

# PACIFIC NORTHWEST FOUNDATION

## ANNA'S ELEVENTH PROGRESS REPORT

January 2003 to June 2003

### January

- My AminoPlex
- Chiropractic
- Cranial Sacral
- Holistic Dentistry
- Kinotakara Foot Pad
- Q-machine
- QXCI

### February

- Cranial Sacral
- DMSA/Alpha-Lipoic Acid
- Holistic Dentistry
- Scenar

### March

- Holistic Dentistry
- Scenar

### April

- Cranial Sacral
- DMSA/Alpha-Lipoic Acid
- Holistic Dentistry

### May

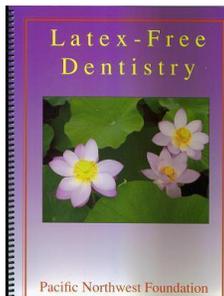
- Amino Plex
- Cranial Sacral
- Q-Machine
- QXCI
- TMJ

### June

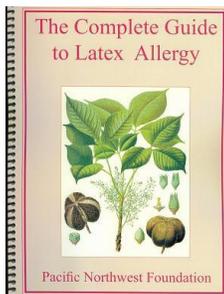
- My AminoPlex
- DMSA/Alpha-Lipoic Acid
- Holistic Dentistry
- Isopathy
- NeproTec
- Scenar



[Latex Allergy Resource Guide](#)



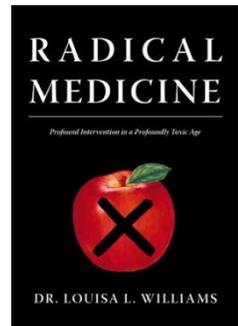
[Latex-Free Dentistry](#)



[Complete Guide to Latex Allergy](#)



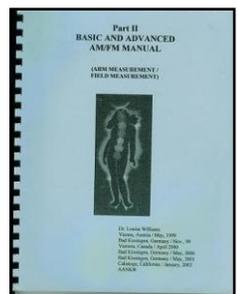
[Latex-Free First Aid Kit](#)



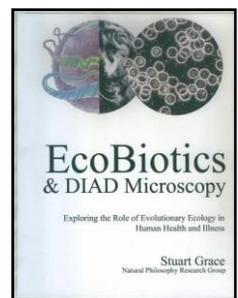
[Radical Medicine](#)



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



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



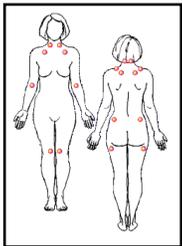
[EcoBiotics](#)

6312 SW Capitol Hwy # 271, Portland, OR 97239  
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[Chelita: A Cancer Survivor Story](#)



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

## Symptoms

Daily  
Nightly  
Periodically

## Remedies

Essential Oils  
Herbs  
Homeopathics  
Isopathics  
Pharmaceuticals  
Vitamins and Minerals

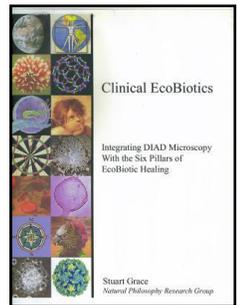
At the beginning of each day, and sometimes during the day as well, I am tested using NK/AM-FM.

## January 2003

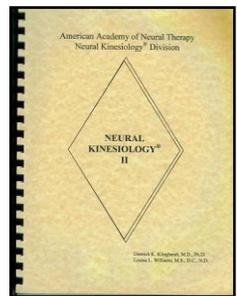
Started the New Year, the 62nd month, with increased detoxification symptoms. I had an intense headache with brain pain during the night, lip swelling, fluid retention, and fatigue secondary to lack of sleep from traveling. Upon awakening I also experienced neck, back, joint and kidney pain. After intermittent periods of nausea my skin color was gray to yellow. I had a cranial sacral treatment showing my cervical (C2) and lumbar (L2) vertebral column was out of alignment. During the night I lost the five extra pounds of fluid and the next day I didn't test positive for any medication. Traction helped my neck and low back discomfort.

After a chiropractic adjustment and another cranial sacral treatment during the middle of the month, I had some relief from my neck and low back pain. I continue experiencing headache and sinus congestion in the morning and foot burning with long bone aching all the way up to the hips bilaterally. With drainage the detoxification symptoms are lessening, although I am experiencing cervical lymph node enlargement and still have intense nausea at times. But I am able to tolerate some exercise again.

Towards the end of the month I saw my dentist and had my temporaries removed, cleaned, and then re-cemented back on. It was a very traumatic event to my body. I was very fatigued,



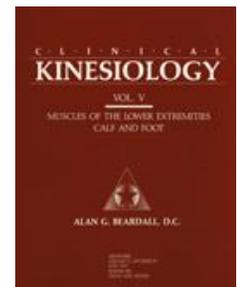
[Clinical EcoBiotics](#)



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



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

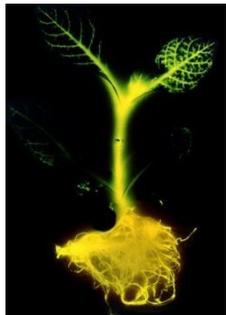


[Muscles of the Lower Extremities](#)

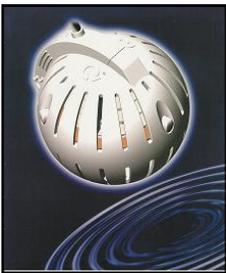
# PACIFIC NORTHWEST FOUNDATION



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



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

yellow skin color, fluid retention, painful teeth, sweats, and lacy amalgam rash to lower legs. After wearing the [Kinotakara foot pad](#) the rash on legs became itchier and the pad itself was black from all the toxins it pulled out of my body. The 'edgy feeling' went away with taking [My AminoPlex](#). I am able to tolerate the [QXCI](#) treatments better, although I still experience intense sinus drainage, rash to my chest, itchy red blotched rashes on my legs, feeling spacey, and fluid retention.

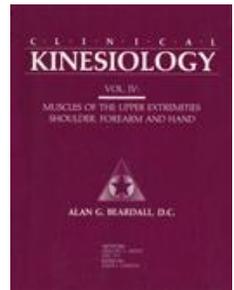
## February 2003

I tested positive for a regimen of DMSA and Alpha-Lipoic Acid every three hours for three days due to intense detoxification symptoms of severe headache, nausea, chills, fluid retention, fatigue, yellow-gray skin color, and sweats. My bite is off, which is causing continued right-sided neck, mid-back, and hip pain. By adding about 20% more topography and bringing my jaw forward, I had less neck, jaw and back pain with the new bite position. However the work caused more detoxification symptoms and increased fatigue and need for sleep.

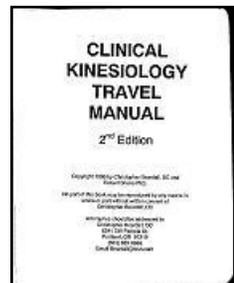
After a [cranial sacral treatment](#), I had a severe headache, gray color, and fluid retention, followed by resolving symptoms and feeling much better and balanced. I then had sudden onset of fatigue episodes with inability to sleep at night and continued fluid retention. After another cranial sacral treatment in the middle of the month, I developed a neurotoxin rash at the base of the tailbone. My structure is relatively stable, so we are now working on muscle and ligaments. I am tolerating weights and walking fairly well, although I have been irritable often. Bite adjustments seem to be helping with structural pain.

I had the right upper quadrant temps cleaned and re-cemented at the end of the month that resulted in severe right neck tightness and pain with inability to turn my neck. I also experienced intense "tar" odor (Baxter-like) and taste after the temps' removal. [Scenar](#) treatments to neck and adjustments brought on relief of pain and increased range of movement, but also increased detoxification symptoms of severe headache, [tachycardia](#), dizziness, pale skin color, sweats, intense fatigue, and fluid retention.

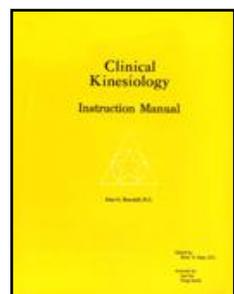
## March 2003



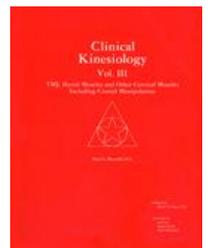
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

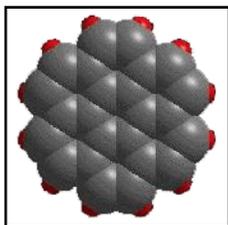
# PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



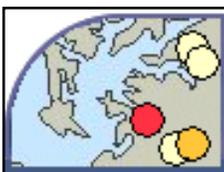
[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

I am having a real hard time sleeping. I have burning rashes to my legs, along my spinal column, face, chest and feet. Bite adjustments have helped my intense right-sided neck pain. I also have sudden sharp, stabbing pains to my right eye and heel that last just seconds and are usually associated with mercury detoxification. I still struggle with continued fluid retention, waves of fatigue, bad "chemical taste" in my mouth along with nausea and a chemical smell to my body. After more bite adjustments and decreasing the height of my built-up temporaries, I am starting to lose the fluid buildup and the fatigue is lessening, although the detoxification symptoms remain the same.

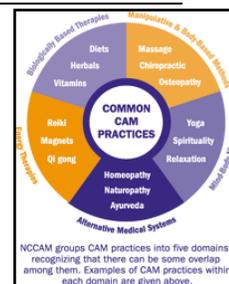
I had a lot of pain structurally during the middle of the month. My right neck, lower back, and hip were all hurting. Polarity segmentation treatment helped but caused an intense detoxification headache. After using the [scenar](#) machine, I am testing to continue to decrease the height of the temporaries.

Bite adjustments continue to help with the structural pain, although I am not stable yet so the pain comes back. I am testing to increase the detoxification supplements, causing intense nausea, chills, fatigue, burning feet and legs, rash to sternum and shins, and night sweats. I continue to test positive for significant quantities of supplements.

## April 2003

I had my bite lowered bilaterally at the beginning of the month with significant improvement in neck pain, right shoulder, hip and low back pain. I am able to tolerate walking, although my weight is unevenly distributed among my feet and I required some more bite adjustments. At this time I also had the right upper bridge cleaned and re-cemented. I continue to have intense detoxification reactions including yellow skin color, burning over feet and lower extremities, hot sweats, difficulty sleeping, and right neck, shoulder, hip, and back pain. Bite adjustments increase flexibility and range of motion and decrease fluid retention.

I did a series of DMSA and Alpha Lipoic Acid every three hours for three days with caused increased detoxification symptoms as above, but also copious sinus drainage, sore throat, and loss of voice, and swollen lymph nodes. Cranial sacral work

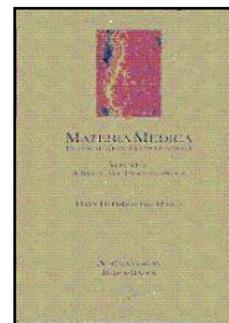


NCCAM groups CAM practices into five domains, recognizing that there can be some overlap among them. Examples of CAM practices within each domain are given above.

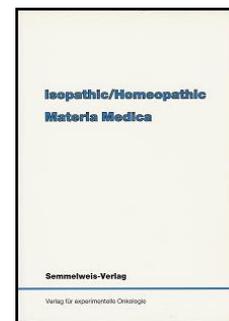
[NCCAM](#)



[Homotoxicology  
Materia Medica I](#)



[Homotoxicology  
Materia Medica II](#)



[Isopathic/  
Homeopathic  
Materia Medica](#)

# PACIFIC NORTHWEST FOUNDATION

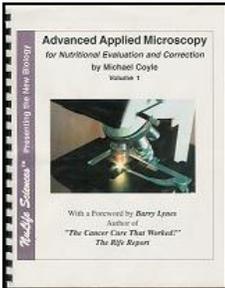


[My AminoPlex](#)

focusing of right neck and hip muscles caused increased detoxification symptoms, including fever, chills, severe brain and spinal cord pain, and burning feet causing me to stay in bed for two days.

With my dental appliance in place during my cranial sacral treatment, my cranial bones had a lot more movement in them. They didn't "lock up." I am increasing expansion on the [palatal expander](#) by small turns with continued sinus drainage, although I am able to tolerate exercise again. I am still working on stabilizing the [maxillary](#) positions.

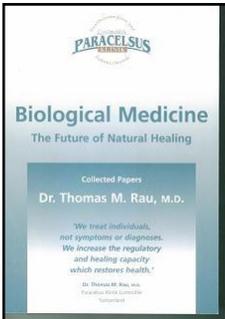
## May 2003



[Advanced Applied Microscopy](#)

After a [cranial sacral](#) treatment at the beginning of the month, working specifically on the palatines, I had increased detox symptoms of chills, fatigue, brain fog, burning feet, stiffness in joints, increased fluid retention, and difficult to exercise. I restarted [My AminoPlex](#), which increased detoxification symptoms for a few days. I continue to wear the upper expander and tolerate incremental turns.

I am still experiencing increased fluid retention, headache, fatigue, occasional random stabbing pains, sweats, ankle and shin rashes, and yellow-gray skin color. I am testing for detoxification baths and [Q](#) treatments. Toward the end of the month I have increased energy and feeling of well-being. I am tolerating exercise again.

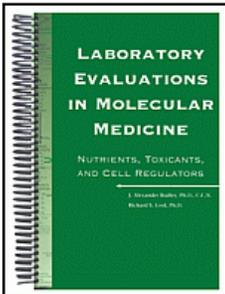


[Biological Medicine](#)

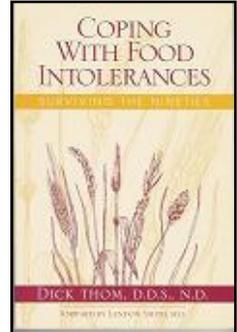
I had two more cranial sacral treatments with a focus on shoulder and bite distortion. This caused more right-sided enlarged lymph nodes with sinus drainage. I also had a TMJ ligament treatment, which helped with muscle soreness. I received new dental temporaries at the end of the month. My neck, back and hip pain resolved with the new temps. I also had molds taken for a new palatal expander appliance.

## June 2003

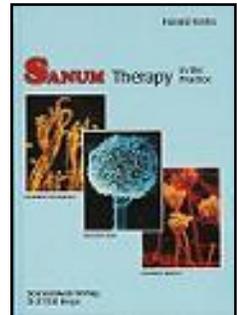
I continue to have less fatigue and less pain to my neck, back, and hip from the new temporaries. I still have fluid retention, rash, burning feet, and joint aching especially in the morning. During the course of the month most of my symptoms returned including, increased fatigue, joint pain, burning feet, bloated



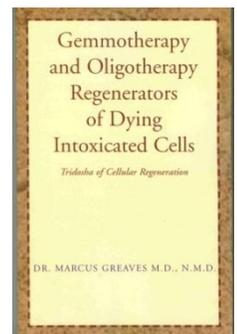
[Laboratory Evaluations in Molecular Medicine](#)



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



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

feeling, fluid retention, and neck, shoulder, hip, and low back pain.

I obtained my lower appliance toward the end of the month. This and the Scenar treatments really decreased my neck and back pain, increased my energy and my feeling of well-being. I tested for DMSA, Alpha-Lipoic Acid and Amino Acid protocols. I continue to gain more energy, have less fatigue, and less detoxification symptoms.

I was unable to sleep for several nights, so I tested positive for increased doses of Amino Acids, NeproTec, Chrysol, and Engystol. All of my symptoms continue to improve and I am sleeping better. I am tolerating the new upper appliance well; I have increased energy, decreased body sweats, joint stiffness, back, neck, shoulder, and hip pain. I still am experiencing fluid retention and weight gain, burning feet, and rashes to my shin and ankle areas.

Symptoms:

Daily

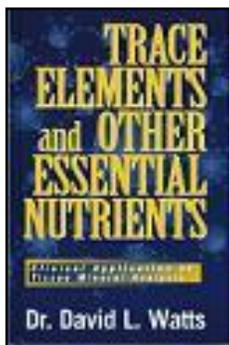
- Fatigue
- Headache
- Fluid retention
- Burning, itching feet
- Foggy-brained
- Nausea
- Right neck, back, and shoulder pain

Nightly

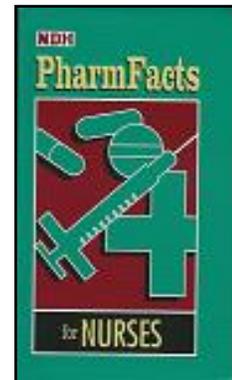
- Difficulty sleeping
- Night sweats

Periodically

- Atypical, stabbing pains
- Joint stiffness
- Yellow-Gray skin color
- Sweats/Fever
- Skin rashes-ankle, shin, sternum
- Sinus congestion/cough
- Swollen lymph gland
- Brain and spinal cord pain



[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



Remedies:

<p>Essential Oils</p> <ul style="list-style-type: none"> <li>• Lavender</li> </ul> <p>Herbs</p> <ul style="list-style-type: none"> <li>• Echinacea</li> <li>• Peppermint tea</li> </ul> <p>Homeopathics</p> <ul style="list-style-type: none"> <li>• Arnica</li> <li>• BHI Allergy SL</li> <li>• Pulsatilla</li> <li>• Traumagen</li> </ul> <p>Isopathics</p> <ul style="list-style-type: none"> <li>• Apo-Oedem</li> <li>• Apo-Hepat</li> <li>• Chrysor</li> <li>• Coenzyme Compositum</li> <li>• Dalektro</li> <li>• Engystol</li> <li>• Ficus Carica</li> <li>• Gammadyn Cu-Au-Ag</li> <li>• Iteres</li> <li>• Juglans Regia</li> <li>• Juniperus Communis</li> <li>• Kern Meridian Essences (1, 2, 6, 8, 9, 11)</li> <li>• Nigersan</li> </ul>	<p><u>Isopathics</u> (continued)</p> <ul style="list-style-type: none"> <li>• Notakehl</li> <li>• Oligos: Mg, Cu, K, Mg, Mn-Co, Mo, P, Zn-Cu, Zn</li> <li>• Oponot</li> <li>• Quentakehl</li> <li>• Pleo Albicans</li> <li>• Psystabil</li> <li>• Rebas</li> <li>• Recarcin</li> <li>• Renelix</li> <li>• Rubus Fructicosus</li> <li>• San Candida</li> <li>• San Coli</li> <li>• San Myc</li> <li>• San Strep</li> <li>• Secal Cereale</li> <li>• Septonsil</li> <li>• Sequoia Gigantea</li> <li>• Somaplex Multi</li> <li>• Sorbus Domestica</li> <li>• Traumeel</li> <li>• Toxex</li> <li>• Ubichinon</li> <li>• Ulmus Campesteris</li> <li>• Utilin</li> <li>• Viburnum lantana</li> <li>• Viscum</li> </ul>	<p>Pharmaceuticals</p> <ul style="list-style-type: none"> <li>• Benadryl</li> </ul> <p>Vitamins and Minerals</p> <ul style="list-style-type: none"> <li>• B-complex</li> <li>• Berber Caps</li> <li>• Bone-Up</li> <li>• Calcium</li> <li>• Cilantro</li> <li>• DMSA/Alpha-Lipoic Acid</li> <li>• EPA/DHA</li> <li>• KTS</li> <li>• Lacto S Plus</li> <li>• My AminoPlex</li> <li>• NeproTec</li> <li>• Oregacyn</li> <li>• Sea Cure</li> <li>• Sulf Redox</li> <li>• Taurine</li> <li>• Ultra Clear Sustain</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Zinc</li> </ul> <p>Other</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Karok's Oil</li> <li>• Kinotakara Foot Pads</li> <li>• Peltier Water</li> <li>• 100% Organic Food &amp; Drink</li> <li>• 100% Filtered Water</li> </ul>
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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.