

Cayce Recommendations on Dietetics of General Applicability

Source: Individual Reference File of Extracts from the Edgar Cayce Readings

- Favor fruits, vegetables, meats grown in your local area—explanation: bodies can adjust themselves to climatic conditions if they adhere to the diet and activities, or all characters of foods that are produced in the area where they reside. This will more quickly adjust a body to any particular area or climate than any other thing. (see Ca. Vi. I.21.5)
- Favor fish, fowl, lamb—stewed or broiled but never fried
- Favor vegetables cooked individually in their own juices (Patapar paper is Rx'd) and eat juices with the vegetables—ok to combine after cooking
- Chew each bite at least 4 to 20 times
- Avoid combining citrus fruits with starches, grains—except with whole wheat bread
- Juices of raw carrots, lettuce, celery taken daily for prevention of infection and other disease
- A normal diet is about 20% acid to 80% alkaline-producing
- Excess of starches and fats combined with sweets acidify the body and this promotes disease
- Over acidity and over alkalinity promote disease; bodily alkalinity prevents colds
- Avoid carbonated beverages
- Avoid coffee and tea with milk or cream as this is hard on digestion; and coffee has food value while tea has little
- Avoid coffee with meat
- Avoid combinations where corn, potatoes, rice, spaghetti, etc are taken at the same meal
- Avoid great quantities of starches with the proteins or meats
- Avoid food cooked in aluminum utensils; favor glass or ceramic ones
- Drink 6 – 8 tumblers of water daily; begin the day with one glass of warm water (for cleansing)
- Water having chemicals in it is OK if boiled; if only heated this activates the chemicals to do harm
- Cooked apples are better than raw ones
- Raw fruits and vegetables are to be taken daily in at least one meal--separately as a meal or in combination with other foods but do not mix fruits with vegetables in same meal
- Raw green peppers are better eaten in combination with green cabbage and lettuce
- Gelatin (unflavored Knox or sweetened Jello) taken with food as drink or gelatin salad improves absorption of vitamins and minerals—3x per week is OK
- Pressure cooking preserves nutrient value rather than destroys
- Vegetables will build gray matter faster than meat or sweets
- Vegetables lose nutrient value soon after gathering e.g. 15—25 hours
- Any wild game is preferable to other meats
- Beet sugar is preferred over other sugars
- Raw tomatoes (libby's) canned having generally more uniform activity may be preferred to fresh
- In a meal eat three leafy vegetables with a single tuberous vegetable

Special effects:

- Jerusalem artichoke taken twice a week--once raw/peeled and once cooked in own juices—with other food on separate days produces an insulin-like reaction in the digestive system; gf diabetics
- Boiled chicken bones, pigs feet, beef marrow are better sources of calcium than supplements
- One leaf of lettuce will destroy a thousand pinworms
- Gold fillings increase tendency for bitterness in a person
- Foods of similar taste are easier to digest