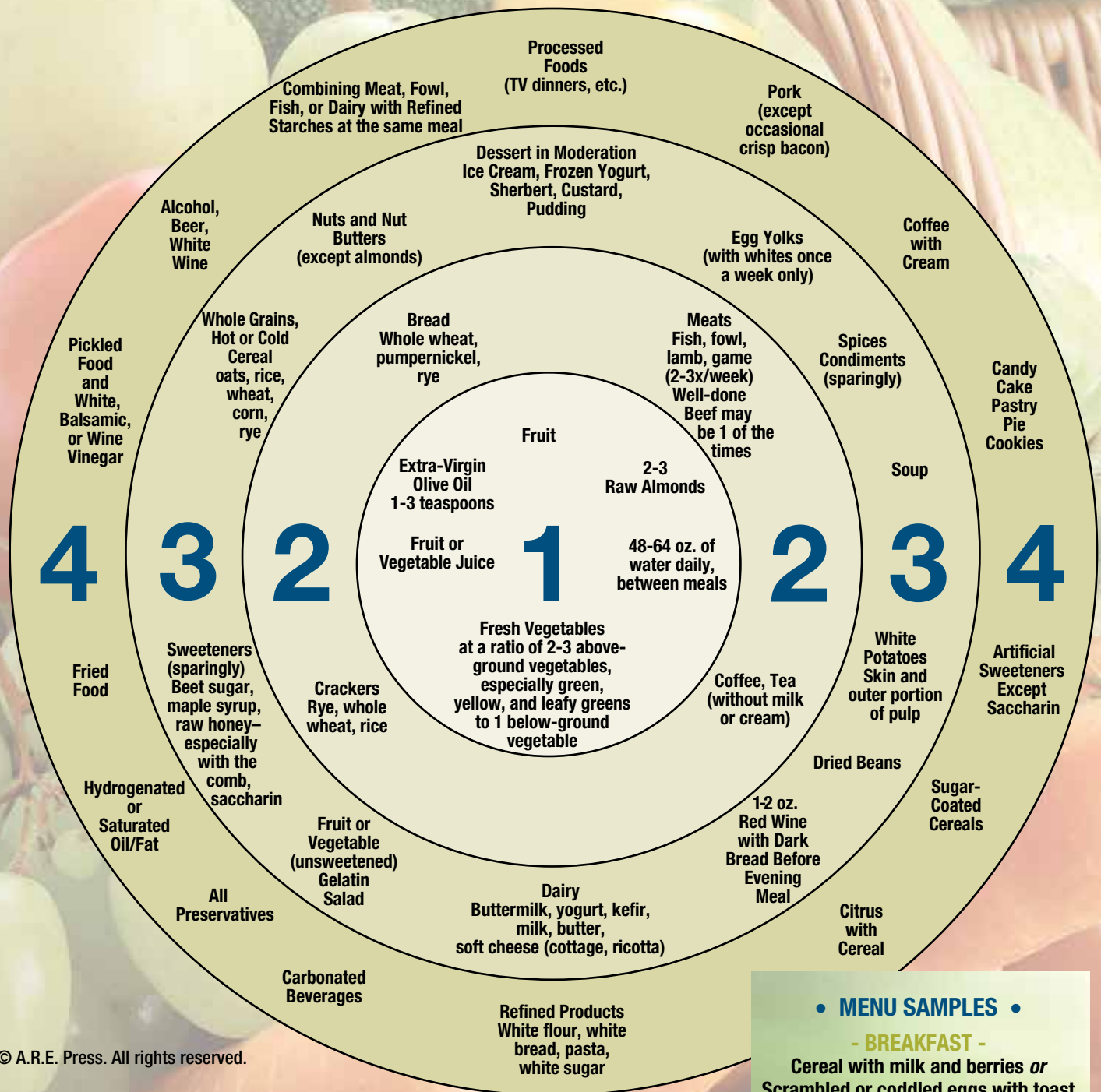


Edgar Cayce Basic Diet



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DIRECTIONS

Circle 1: Alkaline food: 80% of your daily intake—four or five servings.

Circle 2: Acid food: 20% of your daily intake.

Circle 3: Three times a week.

Circle 4: Avoid these foods.

- Eat local produce whenever possible—local organic would be best of all!



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• MENU SAMPLES •

- BREAKFAST -

Cereal with milk and berries *or* Scrambled or coddled eggs with toast (whole wheat, rye, pumpernickel) *or* Fruit (citrus, melons alone)

- LUNCH -

Raw salad (especially leaf lettuce, celery, carrots) with olive oil dressing and/or vegetable soup, whole grain bread, or crackers

- DINNER -

Fish, fowl, lamb, beef well-done
Cooked vegetables (2-3 above ground to 1 below ground)
Dessert (in moderation)



More Diet Basics from the Edgar Cayce Readings



“There is as much of God in the physical as there is in the spiritual or mental, for it should be one!” 69-5

... never, under strain, when very tired, very excited, very mad, should the body take foods in[to] the system ... And never take any food that the body finds is not agreeing with same ...

137-30

... have rather a percentage of eighty percent alkalin-producing to twenty percent acid-producing foods. Then, it is well that the body not become as one that couldn't do this, that or the other; or as a slave to an idea of a set diet. Do not take citrus fruit juices and cereals at the same meal. Do not take milk or cream in coffee or in tea. Do not eat fried foods of any kind.

1568-2

... when there is the tendency towards an alkalin system there is less effect of cold and congestion.

270-33

Do not have large quantities of any fruits, vegetables, meats, that are not grown in or come to the area where the body is at the time it partakes of such foods. This will be found to be a good rule to be followed by all. This prepares the system to acclimate itself to any given territory.

3542-1

... cereals that carry the heart of the grain; vegetables of the leafy kind; fruits and nuts ... The almond carries more phosphorus and iron in a combination easily assimilated than any other nut.

1131-2

Include in the diet often raw vegetables prepared in various ways, not merely as a salad but scraped or grated and combined with gelatin ...

3445-1

Q. Please explain the vitamin content of gelatin ...

A. It isn't the vitamin content but it is ability to work with the activities of the glands, causing the glands to take from that absorbed or digested the vitamins that would not be active if there is not sufficient gelatin in the body.

849-75

Do not use bacon or fats in cooking the vegetables ...

303-11

Plenty of lettuce should always be eaten by most every body; for this supplies an effluvium in the blood stream itself that is a destructive force to most of those influences that attack the blood stream. It's a purifier.

404-6

Do have plenty of vegetables [grown] above the ground; at least three of these to one below the ground. Have at least one leafy vegetable to every one of the pod vegetables taken.

2602-1

Corn and tomatoes are excellent. More of the [vitamins] are obtained in tomatoes [vine ripened] than in any other one growing vegetable!

900-386

Yet if these [tomatoes] are not cared for properly, they may become very destructive to a physical organism; that is, if they ripen after being pulled ... The tomato is one vegetable that in most instances ... is preferable to be eaten after being canned, for it is then much more uniform.

584-5

... Olive Oil in small quantities ... as it is a food for the intestinal system ...

543-26

... do not eat great quantities of starch with the proteins or meats.

416-9

Avoid too much of the heavy meats not well cooked ... The meats taken would be preferably fish, fowl and lamb; others not so often. Breakfast bacon, crisp, may be taken occasionally.

1710-4

Q. How much water should the body drink daily?

A. Six to eight tumblers or glasses full.

1131-2

Bolting food or swallowing it by the use of liquids produces more colds than any one activity of a diet! Even milk or water should be chewed two to three times before taken into the stomach ...

808-3

Well, then each morning upon first arising, to take a half to three-quarters of a glass of warm water ... this will clarify the system of poisons.

311-4

The cooking of condiments, even salt, destroys much of the vitamins of foods.

906-1

Certain characters of food cooked in aluminum are bad for any system ... Cook rather in granite, or better still in Patapar paper [vegetable parchment paper].

1196-7

Q. Consider also the steam pressure for cooking foods quickly. Would it be recommended and does it destroy any of the precious vitamins of the vegetables and fruits?

A. Rather preserves than destroys.

462-14

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