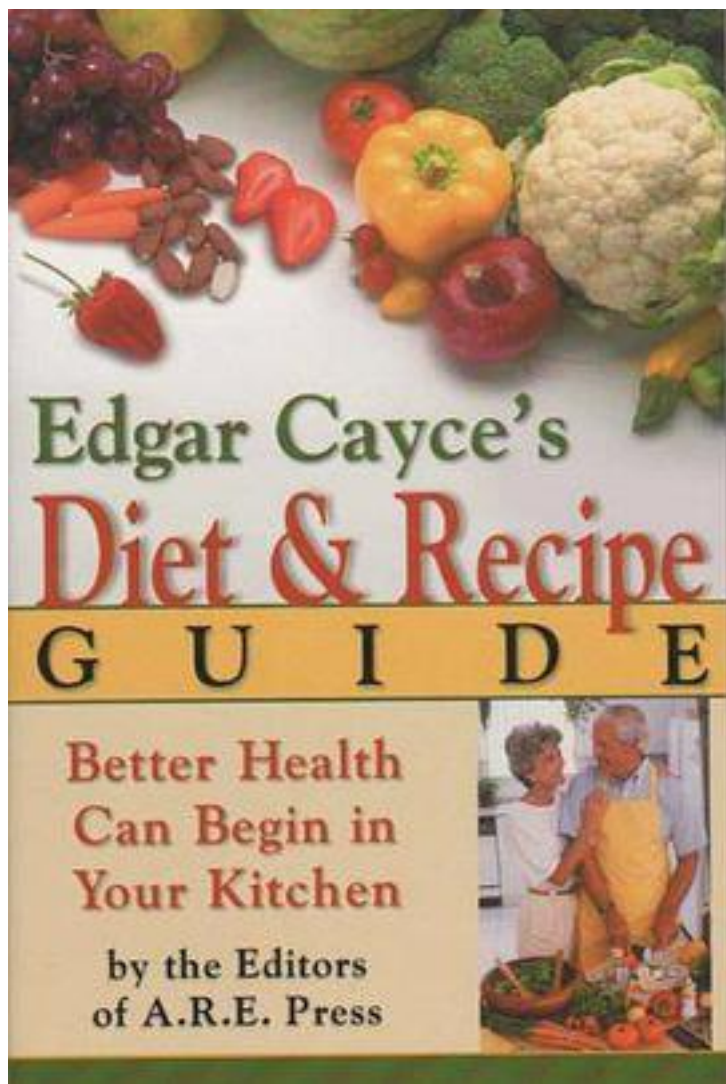


Edgar Cayce's Diet and Recipe Guide



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Thousands of Edgar Cayce's psychic readings included dietary guidance. Two classic works on this information are now available under one cover. The diet portion of the book uses information from the readings to define a health approach to diet for the average person in good health. The recipe guide is a collection that complements the Cayce approach to diet. Combined, this information is a useful guide that has proven beneficial over the years for thousands of people around the world. Index.

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