

## Health

Paul Solomon Reading 0735. New York, January 2, 1976

Question 1: Please describe the conditions now present, giving the cause of and treatment for the mental or emotional breakdown experienced on ...(Date)..., and the period three years ago also. Are drugs involved and how?

Now we have a number of interrelated conditions and symptoms here. Beginning first with physical imbalances in the endocrine, the pancreas. Can be assisted in correction nutritionally.

In etiology the precipitating cause. Not drug as such. Nothing introduced in such a manner to precipitate the difficulty. Rather emotional stress taking advantage of imbalances in the glandular system and in the physical system, you see. So that the causes, the underlying etiology not totally in the emotion, but the physical reacting to the emotional.

And these are the conditions in the physical as we find. First of all, in the coordination in the endocrine, which will need to be brought into balance. Insufficient hormone balance through the pancreas, producing extreme blood sugar fluctuations, bringing on periods of depression or manic depressive symptoms. Because of the fluctuations, there is a need for chromium in the system and of zinc and copper.

Best treatment for the condition, best approach to treatment, certainly will be Mega-Vitamin Therapy. Dr. ?? would do well for the administration. And would do well to look into testing for these balance through Brain Biocenter, Princeton, New Jersey, for the understanding of the mineral deficiencies and imbalances in the system.

Now irregardless of counseling and assistance to the emotions, psychotherapy and such, will get little results without bringing the physical body into perfect balance. Then rely on these who can bring balance in the physical to be supported by the emotional, the counseling, the understanding within self.

Now much of the welfare, particularly emotional of this one, depends upon the emotional stability of the family. It would do well, particularly for the mother, to be about calming the self, realizing peace within the self, particularly through development of meditation, meditative ability, ability to turn within and find peace. The anxiety of the family and conditions surrounding, the disappointment because of the jealousy and unfair acts of others, have been transferred to these children.

The tension, the anxiety, the worry, the concern, the responsibility because of the culture, because of the religious beliefs and such, have been taken upon the shoulders of these who find this too great a burden to shoulder at this time. Their attempt is honorable. Their desire to serve well in the eyes of God. But unable as yet to deal with the tension of the emotions in these.

Then finding peace in yourself will be of great, great assistance to adding peace to these.

Now for the entire family, add gelatin to the diet. Gelatin in capsules as a supplement or in drinks or such, so that there will be the better assimilation of food. Hyperactivity, tension, nervousness will come

from meat in the diet, any meat at all, regardless of preparation. Fish does well and is assimilated well, and will provide the needed protein. Fresh vegetables would be of great assistance. Particularly leafy greens and such for the entire family in the diet.

Those things that produce a sense of calm, practice. Practice prayer and meditation in a manner of feeling that God does care and will intervene here to bring peace, justice. And understand, the actions of no man can be allowed to disrupt the man at peace in his heart with God.

Then the jealousies, frustrations, hate of others, can and have produced imbalanced vibrations, responses in this entire family. The entire family has been mistreated. But understand this. The reaction to that mistreatment, the response to that jealousy, hate, fear, and such, is your own responsibility in the sense that you can choose to be stronger, to overcome it rather than allowing the hurt to make that they have done even greater.

Their responsibility is upon them and them only. Your acceptance of it, your hurt, is your responsibility, your choice. Then attempt to lift it. All these are strong factors in the well being of this young one in his mind, his heart, his future.

There is a need of course, for counseling. Well it be one who understands the nature of the life and the difficulties of adjusting here.

Now understand, counseling can come not only through such professionals as would be recognized for that purpose. And it need not be a rabbi. But does need be one who will understand the restrictions, the difficulties, as a friend and as a therapist. And particularly for massage that will do much good in bringing physical well-being in balance, nutritional therapy and such.

One who would do well both in counseling, being a friend, and sharing in this manner, Dr...( Name)...Talk with him concerning this, and give opportunity for both the sons to find better balance through his treatment. Do be about the study of meditation, developing the abilities within, whether of Transcendental Meditation, whether through such as teach methods acceptable. Any method as might be learned to find the peace within. But within the parents as well as these younger ones.

Now in the father, his condition here. The difficulties both as to the swelling in the extremities, the dizziness, the headaches, and the nervousness or the disposition, the difficulties, the worry, principally from circulation. Difficulties in circulation that can be corrected, particularly by plunging the feet alternately into hot and cold water daily. Every day increasing the efficiency of circulation to the extremities, particularly the feet. Vibratory massage to the head, the neck, the shoulders would be of great help in reducing tensions, nervousness, headaches, dizziness and such. And improving even the eye sight and the hearing. Rolling the head around in the head and neck exercises would be of help as well to him in relieving these conditions. Now, relieving these conditions for him, producing some ease in his consciousness, taking some of the burden off of his shoulders, will assist in the welfare of both the sons.

For the mother then, in these conditions. Exercise will be helpful in the conditions here. There is a drop in the position of the uterus having affected the lower pelvis. There need be exercises given for the pelvis here as will restore strength in muscles and the balance in this area. And this, with correction in nutrition, will correct this irregularity and such. See Dr...(Name)... for this as well. Will be of assistance in setting about this program, this therapy. Of much help to these.

For the younger one then. Include him with this diet, nutrition, the therapy, the physical therapy, the massage. Will respond to the conditions of the others. That is, as we bring balance to the mother, particularly in the nerve response, the relief of tension and such, will find response then in these others.

The greatest key in the application of help for all of these is the attitude toward God, the attitude of prayer. An attitude of feeling not that I am being punished for wrongs and difficulties in handling these things in error. Do discard such fears, for there have been mistakes, there have been errors, there have been fears and difficulties that have affected others. But it is not as punishment nor result of guilt that these are visited upon you. Rather that you may learn, that you may overcome them, that you may be tempered with the strength that will be required to meet those conditions before you.

Now...(Name)... has that ability. And if there be a field for his career that would be of the most advantage both to him and to others, it will be in counseling, studying the application of psychology for helping others to deal with these laws he has found so difficult. In searching for these answers, in finding adjustment within himself, physically, mentally, emotionally, and because of his sensitivity and ability to understand and empathize with others, could be very well developed therapy. Could find much success in applying it in that manner. Has a talent as well for accounting and business, but the greatest talent is in touching others with his understanding, with his ability to counsel and such.

Now the therapies here could be much more extensive, for sure, in applying nutrition and balance. But we've given those who will prefer to work independently, finding the results of their own examinations and such. And should leave it with them to adjust these.

Now a portion of the difficulties in the beginning came from a blow to the lower spine that still need some adjustment, particularly in the lifting of pressure from the lower sacrum. Dr...(Name)... can relieve this conditions well, allowing the greater flow here, a balance.

Once this application is made, will feel some relief of the tension in this spine. ...(Name)... will relax a great deal, feeling that a burden has been lifted. With the application of this adjustment, apply pressure to the upper dorsal during the lifting. Then massage across the shoulders, the neck. You'll feel the spreading, then, of the relaxation across these areas and the increase of circulation and the movement of the spinal fluid to the brain, the balance of the pressure here, lifting of pressure. This will assist in the balance.

And that is sufficient for the moment. We are through.

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