



Meridian Institute News

RESEARCHING THE SPIRIT-MIND-BODY CONNECTION

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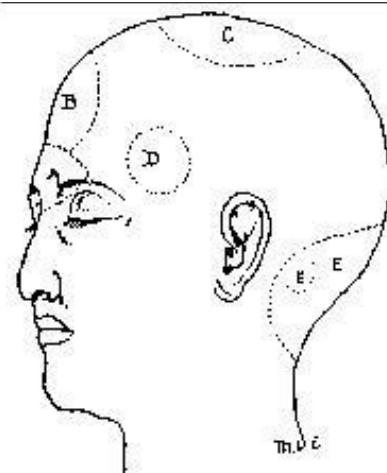
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Headache Report Completed

Headache is one of the most common problems observed in clinical practice. It constitutes a public health concern of enormous proportions, impacting both the suffering individual and society as a whole.

Apart from relatively rare instances of organic etiology (from obvious head injury or such), the basic cause of headache remains elusive. The primary classifications of headache used by modern clinicians and researchers (i.e., migraine, tension and cluster headaches) are all of unknown causation and incurable by medical standards. Treatment is usually directed toward symptomatic relief and prevention.

The secondary forms of headache (resulting from some other illness) may be relieved or possibly eliminated if the primary condition is effectively treated. Yet, in such instances, the relation of the headache to the primary disorder is often poorly understood. Strictly speaking, the cause of most chronic illness is unknown. Furthermore, the practical reality is that many patients seeking help from a primary care provider present with a collection of nonspecific symptoms (including headache) that do not fit easily into any diagnostic category. To simply label headache as primary or secondary, without understanding the basic etiology,



"Areas Where Headache Occur" from Eberhart's Manual of High Frequency Currents [1911]

pathophysiology and pathogenesis of the various forms of headache, leaves much to be desired.

The Edgar Cayce readings are a valuable resource on the causes and treatment of headache. A recently completed report by Meridian Institute provides analysis of 810 Cayce readings that discuss the diverse manifestations of headache. The report provides a comparative study of the Cayce readings on headache, the historical medical literature of his era, and the modern medical literature.

Previous studies indicate that it is extremely helpful to look at Cayce's work in the context of both historical and modern sources. The Cayce readings use the conceptual and technical language of the medical systems of his era, especially osteopathy. Therefore several of the appendices of the report contain excerpts from some of these historical texts to provide a platform for considering the Cayce information. Late nineteenth and early twentieth century osteopathic, herbal and standard medical texts are the primary historical sources quoted extensively in the report. These historical medical perspectives tend to view headache more systemically, recognizing the role of the peripheral systems in the cause and treatment of headache.

Cayce's readings are very consistent with the historical sources in this regard. Cayce often cited problems with the digestive, eliminating, and reproductive systems as basic causes of headache. Nerve reflexes, particularly via the vagus nerve, are the link between the viscera and head. Psychological factors, especially worry, was also mentioned in numerous readings. Cayce tended to prescribe relatively natural treatments to address basic causes and provide symptomatic relief.

The modern medical literature can serve as a bridge between these historical sources (Cayce readings and historic texts) and modern practitioners who are interested in applying this information in a clinical setting. Thus the first two sections of the report provide a selected literature review of the above sources leading to Section III which contains a protocol and algorithm for applying Cayce's ideas on headache in a clinical setting.

The report should be viewed in the context of a broad research model consisting of phases. This is the first phase wherein the primary focus is on scholarly research of the Cayce readings and related information. This phase is essential because future clinical or basic science projects will draw upon the concepts derived from this initial review and analysis. The entire headache report is available online at the Meridian Institute website.

LITERATURE

ORGANIC VERSUS CONVENTIONAL CROPS

After comparing the published nutritional measurements of organic and conventional crops, researcher Virginia Worthington concluded that there appears to be a genuine difference in the nutrient content. Because there are insufficient data from any one source, Worthington used all available studies in her analysis, including studies of produce from research plots and greenhouses, farm-gate produce, stored produce, and produce purchased at markets.

Worthington noted that organic crops contained significantly more vitamin C, iron, magnesium, and phosphorus and significantly less nitrates than conventional crops. The nutrient difference may reflect the effects of chemical fertilizers and pesticides on soil ecology and plant metabolism.

Reference:

Worthington V, (2001). Nutritional quality of organic versus conventional fruits, vegetables, and grains. *The Journal of Alternative and Complementary Medicine*. 7(2):161-73.

HEALING

SUGGESTIVE THERAPEUTICS FOR ENURESIS

We recently reported on the use of suggestive therapeutics, a form of naturalistic hypnosis, for the Alzheimer's dementia (Vol. 5, No. 2). The following anecdote documents the use of suggestive therapeutics for enuresis (bedwetting).

"Of all the various problems of raising four children, it took close to four years to find the solution for my son, Jason's problem. If it hadn't been for Edgar Cayce's readings, Jason might still be wetting the bed.

"Getting a six year-old, who had wonderful bladder control during the day, to stay dry at night, was like bailing water from a boat with a hole in the bottom. A lot of wet work, without any progress. Each morning Jason would awake wearing the same pajamas he wore to bed, except he looked as though held been standing in the rain all night. The youngster was fairly unconcerned because he never remembered wetting the bed.

"I, on the other hand, was beside myself, what with sponging him off, changing the sheets and hauling everything to the washing machine. This was long before the days of Huggies, Depends and Chux. I, as much as he, needed a solution. The laundry load was staggering.

"It wasn't as though his habit had gone unchallenged. He was on a routine of no drinks after dinnertime, and when that didn't work, I promised him a dollar. It was sheer bribery, and the child nearly dehydrated himself trying to collect. We were both disappointed.

"At one point I thought I'd impress upon Jason why I was always in the garage at the washing machine. His job was to change his wet bed. It was pathetic to watch him kneel on the mattress and tug at the sheet corners while he was trying to get the linens off. He would wad up what he could into a ball and trail the rest behind him on the way to the garage. Several weeks of this went by; nothing happened. We were also three weeks away from a family camping trip to the Shenandoah Mountains.

"It would be nice if our hiking to enjoy the vista of the mountains wasn't interrupted by scouring the town of Luray for a laundromat.

"In preparation, I decided to take Jason back to the pediatrician, because I was puzzled by one aspect of the problem. Usually when I got Jason up in the middle of the night, he didn't go to the bathroom; yet, once back in his bed, he would go.

"The pediatrician assured me, 'Mrs. Jones, believe me, Jason will outgrow this.' I was having doubts. 'I suggest you try one of several devices that can be very effective. One type is a bed pad equipped with a buzzer to wake him up. Another, when it gets wet, delivers a tiny electrical shock. Take your pick,' he said.

"A buzzer? An electrical shock? This was not the solution I had in mind. Besides, we wouldn't have electricity in the mountains. 'You know,' I said to him, 'On second thought, maybe he will outgrow it.' I left, convinced there had to be a better answer.

"About a week before the camping trip I went out to the A.R.E. and asked if there was any readings on bed wetting. The librarian searched and came up with one. There it was. In the reading the mother had been told to sit by the child's bedside as the child went to sleep and make the suggestion that the child will awaken and refrain from wetting the bed. Then I

found another reading. 'This may be accomplished best by the suggestion in this direction as the body is almost asleep, by one who makes the application of the massage and rubs. POSITIVE suggestion! Not that she WON'T do, but that she WILL do this or that, see? that when the desire is for the activity the body will arouse and attend to same!' (308-2)

"Could it be that simple? Merely make the suggestion to the subconscious mind?

"I continued to look and found another reading on child care. 'Do not scold. Do not speak harshly. Do not fret nor condemn the body-mind. But do tell it daily of the love that Jesus had for little children, of peace and harmony...' (3162-1)

"When Jason's brother and sisters had finished their prayers and were tucked into bed that evening, I stayed at his bedside and spoke softly. I told Jason that Jesus blessed the little children who came to him. And that Jason also would be a blessing to many people. As he drifted off, I said that if he felt the need to go to the bathroom, he would awaken, and that he could stay dry at night. Once he was asleep, I added my own prayer of thankfulness.

"To my utter amazement, the next morning Jason jumped out of bed, went to the bathroom, washed his face, brushed his teeth, wearing dry pajamas. The following morning, the same thing happened. I felt pretty good about the sleep suggestions. By the third morning Jason still was dry, and feeling pretty good about it himself. He wasn't sure why he was dry; something special had happened. He got dressed, ate breakfast with his brother and sisters, and rushed out to play. Without ever knowing it, Jason had reached a milestone.

"I continued the sleep suggestions right through our camping trip. The chilly nights, the change in drinking water, didn't affect his progress. He never wet the bed. Not then, or ever again.

"Now when I think back on the suggestions I gave to Jason many years ago, I cannot but help wonder if something even greater happened. For he is, indeed, helping many people, and has been a blessing. Jason is an Emergency Medical Technician, flying aboard a C-9, transporting sick and injured military personnel to all parts of the country. The airplane's crew recently won an award as being the most efficient C-9 medical evacuation team in the world. He has saved lives, he loves people, and he loves God.

"For love healeth the wounded; it binds up the brokenhearted; it makes for understandings where differences have arisen. For GOD IS love.' (688-4)"