Edgar Cayce’s
Guide to Colon Care
DEDICATED
To
SAI BABA
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or forty-three years, Edgar Cayce (1877-1945) provided clairvoyant, medical diagnoses and treatment suggestions for thousands of people who requested readings. His psychic source drew on a vast knowledge of herbs, nutrition, hydrotherapies (colonics, steam/fume baths, whirlpool baths, etc.), osteopathy, mechanical and electrical devices, and much more. Usually twice a day, he would lie down on a couch, go into a trance state, contact the unconscious mind of an individual and Universal Consciousness, and respond to the seeker’s questions. The response was then transcribed by Cayce’s secretary.

These readings are available to the public. Names have been replaced with numbers to preserve the privacy of the individuals who received the readings. For example, if a person’s first reading is numbered (2056–1), the second reading will be (2056–2), and so on. Of the 14,256 readings given, almost 9,000 are on the topic of health.

The A.R.E., the Association for Research and Enlightenment, is a non-profit membership organization formed in 1931 to preserve and research the readings. The A.R.E. Library/Conference Center houses the largest collection of documented psychic information in the world. The A.R.E. offers such member benefits as a newsletter, a magazine titled Venture Inward, lessons for home study, and a lending library by
mail. Study groups meet in private homes worldwide and apply the Cayce material for personal growth. Conferences and seminars are offered year round, and the Visitor Center has daily tours; free lectures on dreams, meditation, healing, and other topics; a movie on Cayce’s life; and audiovisuals and exhibits. The bookstore and the Cayce/Reilly® School of Massage are also open to the public.

The readings on colonics are indexed in the A.R.E. library under “Intestines: colonics,” in the card catalog. About 1350 readings were given on colonic irrigation, 500 on colon problems, 1000 on enemas, 10 on diarrhea, 500 on colitis, 175 on constipation and almost 2900 on laxatives. Cayce obviously had a great deal to say about the importance of colon health.

For twenty years, colonics, massage, and other hydrotherapies were available at the A.R.E. Therapy Department, which opened in 1966. As you may know, it was directed by Dr. Harold J. Reilly, D.Ph.T., D.S., a physiotherapist (one who uses physical and mechanical remedies, such as massage, hydrotherapy, electricity, heat, etc. in the treatment of disease) who also held degrees in naturopathy and chiropractic, and completed two years of osteopathy. He studied with John Harvey Kellogg, M.D., of Battle Creek, Michigan, and owned the Reilly Health Institute in Rockefeller Center, New York City.

In January of 1920, a woman came to see Reilly, saying that she had been specifically referred by Cayce, in a reading, to have massage and hydrotherapy with Dr. Reilly. Reilly had never heard of Edgar Cayce, and could not understand how Cayce knew not only his name, but also the therapies he offered in his practice. The two finally met in person two years later and developed a close, working partnership. Reilly himself had several readings from Cayce, and learned that he had spent many past lives as a healer, working with massage and hydrotherapy. Reilly continued to work with the guidance given in the readings long after Cayce’s death, for he fully believed in drugless therapies that allow the body to heal itself. Reilly was a good example of health and productivity and lived well into his nineties.

Dr. Reilly “retired” from his practice in 1966, became Director of the A.R.E. Therapy Department and donated all of his equipment: Dierker colonic machines, massage tables, a whirlpool bath, and two porcelain Sitz baths.
In 1986, the Therapy Department closed and the Cayce/Reilly School of Massotherapy was founded. It offers both a 225-hour and a 600-hour program teaching the Cayce-Reilly method of massage, hydrotherapy, Cayce remedies, sports massage, anatomy/physiology, and related body therapies. In May of 1995, the Therapy Department was reborn as the Health Services Department of the A.R.E., offering massage, hydrotherapy (including colonics), and related services.
My involvement with colon health and colon irrigation began the day I was interviewed for the position of Supervisor of the A.R.E. Therapy Department. Along with 250 other members who were also nurses, I had received a letter saying there was a position available. It just so happened that I was going to be passing through Virginia Beach and could conveniently stop by.

I had only recently learned about Edgar Cayce and, just prior to this, had been reading everything I could find on Egypt, dreams, and spiritual subjects. But my knowledge of holistic health was still in its infancy. When I learned that my prospective job was to administer colonic irrigations and supervise the massage therapists, I had no idea what was required. Not wanting to risk losing the opportunity for employment, it seemed wiser to ask, “What’s a colonic?” before things
got more complicated. This was to become a very familiar question over the years, for many people have very little knowledge about colon health and colonics. Though this form of hydrotherapy is recognized as a highly beneficial approach to alternative health care not only by Edgar Cayce, but also by such varied holistic health care professionals as osteopaths, naturopaths, chiropractors, acupuncturists, massage therapists, and many others, the medical profession seems to be either unaware or misinformed about colon irrigation. At any rate, a colonic sounded simple enough—it was some sort of internal bath that used a professionally designed machine to give a high irrigation of the colon, or large intestine. My background as a nurse was helpful, but not really necessary for certification as a colon therapist.

My first day at the A.R.E. was a memorable experience. It was not difficult to run the colonic machine, but actually giving a colonic was much more involved, for no two colons nor colonics are alike. My first client, who had never had a colonic before, was even more nervous than I was! We both lived through it, however, and he felt so much better he made another appointment. In contrast, my next client had been getting colonics as a health maintenance therapy for twenty years, and tried to teach me all about colon health as she directed her colonic, step by step. She also shared her struggles in trying to keep her colon healthy, which was an ongoing problem for her.

Suddenly, there was an urgent request for an appointment from an A.R.E. conferee. She had not had an elimination in four days, and was not feeling well. I was to learn that this is a fairly common problem when someone is traveling or on vacation. The combination of sitting all day, not drinking enough water, and not stimulating the lymph through exercise changes the patterned condition of eliminations.

And so the day went. I learned more about the importance of a happy, healthy colon in one day than I had in my whole lifetime.

**Bursitis**

Working at the A.R.E. was life-changing for me, as well. Apparently, I was not there just to help others. Within a month, I developed acute bursitis in my right shoulder, and it became hot, swollen, and painful. The accompanying discomfort in the muscles of my arm made the
problem even worse. From a medical standpoint, bursitis generally results from a build-up of calcium deposits, and becomes painful when the shoulder is overused. The tendency is then not to move the arm, which can result in a stiff or frozen shoulder.

Bursitis tends to happen when we feel very stressed and overburdened with responsibilities we have “shouldered.” At that time, I was unaware that emotions had anything to do with the physical health of the body, and simply thought that I had moved the handle on the colonic machine too much.

A friend suggested that I apply castor oil packs (these will be explained in detail in Chapter 8) without heat, since the area was already hot and inflamed. This did bring a measure of comfort and relaxation to my shoulder muscles, but the problem remained. Someone in the department informed me that a local chiropractor always prescribed colonics for her bursitis patients—a series of two colonics a week for a three-week period because she recognized that bursitis is caused by colon problems as well as a poor diet. I had never had any colon problems, and at that point knew very little about diet, other than that it was something you went on occasionally to lose weight. Besides, what did the colon have to do with a shoulder problem? They weren’t even in close proximity to each other.

So, not understanding how the colon affects everything in the body, I decided to go for a cortisone injection that would really work. Much to my surprise, it only took away the sharp edge of the pain, leaving a dull ache. However, what helped the most was that the doctor actually massaged the muscles in my arm and shoulder for five minutes. It was the first time I had ever experienced any form of massage, and it made me realize how much of my discomfort had been caused by tense muscles. Nevertheless, the bursa was still painful and my shoulder could not be moved.

Two days later, our receptionist took it upon herself to schedule me for six colonics. I gave up and agreed. Now it was my turn to be on the receiving end, literally, and learn what colon cleansing was all about. There was no noticeable difference until the fourth colonic, when I experienced a subtle movement in the colon on the right side near the hepatic flexure. A few moments later, it seemed as if something also moved in the most painful area of my shoulder. Amazingly, I was able
to raise my arm about 120° without any difficulty. The pain and discomfort had been considerably alleviated, and the whole area felt different. During the fifth colonic, there was another movement in the same area of the colon, and all of the residual pain left my shoulder. Afterwards, I was able to move it around in a full range of motion, and I felt as if my shoulder were “back.” Needless to say, I decided to make a commitment to routinely follow up with maintenance colonics at the change of seasons, and to discover, as well, what food patterns had contributed to the problem. Although there have been intermittent periods of stress in my life, I have never again experienced bursitis.

I later researched the readings on bursitis, which clearly attribute the disturbance to a build-up of matter in the pockets of the colon, blocking reflexes to the shoulder and causing pressure. This explained why a series of colonics was necessary to help loosen the build-up, and why it felt as if something had actually moved in the colon. Indeed, in the course of my colonic, when the water finally loosened old fecal matter, energy was unblocked and my shoulder was freed.

**Reflex Points**

The concept of reflexology, which states that there are reflex points in the feet, hands, and ears that correspond to various organs, glands, and areas in the body, is fairly well known. However, it is not generally understood that there are reflex points in the colon, as well.

If you could grasp the colon by the cecum and hold it straight up, these points would line up in direct correspondence with the head and trunk of the body.

Reflexology has been influenced by acupuncture and oriental healing therapy, which holds that the body/mind is created, maintained, and works by energy. This “Ki,” (also known as chi) meaning life force or energy flow, circulates throughout the body along invisible meridians. There are points on these meridians where the energy gathers and is particularly active. The large intestine meridian, for example, which has 20 points, runs from the index finger of each hand up both arms to the nose.
Colon Reflex Points

Adapted from Colon Health by Norman Walker, D.Sc., p. 10.