

# A Guide to the Meridian Institute / Health and Rejuvenation Research Center Collection, 1989-2015

Meridian Institute / Health and Rejuvenation Research Center Collection, 1989-2015  
1989-2015

---

A Collection in The Edgar Cayce Foundation Coll. 27  
The Edgar Cayce Foundation  
2021

## History

**Processed by:** Jessica Newell

## Title Statement

A Guide to the Meridian Institute / Health and Rejuvenation Research Center Collection, 1989-2015

**Subtitle:** Meridian Institute / Health and Rejuvenation Research Center Collection

**Collection:** Coll. 27

## Publication Statement

**Date:** 2021 ([CC0 1.0](#))

**Publisher:** The Edgar Cayce Foundation

[Conditions of Use](#)

## Profile Description

**Creation:** This finding aid was produced using a form and manually entry 2021-12-17

**Language Usage:** Description is in English

## Descriptive Summary

### Collection Number

Coll. 27

### Language

Materials in this collection are in English.

### Creator

Mein, Eric; Thompson, Deborah; Richards, Douglas;McMillin, David; Nelson, Carl; Eschelmann, Marie

### Physical Characteristics

5.2 Linear Feet 13 boxes.

### Repository

The Edgar Cayce Foundation, Virginia Beach, Virginia

## Administrative Information

### Conditions Governing Use

The collection is open for research use. Files containing medical information may only be viewed with permission of the archivist.

## Preferred Citation

[Identification of item,] [date (if known)]; Meridian Institute / Health and Rejuvenation Research Center Collection, Coll. 27, box\_, folder\_, The Edgar Cayce Foundation, Virginia Beach, Virginia.

## Biographical / Historical

The Meridian Institute operated as a Virginia Beach non-profit organization dedicated to researching holistic and integrative approaches to wellness and healing. With a focus on researching the body-mind-spirit connection, the institute researched various modalities and systems including the holistic philosophy of Edgar Cayce, traditional osteopathy, chiropractic, herbal medicine, mind-body healing, and spiritual transformation.

The institute was founded in 1994, operated for 10 years, and included Eric Mein, MD, Douglas Richards, PhD, Carl Nelson, DC, and David McMillin. Headed by Dr. Mein, a Virginia Beach physician, Mein had also served as scholar-in-residence at Atlantic University, and wrote *Keys to Health: The Challenge and Promise of Holism*, based on the Edgar Cayce medical readings. The Director of Research was Dr. Richards, who had been on the faculty of Atlantic University and had also served as the university's director of research. Dr. Nelson, a Virginia Beach chiropractor, served as the institute's clinical researcher, and McMillin served as independent researcher and Cayce scholar.

During its time in operation, the Meridian Institute undertook a number of leading-edge research projects that examined the body-mind-spirit connection, including the following:

• Radial Appliance Project • Psoriasis Project • Migraine Project • Epilepsy Project • Multiple Sclerosis Project • Parkinson's Disease Project • Chronic Fatigue Syndrome Project • Asthma Project • Arthritis Project • Hypertension Project • Irritable Bowel Syndrome Project • Manual Therapy Project

## Scope and Contents

This collection includes research data, research participant files, reports, and office files generated by the Meridian Institute and the Health and Rejuvenation Research Center during operations between 1994 and 2004.

## Related Materials

See Meridian Institute digital library hosted by the A.R.E. Library: <https://www.meridianinstitute.com/>

## Arrangement

The collection is arranged alphabetically by material type.

## Description of Subordinate Components

### general health inventories A-Z

**Unit Date** 1999-2002

#### **Extent**

Includes individual patient files.

#### **Conditions Governing Use**

Permission from archivist to view series must be obtained.

#### **Box 1**

#### **Box 2**

#### **Box 3**

#### **Box 4**

## **Box 5**

## **Box 6**

### **office files**

**Unit Date** 1989-2015

## **Box 7**

### **aphonia background questionnaire**

**Unit ID** Folder 7:1

**Unit Date** 2004

### **approach to life inventory**

**Unit ID** Folder 7:2

**Unit Date** undated

### **by-laws [American Holistic Nurses' Association]**

**Unit ID** Folder 7:3

**Unit Date** 1997

### **certificate [American Holistic Nurses' Association] Deborah Thompson**

**Unit ID** Folder 7:4

**Unit Date** 1998

### **conference materials [5th Annual Cayce Health Professionals Symposium]**

**Unit ID** Folder 7:5

**Unit Date** 2000

### **conference materials [6th Annual Cayce Health Professionals Symposium]**

**Unit ID** Folder 7:6

**Unit Date** 2001

### **conference materials [Then and Now: The Medical Readings]**

**Unit ID** Folder 7:7

**Unit Date** 2001

### **consultation records**

**Unit ID** Folder 7:8-7:9

**Unit Date** 1998-2003

## **Box 8**

### **correspondence [Health and Rejuvenation Research Center]**

**Unit ID** Folder 8:1

**Unit Date** 1997-2001

### **financial records [Barden fund]**

**Unit ID** Folder 8:2

**Unit Date** 1998

**financial records [Health and Rejuvenation Research Center]**

**Unit ID** Folder 8:3

**Unit Date** 1998-2002

**financial records [Residential Programs]**

**Unit ID** Folder 8:4

**Unit Date** 1998-1999

**health and wellness committee**

**Unit ID** Folder 8:5

**Unit Date** 1992-1994

**information packet [Health and Rejuvenation Research Center]**

**Unit ID** Folder 8:6

**Unit Date** 2001

**job applications**

**Unit ID** Folder 8:7

**Unit Date** 2000

**lease agreement**

**Unit ID** Folder 8:8

**Unit Date** 1999

**letters to research participants**

**Unit ID** Folder 8:9

**Unit Date** 1998

**manual [global segmentelectrography]**

**Unit ID** Folder 8:10

**Unit Date** 1990

**manual [Taylor-Johnson Temperament Analysis]**

**Unit ID** Folder 8:11

**Unit Date** 1996

**Box 9**

**nameplate [Deborah Thompson, R.N.]**

**Unit ID** Folder 9:1

**Unit Date** undated

**newsletter [Meridian Institute News]**

**Unit ID** Folder 9:2

**Unit Date** 1997-2000

**newsletters [outside research organizations]**

**Unit ID** Folder 9:3

**Unit Date** 1998-2004

**obesity questionnaire**

**Unit ID** Folder 9:4

**Unit Date** 2004

**osteoarthritis questionnaire**

**Unit ID** Folder 9:5

**Unit Date** 2004

**overviews [Cayce Health Database]**

**Unit ID** Folder 9:6

**Unit Date** 1998

**personal file [Deborah Thompson, R.N.]**

**Unit ID** Folder 9:7

**Unit Date** 1997-1998

**planning documents [Health Center]**

**Unit ID** Folder 9:8

**Unit Date** 1989-2000

**Box 10**

**planning documents [Health and Rejuvenation Research Center]**

**Unit ID** Folder 10:1

**Unit Date** 1992-1998

**proposals [A.R.E. Congress sharing group]**

**Unit ID** Folder 10:2

**Unit Date** 1993

**proposal [Leydig Gland Project]**

**Unit ID** Folder 10:3

**Unit Date** undated

**publications [A.R.E.]**

**Unit ID** Folder 10:4

**Unit Date** 1997-2004

**real estate records**

**Unit ID** Folder 10:5

**Unit Date** 1999

**recipes**

**Unit ID** Folder 10:6

**Unit Date** undated

**recommendations for health readings research**

**Unit ID** Folder 10:7

**Unit Date** 1992

**report [Edgar Cayce Institute for Intuitive Studies]**

**Unit ID** Folder 10:8

**Unit Date** undated

**reports [Meridian Institute]**

**Unit ID** Folder 10:9

**Unit Date** 2000-2002

## **Box 11**

### **reports [outside research organizations]**

**Unit ID** Folder 11:1

**Unit Date** 1995-2000

### **report [Universal Concepts consulting]**

**Unit ID** Folder 11:2

**Unit Date** 1993

### **research materials [labyrinths]**

**Unit ID** Folder 11:3

**Unit Date** 1992-1999

### **research participant data [Cayce Comprehensive Symptom Inventory]**

**Unit ID** Folder 11:4-11:5

**Unit Date** 2000

### **research project: chronic fatigue**

**Unit ID** Folder 11:6

**Unit Date** 2000

## **Box 12**

### **Residential Research Program: Arthritis / Hypertension**

**Unit ID** Folder 12:1

**Unit Date** 1998-1999

### **Residential Research Program: Psoriasis**

**Unit ID** Folder 12:2

**Unit Date** 1999

### **Residential Research Program: Ulcerative Colitis, Irritable Bowel Syndrome, Crohn's Disease**

**Unit ID** Folder 12:3

**Unit Date** 1999

### **scrapbook [Meridian Institute and Open House] Eric Mein**

**Unit ID** Folder 12:4

**Unit Date** 1999

### **slideshow [ALS]**

**Unit ID** Folder 12:5

**Unit Date** undated

### **survey lecture materials [Deborah Thompson]**

**Unit ID** Folder 12:6

**Unit Date** 1999

### **trade catalogs**

**Unit ID** Folder 12:7

**Unit Date** 1998-2004

**workbook and manual [Cayce Comprehensive System Inventory]**

**Unit ID** Folder 12:8

**Unit Date** 2000

**manuscript [Waking Nightmares: Case Studies in Anxiety] David McMillin**

**Unit ID** Folder 12:9

**Unit Date** undated

**book [The Treatment of Schizophrenia: A Holistic Approach] David McMillin**

**Unit ID** Item 12:10

**Unit Date** 1997

**book [Visualizing the Ra Ta Epic: Images of Ancient Egypt and Other Mysterious Places] David McMillin**

**Unit ID** Item 12:11

**Unit Date** 2004

**Box 13**

**book [A Holistic Approach: The Treatment of Depression] David McMillin**

**Unit ID** Item 13:1

**Unit Date** 1997

**book [Case Studies in Depression] David McMillin**

**Unit ID** Item 13:2

**Unit Date** 1997

**book [Case Studies in Schizophrenia] David McMillin**

**Unit ID** Item 13:3

**Unit Date** 1997

**book [Living Nightmares: Case Studies in Anxiety] David McMillin**

**Unit ID** Item 13:4

**Unit Date** 1992

**book [Principles and Techniques of Nerve Regeneration: Alzheimer's Disease and The Dementias]**

**Unit ID** Item 13:5

**Unit Date** 1995

**CD [Anatomy, Physiology and Pathology in the Health Readings of Edgar Cayce, Disk 1] David McMillin**

**Unit ID** Item 13:6

**Unit Date** 2005

**CD [Anatomy, Physiology and Pathology in the Health Readings of Edgar Cayce, Disk 2] David McMillin**

**Unit ID** Item 13:7

**Unit Date** 2005

**CD [Anatomy, Physiology and Pathology in the Health Readings of Edgar Cayce, Disk 3] David McMillin**

**Unit ID** Item 13:8

**Unit Date** 2005

**CD [books: Case Studies in Depression; A Holistic Approach to the Treatment of Depression] David McMillin**

**Unit ID** Item 13:9

**Unit Date** 2005

**CD [books: Case Studies in Schizophrenia; The Treatment of Schizophrenia: A Holistic Approach] David McMillin**

**Unit ID** Item 13:10

**Unit Date** 2005

**CD [books: Alzheimer's Disease and the Dementias] David McMillin**

**Unit ID** Item 13:11

**Unit Date** 2005

**CD [David McMillin collected works]**

**Unit ID** Item 13:12

**Unit Date** undated

**CD [Early American Dietetics and Nutrition] David McMillin**

**Unit ID** Item 13:13

**Unit Date** 2005

**CD [Early American Energy Medicine] David McMillin**

**Unit ID** Item 13:14

**Unit Date** 2005

**CD [Early American Herbal Medicine] David McMillin**

**Unit ID** Item 13:15

**Unit Date** 2007

**CD [Early American Hydrotherapy] David McMillin**

**Unit ID** Item 13:16

**Unit Date** 2005

**CD [Edgar Cayce's Cosmology] David McMillin**

**Unit ID** Item 13:17

**Unit Date** 2007

**CD [Edgar Cayce on the Life and Times of Jesus] David McMillin**

**Unit ID** Item 13:18

**Unit Date** 2008

**CD [Edgar Cayce's Reincarnational History of Ancient Greece] David McMillin**

**Unit ID** Item 13:19

**Unit Date** 2010

**CD [Edgar Cayce's Reincarnational History of Ancient Rome] David McMillin**

**Unit ID** Item 13:20

**Unit Date** 2010

**CD [Edgar Cayce's Reincarnational History of Britain] David McMillin**

**Unit ID** Item 13:21

**Unit Date** 2015

**CD [Edgar Cayce's Reincarnational History of France] David McMillin**

**Unit ID** Item 13:22

**Unit Date** 2015

**CD [Electric Vibrator Therapy: Home and Professional Applications] David McMillin**

**Unit ID** Item 13:23

**Unit Date** 2005

**CD [House of Clay: The Body-Soul Connection] David McMillin**

**Unit ID** Item 13:24

**Unit Date** 2007

**CD [Living Nightmares: Case Studies in Anxiety] David McMillin**

**Unit ID** Item 13:25

**Unit Date** 2007

**CD [Mental Health Lecture Series Disk 1: Schizophrenia] David McMillin**

**Unit ID** Item 13:26

**Unit Date** 2004

**CD [Mental Health Lecture Series Disk 2: Depression] David McMillin**

**Unit ID** Item 13:27

**Unit Date** 2004

**CD [Mental Health Lecture Series Disk 3: Anxiety; Mystical Experiences] David McMillin**

**Unit ID** Item 13:28

**Unit Date** 2004

**CD [Research Report Using the Edgar Cayce Medical Model] David McMillin**

**Unit ID** Item 13:29

**Unit Date** 2005

**CD [Rivers of Light: A Personal Interpretation of the Revelation Based on the Readings of Edgar Cayce] David McMillin**

**Unit ID** Item 13:30

**Unit Date** 2007

**CD [Searching For God 1] David McMillin**

**Unit ID** Item 13:31

**Unit Date** 2011

**CD [Searching for God 2] David McMillin**

**Unit ID** Item 13:32

**Unit Date** 2011

**CD [Searching for God 3] David McMillin**

**Unit ID** Item 13:33

**Unit Date** 2011

**CD [Selections from the Abdominal and Pelvic Brain] Byron D. Robinson; David McMillin**

**Unit ID** Item 13:34

**Unit Date** 2005

**CD [The Radial Appliance and Wet Cell Battery] David McMillin; Douglas G. Richards**

**Unit ID** Item 13:35

**Unit Date** 2005

**CD [Visualizing the Ra Ta Epic] David McMillin**

**Unit ID** Item 13:36

**Unit Date** 2005

The Edgar Cayce Foundation