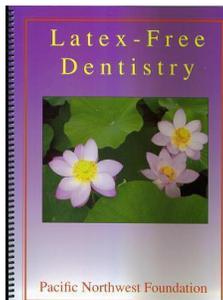


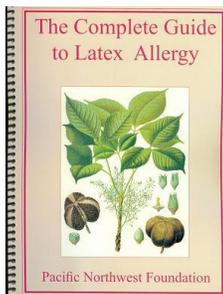
# PACIFIC NORTHWEST FOUNDATION



[Latex Allergy Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to Latex Allergy](#)



[Latex-Free First Aid Kit](#)

## ANNA'S TENTH PROGRESS REPORT July 2002 through December 2002

### SUBJECTS COVERED:

#### July 2002

- Acupuncture
- Craniosacral
- Holistic Dentistry
- Q-machine

#### August 2002

- Craniosacral
- Detoxification
- Holistic Dentistry

#### September 2002

- Craniosacral
- Q-machine

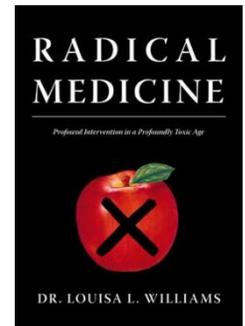
#### October 2002

- Acupuncture
- Craniosacral
- Detoxification
- Holistic Dentistry
- Q-machine

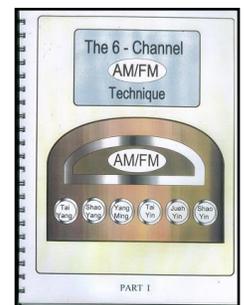
#### November 2002

- Detoxification
- Holistic Dentistry
- Kern Meridian Essences

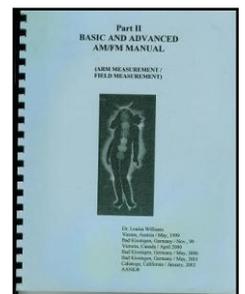
#### December 2002



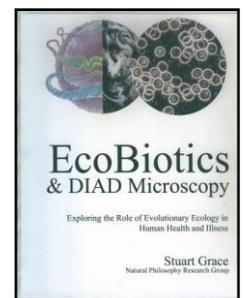
[Radical Medicine](#)



[The 6-Channel AM/FM Technique](#)



[Basic and Advanced AM/FM Manual](#)

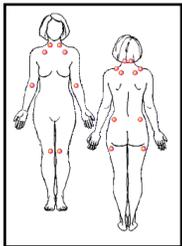


[EcoBiotics](#)

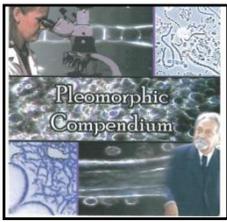
# PACIFIC NORTHWEST FOUNDATION



[Chelita: A Cancer Survivor' Story](#)



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

- My AminoPlex
- Craniosacral
- Kern Meridian Essences
- QXCI

## Symptoms

- Daily
- Nightly
- Periodically

## Remedies

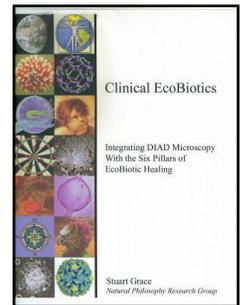
- Herbs
- Homeopathics
- Isopathics
- Pharmaceuticals
- Vitamins and Minerals

## July 2002

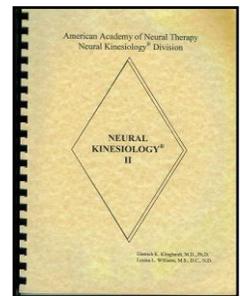
Started July, the 56th month, with continued detoxification symptoms, especially a large area on the underside of the right foot on the Kidney 1 [meridian point](#): the skin blisters, cracks, is very red and painful. I continue experiencing headaches, nausea, fatigue, and foggy-brained. The symptoms are worse after using the [Q machine](#).

After a craniosacral treatment, I have increased sinus congestion and drainage, and severe headache. I also have several acupuncture treatments to open the 12 [meridians](#), which caused a lot of drainage symptoms. I experienced increased fatigue, inability to sleep, increased fluid retention, headache, nausea, liver and kidney discomfort, joint pain, uncontrolled jerking movements of the right leg. I did not test positive for any remedies for a few days.

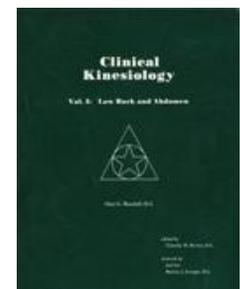
Toward the middle of the month I had another craniosacral treatment with a dental bite adjustment. The maxilla was torqued posteriorly on the left side. All the other cranial bones were holding their positions. I am



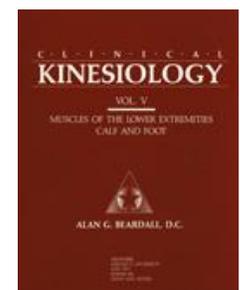
[Clinical EcoBiotics](#)



[Neural Kinesiology \(aka A.R.T\)](#)



[Muscles of the Lower Back & Abdomen](#)

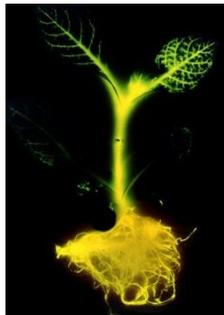


[Muscles of the Lower Extremities](#)

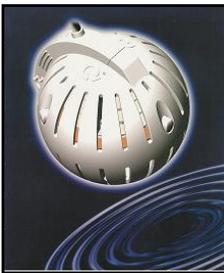
# PACIFIC NORTHWEST FOUNDATION



[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



[Q2 B.E.F.E.](#)



[Multiwave Oscillator](#)

still having difficulty sleeping and increased fluid retention. My right knee and leg is also swollen, and the right foot K1 point is in a continuous cycle of blistering, weeping, drying, cracking, and peeling.

## August 2002

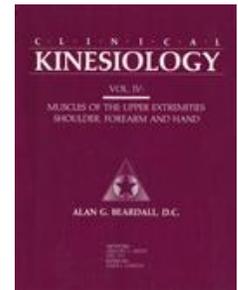
I continue craniosacral treatments on a regular basis. The [cranial bones](#) appear to be holding in place with the exception of the temporal bones, which become fixed due to malocclusion and height of teeth. My [pelvis](#) is still torqued on the right side with right leg ache and random jerking movements, especially at night. I am continuing to experience fluid retention, up to three pounds per day. My bite is off causing problems with NK & AM-FM testing, and although the craniosacral work causes increased symptoms, it does stabilize me temporarily. I finished another round of DMSA/Alpha-Lipoic Acid (every three hours for three days) in which I experienced intermittent headaches, continued random uncontrolled jerking movements, fatigue, and occasional chest pain.

I had the temporary dental work redone, which had helped with the edema and fluid retention. I am also better tolerating the lower appliances at night. I had new impressions taken for decreasing the height of the lower temps. There was difficulty cementing the temps back on. After the third try I started wearing the temporary appliance until I could get the lower bridge recemented on. With my detoxification program my body structure shifts causing the bridge not to attach. Bite adjustments help a little with the symptoms for a while.

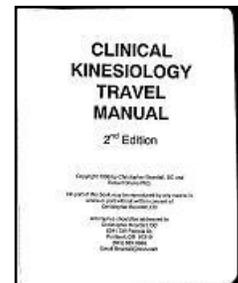
I am having difficulty sleeping, night sweats, swollen lip, throat tightness, lymph gland swollen, stabbing right heel pain, and fluid retention. I am able to walk with some difficulty and pain in the hips, especially the right hip, and back spasms.

## September 2002

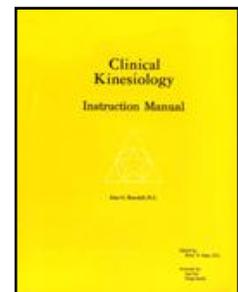
Detoxification symptoms predominate again this, the 58th month. I am using the [Q machine](#) regularly. I have a rash along the spinal column and back with intense



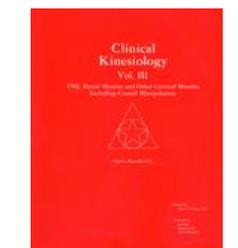
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

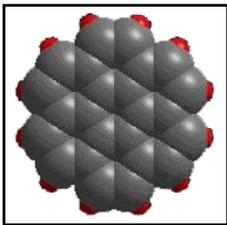
# PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



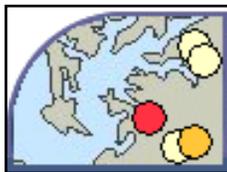
[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

burning, itching and bumps that become red. I also have severe headaches, chills, fatigue, sharp stabbing pains, knee pain, gray skin color and blisters and cracking on the sole of my right foot at the K1, K2 points. The rash is spreading from my spinal column outward throughout the back, and down my inner thighs to my knees. It is very uncomfortable and I am unable to sleep due to the pain and itching.

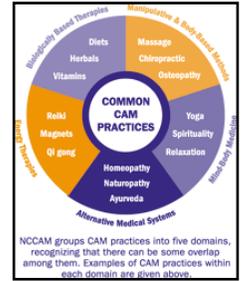
Adjusting the dental appliances and my temps are helping with the symptoms and I am able to tolerate some walking. Craniosacral treatments and lymphatic massage are also helping with the symptoms. I am taking my detoxification remedies every three hours, even at night, which are also helping to decrease my symptoms. My skin color is improving, still fluctuating fluid retention, and some sinus congestion in the morning.

I am able to walk six miles at a time without any major shifts in structure, which is encouraging. I had an acupuncture treatment on the [small intestine auricular points](#). Afterward, I experienced intense heat release from my right foot and increased detoxification burning and itching to kidney and spleen areas.

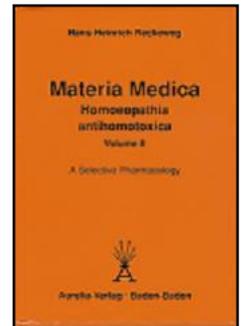
After more adjustments to the dental appliances and temps, the height almost feels right and without too many symptoms. Towards the end of the month I started taking [DMSA/Alpha Lipoic Acid](#) every three hours again for six days. I am continuing to experience detoxification symptoms especially after bite adjustments and using the [Q machine](#).

## October 2002

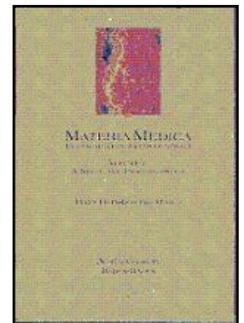
With the [DMSA/Alpha Lipoic Acid](#) therapy every three hours for six days, I am very fatigued, having trouble sleeping, fluid retention, burning hands and feet, skin rash over spleen [meridians](#), especially Spleen 1, 2, and 3, lip swelling, throat tightness, and occasional sweats. I also went in for the impressions for the [DMSA/Alpha Lipoic Acid](#) final dental temps with geography. During the procedure with the temps off I had tremendous



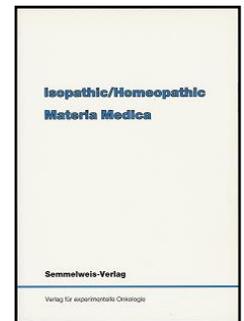
[NCCAM](#)



[Homotoxicology](#)  
[Materia Medica I](#)



[Homotoxicology](#)  
[Materia Medica II](#)

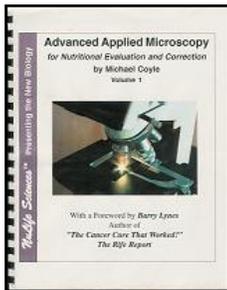


[Isopathic/](#)  
[Homeopathic](#)  
[Materia Medica](#)

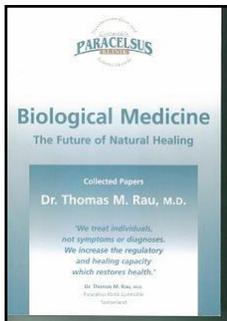
# PACIFIC NORTHWEST FOUNDATION



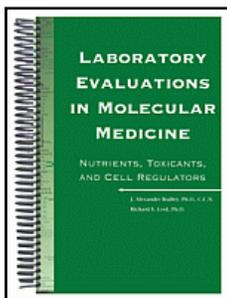
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

energy and could even take my ring off which I hadn't been able to do for months due to fluid retention, but after putting them back on and after the procedure I had an increased detoxification reaction. I had chills all that night with increased gray skin color, a toxic headache with fatigue and burning across my lower back along the nerve tracts. I also had increased right foot burning and itching along K1 and Sp 2&3.

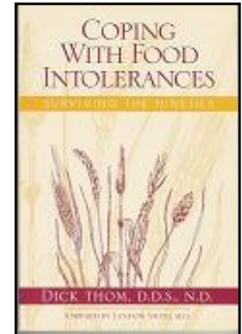
I had two [CellMate](#) lab tests. The day after a craniosacral treatment my brain function improved and I feel more alert, although I am still very fatigued with the headache and fluid retention. The [Q machine](#) treatments render less intense reactions, which clear up with increasing detoxification drainage remedies.

I seemed to have turned a corner this month with my treatment. I feel less toxic. I have more clear thinking and memory and even after my acupuncture treatments I am not as fatigued, nor do I experience the "stoned" feeling or even releasing heat from my feet. I have gray skin color and a swollen lower lip only in the evenings. My next craniosacral session showed progress with my teeth at the new lower height. Unfortunately, the right lower temps started to break off in pieces and the left lower bridge became dislodged, so I had to go to a dentist for a repair and re-cement of the temps. It took awhile for the bite to be right so I had problems with right neck and hip discomfort, and increased detoxification symptoms and drainage. I tested positive to take additional Sanums and Pekanas during this time.

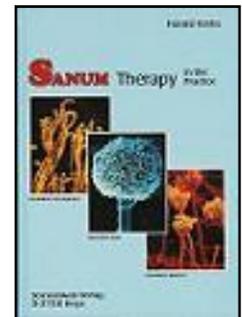
## November 2002

After the bite work, I am able to tolerate walking again, which I enjoy. This month I started taking the Kern Meridian Essences. After taking them, I experience copious sinus drainage, headache, occasional chest wall discomfort, sweats, difficulty thinking and speaking, fatigue, lip swelling, fluid retention, and burning feet.

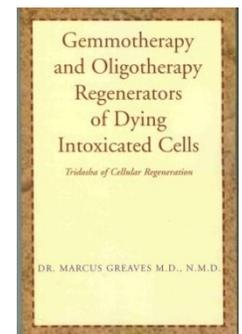
During this, the 60th month, I had two [CellMate](#) lab tests. I am still testing for the Kern Remedies during the middle of the month. Although I am still experiencing



[Coping with Food Intolerances](#)

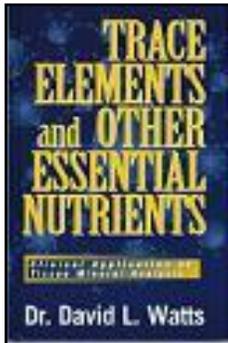


[Sanum Therapy](#)



[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)

# PACIFIC NORTHWEST FOUNDATION



[Trace Elements and Other Essential Nutrients](#)

detoxification symptoms, they are less severe than at the beginning of the treatment. I have fluid retention, throat tightness, lip swelling, burning feet, spleen [meridian points #2-3](#) on right foot burning and blistering, gray color and, difficulty sleeping.

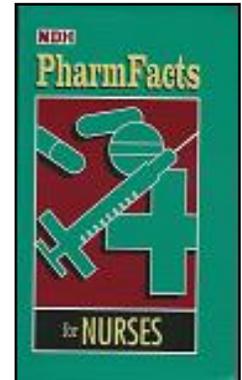
At the end of the month, I am still fine-tuning my bite. I am still having trouble with residual right-sided neck and shoulder pain, swollen lip, throat tightness, and severe headache. I am tolerating the Kern Remedies better.

## December 2002

I am using a new machine/therapy this month, called [QXCI](#) (Quantum Xeroid Consciousness Interface). I am experiencing muddled thinking, difficulty with sentence sequencing, periods of intermittent energy flow, disturbing energy to the right frontal and right wrist areas, weight gain, and a decrease in oscillation of about 3-4 degrees. I also have intermittent fatigue, gray skin color, fluid retention, right neck, back, and shoulder pain especially at night, sinus congestion with occasional cough but increased drainage after the Kern Remedies. I sometimes have chest pain and sluggish bowels.

I had craniosacral treatments after which I experienced increased burning feet, especially [spleen 2,3 points](#), fluid retention, and morning detoxification headache, liver and right kidney discomfort, and joint stiffness. About this time I began taking AminoPlex which significantly increased my detoxification symptoms, specifically swollen lip with red ring, throat tightness, and tired but unable to sleep well. After about a week of taking the [My AminoPlex](#), I am experiencing increased energy and a sense of well being. I am able to tolerate some exercise without an increase in my symptoms, except an occasional severe headache, which abates with more [My AminoPlex](#) and Oligo elements.

After two more craniosacral treatments, I experienced more fatigue, difficulty sleeping, gray color, burning and itching to spleen 2, 3 on right foot, and increased morning detoxification symptoms. I continue to tolerate



[PharmFacts for Nurses](#)



the amino acid complex well. My tissues are becoming softer, less edematous, with a weight loss of about three pounds. I still have an occasional detoxification headache, joint stiffness, and atypical chest wall discomfort. I am tolerating exercise well and have an increased sensation of well being to finish out the year.

### Symptoms

#### Daily

- Fatigue
- Headache
- Fluid retention
- Burning, itching feet
- Foggy-brained
- Nausea
- Liver/Right kidney discomfort
- Sinus congestion/cough
- Swollen lip
- Throat tightness
- Swollen lymph gland

#### Nightly

- Difficulty sleeping
- Night sweats
- Right neck, back, and shoulder pain

#### Periodically

- Chest wall discomfort
- Joint stiffness
- Gray skin color
- Sweats
- Skin rashes
- Random jerking movements

### Remedies



<u>HERBS</u>	<u>ISOPATHICS</u> (Continued)	<u>PHARMACEUTICALS</u>
Chelidonium Plex	Iteres	Benedry
Echinacea	Kern Meridian Essences	<u>VITAMINS &amp; MINERALS</u>
Passionflower	Latensin	Bone-Up
Peppermint tea	Mucedo	Calcium
<u>HOMEOPATHICS</u>	Mundipur	Cilantro
Arnica	Nigersan	DMSA/Alpha-Lipoic Acid
BHI Allergy	Oedem	EPA/DHA
Natrum Sulfuricum	Oligo Mg	Lacto S Plus
Reninum	Oligo Mn- Co	My Aminoplex
Schuessler's cell salt—Natrium Muriaticum	Opsonot	Peltier Water
Unda 4	Quentakehl	SeaCure
<u>ISOPATHICS</u>	Rebas	Taurine
Aesculus Hippocastanum	Recarcin	Ultra Clear Sustain
Apo-Hepat	Renelix	Vitamin C



Citrus Limonum	Septonsil	Vitamin E
Coenzyme Compositum	Sequoia Gigantea	Zinc
Corylus Avellan	Somaplex Multi	<u>OTHER</u>
Dalektro	Sorbus Domestica	Detoxification baths- Baking Soda/Epson Salt
Engystol	Tamarix Gallica	Karok's Oil
Gammadyn Cu- Au-Ag	Thymus	
	Traumeel	
	Toxex	
	Ubichinon	
	Utilin	
	Viburnum Lantana	

---

*The information contained herein has been obtained from a variety of sources. This document is presented to increase awareness of the topic and educate the general public. It is not intended to be an extensive discussion of this subject, or to provide specific treatment guidelines.*