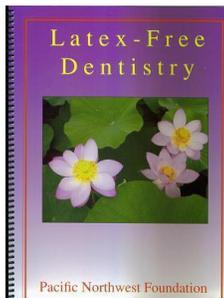


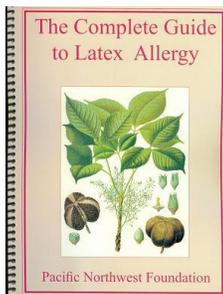
PACIFIC NORTHWEST FOUNDATION



[Latex Allergy
Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to
Latex Allergy](#)



[Latex-Free
First Aid Kit](#)

ANNA'S FOURTEENTH PROGRESS REPORT July 2004 to December 2004

July

- Atlas Orthogonal Chiropractic
- DMSA/Alpha-Lipoic Acid
- Lab work—Cardiovascular/Fatty Acid Report
- Orthotics

August

- CBC/Chem Panel
- Chest X-ray
- Craniosacral
- Chiropractic
- Echocardiogram
- Neurotransmitters
- PANS Integrative Manual Therapy
- Vitamin C

September

- PANS Integrative Manual Therapy

October

- DMSA/Alpha-Lipoic Acid
- Hair Analysis-Toxic Metals/Minerals
- Scenar

November

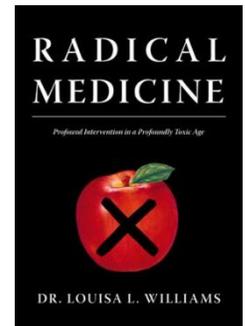
- Craniosacral
- Lab work—hormone testing, Adrenal, Thyroid

December

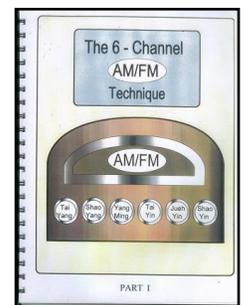
- Lab work—hormone testing, ADH, Aldosterone

Symptoms

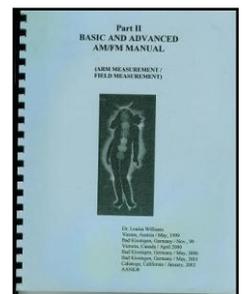
- Daily
- Nightly
- Periodically



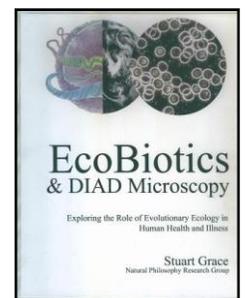
[Radical Medicine](#)



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



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

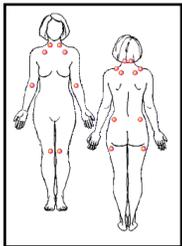


[EcoBiotics](#)

PACIFIC NORTHWEST FOUNDATION



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

Remedies

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

July 2004

I started this month with a round of DMSA/Alpha-Lipoic acid every three hours for four days. I got an intense headache and worsening fatigue. The orthotics are still maintaining my bite in a stable position even without still wearing the upper maxillary appliance. I am experiencing right neck, hip, and top of right foot pain which decreased after Atlas orthogonal chiropractic treatments, along with the fatigue and headache also greatly diminishing. I have continued fluid retention and rash to my right ankle and the tops of my toes bilaterally.

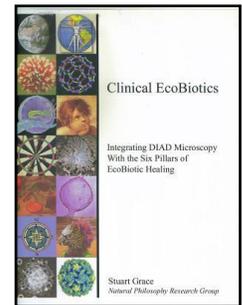
We traveled to Las Vegas for a few days in the middle of the month to visit my son.

Although we enjoyed spending time with him, the intense heat caused increased detoxification with increased fluid retention and increased shortness of breath with exertion. My energy was pretty good, considering. The rash on the tops of my toes bilaterally and to my inner right ankle has gotten worse from the heat.

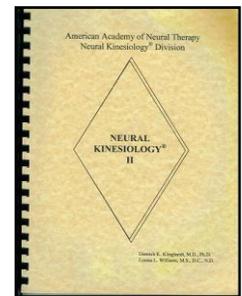
I experienced sinus congestion and occasional random leg jerking at night round out this month. I also received the results from my cardiovascular and fatty acid report that I had taken, which showed increased inflammation and oxidation in my body.

August 2004

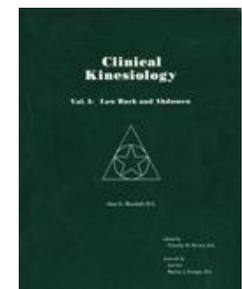
I have continual fluid retention and with exertion shortness of breath with weight fluctuations of 2-5 pounds in a day. Any form of detoxification or structural work, i.e. craniosacral or chiropractic, will cause me to



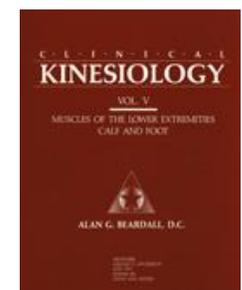
[Clinical EcoBiotics](#)



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



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

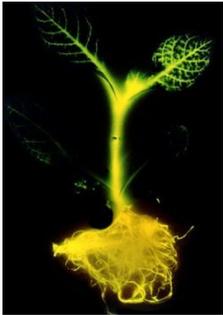


[Muscles of the Lower Extremities](#)

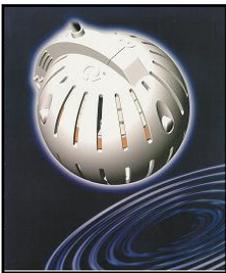
PACIFIC NORTHWEST FOUNDATION



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



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

gain 5 lbs. I have become allergic to Vitamin C (corn-based). I broke out with an allergic or detoxification rash to my feet. My morning headache is clearing and the morning joint pain subsides quickly after being up and about for about a half hour, as does the aching to the liver area in the morning.

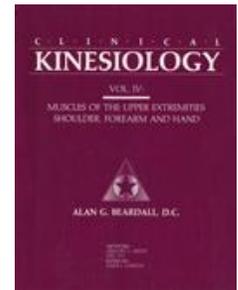
I started taking neurotransmitters in the middle of the month—5-HTP and L-tyrosine—and many of my symptoms started to improve, especially my morning headache, joint pain, and difficulty sleeping. I still have continued fluid retention, although the tissues are less tympanic. I still have difficulty sleeping at times and occasional random jerking movements of lower extremities at night, which disrupt my sleep. I am having an increased detoxification rash to my toes and right ankle and shortness of breath with exertion, and waves of fatigue and nausea.

At the end of the month I started PANS Integrative Manual Therapy, which caused moderate signs and symptoms of detoxification such as, feet itching and burning, lip swelling, throat tightening with sensations of difficulty swallowing.

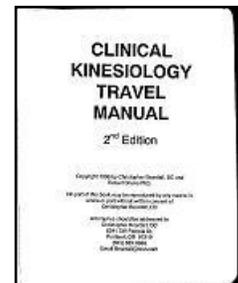
September 2004

My symptoms have remained the same. After Integrative Manual Therapy I experienced intense detoxification symptoms, burning, itching eyes with photosensitivity, blurred vision, and intense pain to the left eye especially. It felt as if there was a dagger or glass shard in my eye. The conjunctiva was swollen and bright red for three days. I also was unable to sleep and had intense sinus drainage. I had less detoxification signs and symptoms with the second Integrative Manual Therapy treatment. I lost seven pounds and regained only two pounds and had less shortness of breath.

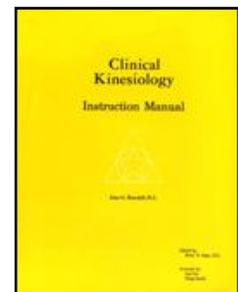
I had different bones aching on different nights. Sometimes it was the knees, the wrist and hand, or the long bones of the lower legs. The rash to my feet is



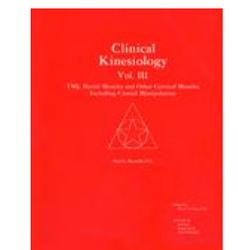
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

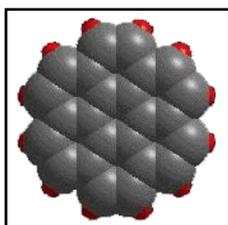
PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



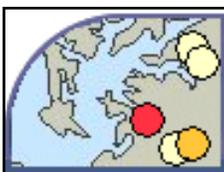
[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

about the same, mild bilaterally. My eyes are still burning, tearing, and sensitive to light, with gravel sensation in both eyes, the left worse than the right. I am tolerating activity well, although with any increase in activity does come an increase in the rash to my feet, detoxification headache, fatigue, and increased fluid retention.

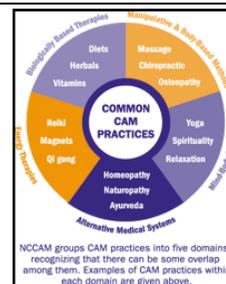
October 2004

After a Scenar treatment, I experienced fatigue, increased fluid retention, morning detox headache, and back and right hip pain. I also have sinus drainage and swollen cervical lymph node, left greater than right. By the middle of the month, the rash is the same, but I have less sinus congestion, decreased [cervical lymph nodes](#) and decreased fluid retention.

I started walking two miles per day for three days since it seems to help decrease fluid retention by about two pounds per day, but on the fourth day I had increased symptoms of [toxic ambylopia](#) bilaterally left greater than right. My eyes were burning, tearing, sensitive to light, and felt as if gravel or glass shards were coming out. The [conjunctiva](#) are swollen and bloodshot. And I gained seven pounds.

At the end of the month I received the results of my hair analysis for toxic metals and minerals. I was very low on all the metals showing that I am either still a non-secretor or that my level of toxic metals has decreased. I tested for another five-day course of [DMSA/Alpha Lipoic Acid](#) every three hours. I decreased my weight by six pounds and then gained it back and was very fatigued. I also had occasional headache, blurred vision, and mild eye discomfort.

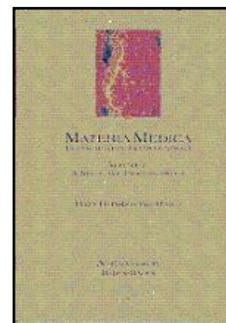
I ended the month with continued fluid retention, mild visual disturbances, rash to right foot and inner ankle, heartburn, and stabbing pain to my left heel. My energy is better, but with any stress I will have increased fluid retention.



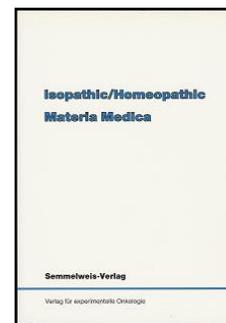
[NCCAM](#)



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



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



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

PACIFIC NORTHWEST FOUNDATION

November 2004



[My AminoPlex](#)

Fluid retention is still my main struggle this month. I have a headache and neck and back pain after craniosacral work along with difficulty sleeping. My left cervical nodes are also swollen. I have good energy and stamina though.

Drainage remedies, especially [Apo Oedem](#), have helped somewhat to keep the fluid retention under control, although it still fluctuates daily about five pounds.

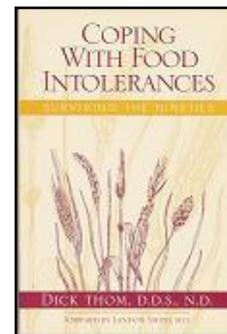
I had my adrenal and thyroid gland function and hormone levels checked through saliva at the end of the month. I had low adrenal output with low cortisol and low [DHEA](#) levels. The adrenal glands are our body's first line of defense against stress and inflammation. My thyroid function was in the low normal ranges.

December 2004

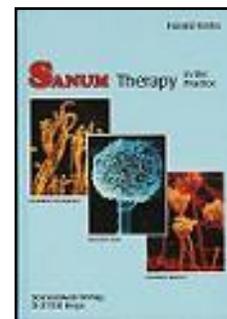
My symptoms remain the same this month. I have continued fluid retention, intermittent fatigue, joint stiffness, increased shortness of breath with exertion, decreased sinus drainage, decreased left cervical node swelling, and burning feet with mild foot rashes. I had an episode of detoxifying through my eyes in the middle of the month with burning, tearing, blurred vision, photosensitivity, and the sensation of "gravel" in my eyes, left worse than right.

Towards the middle of the month, I awoke with severe "brain" pain, although the body pain has been slowly diminishing over several days. The fluid retention continues and I have been more short of breath the past two to three weeks, especially with exertion such as climbing stairs.

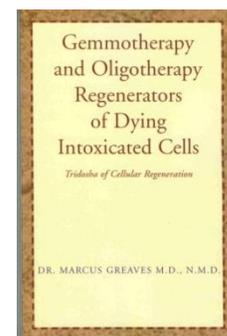
I had my [Antidiuretic Hormone, Aldosterone, and osmolarity](#) tested which showed normal Aldosterone, high ADH, and high osmolarity, perhaps signifying mild dehydration, but not giving any reasons for the continued, abnormal fluid retention. I am able to tolerate daily short walks by the end of the month.



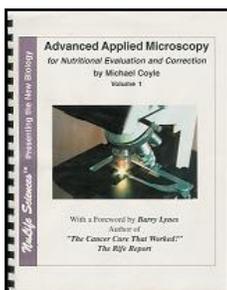
[Coping with Food Intolerances](#)



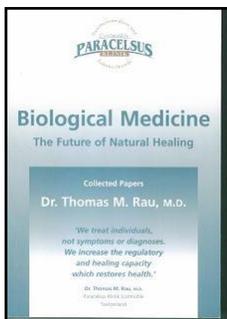
[Sanum Therapy](#)



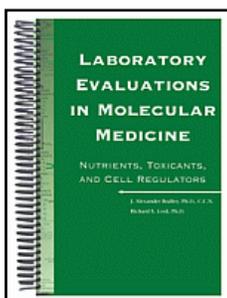
[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

Symptoms

Daily

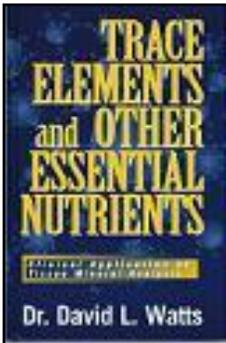
- Fluid retention
- Headache
- Fatigue
- Burning, itching feet
- Foggy-brained
- Nausea
- Right neck, back, and shoulder pain
- Itchy, tearing, burning, painful eyes

Nightly

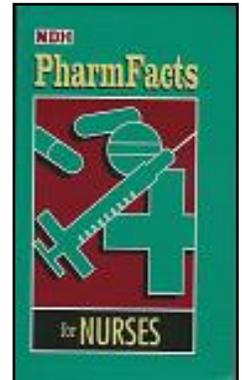
- Difficulty sleeping
- Night sweats
- Burning Feet

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



[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



Remedies:

Herbs

- [Aesculus](#)
- [Echinacea](#)
- Peppermint Tea

Homeopathics

- [Apis Homaccord](#)
- [Arnica](#)
- [BHI Allergy](#)
- [China Homaccord](#)
- [Heel Detox Kit:](#)
- [Berberis](#)
- [Nux Vomica](#)
- [Lymphomyosot](#)
- [Ferrum Homaccord](#)
- [Gelsemium](#)
- [Ignatia](#)
- Leutenium
- Medorrhinum
- [Mezerinum Homaccord](#)
- [Natrum Muriaticum](#)
- [Natrum Sulfuronicum](#)
- [Pulsatilla Compositum](#)
- [Sabal Homaccord](#)
- Sepia
- [Silicea](#)
- [Thuja](#)
- [Traumeel](#)

Isopathics

- [Apo-Oedem](#)
- [Apo-Hepat](#)
- Big Field Drops
- [Chelidonium Plex](#)
- [Pleo-Chrys](#)
- [Coenzyme Compositum](#)
- Cu
- Cu-Au-Ag
- [Discus Compositum](#)

Isopathics (Continued)

- [Ubichinon Compositum](#)
- [Pleo Ut](#)
- [Pleo Ut "S"](#)
- Zn

Pharmaceuticals

- Benadryl

Vitamins and Minerals

- [5-HTP](#)
- [Acai](#)
- [Adrenal Liqueescence](#)
- [B-Complex](#)
- [Betaine Hcl](#)
- [Berber Caps](#)
- [Bone-Up](#)
- [Branched-chain amino acids](#)
- [Calcium](#)
- [DHEA](#)
- [DMSA/Alpha Lipoic Acid](#)
- [EPA/DHA](#)
- GSF
- [L-Lysine](#)
- [Marcozyme](#)
- [My Amino Plex](#)
- [NeproTec](#)
- [Neurogen](#)
- Oregacyn
- [Protease](#)
- [SeaCure](#)
- Sulf Redox
- [Taurine](#)
- [Vitamin C](#)
- [Vitamin E](#)
- [Zinc](#)

Other

- Coffee--Diuretic
- Detoxification



PACIFIC NORTHWEST FOUNDATION

- | | |
|--|--|
| <ul style="list-style-type: none">• Engystol• Glyoxal• Itires• Kern Meridian Essences (5, 9, 11,)• Mn-Co• Mn-Cu• Mn-Cu-Co• Ni-Co• Nerve Drops• Pleo San Myc• Pleo San Staph• Pleo San Strep• Pleo San Trich• Ranunculus Homaccord• Pleo Reb• Pleo Rec• Renelix• Pleo San Strep• Somaplex Multi• Sulfur (Somaplex)• Thalamus Compositum• Toxex | <ul style="list-style-type: none">• baths—Baking Soda/Epson Salt• Far-Infrared Mattress Pad• F-Scan• Kinotakara Foot Pads• Laser• Multiwave Oscillator• Peltier Water• QXCI Therapy--SCIO• SE5• Scenar• Sonicare toothbrush• Wedges/Fulcrum• 3000• Zapper• 100% Organic Food & Drink• 100% Filtered Water |
|--|--|

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.