Arizona, a physician who has worked extensively with the Cayce readings, contributed the foreword. This book was used as the source of the readings in the present paper.

The readings referred to in this article are those that were recorded by the stenographer between 1923 and 1944. Since readings were given for over two decades prior to their systematic recording, these recorded readings may not be representative of the total number of readings. The numbers pertaining to a food entry refer to the approximate number of recorded readings on that food from this source. The number of years that elapsed between recommendations on a specific food are generally given to indicate consistency of the readings over time.

Dietary recommendations given in the readings are compared with contemporary scientific recommendations from various sources.[8–10] The nutrient content of foods is compared to that given by a standard reference.[11]

Water

ECR generally recommended that 6 to 8 glasses of water be consumed daily. Sometimes sipping the water, not gulping it, was suggested. ECR also warned against swallowing food by using water and other fluids. ECR sometimes recommended boiling water before drinking it. In one patient who was diagnosed with tuberculosis, the reading recommended that 6 to 8 pints be consumed daily. To another person, drinking ½ to ¾ glass of warm water was advised upon awakening in the morning.

With respect to fluoridation, in 1943 ECR asserted that this could either be beneficial or detrimental, depending upon the other mineral content of the water. Specifically, if water contained iron, sulfur, or magnesium, ECR intimated that it would be harmful to add fluoride. ECR specified that it would be beneficial in most of Ohio but detrimental in extreme northern Illinois.

Alcohol

Alcoholic beverages were mentioned over 60 times. Of these, ECR recommended some alcoholic beverages but advised against others. Red wine was prescribed in moderation for most people, especially in late afternoon or evening. Red wine was recommended 19 times over a 4-year period, white wine twice, and sherry, once.

ECR generally said that hard liquor ("spiritus drinks") and beer ("malt drinks") are harmful. The readings especially advised against beer that was "new" or not completely aged.

Three TB and two cancer patients were told to eat raw eggs in beer or whiskey, as eggnog. Apple brandy was prescribed for an adult male asthmatic, especially in damp weather. One individual with colitis was told that blackberry wine is not good because it is constipating. ECR often recommended that red wine be taken with whole wheat, pumpernickel, or sour bread , but never with white bread. ECR frequently emphasized that wine should be taken as a food, not as a drink.

Carbonated Beverages

ECR generally advised against use of all carbonated beverages. For example, to a 20-year-old man who asked if soft drinks were all right to use, the answer was "No: for very few bodies..."

ECR did recommended use of Coca-Cola in moderation 18 times over a 16-year period. This was usually prescribed as ½ to 1 ounce of the syrup in plain uncarbonated water. For a 66-year-old woman the reading indicated that taking this twice daily would aid the general circulation. For a 33-year-old man the reading indicated that it would act as a stimulant if taken once in a while. To a 20-year-old woman the reading indicated that it would be helpful for the kidneys. It was even prescribed for a 2-year-old male child; 2 or 3 ounces, taken three to four times a week. For a 51-year-old woman who complained of intestinal gas, the reading recommended Coca-Cola to prevent the formation of gas.

Coffee and Tea

When asked whether coffee was preferable to tea, the answer was in the affirmative, stating that tea, unlike coffee, has very little food value. However, ECR always insisted that it be taken without milk or cream, saying that this combination was hard to digest and detrimental and also said to be acid-forming. The prohibition of adding milk or cream to coffee was repeated 15 times over a 16-year period. Nevertheless, ECR did not object to milk and coffee taken separately at the same meal. ECR also stated that sugar was preferably not to be taken in coffee, although this was not as bad as milk or cream. The same was said to be true of tea. ECR advised against drinking stale coffee. Coffee was said to lose its value 15 to 25 days after roasting. To a patient who complained of intestinal gas, a reading mentioned that coffee would prevent its formation.

Milk

ECR mentioned milk in at least 40 readings over a 22-year period. Milk was advocated for most people, including homogenized, pasteurized, dry, condensed, malted, and even raw for some individuals. Sometimes the readings recommended heating but not boiling milk and sometimes they indicated that it be consumed between meals. In one reading it was stated that milk is "near to the perfect combination of forces for the human consumption." However, ECR claimed that pasteurization would adversely affect phosphorus assimilation.

Other Dairy Products

Fresh buttermilk was sometimes suggested, as for a diabetic, an arthritic, a duodenal ulcer patient, an asthmatic child, and a cancer patient. Reference was made to its "germicidal influences." Yogurt was recommended 19 times over a 22-year period. It was said to promote "elimination of poisons from the

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