the cleansing of the alimentary canal, begin with about twenty drops of onion juice or the equivalent in its activity upon the system (as Syrup of Squill) every four hours. The onion juice or the properties of the same nature; or the Syrup of Squill will be very well. This will aid in cleansing or clarifying through its

activity of assimilation upon the respiratory system, the heaviness through the chest, throat and nasal passages.

464-30

After this has acted thoroughly, then take for a few days five to six drops of Syrup of Squill (each day) as a laxative for the mucous membranes of the throat, lungs and chest.

2299-4

Occasionally, if there is a little cold, the use of Syrup of Squill is beneficial to produce a better relaxing of the mucous membranes of bronchi and larynx, as this affects the system.

2542-2

As soon as this BEGINS to act, commence with a good stimuli to the muscular and nerve forces of the bronchi, - Syrup of Squill. We would give about twenty drops of this every three hours.

Stillingia

Botanical Name: *Stillingia sylvatica*

Common Names and Synonyms: Queen's Delight, Queen's Root, Silver Leaf, Yaw Root

Background: This plant grows in sandy soil from Maryland to Florida; along the Gulf of Mexico, and westward toward Colorado. The leaves are elliptical and leathery, having almost no base where attached to the stem. Yellow florets appear on the spiked stems from March to August, or longer where the weather is warm. The plant must be fresh to be effective. The resinous, milky juice in the yellow-brown root stalk has an unpleasant smell and bitter taste. Native to North America, stillingia has been used extensively to treat syphilis. Herbalists also use this herb as a blood purifier, digestive aid and immune enhancer.

Stillingia in the Cayce Readings

- Edgar Cayce recommended stillingia as a blood purifier and digestive aid, especially with reference to stimulating the liver, kidneys and spleen.
- Stillingia was mentioned in 201 readings between 1924-1941. Stillingia utilization peaked in 1928 with another notable increase in 1935.
- Stillingia was typically recommended as a tincture, as follows:
 -
 - 1/4 ounce
 - 1/2 ounce
 - 1 ounce
 - 1/2 dram
 - 1/4 dram
 - 20 minims
 - 40 minims
 - 83 readings
 - 66 readings
 - 3 readings
 - 4 readings
 - 1 reading
 - 7 readings
 - 4 readings

- 24 minims
- 10 minims
- 1 reading
- 1 reading

- Some of the early readings prescribed other forms, as follows:
Fluid Extract

1/2 ounce	13 readings
2 ounces	2 readings
1 ounce	2 readings
1/4 ounce	2 readings
Essence	

1/4 ounce	3 readings
1/2 ounce	1 reading
Elixir	

1 ounce	4 readings
1/4 ounce	2 readings
20 minims	1 reading

- Stillingia was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings as stillingia are as follows:

Calisaya	111 readings
Wild Cherry	105 readings
Sarsaparilla	96 readings
Capsici or Capsicum	73 readings
Tolu	62 readings
Potassium Iodide	59 readings
Yellow Dock	54 readings
Sassafras	52 readings
Potassium Bromide	50 readings
Ginseng	47 readings

Cayce Quotes on Stillingia

4742-1

In Stillingia, we will find as a diarrheic [diuretic?] for the digestive forces of the body (in a quantity which will be told you is very little, or not much dose but this we want as the IMPULSE, NOT an active force; for the active FORCES will be created by the manipulations and the adjustments!).

5664-1

... aided by those of the Stillingia and Sassafras as the CLARIFIER of the blood stream and the tendency of the allaying of nerve pressure.

1019-1

... the Stillingia, which in this combination makes for an activity to the kidneys for purifying or cleansing same, thus building or purifying the blood supply and adding to the gastric flow.

839-1

... the Stillingia as an emit and an active force with the gastric flow ...

404-4

Other properties, as in the Stillingia, make for that activity with the pulsations between the liver, the heart, the kidneys, in such a manner as to STILL the circulatory forces there.

5522-1

This to aid the respiratory system, also sarsaparilla as a cleanser diathetic, and a purifier, as is also the stillingia and the properties as are in the other carriers.

5509-1

Stillingia - an active force in the functioning of the liver, as related to the pancreas, and IS a stimuli TO same ...

5683-1

The Stillingia is as a sedentary action for the glands of digestion, or the lacteals, WITH those that will make for a better coordination of the muco-membranes in the intestines, that will clarify poisons from the body. (That's in the Syrup of Rhubarb, see?)

5559-1

... the stimuli - both in the Stillingia and in the alcohol content,

WITH the Ambergris - for the gastric forces of the intestines and stomach.

4721-2

(Q) What is the condition of the spleen?

(A) Taxed through the strain mentally and through the nerve system general. The Stillingia and Calisaya, especially, for the liver and spleen.

816-2

The active forces of these ingredients are as these: The Sage or Senna is as an emit activity upon the organs of the digestive system, and toning with the Stillingia, the Gin, the Ambergris, the active forces in the pancreas; especially; as well as a stimulation for the cleansing through the alimentary canal; cleansing also through the active forces upon the hepatic circulation.

Strychnine

Botanical Name: *Strychnos nux-vomica*

Common Names and Synonyms: Nux-Vomica, Bachelor's Buttons, False Augustura

Background: Native to the tropics and subtropics of southeastern Asia and Australia, the strychnine tree is known for the poisonous substance derived from its disk-shaped seeds. The tree can grow up to forty feet tall. The leaves are oval, shiny, and the flower clusters are greenish-white. The yellow tennis-ball sized fruit and seeds, the bark, and the roots, all contain strychnine. Medicinally, strychnine is a stimulant and convulsant rarely used by modern physicians. When used, it is selectively administered in small doses to increase muscular activity; or as an antidote for depressent drug or alcohol poisoning. Sometimes strychnine is used in minute controlled doses in homeopathy.

Strychnine in the Cayce Readings

- Edgar Cayce prescribed strychnine as a stimulant to the heart and circulation. A few readings suggest that strychnine may also have medicinal effects to the digestive system.
- Strychnine was mentioned in 51 readings between 1910-1944.
- Edgar Cayce typically advised that strychnine be taken under the supervision of a physician.
- Strychnine was often recommended in conjunction with other therapies to maximize therapeutic efficacy while minimizing negative side-effects. Osteopathic manipulations and laxatives were advised in several readings to minimize reactions to strychnine. Other cardiovascular stimulants (most often digitalis) were also sometimes recommended in the same readings with strychnine.
- Edgar Cayce sometimes recommended commercial preparations to provide small amounts of strychnine in combination with other substances. Notably, Alophen, a laxative compound, was said to contain strychnine.

Cayce Quotes on Strychnine

3848-1

We will take first phosphate of soda, alternate it say every other day with bicarbonate of soda. This will produce an alkaline condition. Follow this with mild doses of strychnine, not enough strychnine to produce an over stimulation, but just enough to mildly stimulate the digestive functions and also the nerve force.

2262-1

Give nitroglycerine and strychnine. They force the blood out from the heart, heart action, into the circulation and into the body.

304-8

Then, to bring the relief to the body at the present time, to assist in throwing off these conditions, we would, under the direction of physician, take small quantities of a heart stimulant, in that of strychnine, see?

Then taking also with this, manipulations, osteopathically given, to equalize the circulation as is stimulated by the taking of the strychnine in the system, else we will overcharge one portion of the system and make an excess in eliminations in various portions, see? Then this should be under that supervision, as given, of one in medicine and in osteopathic forces, for they must apply together. Do that.

304-9

Well, too, that small quantities of both Heroin and of Strychnine be given the body, see? These will be for the stimulation of the circulation. Strychnine for circulation and heart's action that is impaired by congestion, and Heroin for the pulmonaries or lung, and throat and bronchials, see? Very small quantity - one eightieth to one hundred twentieth of a grain of Heroin - sixtieth to eightieth of the Strychnine. Strychnine once - twice a day. Heroin once every second or third day, see?

900-388

(Q) Any other suggestions other than the hot packs, to be done?

(A) Take these in connection with that as has been outlined for the general building up of the body. Stimulation of the heart's action; that is, given properties that stimulate same, as that in strychnine - with digitalli; iron for the blood supply.

5512-2

We would, then, give the mixture or alternations of that in

Digital and Strychnine, and we would equalize the emanations and the pressure as is produced, by either those of the manipulations - gently given - that the circulation may pick up the better, and the activities of the nerve energies be relieved ...

(Q) How often should the Digital and Strychnine be given, and what doses?

(A) Only when this [is] NECESSARY to relieve the pressures, or pain as comes, and then in very small doses. Under the supervision of physician, sure.

1181-7

Yes - already there is the tiredness of the physical to leave the physical, and little may be accomplished unless there may be aroused more within the physical the DESIRE to keep life and body together. The heart's action low, slow, the movements are automatic, rather than in any form of resuscitations. Only by the stimuli, and by the awakening of the desire, may these be aided. Not by drugging, but by stimulation - as that in those of the heart's stimulus - Digital and strychnine, and massaging with oil and myrrh, and awakening the desire; but the body is weary - the soul is well, and tired, and seeks rather the release from the tired conditions.

264-9

We would use, primarily, for the heart's action, that of a stimuli in the nature of very SMALL quantities of strychnine - one-sixtieth of grain.

(Q) How often should strychnine be given?

(A) Oh, once or twice a day - and that will only necessitate one or two doses.

413-2

As for the matter of diet, be mindful that eliminations are kept near normal. When necessary for cathartic, or for the use of the properties to make for assimilation, use alternately Milk of Magnesia, Milk of Bismuth, and Alophen. This carries the proper amount of strychnine that would be well for the body. These should not be taken regularly, but when taken take the whole course one after the other.

264-25

A stimuli to the heart's action externally will be necessary with

the passage of the tumor at this time. This should be rather under the supervision of a physician with both Digital and Strychnine, that there be both the activity to the aorta and to the valves of the heart, not dilated too greatly by the use of the Digital alone.

440-18

(Q) Would there be any value in the use of strychnine for the blood?

(A) VALUE; but it may be applied in so MANY more ways, for - as has just been given - the pills, which include a portion of this, have NOT been beneficial but are a STRAIN upon the system. Strychnine in small quantities is a tonic, a blood builder, a blood purifier at times; but with a body already in the position where the blood pressure and the heart's action are involved, and where there are the tendencies for the accumulation or segregation of conditions in soft tissue from an injury, it CAN'T be helpful!

555-2

Then immediately (after finishing the Castoria) take two Alophen pellets, which carry with same sufficient quantity of the strychnine to make for a change in the activity of the circulation.

670-2

Also we would keep the heart stimulant, especially if there should be any further indication of the affection of affectations spreading. In these particular conditions the Strychnine would be better, but it should carry with same an eliminant - or an eliminant taken soon afterwards.

576-3

(Q) Should the strychnine and iron tablets be continued?

(A) These would be well. They are necessary to make for the increased circulation.

361-6

If there continues to be a tendency for nausea or weakness, or dizziness, it would be well to increase the circulation with strychnine; but under the direction of a physician, to be sure.

Sugar Beet

Botanical Name: *Beta vulgaris altissima*

Common Names and Synonyms: Sugar Beet

Background: A sugar beet is similar in appearance to the red beet, except the sugar beet has a white root that is narrower in shape. Sugar beets are grown in the cooler climates, and the roots are harvested annually in the fall or early winter. The sugar is extracted by slicing the beets into thin layers, which are put into hot water, agitated, and the resulting "tea" of sugar and water is further processed, evaporated, and dried. The remaining pulp is dried and processed into pellets for animal food.

Beet Sugar in the Cayce Readings

- In the Cayce readings where the pancreas, kidneys and digestive organs were uncoordinated, beet sugar was typically combined with sage, ambergris, gin and cinnamon to tone up and harmonize the pancreas' action with other organs. Beet sugar, combined with alcohol, carries the other properties into the system without over stimulating the pancreas.
- In the diet, beet sugar was recommended to keep the body from producing too much alcohol.
- Beet sugar was mentioned in 113 readings between 1921 and 1944.
- Beet sugar utilization peaked in 1924.
- As an ingredient in complex compounds, various amounts of beet sugar were recommended with the following frequency:

4 ounces

37 readings

2 ounces	19 readings
1 ounce	6 readings
6 ounces	4 readings

- When used medicinally, beet sugar was usually recommended with other substances in a compound. The most common substances in these formulas were as follows:

Ambergris	46 readings
Sage	43 readings
Cinnamon	39 readings
Gin	38 readings
Tolu	25 readings
Juniper	17 readings
Sassafras	17 readings
Ambrosia Weed or Ragweed	17 readings
Stillingia	11 readings
Calisaya	11 readings
Sarsaparilla	11 readings

Cayce Quotes on Beet Sugar

4156-2

Now, we find, we have given very specifically as to how these medicinal properties should be prepared. We would prepare the sage tea first, while warm, sufficient to easily dissolve the beet sugar, and only use beet sugar. This should be prepared in the medicinal properties, then adding Ambergris dissolved in the alcohol, then adding the Gin (Gordon's dry), then adding the Cinnamon. These properties taken in this manner with the system, the sage becomes the sedative, and an active principle with the gastric juices and an incentive to the emunctories in liver, and with the sediments from the Ambergris as stimulated by the alcohol, and beet sugar, will give the action necessary to

the pancreas and duodenum to receive the incentive for their functioning. This we find in the sugar properties, with the mixture in the system, does not become the active principle as that in cane sugar. Hence the beet or vegetable.

195-2

To one gallon of rain water, add eight (8) ounces of common Garden Sage. Reduce by simmering to one quart, while warm add:

	Grain	
Alcohol.....		4 ounces,
	Beet Sugar first dissolved in warm	
water.....	4 ounces,	
	Ambergris dissolved in one ounce grain	
alcohol.....	20 grains,	
	Gin, Gordon's Gin preferred	
.....	4 ounces,	
	Cinnamon.....	
...15 grains.		

The dose would be two (2) teaspoonfuls half an hour before each meal. Do that, and we will find this: The sage as a sedative to the intestinal tract, especially in the action of the pancreatic and gall duct forces over the body; the gin as the stimulation to the kidneys in their action in eliminating; the sugar, Beet sugar with Ambergris as the force necessary to create that which will produce the healing forces to the intestinal lining, as it were, itself. Do that.

470-3

Prepare these as medicinal properties, to give the correct vibration to the system, to correct the inflow - as it were - of that overtaxed energy to the kidney from the pancreatic condition:

To one (1) gallon of rain water, add eight (8) ounces garden sage. Reduce by simmering (not boiling) to one (1) quart. Strain while warm and add four (4) ounces of BEET sugar - only beet

sugar - first dissolved in two (2) ounces of hot water. Fifteen (15) grains of ambergris dissolved in one (1) ounce of pure grain alcohol. Then add two (2) more ounces of eighty-five percent (85%) alcohol, with one-quarter (1/4) ounce of Oil of Juniper, with one (1) dram of Cinnamon, and five (5) minims of Oil of Sassafras.

Shake solution together before the dose is taken, which should be teaspoonful four (4) times each day, half an hour before meals, half an hour before retiring.

4708-1

.nothing that carries too much sugar - nothing that carries too much alcoholic stimulants of any nature, or that will PRODUCE alcohol from within the system, see? If coffee or tea is taken, take without sugar. If sugar is used, only use beet sugar, and in small quantities.

(Q) Has the body diabetes?

(A) A touch of same, yes. This was indicated by the condition in the kidneys - also the digestion - though not in a virulent form at present. The relief of the condition - as is seen through the properties as taken - will overcome these conditions.

Tobacco

Botanical Name: *Nicotiana tabacum*

Common Names and Synonyms: Common Tobacco

Background: The tobacco plant is stout and has large, broad, dark green leaves. The flowers are green-white to rose color and are tubular. The leaves and all plant parts contain nicotine. The cured, dried leaves are used for cigarettes. For centuries, tobacco was smoked by Native Americans in ceremonies and used as a poultice for the treatment of cuts, sprains, and bites. In modern times, excessive tobacco use has been linked to heart and lung disease and cancer.

Tobacco in the Cayce Readings

- For medicinal purposes, tobacco (when included in an ointment for topical application) was recommended by Edgar Cayce for the treatment of hemorrhoids.
- Although tobacco was mentioned in 66 readings, many of these readings pertained to the commercial production or personal use of tobacco with only 5 readings pertaining directly to the medicinal use for treating hemorrhoids.
- When asked repeatedly about the personal use of tobacco, Edgar Cayce consistently maintained that moderate use of tobacco was not injurious for most individuals. However, many of these readings went on to describe the pathological effects of tobacco for the particular individual who was using it in excess.

Cayce Quotes on Tobacco

1800-20

These are specifics; one that will make a cure, though you mustn't say this - of course - the law doesn't allow it, but it will! The other is as a relief, and should be so advertised - that it

DOES relieve, and with the proper precautions in diet and in exercise will remove hemorrhoids and piles, and do good for old sores also - as leg sores.

In preparing same in a commercial way and manner, it would be well that some PREPARATION be made for the production of this in a UNIFORM manner. Just as will be found when there is to be made any of these in quantities, that STEAM will cook a great deal faster than anything else - and copper with a jacket, where steam is turned under same, will prepare all things better. But in the beginning, begin with what one has IN HAND; and THEN, USING that, the next step is given.

This the proportion in the preparation of Tim (long pause):

As we find, there are other properties much preferable in the use of same than the old formula.

Here's the better formula:

To 1 ounce Oil of Butterfat, add:

Tincture of Benzoin.....10 minims,

Atomidine, or atomic iodine.....5 minims, (or iodine, though atomic iodine is that with the poison out - but plain iodine is not as expensive as the Atomidine)

Powdered tobacco or snuff.....3 drams, preferably the snuff - the powdered.

Stir well together. Preferable that this never be put in tin, but rather in the porcelain or glass; and should be in an ounce or ounce and a quarter hexagon-shaped jar, preferably. The directions would be to apply as an ointment to affected portions once or twice each day. Rest as much as possible AFTER application, with the feet elevated ABOVE the head. It'll cure it!

340-17

In meeting the needs in the present, a little time, a little precaution, and a rather returning to those things as has been outlined for the system - see? There may be used in an ointment, or an application for those folds in the lower portion of the colon and anus [for hemorrhoids] itself, in that portion of the body, that as would be combined in as this:

Take the oil of butterfat (fresh butter, not that that's been salted), and reduce same so that there is no water in same, or

milk - see? Take one-half ounce of this, see? To this add one-quarter ounce of Burton's powdered tobacco or snuff. Boil this together, or heat together, so that the tobacco is cooked. To this add four drops of Tincture of Iodine and one drop of Oil of Turp (not turpentine, but Oil of Turp, or Canadian Balsam). Use this as an ointment, mixed thoroughly together while hot - then let congeal, see? [GD: Another simple formula for that called TIM?]
3995-2

The effect of the smoking of tobacco is a stimulant to the nerves of the body. In moderation it is not injurious to the body. The excess is what produced the trouble to the system.
3754-1

(Q) Does smoking have any effect on this body?

(A) Conditions arise from the condition in the liver and not from those from the stimulus in the lung forces, from smoking, or to the throat. An over-amount, of course, over-stimulates, but tobacco to this body is rather a sedative than a stimulant. The over-stimulant produces both the condition in the liver and the kidneys.
4212-1

IN THE BLOOD SUPPLY, we find this above the normal in pressure, more by the condition produced in the system by chewing tobacco than anything else, and this affects the glands of the salivary glands, and produces this over stimulation in the digestive tract. Hence the creation of more blood forces, and the excitement to the centers of blood flow nerve centers, and those conditions that bring about these creating of elements in the system to meet the needs.

462-6

(Q) Is tobacco good?

(A) Tobacco in moderation, as all stimulants, is not so harmful. However, overacidity or overalkalinity causes same to become detrimental.

Tolu (Balsam)

Botanical Name: *Myroxylon balsamum*

Common Names and Synonyms: Balsam of Tolu, Balsam Tree, Balsam of Peru

Background: Native to Central America, the leaves and fruits of this slender and straight tree have been used by the indigenous tribes of Mexico and Central America in the treatment of asthma, catarrh, rheumatism, and external wounds. The sap, or balsam, comes mainly from large trees which grow along the coast of El Salvador, and not Peru, although it received the name "Peru," from the 16th century Spaniards who shipped the resin to Europe from both the Callao and Lima shipping ports in Peru. The sap is extracted by tapping, similar to the tapping of rubber trees. The resin has a fragrance of cinnamon when freshly harvested; the aged resin has the fragrance of vanilla and is highly prized. The finest scent is extracted from the small white flowers. The "white balsam" from the fruit also has a pleasing scent and is used in hair tonics and soaps. Balsam of Peru has been included in the US Pharmacopeia since 1820, being used for bronchitis, laryngitis, dysmenorrhea, diarrhea, dysentary and leucorrhea. Herbalists use balsam of tolu as an expectorant in cough syrups or tinctures. It is thought to work mainly with the mucous membranes in the respiratory tract.

Tolu in the Cayce Readings

- Edgar Cayce recommended tolu in various forms, such as balsam (resin) for use in formulas to be taken internally, powder for use on skin disorders, and as a tincture in mixtures for fume baths. Taken internally, the balsam of tolu was described as a blood clarifier and systemic cleanser.

- Tolu was mentioned in 599 readings between 1917-1944 with peak utilization in 1926 (66 readings) and a notable decline in usage thereafter.
- Tolu was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with tolu were as follows:

Wild Cherry	214 readings
Yellow Dock	209 readings
Sarsaparilla	203 readings
Burdock Root	133 readings
Elder Flower	131 readings
Calisaya	122 readings
Buchu Leaves	114 readings
Eucalyptus	103 readings
Sassafras	98 readings
Mandrake	97 readings

Cayce Quotes on Tolu

5664-1

The alcohol a stimuli and carrier, as is the Tolu for the digestive system.

1019-1

These, in combination with the QUANTITY of the alcohol as a preservative, with the activity of the Balsam of Tolu in same, will make for activities of a general stimulation.

3724-1

... those to function of the organs of the Pelvis from the Elder Flower and the Balsam of Tolu with its action on those organs.

4650-1

... the stimulus and the effect to reduce the kidney action is given in the Buchu and the active principle of the alcohol with the Tolu, see.

643-1

The alcohol with the tolu; the one is a preservative, the other an active principle to make the whole compound more palatable - and yet specific in its activity.

4815-1

... the stimulus, and the forces of the alcohol and balsam to give the preservative within the system or its action to those organs necessary to receive the vibration. [Sedimentary] forces created by the balsam in the secretions in the system proper.

5536-1

The Balsam as that of a clarifier of the blood, separating in its activity that portion which COMES to be in the system the ability to form the differentiation between white and red blood; while with the REST of the reaction of the Balsam and the Turp will act directly with the portions of kidneys that will AID the respiratory system as in reference TO the action of the lymphatic circulation and the hepatic circulation ...

3291-1

When the irritation over the body becomes very serious, dust with powder carrying Balsam of Tolu in same. This will keep down irritation.

1958-3

(Q) Would having fumes of some kind in the room help? If so, what kind?

(A) The fumes of Turpentine and Balsam of Tolu from a croup cup in the room would be helpful for the mucous membranes causing the cough. For, this arises from that known as Whooping Cough, - or is a glandular affection of the throat and stomach.

That to be warned against the most is the swallowing of the phlegm, or infection, that might find lodgment or produce the germ of colitis, or a colon affection.

1005-6

(Q) Any local application for the itching?

(A) There may be added for that where the irritation becomes severe, those of Magnesia, Chalk and Tolu. This would be rubbed on. The tolu is, of course, that as is powdered.

(Q) Should this be prepared in equal parts?

(A) It's compounded, you see, here. Powers & Whitman; also Parke Davis; also those of many of the others make such a preparation. Chalk and Balsam, see? Like they use for babies!

984-2

(Q) What causes the breaking out of pimples on the face? What

outside application will help?

(A) Those as indicated for the purifying of the bloodstream. Local applications are rather hindrances than helpful things; though, of course, any astringent that will carry in same Balsam of Tolu would be relieving to the burning sensation.
528-1

And when using the powder for face (as blotches on face), only use the pure talcum with stearate and balsam of tolu in same; that is, the balsam and stearate and PURE talcum AS a powder. None of those that have been highly scented with other ingredients.

437-7

Also we find that to dust on irritated portions a powder that carries Balsam of Tolu will be most helpful. The Stearate of Zinc with Balsam.

1641-2

... the activities of the eucalyptus and the activity from the Tolu are to clarify or purify the lung tissue itself.

480-17

Also as an effective reaction to prevent the irritation, we would STEAM those portions of the puba and the buttocks with a basin of hot water in which there would be put - to two gallons of water almost boiling - a tablespoonful of Essence of the Tincture of Tolu, or Essence of Tolu, with the same quantity of Compound Tincture of Benzoin. This should be done about once or twice in two or three days. Remain over same, stooping over same, with those portions of the body exposed - over the steam - for fifteen to twenty to thirty minutes.

304-46

Also we would find it most helpful to keep the Mullein Stupes but in between bathe off the portions with a tuft of cotton and Tolu Solution, so as to heal and to make for assisting the circulation to absorb and not cause so much irritation.

219-3

Well were the body to use before each period, also, those of the steam or sitz baths from that of hot water - VERY hot - two gallons - and in same place at least half a teaspoonful of Tincture of Myrrh and half a teaspoonful of Tolu in solution. This to steam

exposed portions of the system where the troubles have occurred.

Turpentine

Botanical Name: *Pinus palustris* and several other species and varieties of *Pinus* are the chief herbal sources of turpentine.

Common Names and Synonyms: Turp, oil of turpentine, turpentine, gum turpentine, gum thus, turpentine oil, turpentine balsam

Background: This aromatic oil comes from pine trees that are tapped for resin. The crude resin is collected and distilled to obtain oil of turpentine. The oil is useful as a topical antiseptic for rheumatic and neuralgic ailments. Internally, it is used as an expectorant for excessive mucus.

Oil of Turpentine in the Cayce Readings

- Turpentine and related substances are mentioned in over 700 readings for a variety of conditions.
 - The intended action of oil of turpentine in a tonic was to assist the organs of digestion and increase eliminations from the hepatic circulation.
 - As an ingredient in an inhalant, oil of turpentine was usually combined with eucalyptol and benzoin as an antiseptic for the respiratory system.
 - Oil of turpentine was combined with camphor and mutton tallow as a warm compress placed over the kidney area. Its intended action was to ease kidney pain and to increase eliminations from the kidneys. The stupes or compresses, though most often

applied to the kidney area, were also applied over the pubic area if there was bladder pain.

- o A piece of pine resin, about the size of a small pea, held in the mouth, was recommended to ease bladder stricture and speed up eliminations.

Cayce Quotes on Turpentine and Related Substances

1208-10

(Q) As we were unable to get the Oil of Turp, may anything be substituted?

(A) The Oil of Turpentine will be all right; though it is not so good as the Turp.

5618-4

Rectified Oil of Turp, active principle to the excretory system, especially in liver and in kidneys, that MUST give the proper elimination, would the body be bettered.

379-2

When there is the heaviness across the lower portion of the back, or just below the kidney area and over the organs of the pelvis area, we would apply the saturated solution of Epsom Salts.

We would add to each half pound (of salts, see, before it is dissolved) about ten to fifteen drops of turpentine. Then heat this, to be sure, so that it makes for the relaxing of the area and produces - with the addition of the turp - an active force in the adrenal and the bladder, and the kidneys themselves.

983-1

To 1 teaspoonful of simple syrup, add:

Tincture of Benzoin.....1 minim,
Rectified Oil of Turp.....1 minim,
Canadian Balsam.....1/2 minim,
Oil of Eucalyptus.....1/2 minim.

Put these in the simple syrup in the order given, for their combination makes for a difference in the reaction.

This taken internally will aid as an antiseptic, as an expectorant, as an active force on the organs of the digestion; especially through the liver, duodenum and pancreas, making also the tendency to increase eliminations through the activity of the kidneys.

243-30

The inhalant we would use in these proportions, and in this manner; and have so prepared as to have a vent into the solution as it is inhaled, see? but both openings to be kept corked when not in use, and very tightly:

To 4 ounces of Pure Grain Alcohol, in an eight ounce container, add in the order named:

Oil of Eucalyptus.....	20 minims,
Compound Tincture of Benzoin.....	15 minims,
Rectified Creosote.....	5 minims,
Oil of Turpentine.....	5 minims.

Keep this where it may be used several times each day, especially when there is any irritation or soreness or feeling of irritation through activity or the like.

2335-1

Keep the intestinal tract active; not SO active as to be diarrhetic in its nature, but keep rather an equal balance between the liver and the kidneys. There will be the natural tendency, with as MUCH of the turp as is to be inhaled, of an activity of the kidneys, but this will act as a diuretic for the membranes of the system in cleansing same, so that there will be the tendency of keeping the system more alkaline in its activity.

5147-1

First, we would have prepared an inhalant. Take at least a six to eight ounce container, preferably a large mouth bottle. Prepare this so there are two vents in the cork of the

bottle, which may themselves be corked, so that neither of these vents extends into the solution. For only the fumes or gases, which are formed by the combination of that which will be placed in same, are to be inhaled into the nostril; and the effect is then through this gas from same to the anteroom, throat and the soft tissue of the face and head. Put, then, into the container first, four ounces of pure grain alcohol.

Then add, in the order named:

Oil of Eucalyptus.....30 minims,
Rectified Oil of Turpentine.....10 minims,
Compound Tincture of Benzoin.....20 minims,
Oil of Pine Needles.....5 minims,
Tolu in Solution.....15 minims.

These will be suspended in the alcohol. Shaking together and then removing both of the small corks, inhale deeply into the nostril. This will also go into the trachea and bronchi, and it will relieve those tensions, acting as not only an antiseptic, but as an allaying of the inflammation which tends to affect also the soft tissue, and those tendencies towards the conditions indicated.

4854-1

As an inhalant - for the condition in nostril and throat and bronchials (this used only as a cleanser and to prevent infection through cold or congestion that may arise in the system): To four (4) ounces of alcohol, add:

Eucalyptol.....20
minims,
Oil of Turp.....5 minims,
Canadian Balsam.....10 minims,
Benzosol.....20 minims,
or
if Creosote is used instead, only.....5 minims,
Tincture of Tolu in solution.....30 minims.

Keep in container at least twice the size of solution - a container with glass cork or stopper. Shake solution together before inhalations are taken, and breath through the nostril and through the mouth. This taken as a cleanser for this portion of the body, AIDING in the action of foods or properties taken into the system that may be more easily digested.

4347-1

Then, to assist the body at the present condition and to overcome this present taxation, we would (through these, see?) first use as an inhalant this:

To 4 ounces of pure grain alcohol, add:

Eucalyptol.....20 minims,
Canadian Balsam.....4 minims,
Rectified Oil of Turp.....2 minims,
Creosote.....2 minims,
Elixia Solution Tolu.....20 minims.

Shake solution well together and inhale through the mouth. This is for the respiratory system and for the relaxing and action on same through the nerve and blood supply to the system.

265-012

In the present condition, as we find, it would be better to use a preparation in capsule - preferably, or it may be added in a carrier such as simple syrup - preferably in capsule, as this:

Oil of Eucalyptol.....1 minim,
Rectified Oil of Turp.....1/2 minim,
Rectified Creosote.....1/4 minim,
Codeine.....1/60 grain.

Or, prepared in the syrup, it would be in this manner:

To 2 ounces of simple syrup, add:
Oil of Eucalyptol.....10 minims,
Rectified Oil of Turp.....5 minims,

Rectified Creosote.....4 minims,
Codeine (dissolved or crushed)....2 grains.

This would be shaken together very thoroughly each time before the dose would be taken. The dose would be half a teaspoonful. It may be taken two or three times each day.

As we find, this will relax the bronchi; for both the turp and the creosote are active forces for lung and bronchi, while the turp and codeine will be active with the circulation such as not to hinder yet to allow the activity of the heart's forces, the liver and the kidneys. This, however, is not only a palliative but would be beneficent to the general conditions.

4802-1

First, then, we would apply at the 1st, 2nd, 3rd and 4th cervical centers an application of a mullein stupe that will cause the centralization and drawing away of pressures from the brain centers; and for the quieting and easing of the body we would prepare as this - these to be taken only once each day and not more than three taken any one period - this as a dose - prepare same PREFERABLY in capsule formation:

Oil of Eucalyptol.....1 minim,
Rectified Oil of Turp.....1/2 minim,
Benzosol in solution.....1/2 minim,
Codeine.....1/60 grain - see?

. The properties given to relieve same, the active forces of same internally of the eucalyptol is to produce a drainage especially through the RESPIRATORY system, affecting the bronchi, the nasal cavities, and those portions where the SYMPATHETIC system (nerve system) and mucus portions of the body are more active, setting up drainage....The rectified oil of turp is an active force with the general respiratory system, and especially internally to that of the hepatics and to the hypogastric, which CENTERS then in a region near the 1st and 2nd cervical; while the forces that act with the benzosol (don't use a substitute!) will be effective to the nerve CENTERS, WITH the codeine - that is a

narcotic, but turned, with that of the benzosol, to a HYPNOTIC, in that proportion.

(Q) Please explain just what was meant taking just three capsules at a period?

(A) Not taking them for the straight duration of longer than three days before skipping one or two days. This is a hypnotic, NOT a narcotic, and will NOT DEADEN but will make the SYSTEM'S reaction a nearer NORMAL for drainages through the MANIPULATIVE measures, as well as those of the circulation, and ESPECIALLY from the solar plexus center.

(Q) What was the original cause of her present condition?

(A) Those of strains to the nervous system, that caused that breaking of a cellular unit, that makes for pressure in the 1st cervical area. It settled there, rather than on brain proper - or we would have paralysis on the brain.

919-1

. massage across the kidneys, across the lower portion of the groin (from the frontal side), with equal portions of Mutton Tallow (melted), OIL of Turpentine and Spirits of Camphor (full strength), and Compound Tincture of Benzoin - equal portions of each, about a tablespoonful of the liquid of the Mutton Tallow and of each of the others. Massage this gently, not rubbing, so that there is used only what the body will absorb.

137-80

(Q) What should be used as the hot applications? To the throat and chest?

(A) Equal parts of coal oil and turpentine, with the portions greased with either mutton tallow or some sort of a lubricant that prevents this from blistering, see? This applied to very hot flannels, until the portions are relieved, see?

307-6

(Q) What will soften and cure the callous on the bottom of right foot?

(A) Massage it with a preparation made in this manner:

To 1/2 ounce of melted Mutton Tallow (1/2 ounce in weight), while it is warm and in solution, add:

Oil of Turpentine.....20 minims,
Spirits of Camphor.....40 minims.

Use this to massage the bottom of the feet each evening.

2299-14

. 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.

1112-7

We would apply Turpentine Stupes over the kidney area. Use a teaspoonful of Turpentine to a quart of boiling water. Wring out heavy toweling in this and apply; afterward massaging the area thoroughly.

Also place hot, heavy flannel, saturated with an equal combination of Turpentine, Mutton Tallow and Spirits of Camphor, over the area lower down in the frontal portion - or that as will aid in draining from the bladder.

5137-1

As we find, from those sublaxations that exist between the 7th and 8th dorsal, there has been a hindrance in the amount of nerve energies going to activities between the liver and kidneys. There are those disorders in the gall duct area, the reactions cause heavier flow of activity to be performed by the kidneys in eliminating poisons; that is, lacking in the necessary flow produced accumulations.

These should be tested by x-ray, but if these applications are made we will find we can eliminate this disorder.

About twice each week, Tuesdays and Fridays, when the body is ready to retire, put about 5 drops of Spirits of Turpentine in one quart of warm, little better than lukewarm water, wring a rag or cloth out in same, and place this over the kidney area and let this remain on the back for at least one hour, then remove. Do this for about three times. Then begin (not before) with osteopathic adjustments with special reference to the dorsal, from the 9th dorsal up to the 1st cervical. And while these are being made, during at least twelve to fourteen of such adjustments, do keep having twice a week the stupes of Turpentine over the area. If it causes anxiety in the bladder, do put the same type of Turpentine stupes over the lower portion of the abdomen, to the pubic center, across this whole area, but especially right in the center to the pubic center. These can be kept on or off in regular periods, or irregular periods, depending upon the pain.

With the corrections, do have at least one scientifically given colonic irrigation.

5618-4

Then, to bring the better conditions, and to give the best resistance in the system, taking all conditions in the body at present, we would give much of that as we have given here before, yet changed in proportions, and adding to this those stimulus as would be found in this, and in this proportion:

To 4 ounces of Peptotol, add:

Eucalyptol.....4 minims,
Rectified Oil of Turp.....1 minim,
Benzosol.....1 minim,
Elixia Hydrastis.....1/4 ounce,
Heroin (dissolved first)...1/60 grain.

The dose of this would be 1/2 teaspoonful 3 times each day. This we find will give throughout the whole system the alleviation of distresses, of desires, of the system, in functioning organs, to draw on either the sensory system or the sympathetic system to supply that necessary. Hence the body, through its own will

forces, will be better able to meet the resistance in the system. These properties we find give these conditions to the system:

The Peptol the carrier, and that forcing, or giving the system, in the digestive portion of stomach proper, the ability for the gastric juices to assimilate the properties carried in same.

Eucalyptol, the active principle to the respiratory system, opening all channels of elimination through the respiratory system, giving the better clarified condition for the lungs and the blood supply, and giving the incentive in blood, thus clarified, to rebuild in system.

Rectified Oil of Turp, active principle to the excretory system, especially in liver and in kidneys, that MUST give the proper elimination, would the body be bettered.

In that of the Benzosol, again an active principle with the action of respiratory system in stomach proper, giving a clarified effect to the juices as secreted and excreted in pancreas, and clarifying the action of nerve forces through the hypogastric and pneumogastric nerve plexuses of the central portion of system.

The Hydrastis, acting again as the sedatory forces for the action of blood cell force destroyed in spleen, as to give the eliminations in the correct channel.

The Heroin, that again of a clarifier, in this quantity, to overcome that condition as is produced in the system by the action of the mental forces in its action with the physical, or the action of the mental with the sympathetic and cerebro-spinal centers.

Take these quantities only as given, only decreasing or increasing as the condition arises in the system. Should we have over quantity of grease of any character in the system, this will produce nausea. Should we have over quantity of stimulus, as of caffeine of any variety, this will produce over stimulation to the kidneys.

5433-1

.the Eucalyptol active with the respiratory system and a reducer in the blood or heart's pressure; the Turp as an active force with the digestive system, and especially active with the

kidneys, as to produce eliminations nearer normal in this direction; and those of the Benzosol as a stimuli to the gastric forces of the assimilating system; Codeine as a sedative in a nature that will act through the PNEUMOGASTRIC, as well as HYPOGASTRIC nerve centers, hence EASING the body in a more normal manner.

5433-1

This as a dose, under the supervision of physician - in capsule:

of.....	Eucalyptol,	Oil
	1	minim,
	Rectified	Oil
Turp.....	1/2	minim,
minim,	Rectified Creosote, or PREFERABLY Benzosol.....	1/2
	Codeine.....	
.....	1/60 grain	

. the Eucalyptol active with the respiratory system and a reducer in the blood or heart's pressure; the Turp as an active force with the digestive system, and especially active with the kidneys, as to produce eliminations nearer normal in this direction; and those of the Benzosol as a stimuli to the gastric forces of the assimilating system; Codeine as a sedative in a nature that will act through the PNEUMOGASTRIC, as well as HYPOGASTRIC nerve centers, hence EASING the body in a more normal manner.

2504-9

.there is the tendency of the stricture in the neck of the bladder. WE would apply as this, added to those packs that have aided the kidneys but not relieved same: Take into the mouth a piece of resin, about the size of a pea. Let this dissolve, or chew same and swallow that as is created with the salivary reactions by the keeping or holding of same in the mouth. Also prepare about a tablespoonful of pure hog lard, with a level teaspoonful of spirits of turpentine, and make into a poultice, or cloth, and keep

HEATED across the body, above the neck of the bladder. This will RELIEVE the pressure at the present. Do that immediately.

3021-1

If there is the disturbance again with the kidneys, hold in the mouth (not swallow) a small piece of resin.

Do apply Glyco-Thymoline Packs over the kidney area of evenings, for at least an hour. Use three to four thicknesses of cotton cloth saturated with the Glyco-Thymoline.

Do keep gentle massages of the limbs for the circulation slowing through same, especially in the feet, hands, ankles.

Do give a relaxing, not stimulating, of those centers that aid in the secondary cardiac center, - in the 5th and 6th dorsal centers. Gently relax this area once or twice each day.

Valerian

Botanical Name: *Valeriana officinalis*

Common Names and Synonyms: All-Heal, Great Wild Valerian, Amantilla, Setwall, Setewale Capon's Trail, Valerian Root.

Background: Although valerian is indigenous to Europe and western Asia, it is cultivated in many parts of the world and has become naturalized in portions of North and South America. Valerian may be found in meadowland and grassland, along banks of streams and roads. Valerian blooms from June to September. The plant attains a height of three or four feet. The tiny flowers are white, tinged at the edges with colors ranging from pink to pale purple. Valerian is cultivated in the United States in New Hampshire and Vermont and appears to be superior to that which is native to the marshy thickets of England. The crown of flowers are cut off as soon as they begin to appear, allowing the stem and roots more growth. Roots and stems are gathered after the leaves have fallen. The roots are brittle with a thick brown bark outside, and yellow inside, and

older roots may be hollow. The roots have a distinct, bitter, camphor-like taste. Valerian is generally classified as an antispasmodic, or nerve tonic.

Valerian in the Cayce Readings

- Edgar Cayce recommended valerian as a nervine - in some cases a sedative, in other instances an energizer and stimulus.
- Valerian was mentioned in 206 readings between 1921 and 1945.
- Valerian utilization decreased markedly from 1922 -1936 with a notable increase in 1941.
- Valerian was always recommended as a tincture, as follows:

1/2 ounce	61 readings
2 ounces	49 readings
1 ounce	29 readings
1/4 ounce	26 readings
4 ounces	21 readings
3 ounces	4 readings
1 dram	1 reading
20 minims	1 reading
5 minims	1 reading

- Valerian was always recommended with other substances in a tonic, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings as valerian were as follows:

Calisaya	174 readings
Potassium Bromide	139 readings
Potassium Iodide	134 readings
Capsicum	116 readings
Stillingia	38 readings
Pepsin	33 readings
Celerina	27 readings
Sassafras	27 readings

Sarsaparilla
Tolu

24 readings
23 readings

Cayce Quotes on Valerian

4742-1

In those of the Valerian, we find as a nerve stimuli, NOT a hypnotic, nor is it a sedative, but acts AS a nerve stimuli to the system, especially to the sympathetic nerve system.

3732-1

The Valerian as the sedative to the digestive system, and especially to the pyloric forces in the stomach proper.

2504-1

These, we would find, will be aided most by a stimuli as is of the nature that comes from those that will be found in a compound form Indian Turnip and of Wild Ginseng, added with those of an astringent and cardiac that comes from those of Capsici and of VALERIAN.

1284-1

The Valerian is a nerve tonic.

1192-4

The Valerian as a nerve stimuli.

560-2

(Q) What is causing my restless nights, when the mental and physical bodies are so in need of rest?

(A) The irritations to the metabolism of the system, or the nervous reaction from same. Hence the properties as indicated, through the activity of the Valerian and Stillingia as combined with the other properties, taken once or twice each day - half a teaspoonful. We only want the IMPULSE created in the functionings of the organs themselves, that will MAINTAIN a balance provided the IMPULSE is through the nerve plexus carried for same; as will some of these properties work with the creating of a balance between the upper and lower circulation through the hepatics.

502-1

See, the sage as combined with the ambergris and the valerian - that acts with the nerve forces .

276-5

Valerian - an active force with the nerve energizing of the whole system.

178-1

These are sedatives, sure but not sedatives in the nature that are of ANY way habit FORMING. Who would WANT Calisaya! It is blood purifying, and there's the Valerian - which is nerve sedative - as is those of the iodine, or iodide and bromides are sedatives for the nerve system; and the body will respond to these, these applied in the manner given.

Verbena

Botanical Name: *Verbena officinalis*

Common Names and Synonyms: Vervain

Background: Herbalists regard verbena as a nervine, sedative and anti-spasmodic. Verbena has been used to treat depression.

Verbena in the Cayce Readings

- Edgar Cayce recommended verbena as an ingredient in a tonic in one reading (28-1) for a man suffering from alcoholism and general debilitation. The intended activity of the verbena in the formula was not stated.

Cayce Quote on Verbena

28-1

Give this as the stimulant and preventative from using over-stimulants:

Tincture Valerian.....2 ounces,
Bromide of Potash.....2 drams,
Iodide of Potash.....10 grains, with
Elixir Calisaya.....4 ounces, and
Elixir Celerina.....1 ounce, and with
Extract of Verbena....15 minims.

The carrier for this should be sufficient Peptol to make sixteen (16) ounces. The dose would be teaspoonful twice each day, morning and evening. By the time the whole quantity is taken, we will find the body will be rid of much of the desire for those properties that over-balance the system.

White Pine Oil

Botanical Name: *Pinus strobus*

Common Names and Synonyms: Pinus Alba, Weymouth Pine, Pin du Lord, soft pine

Background: Pine oil is distilled from any or all portions of the white pine tree. The white pine is native to eastern North America. This five-needled pine is an asymmetrical tree that can grow up to 200 ft. high. The bark darkens to gray-brown as the tree ages, becoming deeply furrowed, with rectangular scales. The bark has a fragrance similar to tea. The needles are 2 to 4 inches long, and the tapering cones grow 3 to 10 inches long. The Iroquois utilized an extract of the inner bark as an ingredient in cough medicines and for soothing irritated mucous membranes. Some modern herbalist use white phine oil in ointments and bath salts.

White Pine Oil in the Cayce Readings

- White pine oil was mentioned in approximately 28 readings between 1917 and 1934 for both internal and external applications:
 - It was typically combined with other ingredients (most often eucalyptol or benzosol) as an inhalant for cough and congestion.
 - White pine oil was also used as an ingredient in massage oils.
 - In at least 6 readings white pine oil was included in a medicinal compound containing small amounts of heroin and other ingredients. The formula was to be taken orally. Most of these cases involved serious respiratory diseases such as tuberculosis.
 - Reading 601-4 contains a general purpose cough syrup formula that includes syrup of white pine.

Cayce Quotes on White Pine Oil

325-11

For the cough or congestion we would use oil of white pine twenty minims, in four ounces Spirits Frumenti, shaken well together, see, and the dose would be half a teaspoonful about three times each day - oftener if the cough produces nausea, see.

177-1

There should be given at this time, first the air that the body inhales should be ladened with Eucalyptol and Creosote, equal parts in water boiling, and the fumes from same in the air the body breathes.

There should be given immediately to the body inhalations from brandy (apply brandy), or from pure grain alcohol.

There should be given as medicinal properties, this as a dose:

Eucalyptol.....1 minim,
Benzosol.....2 minims,
Oil of White Pine.....1 minim,
Heroin.....1/60 grain.

These should be confined in capsules and given to the body one every four hours, until relief is given, for this will act directly with the heart's forces, the digestion, the blood supply and respiratory system.

257-7

. for the congestion those properties as would be found in the inhalation of equal parts of:

Eucalyptol
Benzoin
Oil of White Pine
Tincture of Balsam of Tolu, or
Tincture of Tolu,

in very hot water, and inhale these fumes deep into the bronchials and lungs, and through nostrils also.

304-4

Use as an inhalant, not too often but at least once each day before retiring:

To four ounces of pure grain alcohol, add:

Eucalyptol.....20 minims,
Rectified Oil of Turp.....15 minims,
Canadian Balsam.....15 minims,
Oil of White Pine.....10 minims.

Some of these are nearer the same proportion. However, in the strength as given for each, each has its mission to perform in the lung and blood supply, and will affect the organs of the system in the correct manner.

601-4

Then we would have this prepared as an expectorant and as an aid to the eliminations in the alimentary canal (and this would be a very good cough syrup for anyone to have!):

To 4 ounces of compound Simple Syrup, add - IN THE ORDER NAMED:

Eucalyptol, Oil of.....20 minims,
 Syrup of Rhubarb.....1/4 ounce,
 Syrup of White Pine.....1/4 ounce,
 Glycerine.....20 minims,
 Chloroform.....5 minims.

Shake the solution together before the dosage is taken, which would be a teaspoonful every two to three hours.

676-1

. we would prepare a compound to be massaged into the body, in these proportions and combined in the order named:

To 4 ounces Russian White Oil, add:

	Cedar Oil (Oil of the wood, NOT nut oil)...	1/2 ounce,
	Oil of White Pine.....	1/4
ounce,		
	Witchhazel.....	1
ounce,		
	Oil of Mustard.....	5
minims,		
	Coal Oil.....	2
ounces,		
	Tincture of Benzoin.....	1/2
ounce.		

These will tend to separate as they stand in solution. Before using as a massage shake well together and pour a small quantity into a saucer or open container. Begin with the massage on the spine at about the 9th dorsal area. Massage in a circular motion to the lower end of the spine, all the body will absorb. Then begin along the hips and down to the lower portion of the feet and ankles, where the swelling tends to come at times. We would also begin then in the brachial area, or at the 1st and 2nd dorsal, massaging to the points of the shoulder blades and out the arms. Then a little to the base of the brain. This we would do at least every other day, requiring about thirty minutes; take this much time in the massage, not too severe but gently.

948-2

The conditions at the present time, while serious, yet have passed the most serious part, and with the correct attention, and with that which will keep the lungs from falling, and from congestion further in bronchials and in the throat, will prevent any further inroads of that condition at the present time. The general resistance in the system is not exhausted, though much of the reserve energy has been burned up; yet with the renewed forces we will find we will bring relief to the body.

First, we would keep in the air, or in that as breathed by the body, those properties, equal parts, Creosote and White Pine in gallon to two gallons of water, and keep boiling with these fumes escaping in the room. We would apply to the brachial forces, that is, between the shoulders, those of a poultice of Leek and Onions.

2245-1

To 4 ounces of pure grain alcohol, add:

Eucalyptus Oil.....20 minims,
Benzosol.....5 minims,
Canadian Balsam.....5 minims,
Oil of White Pine.....5 minims.

This is to be shaken well when used and at times, heated so evaporation will take place faster. The fumes are to be inhaled through the mouth, not taken internally.

(Q) Mr. Cayce, when did [2245] have the fall that caused the asthmatic condition?

(A) The asthmatic condition has been the development from the condition the fall produced, which was when the body was about five or six years old, you see.

(Q) How often should this body inhale these fumes, Mr. Cayce?

(A) As often as necessary to relieve the condition. When they present themselves, that is, the condition, inhale the fumes and it will relieve. With the vibrations we will gradually remove that which will produce the condition, see.

3354-1

Take a three gallon keg, oak that is charred or what is known as whiskey keg, we would put one gallon of apple brandy in this. This is sealed or corked, then set on end and placed close to a heat, where this heat will cause gas to collect in upper portion of the keg. Connect a tube to this and inhale the gas in the larynx and lungs, three or four times a day. Inhale it as would smoke, you see, into mouth, through larynx and in lungs. The first time this is done do not take too much or it will produce intoxication to the sensories. It will carry the healing properties.

The medicinal property to be taken: Take once every three days, this as a dose prepared in capsules, though it is a liquid:

Heroin.....1/80 grain,
Eucalyptus.....1 minim,
Oil of White Pine....1 minim.

This will prevent any more of the hemorrhages. It will not be necessary to take more than three doses of this. Only prepare one dose at a time, as it will not keep.

3995-1

To one gallon of grain alcohol in a wood container that was charred, we would add:

Oil of Juniper.....2 ounces,
Rectified Oil of White Pine...2 ounces,
Oil of Eucalyptus.....2 ounces,
Oil of Benzol [Benzosol].....2 ounces.

This would be inhaled into the lungs through the mouth, or the gases from these - not the properties themselves, but this would be heated or be kept where gas would form in the container above the liquid. Then twice each day, this or the gases from this would be inhaled into lungs themselves, giving the incentives to the forces throughout.

3995-1

There is at the 6th dorsal a lesion formed, producing an

impinionment to the nerve branches between the 5th and 6th segments, that affects the circulation through the lungs and the bronchials... first the condition along the spinal column of the physical nature must be corrected. That had best be accomplished by local applications of heat and adjustments of the segments themselves, then that in the system that would create the proper incentives to the system to overcome the conditions created both in the blood supply force and the stomach, the intestines themselves - we would therefore adjust the conditions. Then take into the system those incentives that will give the balance of force in the body.

To one gallon of grain alcohol in a wood container that was charred, we would add:

Oil of Juniper.....2 ounces,
Rectified Oil of White Pine...2 ounces,
Oil of Eucalyptus.....2 ounces,
Oil of Benzol [Benzosol].....2 ounces.

This would be inhaled into the lungs through the mouth, or the gases from these - not the properties themselves, but this would be heated or be kept where gas would form in the container above the liquid. Then twice each day, this or the gases from this would be inhaled into lungs themselves, giving the incentives to the forces throughout.

4401-1

Inhale this through the lungs, see:

Oil of Eucalyptus.....2 ounces,
Rectified Oil of White Pine.....1 ounce,
Benzosol.....1 ounce.

This would be placed in a glass container with a tube, (which could be corked), and when the solution is to be inhaled, shake well, heat until vapor is thrown off and inhale through the mouth into the lungs to assist these in clarifying the blood forces as they are carried there for clarification.

4653-1

Lungs, with the bacilli carried, show its effect in lungs themselves proper. Organically these show how that this has produced in the cells this condition that is not being eliminated either through circulation or through the pulmonary forces in the exhaling or of the forces in the lymphatics to meet or destroy the condition as it works in the system. Digestion poor but very good for the condition. That of the liver and the hepatics high and involved sympathetically, not organically. Kidneys overtaxed and enlarged, so we have inflammation through the bladder and through all this portion of the body, see.

To give the relief for this body that would be of beneficial forces, we would do this: To four ounces of grain alcohol add:

Eucalyptol.....20 minims,
Canadian Balsam.....15 minims,
Oil of White Pine.....10 minims,
Creosote (liquid).....5 minims.

This would be heated and the fumes from this, - that is a small quantity of this after it is shaken together, see, - every four hours, heated and inhaled through the nostrils and mouth into the lungs, see. After this has been used, - that is the whole quantity of four ounces, heated so the evaporations come off, - use the same solution and add that of the forces as would be found in that of Heroin, one grain would be added to this solution, you see, so the effect in the inhalation would come from this, not taken internally, but breathed in.

4790-1

To six ounces of grain alcohol add:

Balsam of White Pine.....15 minims,
Balsam of Myrrh.....5 minims,
Rectified Spirit of Turp.....5 minims,
Eucalyptol.....5 minims.

This would be shaken well together, small quantity poured into a receptacle which may be heated so that the fumes from this solution may be inhaled into the throat and nostrils that we may enliven the supplying of carbon and of the oxidized oxygen or ozone to the blood supply as reached through the lung forces, see.

4790-2

Let the air as is inhaled by the body (not too strong but theair) be ladened with equal parts of:

Eucalyptol Oil,
Oil of White Pine,
Creosote,
Tincture of Lobelia.

These be placed in water and boiled, or steamed, in the room.

4838-1

. that which will bring an equalization of vibratory forces to the organs of the system, and only give that in the medicinal properties as would produce the necessary functioning of the mucus gland in system to assist in perfect elimination in body. This would be found by taking in the system each morning before breakfast, small quantities of Phosphate of Soda in half glass of water. After this is ready to be taken in the system, add five (5) drops of Syrup of Sarsaparilla. Each third day, add to this one (1) drop of Oil of White Pine.

5740-1

For the local condition in lung forces, use an inhalant of this: To four ounces of grain alcohol, add:

Eucalyptol.....10 minims,
Oil of White Pine5 minims,
Rectified Oil of Turp.....5 minims.

Shake this solution, keep well corked, but inhale through the mouth, inhale the fumes as will come from this solution, taking

none of the solution in the system, only the fumes from same. Do this at least twice each day, or with any depression as we find appears at times, any cough. We will find we will bring relief to this body. Do this consistently, persistently. We will find we will bring normal forces in eight to ten months. Not necessary that chiropractic forces be kept this long, but the adjustments should be made, but the vibrations from battery forces, the exercises of the head and neck must be kept up.

Wild Cherry Bark

Botanical Name: *Prunus serotina*

Common Names and Synonyms: Chokecherry

Background: The wild cherry tree can grow 50 to 80 feet tall. The leaves are 2 to 5 inches long, finely serrated and smooth. Clusters of pale white flowers are followed by round, red to purple-black, sour-tasting cherries. In young trees the bark is reddish-brown. In older trees the trunks can range from 2 to 4 feet in diameter. The bark is black, aromatic and rough, and naturally separates from the trunk. The bark is harvested in the autumn and the freshly stripped bark has the scent of almonds, which dissipates once carefully dried in the shade. Native Americans used wild cherry bark for treating diarrhea and pulmonary problems. Settlers found it helpful in making cough syrup and in external applications as a poultice for treating ulcers and abscesses. Today, herbalists still use wild cherry bark for

respiratory problems as an expectorant and remedy for all catarrhal conditions. It is also highly regarded as a digestive aid.

Wild Cherry in the Cayce Readings

- Edgar Cayce recommended wild cherry bark for pulmonary conditions and as an aid to digestion. It was also noted for its role in cleansing and building blood.
- Wild cherry bark was mentioned in 312 readings between 1921 and 1944. Peak utilization was evident in 1926 with a significant decline in usage thereafter.
- Various amounts of wild cherry bark was recommended with the following frequency:

◦		◦	
◦	2 ounces	◦	101 readings
◦	4 ounces	◦	51 readings
◦	6 ounces	◦	34 readings
◦	1 ounce	◦	18 readings
◦	8 ounces	◦	18 readings
◦	3 ounces	◦	15 readings
◦	1/2 ounce	◦	7 readings
◦	1 1/2 ounces	◦	3 readings
◦	5 ounces	◦	3 readings
◦	16 ounces	◦	3 readings
◦	2 1/2 ounces	◦	1 reading
◦			

- In several readings wild cherry was recommended as either an essence, syrup, tincture, or fluid extract as follows:

◦		◦	
◦	1/2 ounce	◦	17 readings
◦	1 ounce	◦	15 readings
◦	2 ounces	◦	9 readings
◦	1/4 ounce	◦	3 readings
◦	1 1/2 ounce	◦	1 reading
◦	6 ounces	◦	1 reading
◦	96 ounces	◦	1 reading
◦	1/2 pint	◦	1 reading
◦	20 minims	◦	2 readings

- 40 minims
- 20 minims
-
- 1 reading
- 2 readings
-
- Wild cherry was typically recommended with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings as wild cherry are as follows:
 -
 - Tolu
 - Sarsaparilla
 - Yellow Dock
 - Calisaya
 - Stillingia
 - Burdock Root
 - Elder Flower
 - Buchu Leaves
 - Sassafras
 - Mandrake
 -
 - 214 readings
 - 211 readings
 - 175 readings
 - 132 readings
 - 105 readings
 - 88 readings
 - 85 readings
 - 84 readings
 - 81 readings
 - 77 readings
 -

Cayce Quotes on Wild Cherry Bark

1012-1

The first ingredient, the Wild Cherry Bark, is a direct activative force upon the pneumogastrics and the pulmonary system.

643-1

Wild cherry bark is an expectorant and a purifier as combined especially with other ingredients for the blood supply.

808-3

The taking of those properties indicated for the allaying of cold and congestion - as in the cherry, the horehound - will not only aid digestion but stimulate the circulation for the upper portion of the head and through the bronchial area, thus giving a better flow of circulation for the throat and the gums...

2790-1

The active principle from the wild cherry bark, with the other ingredients, is a stimulation to the lungs, throat and bronchials, and those organs above the diaphragm.

5653-1

To this we would add Wild Cherry Bark (this is to act as an

active force with the gastric juices of the stomach, as well as a carrier for the rest of the system, acting with the respiratory system)

457-3

The Wild Cherry Bark is for cleansing the blood supply.

3724-1

The action of these properties combined within the system are to act on the effects acquired in the lung forces within clarifying blood. The action of certain properties is to rebuild the Hemoglobin within the blood to give more Leukocytes to the blood, as we find in the bark of Wild Cherry and Sarsaparilla.

5681-1

Wild Cherry Bark (Preferable that taken from the North side of the tree) ... 4 ounces .

Willow Charcoal

Botanical Name: *Salix alba* (White) or *Salix nigra* (Black)

Common Names and Synonyms: European Willow, White Willow, Black Willow

Background: Willow is a source of aspirin-like substances and is used by herbalists in the treatment of connective tissue inflammation, especially rheumatoid arthritis. Another name for the black willow is pussy willow. Native to the United States, it is found along riverbanks in New York and Pennsylvania. The trees can reach a height of 15 to 20 feet. Larger trees are found in Mid-America. The largest of the willows trees, the black willows found in Iowa can reach up to 75 feet high. On young trees the bark is reddish brown, the leaves are long and thin. On older trees, the bark is rough and blackish. The fruit is a small red-brown catkin covered with gray velvet. The dried bark yields

tannin and a white crystalline glucoside called Salinigrin.

Willow Charcoal in the Cayce Readings

- Edgar Cayce recommended willow charcoal taken internally to relieve gas (5 readings) and as an ingredient in a chemical battery (wet cell battery - 70 readings).
- As a medicinal agent, willow charcoal was recommended in 75 readings between 1922-1944 with peak utilization in 1943 (26 readings).

Cayce Quotes on Willow Charcoal

5671-1

We would be careful of the diet, as relating to that that causes irritation through the activity of the acidity in the system. Well were charcoal used for THIS body, as an absorbent in the system - but USE that as is compounded from willow charcoal and honey, or as prepared by Battle Creek appliances, or Company - see?

3705-1

Also take once a day, after the heavier meal - whether this be breakfast, lunch or dinner - Willow Charcoal tablets with honey as prepared by Battle Creek Sanitarium. This character of charcoal would be the most beneficial.

2746-2

(Q) What causes me to grit my teeth when sleeping?

(A) These activities are from purely physical causes, coming from the condition in the digestive system. Take occasionally those properties that will cause better assimilation, such as the combination of Willow Charcoal with Honey; and a few drops of Elixir of Lactated Pepsin after the heavier meal of the day - and this effect will disappear.

543-28

(Q) What is cause and remedy of excess gas?

(A) Lack of proper assimilation, or the equalization of the lacteals and the acids in the digestive system.

As we find, a digestal after meals would be beneficial. For this particular condition, with other things, we find that the Willow Charcoal would be the preferable. This may be taken in the tablets or may be taken in measured doses.

261-3

Well, too, for the body to use occasionally the charcoal tablets - preferably those prepared by the Battle Creek Sanitorium, or the willow charcoal with the honey and honeycomb. This, as we find, will relieve that tendency of gas pressure.

3593-1

In making administrations we would first begin by the application of the vibrations from the Wet Cell Appliance, medium strength; that is, to the gallon and a half of distilled water use:

Copper Sulfate.....2 pounds,
Sulfuric Acid, C.P.....1 1/4 ounces,
Zinc.....6 drams,
Willow Charcoal.....1/2 pound.

We would carry into the body vibratorially through the Appliance the properties one day of Chloride of Gold Sodium in the proportions of one grain to each ounce of distilled water and the next day Atomidine in the proportions of one ounce to two ounces of distilled water. Use three ounces of each Solution.

The Appliance would be attached every day for thirty minutes, one day carrying the Gold Solution, the next day the Atomidine Solution. Recharge the Appliance every thirty days and also change the Solutions every thirty days.

Do not leave the connections in the Solutions when not in use. Clean them when taken out, clean them before they are put on; and put them in at least twenty minutes before the Appliance is to be attached to the body.

Wintergreen

Botanical Name: *Gaultheria procumbens*

Common Names and Synonyms: Checkerberry, Teaberry

Background: Wintergreen is a small, creeping evergreen shrub which grows five or six inches high. The finely serrated leathery leaves are distinctly aromatic. White bell-like flowers which bloom in June and July are followed by the bright scarlet berries. The leaves and fruit produce an oil which is diuretic, stimulant, and can be useful as a general liniment. The oil must be used with care, for it can be very irritating to the skin. Herbalists use wintergreen oil externally for muscle aches, particularly in foot balms and rheumatism treatments.

Wintergreen in the Cayce Readings

- Edgar Cayce recommended wintergreen primarily as an ingredient in massage oils and for use in steam (fume) baths. The primary action of wintergreen, as stated in the

Cayce readings, was to increase the superficial circulation and assist with eliminations.

- Wintergreen was mentioned in 116 readings between 1922-1943 with peak utilization in 1935 (32 readings).
- When used in massage oil formulas, wintergreen was most often combined with the following substances:

Sassafras	62 readings
Cedar Wood Oil	56 readings
Olive Oil	51 readings
Russian White Oil	48 readings
Benzoin	45 readings
Witch Hazel	29 readings
Pine Needle Oil	28 readings
Kerosene	26 readings
Camphor	21 readings
Myrrh	15 readings

Cayce Quotes on Wintergreen

412-10

In the Fume Bath put about half a teaspoonful of Oil of Wintergreen to a pint of water. Stay in this for five to ten to fifteen minutes. As the body takes same the more often it will make for a great superficial circulation.

779-24

(Q) Kidneys?

(A) Toxic forces overactive in the kidneys. Hence the very character and the nature of the Fumes - the combination of the Camphor and the Oil of Wintergreen.

3892-1

Through the creating, then, of more active forces of a balance between the various FORMS OF elimination in the system. Then we would create a stimulation to that of the excretory system, especially through the sweat glands. These will be found then in those of the vapor baths, with the assistance of properties in that used as to make a vapor - of one-half a pint of water, use teaspoonful wintergreen. This will open the pores to such an extent that these will assist the lymphatic circulation in bringing

the impurities through this portion of body in the manner that stimulates the system.

2357-1

At least once each week the body would have SWEAT baths; that is, those with such a cabinet that the heat from vapor may act with the whole of the surface of the body itself. In such vapor there should be carried to the pint of water at least half a teaspoonful of Oil of Wintergreen. This will act in the capacity of bringing to the capillary circulation a different reaction. These, preferably then, we would see, would be taken on Wednesday or Thursday evenings.

744-1

In the interim, or during these whole periods, we would have each evening the RUB along the whole cerebrospinal system with equal portions of Olive Oil, Tincture of Myrrh and Oil of Wintergreen. Heat the Olive Oil and add the Myrrh, THEN add the Oil of Wintergreen. Massage only what the body will absorb; not only in the spinal cord or center but those paralleling of the sympathetic nervous forces - for the body will absorb same. And this will make for not only the enlivening of all centers along the cerebrospinal system but would extend more specifically over the brachial area and the lumbar area and along the limbs.

Witch Hazel

Botanical Name: *Hamamelis virginiana*

Common Names and Synonyms: Pond's Extract

Background: Witch hazel is native to the Eastern United States and Canada. The tree resembles an apple tree. The branching trunk has smooth gray bark. The leaves have shallow-toothed edges and are lopsided at the base. After the leaves have fallen in late autumn, yellow blossoms appear, and the seeds ripen in capsules on the branch. Once the capsule has ripened, it suddenly splits open and ejects seeds as far as twenty feet away. Another name for the tree is Winterbloom because of the late flowering. Witch hazel is one of the commonest home remedies in use today in the United States utilized mainly as an astringent liniment and eyewash and for the treatment of hemorrhoids, internal hemorrhages, and excessive menstrual flow.

Witchhazel in the Cayce Readings

- Edgar Cayce recommended witch hazel most frequently for use with fume baths and massage.
- Witch Hazel was mentioned in 310 readings between 1929-1944 with peak utilization in 1943 (62 readings).
- Witch hazel was most often used in conjunction with other substances in a compound. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with witch hazel were as follows:

◦		◦	
◦	Olive Oil	◦	138 readings
◦	Peanut Oil	◦	100 readings
◦	Sassafras	◦	85 readings
◦	Russian White Oil	◦	81 readings
◦	Cedar Wood Oil	◦	47 readings
◦	Camphor	◦	34 readings
◦	Mustard	◦	21 readings
◦	Myrrh	◦	20 readings
◦	Kerosene	◦	18 readings
◦			

Cayce Quotes on Witchhazel

279-1

At least ONCE a week take the sweats and the THOROUGH rubdown; even salt rubs, followed with the witchhazel and olive oil, and the alcohol. These would be WELL for the body, STIMULATING the capillary circulation.

294-181

In the bruises on the chest and arm we would massage equal parts of mutton tallow, turpentine, camphor and witchhazel - stirred together; then apply HEAT - when the body is ready to rest, you see. This will remove the strains in the muscular forces.

120-2

(Q) Would sweat baths be beneficial for this body?

(A) After rest for three to four days, they would be beneficial, if not given too severely - and the addition of properties in the

steam, or placing the medicants in the vapor, would be beneficial to the body when these are taken. Begin first with, to the pint of water to be vaporized, put at least a teaspoonful of witchhazel.

3950-1

The drosses being eliminated through the respiratory system would require at times baths carrying great quantities of salts, or at other times quantities of witchhazel steams or baths.

4125-5

(Q) Would it be well for the body to have an alcohol rub every night and morning?

(A) This is well occasionally; but if such is given it would be better were there something of the bath as in the sweat bath, but not heated very hot, see? Follow this!

(Q) Just how - ?

(A) Sweat cabinet, as we have given! Sweat cabinets! Then, when it is rubbed down, this should be combined - rather than just the alcohol:

Take 3 ounces of Russian White Oil, 3 ounces of witchhazel, 6 ounces of rub alcohol. Shake this together, see? Massage THIS over the body, because it will supply to the fibre of the system that which will make food value to the stimuli necessary for the whole capillary circulation, carrying into same that which will make for the eliminations necessary in the respiratory and in the glands that lie close to the emunctory and lymph circulation. This would be given about once each week. This will keep down cold and congestion.

Yellow Dock

Botanical Name: *Rumex crispus*

Common Names and Synonyms: Curled Dock, Narrow-leaffed Dock

Background: Native to Europe and now widely distributed in North American, yellow dock has traditionally been used as a mild laxative and liver cleanser. It was also used externally to relieve insect stings. Today, herbalists use yellow dock as a blood cleanser, tonic and builder. It is also used to stimulate the liver and gallbladder and aid in digestion. The characteristic of this plant is the light green narrow leaves, curled at the long edges, a stem 2 or 3 feet high, and a deep root which is bright yellow when the outer bark is scraped away. The roots are gathered in the fall, thoroughly cleaned, split lengthwise, and dried. A tea made from yellow dock root is mildly cathartic and promotes the flow of bile.

Yellow Dock in the Cayce Readings

- Edgar Cayce recommended yellow dock root as a digestive aid and blood purifier, working especially with the liver and pancreas.
- Yellow dock root was mentioned in 265 readings between 1911 and 1944. Yellow dock root utilization peaked in 1924 and decreased markedly with only a slight increase between 1932-1935.
- Various amounts of yellow dock root were recommended with the following frequency:

2 ounces	124 readings
1 ounce	43 readings
1/2 ounce	30 readings
1/4 ounce	3 readings

- Various forms of yellow dock root were also recommended:
 - Fluid extract of yellow dock root

1/2 ounce	17 readings
1/4 ounce	3 readings
1 ounce	1 reading
2 ounces	1 reading

- Tincture of yellow dock root:

1/2 ounce	7 readings
1/4 ounce	3 readings
20 minims	1 reading

- Essence of yellow dock root:

1/4 ounce	9 readings
1/2 ounce	4 readings
30 minims	1 reading

- Syrup of yellow dock root: 1/2 ounce (1 reading), 1/4 ounce (1 reading).
- Elixir of yellow dock root: 1 ounce (1 reading).
- Yellow dock root was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances in mentioned in the same readings as yellow dock root are as follows:

Tolu	209 readings
Wild Cherry	175 readings
Sarsaparilla	174 readings
Burdock Root	142 readings
Elder Flower	116 readings
Buchu Leaves	102 readings
Calisaya	88 readings
Mandrake	87 readings
Prickly Ash	73 readings
Stillingia	54 readings

Cayce Quotes on Yellow Dock

1012-1

The Yellow Dock acts with the DIGESTIVE fluids themselves.

643-1

The yellow dock root is an emit and blood purifier, an active principle with the secretions of the liver.

4650-1

We find these conditions, for the condition to produce the proper secretions to the pancreas and to give the correct functioning of the liver these elements are added in those of the Burdock and Yellow Dock root, you see; for that of the liver and to reduce the high hepatic condition is given the Black root and Yellow root ...

Yellow Root

Botanical Name: *Xanthorrhiza simplicissima*

Common Names and Synonyms: Shrub Yellowroot

Background: This small perennial herb is native to North America and Asia and can be found growing in damp, sandy areas and swamps. The name comes from the thread-like creeping rhizome which is a golden color. The clusters of evergreen leaflets have yellow tufts at their base and the solitary flowers are yellowish. Yellow root was used by Native Americans for treating colds and as an aid in childbirth. Yellow root was also used as a bitter tonic during the 19th century taken before meals to stimulate the appetite.

Yellow Root in the Cayce Readings

- In one reading, Edgar Cayce described the specific action of yellow root as acting on the "the pneumogastric [vagus

nerve] forces and gastric juices of the pyloric [lower] end of the stomach itself."

- Yellow Root was recommended in 36 readings between 1921-1924 with peak utilization in 1923(19 readings).
- Yellow root was recommended in the following amounts:

2 ounces	33 readings
1 ounce	2 readings
4 ounces	1 reading

- Yellow root was always recommended with other substances in a compound, never by itself. Although a wide diversity of formulas were given, the most common substances mentioned in the same readings with yellow root were as follows:

Tolu	28 readings
Yellow Dock	26 readings
Burdock Root	20 readings
Elder Flower	18 readings
Wild Cherry	15 readings
Buchu Leaves	13 readings
Calisaya	10 readings
Mandrake	10 readings
Sarsaparilla	10 readings
Black Snake Root	9 readings

Quotes on Yellow Root

2790-1

The Yellow Root is for the pneumogastric forces and gastric juices of the pyloric end of the stomach itself.

2657-1

This humor or bacilli that is carried in the blood produces the disposition toward that, that would be malignant eventually. This would be of assistance to relieve or help to relieve this body: To two gallons of water, we would add, preferably this should be rain water or distilled water, two ounces of yellow burdock root, two ounces black snake root, two ounces of Elder flower, two ounces of yellow root, four ounces balsam tolu. This would be simmered, not boiled, until reduced to two quarts, strain and add to this, this that has been reduced from a quart to a pint, two ounces prickly ash bark, with four drams of Peruvian bark - put the bark in the original - add one ounce of alcohol to this solution to keep. The dose will be tablespoonful before each meal. This will give an appetite and will relieve this humor in the blood. This will not cure it. This must be through the mind, too.

4910-1

To give the proper balance to this body, so as to overcome these conditions, to create within the peyerian [perineurial? Peyer's glands?] gland forces sufficient of the secretions to overcome the conditions through this portion of the body, and to give the correct incentives to the blood supplying forces, we would take this into the system:

To one gallon of rain water, we would add:

Sarsaparilla Root.....4 ounces,
Yellow Dock Root.....2 ounces,
Burdock Root.....2 ounces,
Black Snake Root.....2 ounces,
Yellow Root (or Gold Seal).....2 ounces.

Reduce by simmering, not boiling, to one quart. Strain. While warm, add: 6 ounces of grain alcohol, with 2 drams Balsam of Tolu.

The dose would be teaspoonful three times each day - one-half hour before meals.

Yellow Saffron

Botanical Name: *Carthamus tinctorius*

Common Names and Synonyms: Saflower, American Saffron, Dyer's Saffron, Fake Saffron, Flores Carthami, Bastard Saffron

Background: Yellow (American) saffron is not related to the expensive culinary (Spanish) saffron. American Saffron is the Saflower. Today this plant is grown mostly because for its high percentage of polyunsaturated oil, which tends to lower blood cholesterol. The annual plant grows almost 3 feet tall and blooms during June or July. A single smooth upright stem having pointed, shiny, leaves bears a compact flower. The flower head is 1 to 1 ½ inches across, and looks similar to a thistle. The flower

heads turn dark yellow to deep red in August. The heads produce an intense yellow or red substance which is used for dye. In the past the dye was used for cosmetic rouge, to dye mummy wrappings, color silks and other textiles. The seeds produce oil which is popularly used in cooking. The oil is also used in paints and varnishes. Medicinally, the flowers of yellow saffron have a laxative and diaphoretic action used to treat measles, fever, and eruptive skin disorders.

Yellow Saffron in the Cayce Readings

- Edgar Cayce recommended yellow (American) saffron for gastro-intestinal healing. Yellow saffron was usually prescribed as a tea, although several readings included it in complex formulas to heal the digestive system or produce a laxative effect. Yellow saffron was consistently prescribed for skin conditions such as psoriasis to heal the walls of the small intestine ("leaky gut syndrome) which the readings often cited as the source of the problem.
- Yellow saffron was mentioned in 248 readings between 1921-1944 with an extremely consistent pattern of utilization during practically this whole period.
- When used as a tea, yellow saffron was often used in conjunction with other substances, most often slippery elm bark water (108 readings), olive oil (85 readings) and chamomile tea (17 readings).

Cayce Quotes on Yellow Saffron

4264-1

... the action of the saffron to the body is to go through the action of the juices of the stomach, the proper incentive to carry on throughout the system the stimulating force needed to give rejuvenated life to this portion of the stomach when we are rebuilding proper channels through these, then the expressions coming to the nerve force and to all the rest of the body become through the proper channels.

3899-3

The active principle of the medicinal qualities are these: with the senna we give the active principle to the pancreatic

juices. With the rhubarb and licorice we add the active principle to the mucous membrane itself in the upper intestines, giving off more of the properties used as a lining to the intestinal tract. While the saffron is a sedative and a food for all of the organs throughout.

3972-1

... the action of the yellow saffron is to act on the duodenum and the functioning of the small intestines ...

2242-1

So let all of the water that is taken into the system carry both the properties of elm and the weak solution of yellow saffron, for its effect will assist the kidneys and the organs of the pelvis that produce some irritation to the system.

4653-1

Let all of the water as taken in the system carry small quantities of elm and yellow saffron. This is to remove inflammation in the system internally. That is, to the glass of water add small pinch of the ground elm bark and small pinch of the powdered yellow saffron. Do that, we will bring relief for this body.

232-2

As to the medicinal properties for this system, we would take none save those that act as a laxative to the system, and when this is taken this would be and would meet the necessary needs for this body:

Cascara Sagrada.....2 grains,
Licorice Compound.....1 grain,
Yellow Saffron.....2 grains.

149-1

Take into the system a mild tea, as is prepared from Yellow Saffron. This will be healing and relaxing in a sedative manner to the intestinal tract all the way through.

4256-1

Then there should be taken REGULARLY Yellow Saffron Tea. The combination of these, as we see, is to soothe and to lessen this irritation as is kept up through the intestine and through the stomach.

2036-2

Those of senna, yellow saffron, and Dover's powders, sufficient to act on liver and the intestinal system, especially the colon.

3717-2

Now, as to occasionally - and what these properties mean for the system: In taking the elm, this in its active principle for THIS system adds to the alkaline reaction from the salivary glands to action of the cardiac portion of stomach. The Yellow Saffron reduces the hydro-chloric reaction in stomach proper. The lithia adds to the efficiency of the active forces necessary through the lower hepatic circulation, clarifying and relieving kidneys from the distresses as would be caused by and under active principle. Now the added force in the Magnesia is to sweeten the condition in the duodenum and in the jejunum in its reaction in the system, or so that in the action of foods in system will bring the nearer normal assimilation and the eliminations for the body.

5545-1

Just before the MEALS are taken, that of a MILD tea of Saffron should be able to coat the whole of the stomach proper. This will aid digestion.

348-12

(Q) Will saffron tea be helpful?

(A) Helpful, as has been given, in keeping an equilibrium between the acid forces of the body.

5619-1

In that of the saffron, this would be made in a very mild tea, but the effects of this are that, with the muco-membrane of the stomach, of the duodenum, of that portion of the digestive forces in system, will prevent that recurrent condition of acidity, and the too much of the alkalin - for one is as bad or as SEVERE on the ulcerated or lacerated conditions, as occur from time to time. Hence the necessity that these be in the water as is taken.

287-10

But if we will add TO the system those properties that are somewhat soporific in their nature, and that will work with not only the direct disorder itself but which reacts through the system, or portion of system so disturbed directly, these will be helpful - as was used before, and as given. That of yellow Saffron tea, taken two, three, four times a day - teaspoonful,

see? and olive oil. The action of these upon this portion of the system is to make for the activity of the gastric juices as are set in motion by the taking into the system ANY property, whether that of just the saliva of spittle or of water, or of food, to make that in the portion of the system react that will meet the needs, or supply the needs, of FITTING that so ENTERING the stomach to the needs of the body! See? Alright! With the taking of the oil, that is as food to the lining and to the muscular forces of the whole of the intestinal system, and that of the Saffron - which is soporific in its reaction to the activity OF the system, then these combined - though, of course not taken together, for the oil will be taken two times each day, while the Saffron will be taken three or four times a day - teaspoonful; olive oil, teaspoonful morning and evening.

4510-1

The Saffron will assimilate and coordinate with the gastric juices of the DIGESTIVE system, in such a way and manner as to eliminate that character of poisons that saps the vitality of the muco-membranes OF the digestive and intestinal system.

437-7

And two, three, four times a day - but not at the same time with the Oil - take Pure Yellow Saffron Tea. The activity of these properties upon the gastrointestinal system will be to create an effluvium in the very activity of the mucus membranes through the flow of the lymph to aid in not only healing but in giving texture and strength especially to those portions of the alimentary canal that are of the disturbing nature. Make a Saffron Tea, you see. The proportions would be about a teaspoonful of the Yellow Saffron (American Saffron, not necessarily Spanish) to six ounces of water; this a heaping teaspoonful. Let this steep. It is necessary that this be kept cool. And take about an ounce of it, or a tablespoonful of it, two to three times a day.