

CANONICAL ENTRY 70 / 74

Ulcers

Digestion

CANONICAL SOURCE - VERBATIM

Ulcers are brought about primarily by disturbances in digestion, assimilation, and elimination. Specific causes reduce to this basic triad - one system affecting the other. Treat the distressing symptoms knowing that often individual treatment of symptoms will be unnecessary if the underlying problems are addressed, since they are of a reflex origin.

Therapy:

- Hydrotherapy Colonics (every other day)
- Osteopathic adjustment especially the 3rd-5th dorsals
- Massages twice a week, using heated olive oil with tincture of myrrh
- Enlightened Athletics Dietary Protocol with added citrus juices and digestive aids; no apples, tuberous vegetables, bananas, or acid-producing fruits.
- Yellow saffron tea
- Castor oil packs (daily)
- Avoid excessive strain on the nervous system through proper mental and emotional outlook — avoid stress and rest

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol