

Cayce-Inspired Daily Routine for COPD Support

Inspired by Edgar Cayce principles and adapted for COPD safety. Supportive and complementary only — not a replacement for medical care.

7-Day Rotation Plan

- Monday – Light circulation: gentle breathing, short walk.
- Tuesday – Elimination focus: rest, castor oil pack.
- Wednesday – Moderate: gentle movement, normal meals.
- Thursday – Light: breathing and rest only.
- Friday – Elimination focus: castor oil pack, early dinner.
- Saturday – Choice day: gentle movement or rest.
- Sunday – Full recovery: rest and calm breathing.

Daily Structure (Good-Energy Day)

- Morning: gentle nasal breathing, warm drink, NAC if used, warm breakfast.
- Midday: light movement if able, warm lunch, omega-3 + vitamin D, rest.
- Afternoon: hydration, optional castor oil pack.
- Evening: light dinner, Monroe-style theta breathing, early rest.

Core Rules: Never force the breath. Warm is better than cold. Rest is therapeutic. Calm supports lung function.

COPD Flare-Up Day Instructions (Cayce-Inspired)

Use this page on days of chest tightness, heavy mucus, fatigue, or breath anxiety. The goal is calming, unloading the lungs, and supporting elimination.

Immediate Priorities

- Stop non-essential activity immediately.
- Sit upright or reclined with head elevated.
- Slow nasal or pursed-lip breathing with longer exhale.
- Warmth to chest and body; avoid cold air and drinks.

Breathing Protocol (Do Not Force)

- Inhale 4 seconds through the nose.
- Exhale 6–8 seconds through nose or pursed lips.
- Pause only if natural; no breath holding.
- If anxiety rises, shorten the inhale further.

Supportive Actions

- Warm fluids only: water, herbal teas, broths.
- Soft, warm foods if hungry; skip heavy meals.
- Castor oil pack to chest or upper abdomen (30–45 minutes).
- Multiple rest periods; silence and dim light help.

What to Avoid During a Flare-Up

- Exercise or pushing through fatigue.
- Cold drinks or cold air exposure.
- Over-stimulation (screens, loud noise).
- Forcing cough or breath.

Medical Reminder: Use prescribed inhalers or medications exactly as directed. Seek medical help if symptoms escalate beyond your normal pattern.