Grapes, Formula 208, and Chronic Bowel Disease

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How many magic bullets doth make a Cayce cure? Here’s a closer look at Cayce’s recommendations for chronic bowel disease.

Everyone’s always looking for a magic bullet to cure them, so be forewarned: there is rarely ever just one single bullet in Cayce’s treatment plans but rather a holster full of recommendations to be followed in combination.

To illustrate this point, let’s take a look at what Cayce would recommend for Crohn’s disease, ulcerative colitis, and other forms of chronic bowel disease that cause inflammation or ulceration in the small and large intestines.

Whether the intestinal inflammation is produced by flu virus or other factors, Cayce’s treatment recommendations are consistent in emphasizing the need to address the whole digestive system in order to support the healing of the intestines. Please make note of his signature “body, mind, spirit” approach while reading the following prescription.

**Medicine:** Formula 208 was Cayce’s #1 recommendation. Let’s take a closer look at the ingredients in Formula 208 (also referred to as Cayce’s “Colitis Tonic”) to see what makes it such an appropriately magical formulation.

- **Ginger**—Used by the American and Canadian Indians (also a well-documented folk remedy) to season food, disguise spoiled meat, stimulate the appetite, relieve gas pains, and help with digestive problems and colic.
- **Ginseng**—Centuries old Chinese cure-all with properties that increase longevity and vitality. North American Indian tribes used ginseng to relieve nausea and as an ingredient in love potions. Today this herb is used extensively to increase body strength and vitality, and to reduce fatigue, depression, and nervousness.
- **Stillingia**—A native plant to North America, stillingia has been used extensively to treat syphilis. Herbalists also use this herb as a blood purifier, digestive aid and immune enhancer.
- **Lactated pepsin elixir**—A digestive enzyme that breaks down protein. It is recommended primarily in cases of incoordination between assimilations and eliminations, acidity, toxemia, and colitis.

**Diet:** The Cayce Basic Diet is intended to improve assimilation and eliminations through keeping a proper alkaline/acid balance while avoiding toxic food choices that drain the system. Essentially, the diet consists mainly of fruits and vegetables while avoiding fried foods and refined carbohydrates (“junk food”).

**Internal Cleansing:** Hydrotherapy — drinking six to eight glasses of pure water daily; colonic and/or enemas are advised.

**Spinal Manipulation And Massage:** Osteopathic or chiropractic treatment is helpful for relieving any pressures that may be hindering assimilation and eliminations. At the very least, the use of an electric vibrator along the spine may be helpful.

**Grape Therapy:** Going on a 3-day Concord grape diet and/or using grapes for abdominal packs can help with abdominal pain.

**Attitudes And Emotions:** In particular, an attitude of desiring and expecting to be healed is important. A positive mental and emotional attitude can be created and maintained by focusing on a high purpose (ideal) for being healed.

What Cayce gives us is a complete “prescription” for healing that addresses the total being—mind, body, and spirit. No magic bullets here. For further information on all products, services, and therapies discussed in this article, including a copy of the Cayce Basic Diet, please contact the A.R.E. Clinic.

Note: The above information is not intended for self-diagnosis or self-treatment. Please consult a qualified healthcare professional for assistance in applying the information.

**Grape Diet and Packs**

What is the grape diet? Eat all the grapes you can, and drink lots of water, for three days. Any type of grape in season can be used, but the number one choice is the Concord grape.

How to make a grape pack: Crush grapes, retaining the hull with the pulp, and place 1-1.5” of this mixture between cloths—nothing should be mixed with the grapes, and they should not be heated.

Remember, each case was different. For more detailed information and/or to research how grape therapy might apply to you personally, check out the Cayce readings.

**Ordering Information:**

**Formula 208 (8oz)...............................$13.95**

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