

PACIFIC NORTHWEST FOUNDATION

ANNA'S THIRTEENTH PROGRESS REPORT January 2004 to June 2004

SUBJECTS COVERED:

January

- Craniosacral

February

- Scenar

March

- Far-Infrared Mattress Pad
- Holistic Dentistry

April

- My Amino Plex
- Craniosacral
- Heel
- Holistic Dentistry
- NeproTec

May

- Acupuncture
- Craniosacral
- Latex Allergy/Sensitivity

June

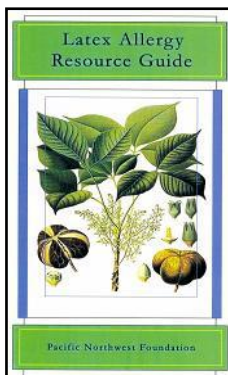
- Adrenal Fatigue
- Craniosacral
- Dental Appliances
- Orthotics

Symptoms

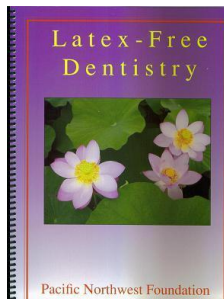
- Daily
- Nightly
- Periodically

Remedies

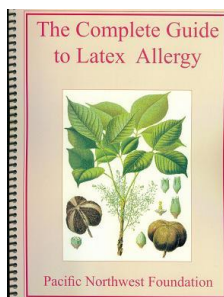
- Essential Oils
- Herbs
- Homeopathics



[Latex Allergy
Resource Guide](#)



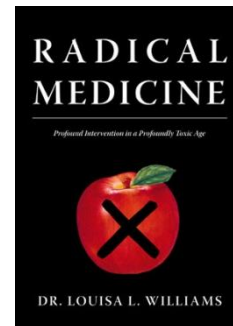
[Latex-Free Dentistry](#)



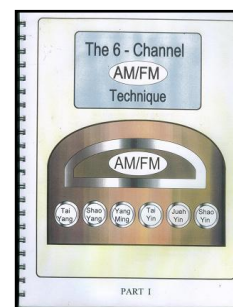
[Complete Guide to
Latex Allergy](#)



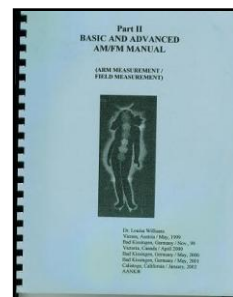
[Latex-Free
First Aid Kit](#)



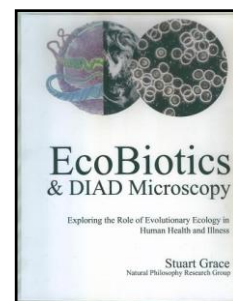
[Radical Medicine](#)



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



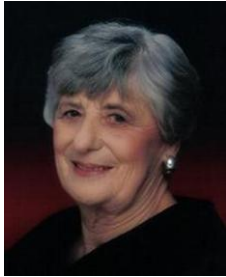
[Basic and
Advanced AM/FM
Manual](#)



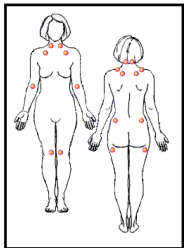
[EcoBiotics](#)

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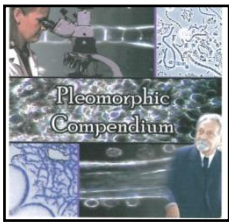
- Isopathics
- Pharmaceuticals
- Vitamins and Minerals



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

January 2004

I start the New Year still plagued with fluid retention that increases throughout each day. It especially gets worse with exercise, such as shoveling the snow we had the first week of January. My neck, shoulder, and back discomfort are improving somewhat with craniosacral work. Also my toxic morning headache has lessened in frequency and intensity.

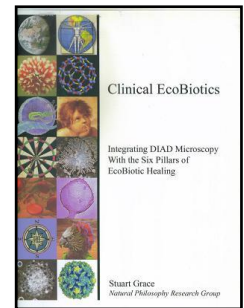
By the middle of the month, my toxic symptoms got much worse, including my morning headache and joint pain. They would both get better after several hours of getting up in the morning. I am still experiencing intense discomfort from fluid retention, and have a burning sensation in both feet, especially at night. I also have blurred vision in the right eye and itchy, burning sensation in both eyes.

The end of the month saw a gradual decrease of fluid retention over two days. Also the toxic headache and joint pain in the morning have also decreased, as has the eye discomfort. I am having some joint pain—elbow, right shoulder and neck—at night still.

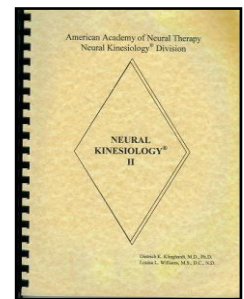
February 2004

I am still experiencing continued fluid retention—increased weight gain—after any physical exertion. My headache, right-sided shoulder and neck discomfort continue and the eye irritation has returned. The eyes feel like they have glass shards in them, and get very teary, especially after [Scenar](#) treatments. I have been sleeping better with the [far-infrared mattress pad](#), although I am still awakened by night sweats occasionally and still experience burning feet at night.

By the end of the month my vision is blurry bilaterally due to the itching, burning, tearing, and pain of both eyes. I also have a few scattered spots of rash to both



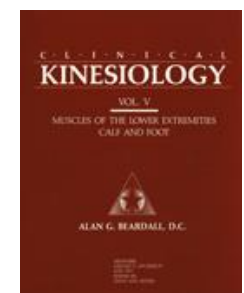
[Clinical EcoBiotics](#)



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



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



[Muscles of the Lower Extremities](#)

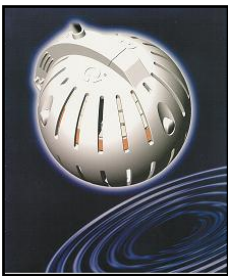
PACIFIC NORTHWEST FOUNDATION



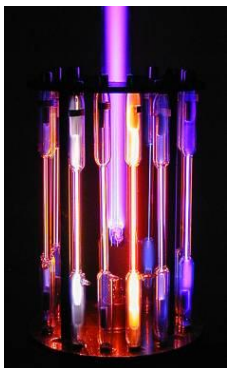
[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

toes that accompany the burning feet. I am able to tolerate a few hours of exercise—gardening, shoveling snow, etc.--with only three to five pounds increase in weight, instead of seven pounds.

March 2004

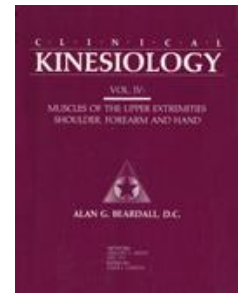
My eye detoxification signs and symptoms are improving. I now have only slightly blurred vision. I have continued fluid retention, burning feet at night, right shoulder pain, and detox headache upon awakening. At the beginning of the month, I had my right upper permanent bridge placed followed by increased detoxification symptoms. My morning headache worsened and continued throughout the day. The [far-infrared mattress pad](#) seemed to make it worse, so I stopped using it. My skin color was yellow-gray, and I had increased fatigue, burning of the feet at night with a rash on the toes.

My mother passed on this month. I am very sad and remorseful and also very stressed as I try to settle her estate. This involves trips to California and lots of phone calls trying to sort everything out.

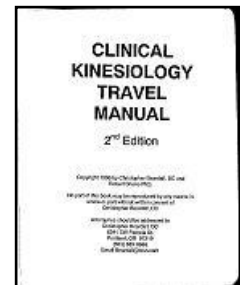
Fluid retention continues to get worse. I gained about ten pounds in one week with no discernable cause. I then lose about eight pounds, only to gain six back the next day. After craniosacral work, I have lip swelling, increased fatigue and generalized soreness, in addition to my other symptoms.

April 2004

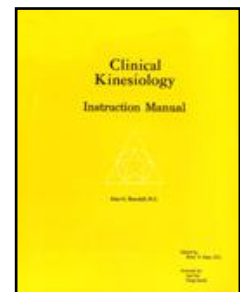
I had dental work performed at the beginning of the month, trying to correct my malocclusion from not having the right upper bridge on [teeth #2, 3, and 4](#). The permanent bridge was the incorrect height, causing my left palate to collapse and my right palate to follow suit. While the bridge is being re-done, I am awaiting a [palatal expander](#) to correct the [malocclusion](#). In the meantime I am experiencing increased right-sided neck, shoulder, low back, and hip pain. The pain is worse supine than upright. Also, the rash to the plantar



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



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

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surfaces of both feet to the [Kidney 1](#) area has returned.

I have pronounced fatigue, toxic morning headache, burning feet, and rash to my toes. Fluid retention is worse with taking [My Amino Plex](#) and [NeproTec](#). I am also still stressed trying to settle my mother's estate. It is difficult to think at times. My craniosacral sessions help with the pain but the adjustments don't hold.

By the middle of the month, I started to take the [Heel](#) remedies every three hours, which really helped alleviate a lot of my "toxic" symptoms. I also received my [palatal expander](#), which helped to increase my energy and decrease my neck, shoulder, back, and hip pain. I had a few days of increased detoxification, but then was feeling much better for a few days.

I restarted the My AminoPlex and NeproTec toward the end of the month and all of my detoxification symptoms returned and worsened. Craniosacral work is continuing to help, although my symptoms do get worse for a few days after a treatment.

May 2004

My morning headache and fatigue are still dissipating a few hours after being up and about. Blisters are developing on [Kidney 1](#) and [Spleen acupuncture points](#) to my right foot. Fluid retention continues to be my biggest concern, with it increasing after taking My AminoPlex. My cranial bones continue to move with moderate amount of pain and my left hip is torqued which is a new pattern for me, usually it is the right hip. My sinuses are also starting to get congested.

Towards the middle of the month, my headache is sticking around all day long with periodic bouts of fatigue and nausea. My right eye also hurts and is tearing. It feels as if glass shards are coming out of the eyes. My skin color is still yellow to grey and I am having difficulty sleeping due to the eye pain and fluid retention. Over time my vision gets blurry and I develop photosensitivity.

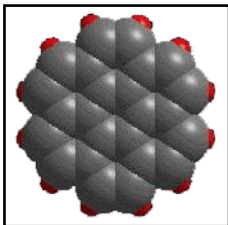
By the end of the month, the fluid retention was so bad



[Biomodulator](#)



[SCENAR](#)



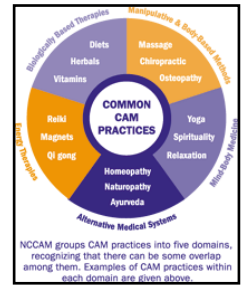
[Toxicity Study](#)



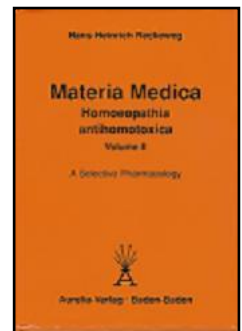
[Our Toxic Times](#)



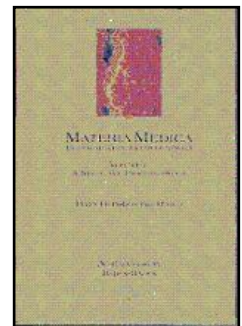
[TOXMAP](#)



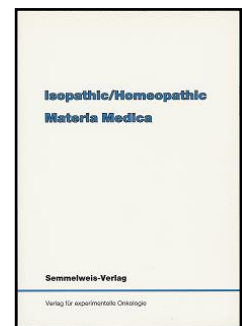
[NCCAM](#)



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



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



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

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[My AminoPlex](#)

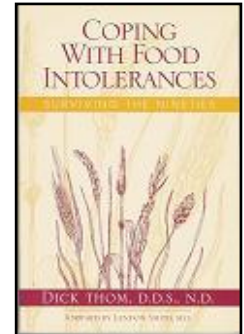
as to cause shortness of breath, especially after any exertion, generalized discomfort, and difficulty sleeping. Both eyes still hurt, with the left one much worse, actually putting me in bed all day due to the pain. The [conjunctiva](#) is swollen, red, and tearing, similar to a latex-like reaction. I am also experiencing brain and spinal cord pain.

June 2004

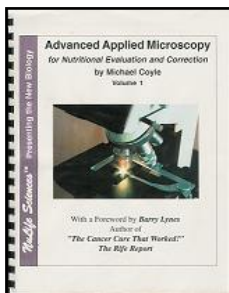
This month starts the same as May ended with extreme left eye swelling, irritation, and sensitivity to light leading to blurred vision and intense pain. I also have intermittent sharp stabbing pain in my left eye. I am extremely fatigued and the fluid retention is causing even more discomfort by pressing on my diaphragm and making it difficult to breathe. The hot and burning rash on my toes and bottom of my feet has returned, as has occasional body sweats and severe abdominal pain lasting around five to ten minutes. I am having difficulty sleeping with discomfort to my right arm, shoulder, and fourth and fifth digits.

After craniosacral work, I experienced severe brain pain, mainly in the [cerebrum](#) and [medulla](#). My left eye got worse again, and I spent the next two days in bed, in a dark room. With more craniosacral work, my symptoms fluctuated and then both resolved. I continue to have fluid retention and shortness of breath with any exertion that is not helped by diuretics. I tried [Adrenal Liqueescence](#) to help with the fluid retention and experienced a migraine-type headache and increased sinus congestion.

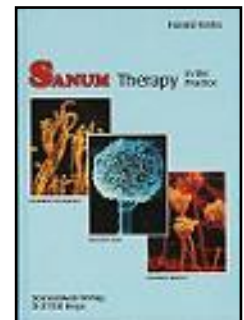
By the end of the month, I am starting to feel better since trying to slow down and not being so stressed. The morning brain fog and detoxification headache still continue with primarily left-sided sinus drainage. After craniosacral work, my cranial bones are moving with minimum discomfort to my left eye. My left palate continues to collapse regardless of wearing the [palatal expander appliance](#). Wearing orthotics—shoe inserts—seems to help so I have stopped wearing the dental appliance. I am less fatigued in the morning, and



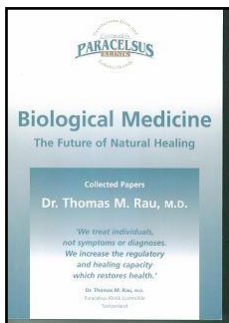
[Coping with Food Intolerances](#)



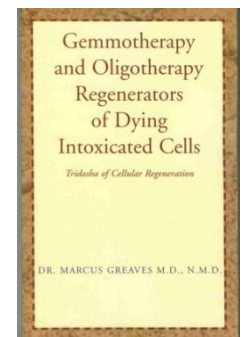
[Advanced Applied Microscopy](#)



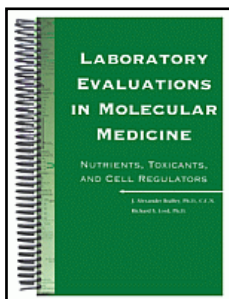
[Sanum Therapy](#)



[Biological Medicine](#)

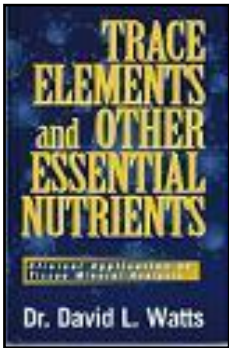


[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)



[Laboratory Evaluations in Molecular Medicine](#)

several more craniosacral appointments have resolved the eye pain and discomfort.



[Trace Elements and Other Essential Nutrients](#)

Symptoms

Daily

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

Nightly

- Difficulty sleeping
- Night sweats
- Burning Feet

Periodically

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



[PharmFacts for Nurses](#)



Remedies:

Essential Oils

- Inner Child
- Sage

Herbs

- Echinacea
- Olive Leaf
- Peppermint Tea

Homeopathics

- Apis Homaccord
- Arnica
- BHI Allergy
- Ferrum Homaccord
- Heel Detox Kit:
- Berberis
- Nux Vomica
- Lymphomyosot
- Medorrhinum
- Mezerinum Homaccord
- Natrum Muriaticum
- Natrum Sulfuronicum
- Pulsatilla Compositum
- Sepia
- Thuja
- Traumeel

Isopathics

- Apo-Oedem
- Apo-Hepat
- Chelidonium Plex
- Chrysor
- San Strep
- Coenzyme Compositum

Isopathics (Continued)

- Cuprum
- Engystol
- Glyoxal
- Itires
- Kern Meridian Essences
- Rebas
- Recarcin
- Renelix
- Somaplex Multi
- Sulfur (Somaplex)
- Toxex
- Ubichinon Compositum
- Utilin
- Utilin S

Pharmaceuticals

- Benadryl

Vitamins and Minerals

- Adrenal Liquecence
- Ammonium Chloride
- B-complex
- Betaine Hcl
- Berber Caps
- Bone-Up
- Branched-chain amino acids
- Calcium
- EPA/DHA
- Joint Support
- Marcozyme

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.