



MERIDIAN INSTITUTE NEWS

RESEARCHING THE SPIRIT-MIND-BODY CONNECTION

Cancer Research Report

"The Causes and Treatment of Cancer: A Research Report Based on the Readings of Edgar Cayce" is now available on the Meridian Institute Web site. The purpose of the report is to survey the Edgar Cayce readings that discuss the causes and treatment of cancer to determine potential relevance to modern research and clinical application.

The primary data source for the project was the 14,600 psychic readings of Cayce that have been computerized on *The Edgar Cayce Readings on CDROM*. Data was extracted via structured searches using the keyword "cancer." Data synthesis was accomplished by quantitative analysis of simple frequency parameters (as in Graph I) and qualitative analysis of the primary themes. Here are some of the themes identified in the report:

- **CANCER IS AN ENTITY UNTO ITSELF.**

In most cases, cancer is a group of cells or tissues which separates ("segregates") itself and forms its own entity within the larger system of the body. In a sense, cancer has its own separate identity like a parasite which infests a host organism.

- **CANCER REPRESENTS A FAILURE OF NATURAL PROCESSES.**

Edgar Cayce observed that the same processes which result in cancer are present in the body all the time. Cancer usually results from the failure of natural processes such as coagulation and elimination of wastes.

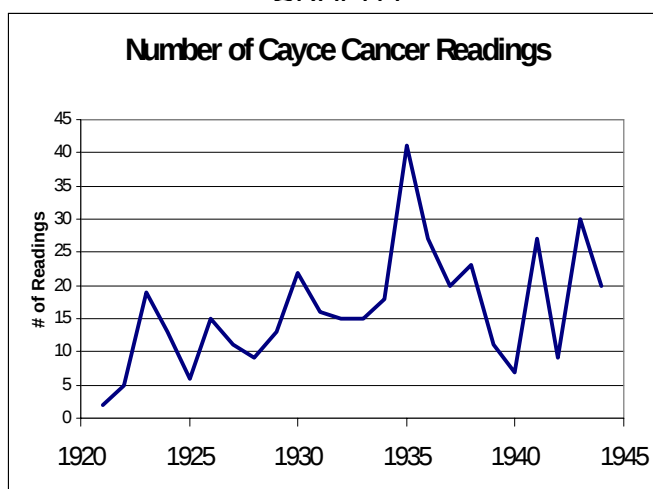
- **CANCER DRAWS FROM THE VITALITY OF THE BODY.**

Cancer uses the body's life-force energy to survive. Like any parasite, cancer is a drain upon the resources of the host organism.

- **CANCER HAS MANY CAUSES.**

There are many etiological (causative) factors associated with cancer. Heredity, environmental toxicity, poor eliminations, injury, lack of vitality, and depleted immune system were the most often cited factors linked to cancer. Specifically, chronic irritation or bruising were often said to be triggering factors producing tumors which could become malignant.

GRAPH I



- **THERE ARE MANY FORMS OF CANCER.**

Edgar Cayce recognized the various kinds of cancer. On two occasions he stated that there are nineteen forms of cancer.

- **CANCER CAN OFTEN BE PREVENTED.**

According to Edgar Cayce, keeping a healthy diet and good eliminations can help prevent cancer. Specific therapies such as iodex and ash ointment and plantain salve were recommended by Cayce to prevent lumps and tumors from becoming malignant. Gentle osteopathic treatment was also often prescribed to set up "drainages" and improve eliminations thus decreasing the chances for cancer.

- **EARLY TREATMENT RESULTS IN BETTER PROGNOSIS.**

In agreement with modern medicine's view of cancer treatment, Edgar Cayce noted that early intervention produces better therapeutic results.

- **CANCER INVOLVES MENTAL AND SPIRITUAL ASPECTS.**

Edgar Cayce's holistic approach to health and healing is notable in the readings he gave for person's suffering from cancer. The mental and spiritual aspects of prevention and treatment were strongly emphasized. Cayce also stated that excessive worry

and negative attitudes can make a person with a genetic predisposition for cancer more vulnerable to developing the illness.

- **CANCER IS SOMETIMES A KARMIC PATTERN.**

Consistent with the perennial philosophy which acknowledges the continuity of consciousness, Edgar Cayce observed that in some cases cancer can result from past life experiences.

- **THE TREATMENT OF CANCER INVOLVES MANY MODALITIES.**

Edgar Cayce recommended a wide variety of therapeutic modalities for the treatment of cancer. Treatments directed at decreasing toxicity and increasing vitality were emphasized. On the whole, natural therapies that worked with the body to heal itself were given priority.

- **EDGAR CAYCE SOMETIMES RECOMMENDED SURGERY AND RADIATION.**

In certain cases where the cancer was progressive and extreme, surgery and/or radiation therapy were recommended. Modern chemotherapy techniques were not available during Edgar Cayce's era.

- **SOME CASES OF CANCER WERE REGARDED AS INCURABLE.**

Although Edgar Cayce was generally optimistic with regard to the body's innate ability to heal itself from almost any illness, in some cases of cancer the disease was too advanced to expect a physical cure. In such instances, Cayce would recommend therapies to decrease the pain and suffering while emphasizing the mental/spiritual (soul) aspects of healing.

The report contains numerous excerpts representing the various themes documenting Cayce's views. Commentary is also provided to help explain key concepts and terminology.

Relevance to modern researchers, clinicians, and the general public is discussed. In particular, Cayce's use of complementary and alternative medicine (CAM) for the treatment of cancer is one of the significant findings of the report. CAM involves the combination of conventional and alternative treatments. The individualized treatment plans developed by Cayce for cancer provide a model for the integration of the full range of treatment options.

The Cayce information represents a valuable resource for researchers, clinicians, and the general public. Further research is needed to explore specific hypotheses and the efficacy of certain therapeutic techniques.

The Causes and Treatment of Cancer: A Research Report Based on the Readings of Edgar Cayce is available on the Internet at:

<http://www.meridianinstitute.com/reports/cancer.html>

PUBLICATION

OSTEOPATHIC REGULATION OF PHYSIOLOGY

A recent issue of the *AAO Journal* (American Academy of Osteopathy) contained an article by Meridian Institute staff titled "Osteopathic Regulation of Physiology." The paper documented a study that explored the effects on physiology of "holding the vasomotor center," a historical osteopathic technique of inhibitory pressure in the cervical area, intended to affect sympathetic nervous system control of circulation. Interestingly, Edgar Cayce also specifically recommended this technique which has become known as the "third cervical release."

Circulation, skin temperature, heart rate and breathing rate were measured in 18 participants, during holding the vasomotor in comparison with a "sham" manipulation – a gentle touching of the tops of the shoulders. There was substantial individual variability, but averaging of the responses showed increased circulation to the fingers, accompanied by increased finger temperature and a briefly reduced heart rate followed by an increased heart rate, in response to holding the vasomotor center. Touching the shoulders did not result in any circulatory or temperature changes, but did cause a briefly reduced heart rate identical to that from holding the vasomotor center.

The study suggests that simply holding a gentle pressure on specific nerve centers has potentially therapeutic effects that could be applicable to the treatment of conditions such as migraine or other hyperautonomic states. Since even light touching can also have measurable physiological effects, the question of what constitutes a valid sham treatment in studies involving manual therapy remains open for further investigation.

Reference

Richards DG, McMillin DL, Mein EA, Nelson CD. Osteopathic Regulation of Physiology. *AAO Journal* 2001; 11(3):34-38.

LITERATURE

SELF-HYPNOSIS FOR CHILDHOOD ABDOMINAL PAIN

Functional abdominal pain is recurrent abdominal pain without an identifiable physical cause. In a study conducted at Upstate Medical University in New York, four out of five children resolved this disorder within three weeks after a single session of instruction in self-

hypnosis. The author, reporting in the journal *Clinical Pediatrics*, noted the potential impact of widespread application of such hypnotherapy may be large because abdominal pain is thought to be the most common recurrent physical symptom attributable to psychological factors among children and adolescents.

Reference

Anbar RD. Self-hypnosis for the treatment of functional abdominal pain in childhood. *Clinical Pediatrics* 2001 Aug;40(8):447-51.

HEALING

HEALING ARTHRITIS AND MORE

We recently videotaped a follow up interview with a research participant who has been working with the Cayce approach to arthritis. In addition to the improvement in his arthritis symptoms, other positive outcomes, including the healing of a family member were reported. Here are some excerpts from the interview:

"I was diagnosed with arthritis about twenty-five years ago. I was diagnosed with both rheumatoid, the more serious type, and osteoarthritis. But the rheumatoid arthritis was the principle concern. In the early 1990s I had a major crash with my arthritis in the sense that I was in the hospital for several weeks and off work for six months. When I left the hospital I was, in fact, on crutches. From that time on I was on heavy-duty medication, and I was always concerned about the medication ...

"I started this [Cayce approach] about three years ago ... This approach involved a change in eating habits – a more healthy diet – it has involved massage, Epsom salts baths, spinal adjustments, and colon hydrotherapy....

"Interestingly enough, one of the initial very positive effects that I found was that headaches that I used to have almost every day disappeared within the first week of starting this program. Approximately ten months later I ceased to take any further medication which I found personally to be of great benefit. Gradually I found that my health was improving.

"Prior to starting the program I used to have difficulties in walking. I would have stiffness for example in my hands, knees and ankles. This could last up to several hours in the morning and would tend to disappear. I would have the occasional flareups in one of my joints, which over time, perhaps a month or so, would settle down.

"After I started the program I no longer had these. Today for example, at worst I might have slight morning

stiffness in my hands for perhaps half an hour, but nothing compared to what it was. I find that I am quite capable of climbing, for example, on ladders, lifting heavy weights, doing virtually everything which is most gratifying to me personally.

"My wife also participated in the program in the sense, of course, that we eat together. So her eating habits have changed. She found, for example, that she used to have some aches and pains, and these totally disappeared. Another great benefit of the program.

"A number of people have said to me in the last year or so how my health has seemed to improve substantially over several years ago and I found this most gratifying. Certainly I have found this program to be extremely beneficial and would recommend it to anyone who is serious about overcoming problems with arthritis."

CALENDAR

September 13-15, 2002: 7th Annual Cayce Health Professional's Symposium, Virginia Beach.

MERIDIAN INSTITUTE NEEDS YOUR SUPPORT

We welcome your support and participation. Please contribute your knowledge, time and money to Meridian Institute's important research on the Edgar Cayce health readings. Meridian Institute is a non-profit organization. Your donations are tax-deductible.

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Statement of Purpose:

The goal of Meridian Institute is to expand the meeting ground between science and spirit by conducting and sponsoring clinical and basic science research. We intend to examine concepts about the body compatible with the premise that we are spiritual beings, and to approach the healing process from this perspective.

The body of information that will be researched and used as a guide for directing our work will be the Edgar Cayce health readings. Now over fifty years old, they provide a coherent and consistent physiology of how the body functions in health and disease. These health readings have never been fully researched in a modern, scientific manner that would provide data acceptable to all healthcare professionals and agencies.

It is our intention to conduct research in a manner acceptable to the modern healthcare community.

Priorities:

1.) To conduct and support research that examines physiological, anatomical, and health concepts which help unify the scientific and spiritual world views. This will involve sponsoring clinical and basic research, and engaging in "seed research" through conferences on specific topics and clinical projects incorporating a network of cooperating researchers and clinicians.

2.) To support, sponsor and directly present programs educating health professionals, scientists, and the public regarding these spirit-mind-body connections.

3.) To serve as an information network for researchers and clinicians exploring and applying these concepts and methods.