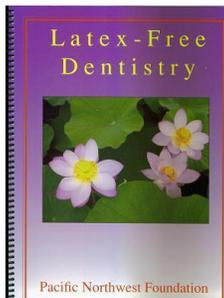
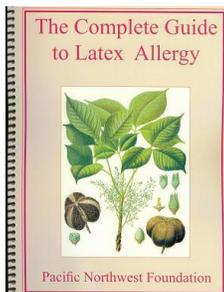




[Latex Allergy
Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to
Latex Allergy](#)



[Latex-Free
First Aid Kit](#)

ANNA'S TWELFTH PROGRESS REPORT July 2003 to December 2003

SUBJECTS COVERED:

July

- My AminoPlex
- Cranial Sacral
- Holistic Dentistry
- Kinotakara Foot Pad
- NeproTec
- Scenar

August

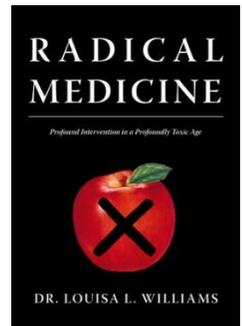
- Cranial Sacral
- Holistic Dentistry
- QXCI
- Scenar

September

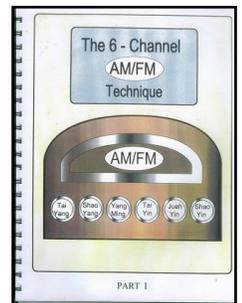
- Cranial Sacral
- Holistic Dentistry
- Light and Sound Acupuncture
- QXCI
- Scenar

October

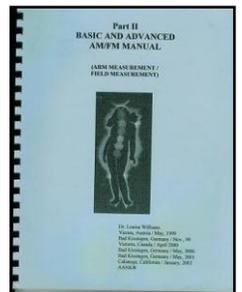
- My AminoPlex
- Cranial Sacral
- Holistic Dentistry
- Light and Sound Acupuncture
- Scenar



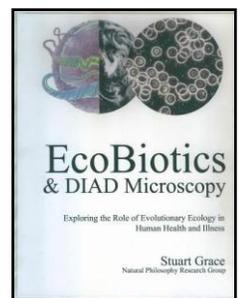
[Radical Medicine](#)



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



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

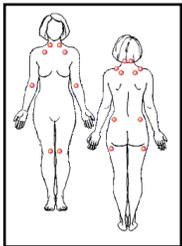


[EcoBiotics](#)

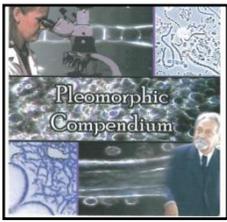
PACIFIC NORTHWEST FOUNDATION



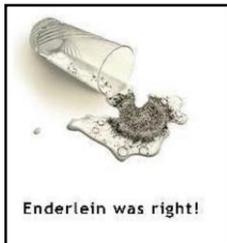
[Chelita: A Cancer Survivor' Story](#)



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

November

- My AminoPlex
- Cranial Sacral
- Holistic Dentistry
- Scenar

December

- My AminoPlex
- Holistic Dentistry
- Neural Therapy
- Scenar

Symptoms

Daily
Nightly
Periodically

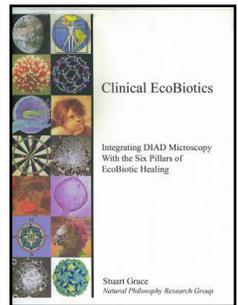
Remedies

Essential Oils
Flower Essences
Herbs
Homeopathics
Isopathics
Pharmaceuticals
Vitamins and Minerals

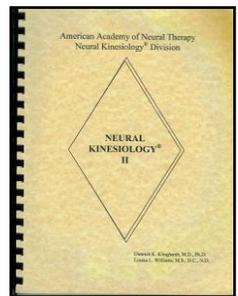
July 2003

I started the month (the 68th since treatments began) with more energy and decreased body sweats, but continued burning feet, fluid retention, weight gain, joint stiffness, especially in the morning, rashes to shin and ankle areas, and back, neck, and hip discomfort. I am tolerating my upper dental appliance fairly well. I started the [My AminoPlex](#) protocol again and became incredibly ill. I had intense nausea, headache, and chills with continued right neck, back, and hip discomfort at night with numbness to my left thumb and left palate, which is still moderately collapsed.

I am having intense burning, itching, and blistering to my right foot at the K1 acupuncture point. My headache alternates between less intense to so severe it puts me into bed for the



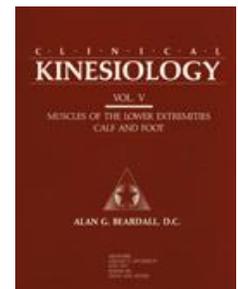
[Clinical EcoBiotics](#)



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



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

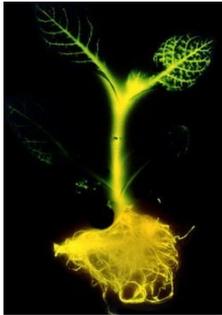


[Muscles of the Lower Extremities](#)

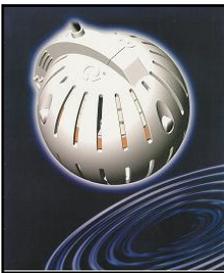
PACIFIC NORTHWEST FOUNDATION



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



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

day and unable to sleep at night. My spine and long bones, esp. the legs also hurt and interfere with finding a comfortable position to sleep. I am also experiencing occasional fatigue and random jerking of the right foot at night.

Cranial sacral treatments correcting cranial bone imbalances help to diminish neck, back, and right hip pain. Occasionally after a treatment I still experience a headache, sinus congestion, and nausea.

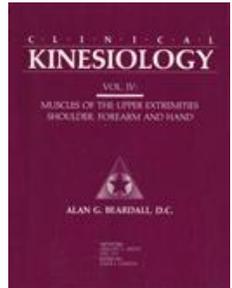
August 2003

I am preparing for my final permanent teeth. I am having intense sensitivity to all teeth and am unable to take the [lidocaine](#) anesthesia, as I don't get numb. Was able to tolerate an Articaine block and become numb for the procedure. Afterwards though, I experienced tachycardia (increased heart rate) and feeling strange. For several days afterwards I experienced extreme sensitivity and intermittent pain to various teeth.

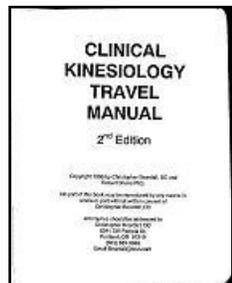
I continued to detoxify throughout the month. My symptoms included body sweats, burning and peeling of K1 points on both feet, and fatigue at times. I continue experiencing discomfort with the dental appliance that is somewhat alleviated by [QXCI](#) treatments. My other signs and symptoms are getting better except for some sinus congestion, joint pain, intermittent nausea, difficulty sleeping, random leg jerking movements, fluid retention, and increased swelling and burning feet.

September 2003

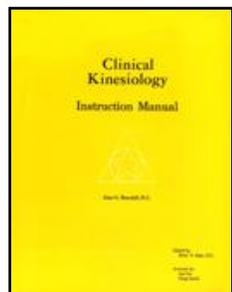
My foot rash and fluid retention continue to be my main symptoms this month (my 71st since beginning treatments). After a light and sound acupuncture treatment and scenar treatment I developed a rash over my body with raised bumps and chemical-like burns. The rash was very itchy and burning especially over my lower back in the fifth lumbar vertebrae area and dermatome. There were also a few scattered areas on my front, back torso, and arms.



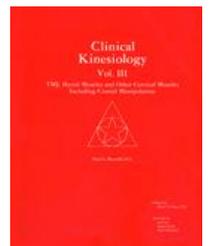
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

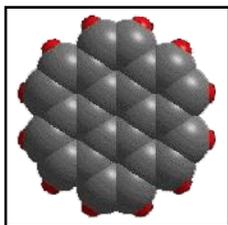
PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

The body rash continues through the middle of the month. I also have some sinus congestion and itching, burning eyes with increased fluid retention of 5-10 pounds. By the end of the month the rash to the L5 dermatome is improving as well as the K1 area of the feet. I am able to tolerate about 2 1/2 miles of walking, and my fluid retention is down by about 5 pounds.

October 2003

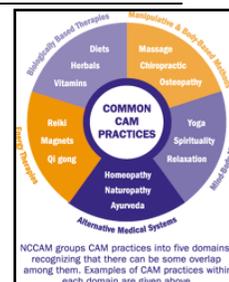
The “chemical type” burning and itching continues this month, along with increased fatigue and brain fog that will awaken me from sleep. After sound and light acupuncture I experienced increased heat to the solar plexus during the treatment and increased fluid retention, and burning and itching rash for another day before the symptoms started to resolve.

I am experiencing nausea and edginess when taking the [My AminoPlex](#) supplement and when exercising. I continue to have fluid retention and my morning “detox-type” headache and fatigue, although the rashes and itching have resolved, including on the bottom of my foot. I am tolerating exercise well, even walking up to 6 miles at a time. I am still adjusting my dental appliance as my left palate and zygomatic arch collapse when I don’t wear it.

I finished the month with red blotches to both legs and itchiness after detox baths, some neck and hip pain on the right side, blurred vision with watery, and tearing eyes, a toxic headache and liver and kidney discomfort in the morning, fluid retention, and some difficulty sleeping. I took the advanced [scenar](#) class and had multiple treatments resulting in gray skin color, some fatigue and difficulty sleeping, but great information and teaching.

November 2003

At the beginning of the month I experienced a healing crisis that involved severe, excruciating pain. My cranial bones were shifting which caused intense headaches, burning and tearing

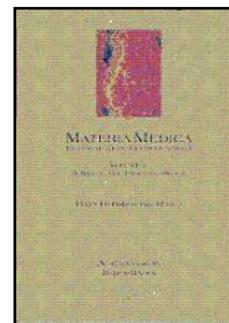


NCCAM groups CAM practices into five domains, recognizing that there can be some overlap among them. Examples of CAM practices within each domain are given above.

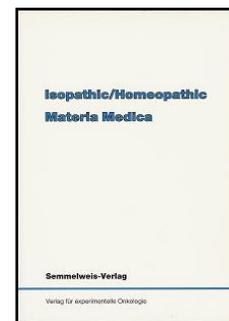
[NCCAM](#)



[Homotoxicology
Materia Medica I](#)



[Homotoxicology
Materia Medica II](#)

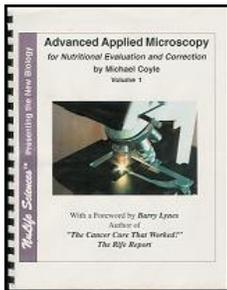


[Isopathic/
Homeopathic
Materia Medica](#)

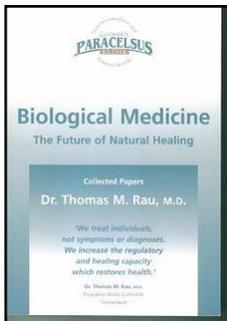
PACIFIC NORTHWEST FOUNDATION



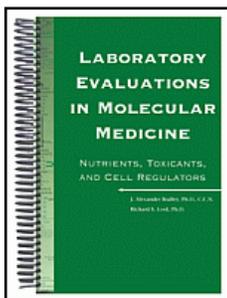
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

eyes feeling like glass shards were coming out of them. I was in bed for two days with the pain progressing from my head down through my neck and spinal column to my pelvic girdle and legs. My neck and shoulder pain decreased with cranial sacral work.

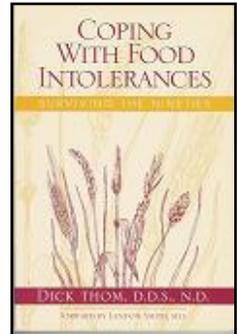
After bite adjustments and scenar treatments, my neck, shoulder, and back pain are much improved, although I have continued fluid retention with mild fatigue, blotches to legs, lower torso, and medial left ankle with itching. I am still experiencing my morning detox headache, liver discomfort, and body sweats.

By the end of the month I have a return of the intense tearing, burning, pressure, and photosensitivity to both eyes. It is less severe than the previous time but still intense. After about three days of discomfort, the blurred vision started to resolve.

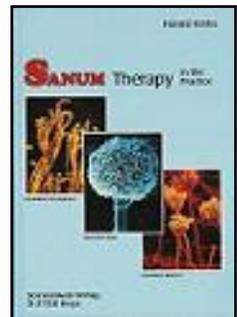
December 2003

This last month of 2003 marks 73 months that I have been on this treatment process. I am still able to tolerate exercise well, which is always a joy for me, since I like to be active. I am still troubled by continued fluid retention, tearing and the feeling of "sand" in my eyes, toxic headache in the morning, and some fatigue and difficulty sleeping at times. After [scenar](#) treatments and with [My AminoPlex](#) supplementation, I have increased energy, but gray-yellow skin tone and dermatomal skin rash over both hips and occasional body sweats.

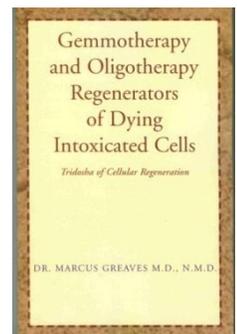
I have been using the [scenar](#) to treat sympathetic nerve ganglions, including the [maxilla](#), [cardiac](#), and [Frankenhauser](#), using the principles of [neural therapy](#) but without needles or anesthesia with some success. I still have my toxic headache in the morning upon waking that goes away by mid-morning, generalized joint and bone pain during the night, continued fluid retention, and eye pain and sensitivity with blurred vision.



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



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

Symptoms

Daily

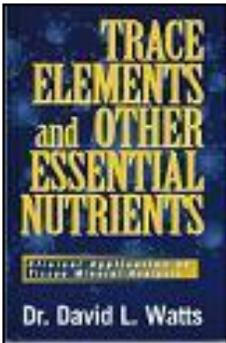
- Fatigue
- Headache
- Fluid retention
- Burning, itching feet
- Foggy-brained
- Nausea
- Right neck, back, and shoulder pain
- Itchy, tearing eyes

Nightly

- Difficulty sleeping
- Night sweats

Periodically

- Atypical, stabbing pains
- Blurred vision
- Dental/Teeth pain and sensitivity
- Body sweats/Fever
- Joint stiffness and pain
- Yellow-Gray skin color
- Random limb jerking movements
- Skin rashes
- Sinus congestion/cough



[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



Remedies:

<p>Essential Oils</p> <ul style="list-style-type: none"> • Lavender <p>Flower Essences</p> <ul style="list-style-type: none"> • Dandelion • Lilac • Tourmeline <p>Herbs</p> <ul style="list-style-type: none"> • Echinacea • Peppermint tea <p>Homeopathics</p> <ul style="list-style-type: none"> • Arnica • BHI Allergy SL • Pulsatilla • Schuessler's Cell Salts • Traumagen • Traumeel <p>Isopathics</p> <ul style="list-style-type: none"> • Apo-Oedem • Apo-Hepat • Chelidonium Plex • Chrysor • Coenzyme Compositum • Dalektro • Engystol • Ficus Carica 	<p>Isopathics Continued</p> <ul style="list-style-type: none"> • Gammadyn Cu-Au-Ag • Glyoxal • Iteres • Kern Meridian Essences • Oligo - Mn-Co • Recarcin • Renelix • San Cand • San Strep • Septonsil • Somaplex Multi • Toxex • Ubichinon • Unda #5 • Utilin <p>Pharmaceuticals</p> <ul style="list-style-type: none"> • Benadryl <p>Vitamins and Minerals</p> <ul style="list-style-type: none"> • Alpha-Lipoic Acid/DMSA • B-complex • BerberCaps • Bone-Up • Branched-Chain Amino Acids • Calcium • Cilantro • Enduorguard 	<p>Vitamins and Minerals Continued</p> <ul style="list-style-type: none"> • EPA/DHA • KTS • Lacto S Plus • My AminoPlex • NeproTec • Oregacyn • SeaCure • Sulf Redox • Taurine • Ultra Clear Sustain • Vitamin C • Vitamin E • Zinc <p>Other</p> <ul style="list-style-type: none"> • Coffee • Detoxification baths—Baking Soda/Epson Salt • Kinotakara Foot Pads • Laser • Peltier Water • QXCI Therapy • Scenar • Sonicare toothbrush • Wedges/Fulcrum
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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.