

# The SEARCHLIGHT

Association for Research and Enlightenment, Incorporated  
VIRGINIA BEACH, VIRGINIA

Vol. XII

June, 1960

No. 6

## Drugless Therapy From the Edgar Cayce Readings

By Harold J. Reilly

When someone asked me recently how many cases the Reilly Health Service had handled for Edgar Cayce since I was first mentioned in the readings, thirty years ago, I replied that I would say from about 700 to 1,000 cases.

On his recommendation, we arranged treatments in the drugless therapy field for patients requiring osteopathy, chiropractic massage, hydrotherapy, homotherapy, and all the different modalities that are used in drugless treatment and therapy.

It is interesting now to find that the basic naturopathic or drugless patterns given in the Cayce readings may be put into four classifications:

1. Those which have to do with the increase of circulation.
2. Those which have to do with the increase of elimination.
3. Those which have to do with relaxation.
4. Those which have to do with the proper approach to eating.

Notice that I did not use the word diet in Number 4; for there is more to the proper approach to eating than just calories, or quantity of food, or minerals and vitamins. The total approach concerns an emotional - one might almost say psychological - approach to food.

At this time I shall consider

mainly the first two classifications.

For the increase of circulation, the drugless methods recommended as a rule throughout the Cayce readings were: *exercise* which patients were told they could do mostly for themselves); *massage* (some of which they could do, and for other kinds they were sent to such institutions as the Reilly Health Service, or to similar services in other parts of the country); *Osteopathy*, *Chiropractic* and other manipulative therapies.

For the increase of elimination, it was first necessary that the patient understood just what this therapy involved, for the word elimination is a broad term, as very few people realize. If you go through a number of the Edgar Cayce physical readings, however, you will find that all the different fields of elimination are covered very thoroughly.

We eliminate through the intestines, we eliminate through the kidneys, we eliminate through the skin, and we eliminate through the lungs. The processes of increasing eliminations were handled in the readings through the use of exercises, through massage, and the use of colonic irrigations, packs, rubs and fume bags.

To go back to increase of circulation: the exercises, as we have said, can mostly be done for yourself. (Editor's note: Some are included in

Extracts, at the conclusion of this article.) Massage, osteopathic treatments, etc. must be given by someone else. And colonic irrigations have to be given by someone else, since they involve special training and experience. As a substitute, however you can at times take two to four small enemas.

To help increase elimination from the kidneys and the skin, the readings recommended pack treatments. Most of these were made with castor oil. A piece of flannel about 8 inches wide was to be soaked in the warmed oil, doubled up and placed over the gall bladder, or over the liver, or over the kidneys. A heating pad was to be placed over the flannel and left there for a specified length of time.

Packs of hot Epsom salts were also recommended, used across hips and back, in cases of lumbago. Packs of Glyco Thymoline were also recommended in some cases.

For increasing elimination through the skin, it must be remembered that it is a physiological fact that the skin does about one-twentieth of the work of the kidneys. When the skin elimination is speeded up, it can take care of practically one-tenth of the work the kidneys usually do for the body. In fact, there are many lower animals that do not even have kidneys, the elimination accomplished in humans through the skin and kidneys being done in these animals entirely through the skin. Therefore stimulation of elimination through the skin is important for man, since it can help the kidneys' function so much. And to stimulate this elimination, both through skin and kidneys, the readings recommended the packs, the fume baths, and occasionally friction rubs.

Now the fume bath is practically a

steam or vapor bath, using certain chemicals, oils or drugs. These must necessarily vaporize easily; as do eucalyptus oil, the balsam oils, the pine oils, Atomidine, etc. These fume baths are useful not only for the skin but may also be used for inhalations, thus aiding elimination through the lungs.

If you are not able to go to an institution for such a fume bath, it is very simple to fix one for yourself. Sew together four blankets, or take a large piece of canvas and sew it together with an opening for your head and an overlap at this opening. I have been asked whether plastic material would work for such a cover, and I think a flexible, non-inflammable plastic would be all right. It might even be better than the cloth, since it, is non-porous. Just be sure of your plastic.

Next, take a stool, preferably without a back, and place under it an electric steamer or an electric stove with a steaming pot upon it. Bold towels on the seat of the Stool and be sure to hang a towel in front of the stool to protect your legs from the heat.

Exact formulas are given in the readings for various vapors for individuals; but I say it would be safe to use about one-half to one teaspoonful of the solution or oil, in one to two quarts of hot water. The hotter the water, the more quickly the steaming will take effect.

Then sit on the stool, wrap the covering close across your shoulders and fasten it around your neck. This after you've removed your clothing, of course. If you also want to inhale for a cold, leave a small opening in the front where you can put your head down to inhale, and then close the opening when the inhalation becomes too strong. This fume bath is just one of the many things of value that we can take from the Edgar

Cayce readings and utilize ourselves, now and at any time we need to.

Now let's consider the lungs, Not many people understand that a great deal of elimination takes place through the lungs, by means of deep breathing. For instance when you take a good deep breath, especially if you bend with it, you force the residual air out of the lungs and you bring about a complete change of air. By so doing, you not only drive oxygen down into the lower part of the lungs, but you also help to eliminate carbon dioxide which is the product of fatigue, from the body. Protein waste is quite frequently eliminated through the lungs, in the form of carbon dioxide.

You who are familiar with physiology know how the blood stream picks up some of the acid waste and turns it into gas, which is exchanged for oxygen in the lungs. Deep breathing, combined with stretching and bending exercises recommended by the readings, should bring a great deal of benefit to the body in many ways.

Now all of this has given us only a glimpse of the Infinite Wisdom to be found in the Cayce readings. I have been in the field of physiotherapy and drugless therapy since 1916, and have seen the many phases of its progress; but the amount of information shown in these readings is nothing short of uncanny.

You probably have heard of physiotherapy only in the past fifteen years especially since the last war. The reason for this is that the Army became tired of waiting for physiotherapy to be developed like other branches of medicine - which usually takes about thirty years. The Army pushed its own development because it was necessary in the rehabilitation program. Anyhow, we have been using physiotherapy for over thirty years. Some of the Cayce readings

containing these therapies are now thirty to thirty-five years' old. At the time they were given, that long ago there was no chance that Edgar Cayce could have been familiar with such types of physiotherapy. Yet he gave readings advising electrotherapy short wave and ultra-short wave. Strange as it may seem, the machine for this special type of therapy had just been perfected and we at the Health Service had just obtained the machine, three weeks before it was mentioned in the readings!

All that I can do here is give a broad picture of the basic health patterns as outlined in the Cayce readings. I have gone through these records many times and each time I am able to pull some new interpretation from them; so you see how important they are for individual study.

As you know, the Edgar Cayce Foundation has arranged for their preservation through the process of microfilming. This is a vital program, for the 15,000 readings - 12,000 of which are physical readings - are too valuable not to be preserved and made available in this way. Those of you who have taken part in this program can feel a deep sense of satisfaction.

Even now, I can take the latest findings in the field of physiotherapy and compare them with readings given thirty to thirty-five years ago, and I assure you that the readings do not come out second-best! For instance, a famous Russian scientist and several of the other experts on longevity and geriatrics have said that the average age of man should be about 140 years. In one of the Cayce readings, a question was asked about old age. The answer was that if the person lived properly, ate properly, didn't worry too much, and kept an optimistic outlook on life, he could live to be 120 or 121 years of age.

So the facts that we continually get from scientific sources and the facts given in the readings can more and more often be reconciled. Of course, we have to study them with a broad mind, because our so-called scientific facts are continually changing, while the field of healing is strictly more of an art than a science.

However, it remains continually amazing to see how, time and time again, we can come back to the readings and find out some of the things that are taking place today, right now in the fields of natural therapeutics or physiotherapy.

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*Adapted from a lecture given at the eighteenth Annual Conference.*

### **Extracts From the Readings**

"The specific exercises should be the turning or the twisting of the body, to affect the diaphragm up ... to make for a better activity of the liver ... Stooping with the feet together, stooping with the feet spread apart as the body jumps up. These are the best." No. 288-1  
Q-2. "When I don't walk during the day, are the evening exercises sufficient to equalize the circulation of the lower limbs?"

A-2. "Provided that the exercise are of sufficient duration and of sufficient character to insure the activity in those portions of the system. Well that there be the exercise of the riding of a bicycle .." No. 288-1

"Take the rolling exercise, and to cat crawl, and stretching exercise morning and evening - you'll have good circulation! But don't do it one and say 'I'm too tired this time' or 'I'll put it off this time.' Do it regularly.

"The crawling exercise is to lie on the floor and crawl and stretch just as a cat would. But do it regularly if it is

begun, or don't do it at all, The rolling exercise is to put the head between the knees and have someone roll you over 2-3 times." No. 308-P

"For those little tensions in the head which affect the eyes, teeth, mouth, we would take regular exercise for the body and neck. It won't take long, but don't hurry through it.

"Each morning before dressing rise slowly on tiptoe and raise the arms easily at the same time, reaching directly above the head and pointing hands ceiling-ward. At the same time bend the head back as far as it will go. Then let yourself down easily on the heels. This stimulates the circulate throughout the whole area from to abdomen through the diaphragm, the lungs, head and neck.

"As you lower to the heels, let you head bend forward as far as it will go on your chest. Then repeat, bending head to the right as far as it will go. The next time, bend it to the left. Then, standing erect, with hands on hips, circle the head, rolling it around to the right two or three times. Then circle to the left.

*"This will change all of those disturbances through the mouth, teeth and eyes, and the activity of the whole body will be improved."* No. 470-P-28

Q-16. "Has the lack of setting-up exercises in the last few months been detrimental to the body?"

A-16. "Whenever something is begun and than left off, it becomes detrimental - anything that should have been kept up." No. 457-P-7

Q-1. "Should I have any particular form of exercise?"

A-1. "Walking, and have the regular setting-up exercises for a few minutes morning and evening. Let the exercise preferably be for the lower limbs (in the evening) ... a movement as of sitting on

the floor and 'walking across' - or swinging the limbs one in front of the other, for three to four minutes.

"Then in the morning, before dressing, exercise the upper part of the body by swinging the arms straight forward and upward and down; then a turning motion as of swinging the arms around, for movement ... from the diaphragm upward, from the ninth dorsal upward. These exercises will take away the heaviness and the tendency to get tired easily." No. 2454 p 2

"A person whose work keeps her sitting at a desk all day should be mindful that there be a taking of sufficient exercises that use the areas through the lumbar and sacral region: bicycle riding, walking, horse back riding, rowing and similar types." No. 1968-P-2

Q. "What can I do to ease nervous condition?"

A. "Relax the body at regular intervals. This is much better than depending upon outside influences. Extra amounts of vitamin B will help; but perfect relaxation is the best remedy. Have a period when you forget everything. It is not necessary to go to sleep, but if you can, it is good. But relax — forget— and let recuperation come from deep within yourself." No. 3120-P-2

In the evening: "Take blood flow away from the head by exercising the lower body, lying prone, using circular or swinging motion of the legs." No. 288-P-5

"There should be a warning to all bodies with respect to assimilations and eliminations. For if the assimilations and eliminations are kept nearer normal in the human family, the days might be extended to whatever period as might be desired. For the system is built by assimilation of that which it takes into it, and thus is able to bring resuscitation as

long as the eliminations do not hinder." No. 311-3

"Let us explain so that the body will understand. Each activity - whether the pulsation of the heart, the movement of the hand, the use of vision, speech, walking, or any activity - is using energy in the body. This use of energy leaves what may be called ash or what we have chosen to term *the drosses*. As the circulation passes through the system and there is activity along the corpuscles, these grosses are thrown into the alimentary canal, along with the drosses from food taken into the body,

"Also the nerve and muscular reaction carried into the blood supply is - through the activity of the liver and lungs - thrown off through one or the other of these channels. It is thrown off in the breath, and through the liver activity as an excretory and secretive functioning. That is, the secretions are activities from the system; and as these are thrown into the blood supply from the activity of the pancreas, gall duct and spleen, all of these throw out drosses, as in the rest of the system.

"If the eliminating channels coordinate one with another, these drosses are thrown off in their regular way or manner." No. 480-P-6

"There should be more water taken into the system, in a more consistent manner, so that the system - especially the hepatics and kidneys - may function more normally, thus producing the correct ... elimination of drosses in the system. For there are many channels for elimination from the system.

"For this reason each channel should be kept in that equilibrium and balance wherein the condition is not... an accentuated condition in any one of the eliminating functions. There should not be an over-taxing of the lungs, the

kidneys, the liver or the respiratory system. All should be kept in an equal manner.

"The lack of water an the system creates an excess (burden) of eliminations that should normally be cleansed through the kidneys and alimentary canal; and forces the dross back to the capillary circulation. This brings about, at times, a congestion and a weakened condition." No. 257-P-7

"The exercise that we would follow for this body would be the stretching - much in the manner as the exercise of the cat, or the panther ... stretching the muscular forces. Not as strains, but so as to cause the tendons to be put into position for the formation of strength-building to the body." No. 4003-P-1

"In the morning, especially upon arising (and don't sleep too late!) and before dressing, so that the clothing is loose - or the fewer worn the better: stand erect before an open window and breathe deeply, gradually raising hands above the head. With a circular motion of the body from the hips, bend forward. (Do this). Breathing in and through the nostrils, as the body rises on its toes, and breathing very deep; exhaling suddenly through the mouth, not through the nasal passages (as it bends forward). Take these exercises for five to six minutes.

"Then as these progress, gradually close one of the nostrils, even if it's necessary to use the hand; but if the left hand is used (to close the nostrils), raise the right hand. And when closing the right nostril with the right hand, then raise the left hand as the breathing-in is accomplished.

"Rise, and then have the circular motion of the body from the hips, and the bending-forward, expelling as the body reaches the lowest level in bending

towards the floor expelling suddenly through the mouth, see?"

"Then evenings, just before retiring, with the body prone facing the floor and the feet braced against the wall: circle the torso by resting on the hands. Raise and lower the body, not merely by the hands but more from the torso, and with more of a circular motion of the pelvic organs to strengthen the muscular forces of the abdomen. Not such an activity as to cause strain, but a gentle circular motion to the right; two or three times, and then to the left." No. 1523-P-2

"When we remove the pressures of the toxic forces, we will improve the vision. Also the head and neck exercise will be most helpful, Take this regularly, not sometimes and leaving off sometimes. But each morning and each evening take this exercise regularly for six months and we will see a great deal of difference.

"Sitting erect, bend the head forward three times; to the back three times; to the right side three times; to the left side three times. Then circle the head each way three times. Don't hurry through with it, but take the time to do it. We will get results." No. 3549-P-1

Q. "Is there any special exercise I should take, other than the head and neck exercise?"

A. "Walking is the best exercise, but don't take this spasmodically. Have a regular time and do it rain or shine.." No. 1968-P-4

"To assist in dissolving for the system those tendencies toward drosses in the colon, we would use the high enema at least once each week until four or five have been taken; and then at least once a month for a year or so." No. 2351-P-1

"Oil that does not strain, or olive oil that gives food value to the intestines,

stomach and digestion; or oil enemas - may all be used effectively." No. 325-P-2

"The olive oil should be a teaspoonful once each day, . . . It is a food for the intestinal system when taken in small doses." No. 195-P-13

"Take a colonic irrigation occasionally; have one administered scientifically. One colonic irrigation will be worth about four to six enemas!" No. 3570-P-1

"Few may show forth what is felt in the heart, with the liver bad. For twice does the blood pass through the liver to once in the heart. The liver is the clearing house for the blood, in and out of the lungs, So in the conduct of life . . . think twice before you speak once - for there's only one tongue, but two eyes, There is only one heart, but seven lobes in the liver.... Use that which you have, and your eye will be single in service, your tongue will be loosed in the right direction." (No. 341)

"Unequalized circulation may be produced by an imperfect assimilation and elimination." (No. 538)

"The whole body will respond to the vibrations which may be set up by the use of an electrically driven vibrator. Use this from the heels to the hips; from the central portion of the body toward the fingertips (daily). This will bring about an equalization of the circulation from the extremities to the head." No. 243

"For when there are any types of headaches (and they may arise from many sources) there is distress somewhere in the physical being of the body, which is the source . . . One may have a type of headache from a stomach ailment, another may be from poor digestion or poor elimination; and these apparently cause pressures in various portions of the head . . . Then in going

about to remove these pressures, we would have osteopathic treatments and colonic irrigations . . . We would start the treatment in the early spring season. Remember, we all move by cycles, you see."

Q-2. "Does each body have its individual cycle?"

A-2. "Each body has its individual cycle and vibration." No. 3329-P-1

"Various portions of the system move in different cycles of renewal . . . Residue and non-coordination of eliminating systems interfere with normal renewal of tissue at cyclic periods." (No. 108). "The body renews itself, every atom, in 7 years." (No. 3684) . . . "All portions of the body come under varied cycles." (No. 3688)

"The liver and the kidneys are the positive and negative poles of a human body, and when one becomes overtaxed, the other necessarily becomes supercharged in its functioning." (No. 1371)

"The liver and the heart work coordinately; the lungs and the kidneys, while coordinating, purify the blood in different directions." (No. 2091)

Q-1, "Give a simple method of reducing the blood pressure of this body to normal."

A-1. "It is near to normal now. The simple method is to keep away from fats, and this will help to keep it near normal. And walk in the open, early in the mornings. This brings better activity of oxygen and ozone, so as to keep the balance in the blood-flow through the lungs, heart, liver, kidneys. These are the sources from which either pressure or repression causes disturbance." (No. 2633-4)

"Now, set yourself to be the control, through your mental self (for mind is the builder), and budget your time: for physical development, physical relaxation, physical improvements and

mental developments. And let the basic forces ever be prompted by your spiritual ideals. Then keep true to that budget you set for yourself. So much time for this, and for that . . . yet not to

become rote. Not only will vitality and energy improve, but there will be much more fullness in your life experience.”  
(No. 1206-131 )

**NOTE:** This is a REPRINT of a former monthly publication of the Association for Research and Enlightenment, Inc.