



Meridian Institute News

RESEARCHING THE SPIRIT-MIND-BODY CONNECTION

In this issue:

- 6th Annual Cayce Health Professional's Symposium
- Pagano Speaks at Psoriasis Conference
- Almonds Found to Reduce Cancer Risks in Rats
- Healing Fibromyalgia
- Calendar

6th Annual Cayce Health Professional's Symposium

The 6th annual Cayce Health Professional's Symposium was held at the A.R.E. Conference Center September 14-16. The conference, co-sponsored by the A.R.E. and Meridian Institute, featured a wide variety of lectures, workshops, and experiences for participants. Due to difficulty with air transportation, some of the scheduled speakers could not attend and the program was adjusted accordingly.

The Friday night session began with a lecture by Douglas Richards, Ph.D. titled

"Neurobiology and Transformational Experience." Dr. Richards' presentation focused on the relationship between brain physiology and altered states of consciousness ranging from temporal lobe epilepsy to psychic experiences. Audience participation in the discussion



following the talk centered on the emerging field of "neurotheology" and new ideas on brain-mind interactions.

The latter part of the evening featured a "Color Meditation" by Sarah Cobb. The association of patterns of color to spiritual centers (sometimes called chakras) is widely recognized by meditators and spiritual healers. The meditative experience was greatly appreciated as an expression of attunement on the "National Day of Prayer and Remembrance."

The first Saturday morning session also featured Sarah Cobb presenting on "Cayce, Vision and Early Osteopathy." A slideshow reviewed the results of a study of 437 cases from the Cayce readings where various forms of light therapy were prescribed. Specifically, the use of ultraviolet, violet ray, and infrared therapy were examined. The second portion of the talk dealt with the cause and treatment of vision problems in the Cayce readings. Spinal subluxations, poor eliminations and dysfunctional attitudes were often cited by Edgar Cayce as contributing to vision problems. Osteopathy, electrotherapy, diet and attitude adjustment were common treatments for these conditions.

The second presentation of the morning was given by a trio consisting of George Amberman, M.D., Eric Mein, M.D. and David McMillin, M.A. The topic was "Cayce in the Clinic." The interactive forum explored the challenges of applying the Cayce approach in a family practice setting. Educational handouts, videos, and treatment specific protocols were presented as tools for the clinician and patient. Audience feedback provided diverse opinions on the theory and practice of clinical integration of the Cayce concepts and related alternative medicine approaches into mainstream clinical settings.

The final morning presentation featured Peter VanDaam who explained and demonstrated Edgar Cayce's approach to exercise and fitness. The importance of viewing exercise from a holistic lifestyle perspective was emphasized with personal anecdotes and stories from the Cayce readings. Proper attitude and consistency were cited as essential components in any exercise program. The exercise session that followed the lecture was both educational and invigorating.

Immediately after lunch, David McMillin, M.A. presented a scholarly paper titled "Diet and Urinary pH: A Preliminary Study and Brief Discussion of Relevance to Infectious Disease." The paper was based on a study conducted in conjunction with a residential research program. The hypothesis that eating a diet consisting primarily of alkaline-reacting foods increased urinary pH was supported by the data. A literature review linked these findings to other research indicating a connection between increased acidity and vulnerability to infectious disease such as cold and flu. The conclusion was that eating an alkaline diet may help prevent certain infectious diseases. Ideas for further research in this field were also discussed.

Two afternoon breakout sessions provided diversity for attendees. David McMillin, M.A. explained Edgar Cayce's recommendations for "Electric Vibrator Therapy." In over two hundred readings Cayce suggested using hand-held electric vibrator as an alternative to osteopathic treatment and adjunct to chiropractic treatment. A general treatment format was demonstrated. The use of the vibrator for some specific conditions was also discussed.

Carl Nelson, D.C. gave a workshop on manual therapy techniques practiced by the early osteopathic physicians and recommended by Edgar Cayce. Utilizing several massage tables in the massotherapy classroom, Dr. Nelson's presentation provided hands-on training in general treatment techniques recommended by Edgar Cayce as practiced by the manual therapists of that era.

The Cayce Health Symposium for 2002 will be held at the A.R.E. Conference Center at Virginia Beach during the weekend of September 13-15. This gathering of practitioners and researchers will feature reports on Meridian Institute research projects, hands-on training of therapeutic techniques prescribed by Edgar Cayce, and strategies for implementing the Cayce approach in the modern health care environment. We are also seeking presentations from health professionals knowledgeable in healing modalities recommended by Edgar Cayce. If you are interested in presenting at the symposium, please write a brief summary of your topic and submit it to us at our address on the last page of this newsletter.

PRESENTATION

PAGANO SPEAKS AT PSORIASIS CONFERENCE

On June 22, 23, and 24, 2001, the National Psoriasis Foundation (NPF), the largest psoriasis organization in the world, held its 8th International World Conference on Psoriasis in San Francisco, with a record-breaking attendance of international dermatologists as well as patients afflicted with the disease.

This annual event focuses on the latest medical research on psoriasis with the world's most distinguished medical specialists in the field. Every aspect of controlling the disease from the latest topical, systemic and combination therapies, as well as gene research, was presented to the many in attendance.

For the first time, Dr. John O.A. Pagano, Chiropractic Physician from Englewood Cliffs, New Jersey was asked to participate as a featured speaker in the symposium and share with the audience his experiences in dealing with this skin disease. From the outset, Dr. Pagano made it clear that the inspiration for his dealing with the disease came from the discourses by Edgar Cayce. For over thirty years he has worked with the readings, and, combined with his own discoveries, worked out a treatment protocol (regimen) that has brought relief and healing to hundreds of his patients. His work culminated in his book **HEALING PSORIASIS: The Natural Alternative**.

Dr. Pagano addressed a standing-room-only audience on both days of the conference. Weeks before the start of the actual conference, Dr. Pagano had been told by the staff of the NPF that his segments of the conference entitled "Popular Alternative Approaches" were already sold out! In his presentations, Dr. Pagano emphasized that it was Edgar Cayce who first described the cause of psoriasis as being primarily due to thin, porous intestinal walls that allow toxic elements to pass through and pollute the bloodstream. The psoriatic lesions form as an external manifestation of the body's attempt to rid itself of these toxins. While described at great length in his book, in summary Pagano's entire approach (referred to by the NPF as the Cayce/Pagano Regimen) focuses on diet and internal cleansing as the route to take towards alleviation of the disease.

LITERATURE

ALMONDS FOUND TO REDUCE CANCER RISKS IN RATS

The Cayce readings state, "Those who would eat two to three almonds each day need never fear cancer" (Reading 1158-31). But is there any scientific evidence that almonds are of use in preventing cancer? There is a report in the April 2001 issue of the medical journal *Cancer Letters* that suggests that Cayce was on target, although we still don't know how

strong the preventative effect is in humans. Paul Davis and Christine Iwahashi of the University of California at Davis studied the effect of eating almonds on colon cancer in rats. They fed the rats whole almonds as well as almond oil and almond meal. They also injected a chemical that induces cancer. After 26 weeks on the almond diet, they looked at the colons of the rats to see whether cancer was developing. For control groups, the researchers used rats who were fed either wheat bran or cellulose, two high fiber foods that can help prevent cancer. The whole almonds and the oil and meal all had cancer preventative effects. The whole almonds were especially effective, and were better at inhibiting the cancer than either wheat bran or cellulose. The authors suggest that a combination of compounds only found in the whole almonds is necessary for the full effect. They conclude that "almond consumption may reduce colon cancer risk and does so via at least one lipid-associated almond component."

Reference:

Davis PA, Iwahashi CK. Whole almonds and almond fractions reduce aberrant crypt foci in a rat model of colon carcinogenesis. *Cancer Lett*, 2001 Apr 10;165(1):27-33.

HEALING

FIBROMYALGIA

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. People with this syndrome may also experience sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety, and other symptoms. During Edgar Cayce's era, this condition was called muscular rheumatism. Based on readings using this designation and other readings describing fibromyalgia symptoms, Meridian Institute created a treatment protocol.

The fibromyalgia protocol developed by Meridian Institute focuses on several diverse therapies to cleanse and balance the system, including: Diet, an herbal tonic, spinal adjustments and massage, fume baths, Radial Appliance (energy medicine), abdominal castor oil packs, enemas, exercise and developing an ideal attitude for healing.

The Fibromyalgia Protocol was followed very consistently by a fifty-eight-year-old male for five months beginning November, 2000. He had experienced fibromyalgia symptoms for about two years previous to that time.

After five months of treatment he rated the severity of his fibromyalgia as "much improved" stating, "Symptoms have almost disappeared.. Some muscle soreness still there but not so severe and more diffused. Cramps gone. Sleep pattern better; awake feeling more rested."