

Holistic Health



Diet and Health Information based on the psychic readings of Edgar Cayce, the “father of holistic medicine” and the most documented psychic of the 20th century.

Diet and Nutrition

Edgar Cayce strongly emphasized the role of diet and nutrition in achieving and maintaining health.

As a rule, his recommendations in this area are consistent with current health trends, which focus on fresh fruits and vegetables and decreased meat intake. However, his perspective contains much information on less well-known concepts, such as food combining, acid/alkaline balance, and the therapeutic use of food.



For example, Edgar Cayce often recommended specific diets for persons with particular problems. Individuals requiring nervous system regeneration were typically advised to follow a "nerve and body building" or "nerve and blood building" diet. Such a diet is essentially the basic diet recommended by Cayce for everyone. The diet is more alkaline than acid. There is a heavy emphasis on fresh vegetables that grow above the ground. Meat in small quantities is allowed with a preference for fish, fowl or lamb. In certain cases, organ meats (kidneys, liver, etc.) were recommended in small quantities.

This type of diet will tend to improve and maintain eliminations due to the high raw vegetable content. In neurological and psychiatric disorders, Cayce emphasized the importance of the B vitamins contained in certain vegetables. Cayce generally preferred that vitamins be assimilated from food rather than supplements. However, he did prescribe supplements in some cases.

“Eat right! that is, about a twenty percent acid to eighty percent alkaline foods!”

Reading 263-8



Food Combinations to Avoid

Certain food combinations are difficult to digest and may cause problems in the digestive system. Here is a brief list of food combinations to avoid:

- Two or more starchy foods at the same meal.
- Sugary foods and starchy foods.
- Milk and citrus fruit or juice.
- Cereals and citrus fruit or juice.
- Large quantities of starchy foods with meat or cheese.
- Coffee with milk or cream.
- Raw apples with other foods.

“Rather it is the combination of foods that makes for disturbance with most physical bodies . . . do not eat great quantities of starch with the proteins or meats. If sweets and meats are taken at the same meal, these are preferable to starches.”

Reading 416-9

“Do not take citrus fruit juices and cereals at the same meal. Do not take milk or cream in coffee or in tea. Do not eat fried foods of any kind. Do not combine white bread, potatoes, spaghetti — or any two foods of such natures in the same meal.”

Reading 1568-2



Proper food combinations are essential.



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Alkaline/Acid Balance

Edgar Cayce frequently emphasized the importance of maintaining a proper acid-alkaline balance by eating mostly alkaline-forming foods. A comprehensive list of foods is included in this section. Many foods that are acidic in nature are alkaline-reacting or alkaline-forming when eaten. The following summary will give you a quick overview of acid-forming and alkaline-forming foods. "Eat right! that is, about a twenty percent acid to eighty percent alkaline foods!" Reading 263-8

80% Alkaline

Alkaline Fruits

apples/cider
apricots
avocados
bananas
berries
cantaloupe
carob (pod only)
cherries
citron
currants
dates
figs (unsulphured)
grapes
grapefruit
guavas
kumquats
lemons
limes
loquats
mangos
melons (all)
nectarines
olives (ripe)
oranges
papayas
passion fruit
peaches
pears
persimmons
pineapple (fresh)
pomegranates
prunes (small)
raisins
sapotes
tamarind
tangerines
tomatoes (fully vine ripened or canned)



Alkaline Vegetables

alfalfa sprouts
artichokes
asparagus
bamboo shoots
beans (green, lima, wax, and string)
beets
broccoli
cabbage
carrots
celery
cauliflower
chard
chicory
coconut
corn
cucumber
dill
dock
dulse
eggplant
endive
escarole
garlic
horseradish
Jerusalem artichoke
kale
kohlrabi
leeks
lettuce
mushrooms
okra
oyster plant
parsley
parsnips
peas (green)
peppers (bell)
potatoes (skin is best)
pumpkin
radish
romaine lettuce
rutabagas



sauerkraut
soybeans
spinach
sprouts
squash
sweet potato
turnips
watercress
yams

Alkaline Dairy

acidophilus milk & buttermilk
milk (raw only—human, cow, goat)
whey

Alkaline Flesh Food

beef juice
blood and bone (only bonemeal is alkaline)

Alkaline Nuts

almonds
chestnuts (roasted)
coconut (fresh)

Alkaline Grains

buckwheat
millet

20% Acid

Acid Fruits

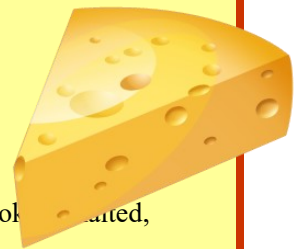
all canned w/sugar
cranberries
dried-sulfured, glazed
olives (pickled)
plums
prunes (large)

Acid Vegetables

asparagus tips (white only)
beans (dried)
Brussels sprouts
garbanzos
lentils
peas (dried)
rhubarb

Acid Dairy

butter
cheese (all)
cottage cheese
cream
custards
margarine
milk (boiled, cool, fermented, dried, canned)



Acid Flesh Food

all meats
fowl, fish, shellfish
jello gelatin

Acid Nuts

all others
coconut (dried)

Acid Miscellaneous

alcohol (occasional wine is okay)
animal fats
cocoa
coffee, Indian teas
egg whites
mayonnaise
tapioca
vegetable oils
vinegar



Menu Recommendations

There are several daily meal plans outlined in the readings. Many of the readings claim that the menus provided were to be used as an outline only.

Morning: Reading 2693-1 says to eat a wholegrain cereal, well cooked, with milk or cream, or citrus fruits. However, do not take the citrus fruits and the cereals at the same meal. Rather, alternate these from day to day. Rice cakes or corn cakes (or something similar) with syrup or honey can be taken occasionally.



Noon: Don't be satisfied with just taking a sandwich for lunch says reading 243-17. Eat only green vegetables or fresh green vegetables.

Reading 135-1 tells us that at noon we should eat vegetables that are raw, such as lettuce, turnips, and cabbage. Tomatoes are also good if they are ripened on the vine; otherwise, use tomatoes canned without preservatives. These may be made into sal-

ads with salad dressings, especially with as much of the olive oil as is palatable.

Evening: Reading 2693-1 suggested not eating too heavily in the evenings. Fish, fowl or lamb are good choices, never fried, eaten with well-cooked vegetables. This is not all that may be eaten, but it is an outline.

"Much of the sweets may be taken, provided...these are not of the cane sugar variety, but chocolates—or those of the cocoa bean." Reading 1225-1

Foods Helpful to the Body

Many readings recommend the use of **gelatin** to help the body with the assimilation of nutrients from food: *"It isn't the vitamin content [of gelatin] but [its] ability to work with the activities of the glands, causing the glands to take from that absorbed or digested the vitamins that would not be active if there is not sufficient gelatin in the body."* Reading 849-75

One person was told that gelatin could even help improve the eyesight: *"...if gelatin will be taken with raw foods rather often (that is, prepare raw vegetables such as carrots often with same, but do not lose the juice from the carrots; grate them, eat them raw), we will help the vision."* Reading 5148-1

Eating **tomatoes** three or four times a week was recommended. Reading 584-5 tells us that of all the vegetables, tomatoes carry most of the vitamins, in a well-balanced manner suitable for easy assimilation in the system. At the same time, we are warned that if they are not cared for properly (such as ripening after being pulled), they may become very destructive to our physical organism.

"More of the [vitamins] are obtained in tomatoes than in any other one growing vegetable!" Reading 900-386

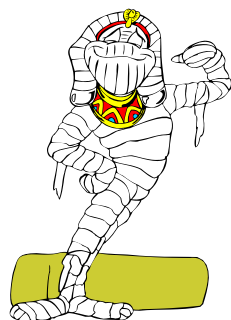
The "alkaline" nut known as the **almond** was highly praised in the readings. *"The almond carries more phosphorus and iron in a combination easily assimilated than any other nut"* says reading 1131-2.

Current research confirms that the almond's nutrients can certainly help boost the immune system and may support the information in reading 1158-31 which says, *"those who would eat two or three almonds each day need never fear cancer."*

"...almonds are good and if an almond is taken each day, and kept up, you'll never have accumulations of tumors or such conditions through the body. An almond a day is much more in accord with keeping the doctor away, especially certain types of doctors, than apples. For the apple was the fall, not almond—for the almond blossomed when everything else died. Remember this is life!" Reading 3180-3

Mummy Food

In 1937, Edgar Cayce received a dream concerning the discovery of ancient records in Egypt. A mummy came to life to help translate these records and gave directions for a food she required; thus, the recipe has come to be called "mummy food." A later reading confirmed that the recipe is a spiritual food that promotes healthy digestion and could be used with or replace cereal for the morning meal.



Mummy Food Recipe

- 2 handfuls of Mission figs
- 2 handfuls of dates (seedless or remove seeds)
- 1 1/2 qt. distilled water
- 1 handful white corn meal

Combine figs and dates with water. Cook until tender, about 30 minutes. Add corn meal, stir, and cover until ready to serve.

Serve with milk or cream.

Water

Edgar Cayce consistently emphasized the importance of drinking pure water on a daily basis for health maintenance and healing. In general six to eight glasses of water per day were suggested. In taking the water, be sure to allow it to mix with saliva so as to produce an alkaline reaction in the stomach.



About Edgar Cayce's A.R.E.

Edgar Cayce's Association for Research and Enlightenment, Inc. (A.R.E.®), is a not-for-profit organization founded in 1931 by Edgar Cayce to research and explore transpersonal subjects such as holistic health, ancient mysteries, personal spirituality, dreams and dream interpretation, intuition, and philosophy and reincarnation.

With an international headquarters in Virginia Beach, Va., a regional headquarters in Houston, regional representatives throughout the U.S., Edgar Cayce Centers in 37 countries, and individual members in more than 70 countries, the A.R.E. community is a global network of individuals who offer conferences, educational activities, and fellowship around the world. Thousands of books have been written on the subject matter found in the readings, and dozens dedicated to the story of Edgar Cayce himself.

In addition to study groups and local regional activities, A.R.E. offers membership benefits and services, publications, conferences, international tours, a massage school curriculum, a retreat-type camp for children and adults, an impressive volunteer network, and A.R.E. contacts across the globe. A.R.E. also maintains an affiliation with Atlantic University which offers continuing education classes and a master's degree program in Transformative Theories and Practices, and an onsite Health Center & Spa at its Virginia Beach headquarters, where many of the health readings remedies are offered.

Our Mission

The Mission of Edgar Cayce's A.R.E. is simply to help people change their lives for the better through the ideas and information found in the Edgar Cayce readings. Through our many programs, services, publications, and outreach, the A.R.E. provides individuals from all walks of life, levels of education, and religious backgrounds with tools for personal empowerment and healing at all levels—body, mind, and spirit. We strive to be your personal resource for spiritual growth, holistic health, and mindful living.

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Additional Resources for Diet and Health from A.R.E. Press

The Alkalinizing Diet: Includes nutrition research and insights into food combinations and metabolic types.

Bobbie's Organic Planet: Buy Local and Cook Global
An array of wonderful recipes from around the world.

An Edgar Cayce Encyclopedia of Foods for Health and Healing: A comprehensive catalog indexing of every food and beverage mentioned in the Cayce readings

The Edgar Cayce Handbook for Health Through Drugless Therapy: Hundreds of practical tips for excellent health, based on experience with the Edgar Cayce remedies.

Edgar Cayce on Healing Foods: Find the diet that suits you best, includes diets for specific illnesses.

Nourishing the Body Temple: A comprehensive diet and nutrition guide that follows the advice in the readings.

