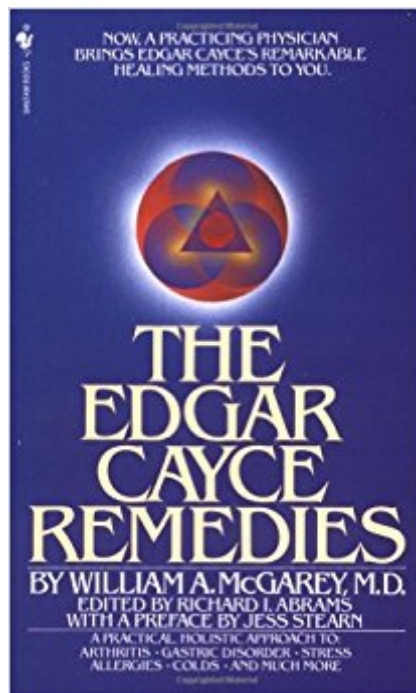


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# The Edgar Cayce Remedies: A Practical, Holistic Approach To Arthritis, Gastric Disorder, Stress, Allergies, Colds, And Much More



## Synopsis

What opens the door to disease in our body? What enables us to get well? Dr. William A. McGarey answers these questions and shows us the way to glowing good health. Guided by the teachings of Edgar Cayce, Dr. McGarey has treated thousands in his Arizona clinic. He treats the human body not as a biochemical factory but as a whole entity in time and space, affected by our consciousness and the experienced of life, now and through many incarnations. Utilizing holistic concepts that use our minds creatively to bring health to our bodies, Dr. McGarey shows us a process of healing that includes: special diets and herbs, the preparation and use of Cayce's famous castor oil packs. Effective healing massages, an exercise program, treatments for specific illnesses, including psoriasis, colitis, asthma, heart disease, arthritis, and many more, daily meditation and prayer, dreams in health and healing, a Cayce pharmacopoeia.

## Book Information

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## Customer Reviews

This is a good book. I like that it not only describes Edgar Cayce's trance suggestions and philosophy of healing but that it is written by Dr. William McGarey who used to be one of the founding doctors of the medical clinic in Phoenix, Arizona that used the Cayce readings when appropriate to cure many illnesses, even those considered incurable. However, because of the title of the book, I expected it to be a listing of various Cayce remedies such as herbs, lotions, foods. Instead, it lists remedies to undertake for various types of ailments. It's written in three parts. The first describes the functioning of the human body. The second sections lists various types of healing

regimens suggested in the Cayce readings such as castor oil packs, prayer and meditation, and consulting dreams plus more conventional types of healing regimens such as diet and nutrition, exercise, manipulation, and massage. The third section is the best because it lists various body systems such as the digestive organs, the skin, and the heart and vascular system, and describes how to get that system healthy and keep it healthy. I find it very helpful to get a sense of how the body works from Cayce's very holistic perspective. However, I would have preferred that when Cayce readings are mentioned, that they be quoted and the numbers of the readings listed as they are in The Edgar Cayce Handbook for Health Through Drugless Therapy.

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