



Edgar Cayce's  
***Quick  
& Easy***  
Remedies







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***Quick  
& Easy***  
**Remedies**

*A Holistic Guide to Healing Packs,  
Poultices, and Other Homemade Remedies*

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by Elaine Hruska

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## Introduction

**We spend annually billions of** dollars on over-the-counter health remedies to take care of minor emergencies, aching muscles, scratches, sores, or illnesses deemed too minor to warrant a physician's office visit—not realizing that in many cases some of these remedies can be found in the home cupboard, kitchen pantry, or closet, within easy access to us. Such is the case with a number of the recommended treatments in the readings of Edgar Cayce (1877–1945), considered to be America's best-documented psychic. Cayce left over 9,000 individual health readings (out of more than 14,000) that continue to be studied and analyzed for their useful information on various illnesses.

This book is an attempt to present some of these home remedies in an easy-to-use format, introducing the reader to the individual item while noting the symptoms for each one (indications) and also the contraindications (if any). The text will present the various treatments (as given in the readings) and how often, how long, and how much to use, as well as the expected effects or results. Directions are included along with selected excerpts from the readings and some testimonials from individuals who used the remedy.

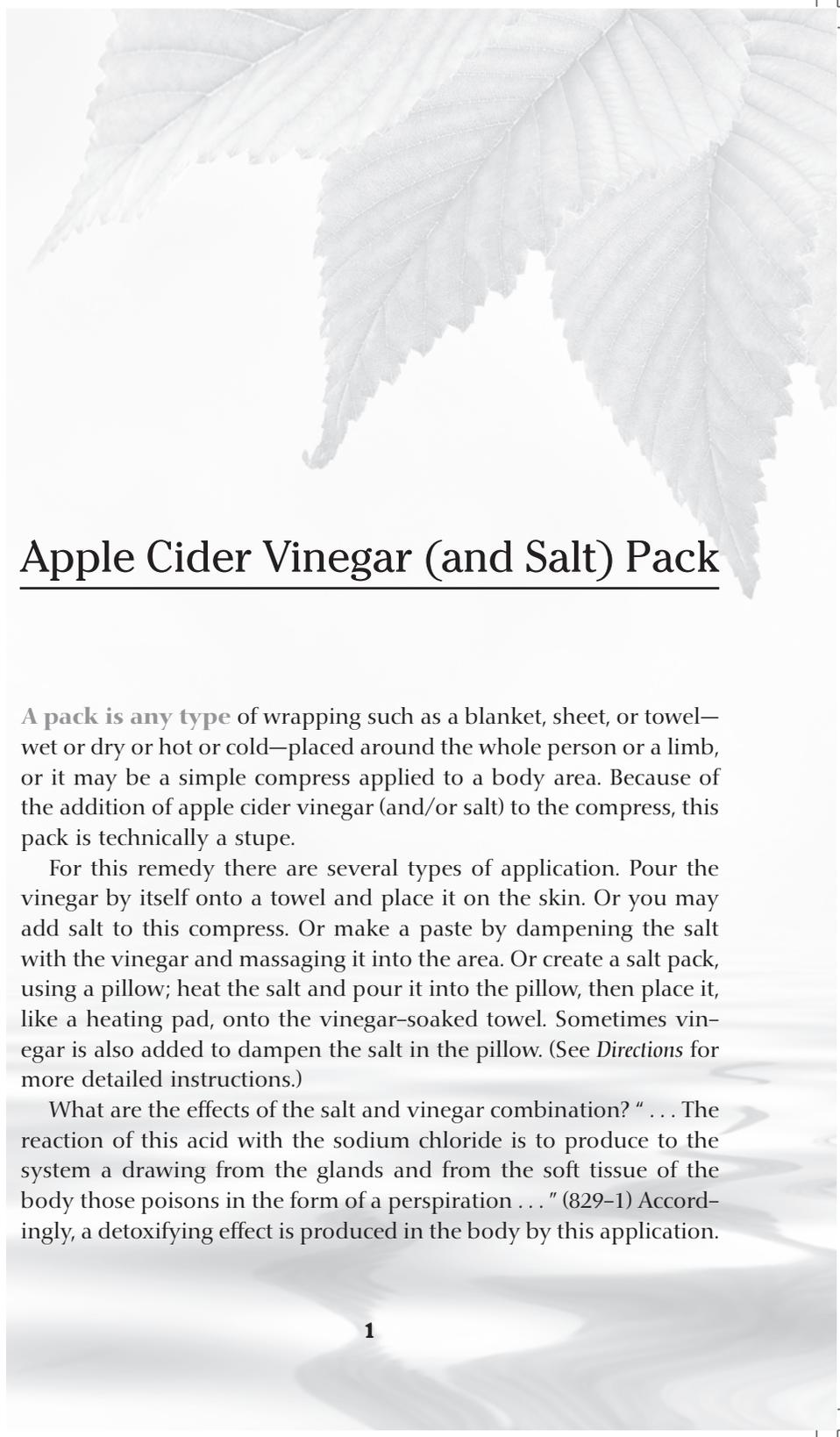


For individuals new to or unfamiliar with the Cayce readings, it is helpful to note that the language of the readings is at times challenging to comprehend; this difficulty seems to be particularly true with the physical readings. Cayce's explanation of health and his descriptions of the workings of the physical body encompass a holistic approach. Additionally, he often seems to use anatomical terms in a somewhat different way from current usage. To a large extent throughout the book, this language, at times paraphrased, is used in the descriptions of the information presented in these chapters. (*See also A Note to the Reader* for an explanation of the reading numbers and other designations from the readings.) Though the excerpts may require several re-reads to grasp their meaning, the effort to comprehend them is worth the struggle as new insights are born and fresh perspectives are challenged. It is hoped that what is presented here is useful and beneficial, contributing greatly to your overall health and wellness.

**A Note to the Reader:** The number following the excerpt represents the recipient of the reading—each individual was assigned a number to provide anonymity. The first set of numbers refers to the individual or group who received the reading; the second set represents its place in a sequence. For example, in reading 294-3, "294" stands for the person's name, while "-3" represents the third reading given for that individual.

When the readings were computerized, the body of the reading was referred to as the "text." Any notes, letters, background information, related articles, etc., were also placed alongside the text of the reading. Stylistically, "B" means background and "R" means reports. To locate this information more easily, these letters were used. For example, "202-1, Report #5" means that in reading 202-1, under reports (R), item number 5, can be found that particular quote or information.

It is important to remember that the readings were given for individuals even though they carry a universality of content. With the physical readings, however, it should be noted that the information is not meant to be used for self-diagnosis or self-treatment. Any medical problems need the supervision and advice of a health care professional.



## Apple Cider Vinegar (and Salt) Pack

**A pack is any type** of wrapping such as a blanket, sheet, or towel—wet or dry or hot or cold—placed around the whole person or a limb, or it may be a simple compress applied to a body area. Because of the addition of apple cider vinegar (and/or salt) to the compress, this pack is technically a stupe.

For this remedy there are several types of application. Pour the vinegar by itself onto a towel and place it on the skin. Or you may add salt to this compress. Or make a paste by dampening the salt with the vinegar and massaging it into the area. Or create a salt pack, using a pillow; heat the salt and pour it into the pillow, then place it, like a heating pad, onto the vinegar-soaked towel. Sometimes vinegar is also added to dampen the salt in the pillow. (See *Directions* for more detailed instructions.)

What are the effects of the salt and vinegar combination? “ . . . The reaction of this acid with the sodium chloride is to produce to the system a drawing from the glands and from the soft tissue of the body those poisons in the form of a perspiration . . . ” (829-1) Accordingly, a detoxifying effect is produced in the body by this application.

Vinegar, a beloved staple domestic item, was used as an antibiotic and antiseptic in ancient times by the Egyptians, Greeks, and Romans. It can be found in approximately ninety-eight percent of American homes, mainly in the form of distilled white vinegar or apple cider vinegar. If produced from whole, good-quality apples not treated with toxic chemicals, the vinegar contains healthy enzymes, amino acids, vitamins, and minerals.

The Cayce readings mention apple cider vinegar (frequently named "apple vinegar") in over one hundred documents, recommending it as an application for local massages and packs (usually combined with salt), for sunburn, in baths, and as an ingredient in a hair rinse (one reading).

### **INDICATIONS**

Adhesions, arthritis, broken bones, bruised tendons, cartilage misalignment, colitis, fingernails, fractures, injuries, joint pain, lesions, lumbago, neuritis, pelvic cellulitis, rheumatism, spinal misalignments, sprains, strains, sunburn, torn ligaments, tuberculosis (bone), vulvitis

### **CONTRAINDICATIONS**

Check for skin sensitivity to vinegar by applying a small amount to an area of skin; wait a few minutes for any reaction such as a rash or redness; do not use if a reaction occurs.

### **MATERIALS NEEDED**

Apple cider vinegar—organic, if available [" . . . not that which is synthetically made . . ." (404-14)]

One or two pillowcases—if making a salt pack

Several towels or washcloths—to use as compresses for the vinegar

Table salt (or sea salt or kosher salt)

Basin, large bowl, or container—to pour the apple cider vinegar into and dip towels in to wring out

Plastic sheet or heavy, large towel (optional)—to place under the limb being treated to protect the sheets

Electric heating pad (optional)—to maintain the heat

Solution of baking soda and water; grain alcohol—to cleanse the area after the pack is removed

**FREQUENCY OF APPLICATION**

Once or twice a day (as a massage), 1 hour 2 to 3 times daily, daily for 3 weeks, every other day, every 3 to 5 days, 2 to 3 times weekly

**LENGTH OF TIME OF APPLICATION**

Ten to 15 minutes, 20 minutes, 30 minutes, 1 hour, until condition is relieved, several weeks, 3 to 5 weeks

**LOCATION OF APPLICATION**

Abdomen, across lumbar, along sciatic nerve, along spine, ankles, areas of acute conditions, areas of distress, between shoulders, elbows, fingernails, feet, hands, hips, knees, joints, painful areas, sternum, wrist

**WHEN TO APPLY THE PACK**

After abrasions have healed; after removal of bandage, brace, or cast; evenings before retiring; prior to adjustments

**SIZE OF PACK**

Large enough to cover injured or painful area

**EXPECTED EFFECTS/PURPOSES**

Produces “. . . a drawing from the glands and from the soft tissue of the body those poisons in the form of a perspiration . . . ” (829-1)

Helps knit broken bones and dissolves fluids accumulated at ends of broken bones

Strengthens muscles and bruised tendons; gives better elasticity

Stimulates circulation

Brings “. . . a renewed activity of cartilaginous rebuilding . . . ” (33-1)

Relieves tension, strain, pain, soreness, and swelling

Gives strength to the vertebrae

Promotes relaxation

Will “. . . *enliven* the tissue.” (4876-1)

Takes away inflammation in cartilage  
Supplies nerve energy " . . . to retract, rebuild . . . " (538-10)

### **DIRECTIONS**

Several ways are given for using apple cider vinegar and salt. One way involves applying the vinegar by itself; this can be done for treating a muscle strain or sprain. (In medical terminology a sprain is a sudden twisting or wrenching of a joint, which results in the tearing, stretching, or partial rupture of a ligament. Subsequent damage to blood vessels creates hemorrhaging into the tissue, as well as nerve, muscle, and tendon damage. The area can also become swollen and inflamed. Closely related, a strain is an injury due to excessive tension, force, or overexertion of some part of the musculature, or from a wrenching or twisting that results in undue stretching of muscles or ligaments. Swelling does not occur in a strain.)

To care for either of these conditions, bathe the painful area with the vinegar, then apply a cloth or a towel rung out (not entirely dry) with vinegar and lay it on the skin. After twenty-four hours following the injury, you may add heat to the pack by means of an electric heating pad or a hot salt pack.

Application of heat soothes tired, stiff muscles and achy joints and can speed the healing process. While an electric heating pad may be convenient and useful, salt is also an excellent retainer of heat. The additional weight of salt adds a comforting quality to the treatment.

Directions for making a hot salt pack can be found on the Web site eHow.com, since the treatment is not as frequently used today as in the past. While the readings usually suggest ordinary table salt (sodium chloride, iodized), this Web site recommends the use of kosher or sea salt. Heat about two pounds of salt in a pot over medium heat and stir it with a wooden spoon. Stirring will evenly distribute the heat. After ten minutes, pour the hot salt into a cotton pillowcase or double-bag it with another pillowcase to help hold the salt inside the bag. Twist the ends or tuck them in so that the salt remains in the pillowcase. Next, place the pillowcase either on the painful area or over the vinegar pack. Some readings mention adding vinegar to the salt after it is placed in

the pillowcase. When the heat subsides, the salt can be reheated up to five times before it no longer retains the heat.

Another way of utilizing salt, noted in the majority of cases from the readings, combines it with the apple cider vinegar. It can be applied in one of two ways: dampened with the vinegar and rubbed over the painful joint—massaged into the tissue, or sprinkled onto a vinegar-soaked cloth and placed on the affected area. Leave it on as long as you wish or have time for. Afterward, remove the pack and bathe the area with a weak solution of baking soda and water (a teaspoon of baking soda to a cup of warm water), followed by a rub with grain alcohol. This final rub will help close the pores and prevent congestion. (1100–35)

#### DIRECTIONS FROM THE READINGS

For a female adult suffering with a strained ligament (reading given on September 20, 1927):

(Q) How long should the massage with the vinegar and salt be kept up?

(A) For at least three weeks. Each day. If there is severe pain, *heat* same and apply it in a pack. There will be some retractions from the application of these properties if these are massaged well, see? One saturated solution—that is, dissolve all the salt that the quantity will hold, which would be about three to four *tablespoonsful* of the vinegar and near the same quantity of the salt, see? Make this at each time. This may be made sufficient for three to four quantities or two to three days' use at one time. Well that this be *warmed* when applied, but massage well (by the hand) into the limbs. This will remove the soreness and trouble, for this is from strained muscular tissue . . . 4511-2

For a sixty-seven-year-old man with neuritis tendencies (reading given on December 16, 1940):

. . . apply the heavy salt pack (coarse heavy salt, you see) saturated with Pure Apple Vinegar. This heated and applied will relieve any tension or strain, and the reaction of the sedatives and also the healing