

Foreword

Food has such a significant part to play in our lives. Most of us think we need to stop three times a day, bless the food that someone has prepared for us, and know that what we are eating nourishes and heals our bodies. Preparation of food has become a science, and those who cook often become well known and even famous in the practice of their chosen profession.

In the inaugural meeting of the American Holistic Medical Association, it was pointed out by the physician who spoke on nutrition that there are probably as many diets recommended by physicians as there are physicians. We adopt diets to lose weight, diets to gain weight, diets to maintain health, and diets to regain health. Indeed, we are urged to pay attention to all aspects of all that we would put into our mouths.

This book, however, appeals to me more as a guide and resource for anyone who wants to continue learning not only what Cayce had to say about the use of food and secrets that can be utilized in daily life, but also how an enlightened nutritionist has put this knowledge into practice in her professional life. As you read the pages of this book, you will realize how deeply Simone Gabbay has made the Edgar Cayce readings a part of her life, and drawn from them important bits and pieces that bring to our attention the holistic nature that Cayce uses even when dealing with the subject of nutrition.

The importance of alkalinity in the fluids and tissues of the body, for instance, is discussed in chapter 2. The pH balance is always associated with immunity and the body's ability to keep us healthy. When foods are metabolized, they always create either an acid or an alkaline response in the body. You will find a wealth of information here that will help you to choose better how food, selected and prepared in the right way, will have a major influence on your daily health. In reading through this manuscript, I was reminded of the meal which two of Jesus' disciples shared with the Master in Emmaus. Everything Jesus did was a manifestation of light in this material world, and this event was no exception.

According to Luke's account (Luke 24:13-32), Jesus joined the two disciples on the seven-mile walk from Jerusalem to Emmaus. They didn't recognize Him, however, apparently because He was in His resurrected body. He entered in their discussion about the events of the past three days and told them how all that they were discussing had been predicted by Moses and their own prophets. They wanted to hear more and asked Jesus to remain with them at the inn where they were to stay. He agreed, and when they sat down to eat dinner together, He took bread and blessed it and offered it to them. At that point, their eyes were opened, they recognized Him, and He vanished from their sight.

Ever since I truly recognized the importance of that story, I have felt that sharing a meal is a spiritual event which gives those who take part in it an opportunity to gain soul growth. And, at the same time, the food is enhanced in its ability to make the body healthier in its consumption. I see this book, then, as a true guide of nutritional information—a resource book—from someone who has not only researched the Cayce readings in addition to more traditional sources, but has put them into action in her life. That makes for truth.

William A. McGarey, M.D.