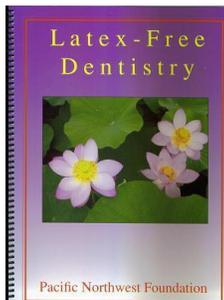


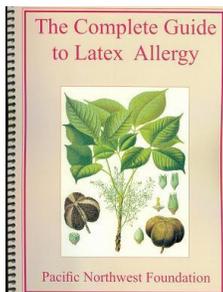
# PACIFIC NORTHWEST FOUNDATION



[Latex Allergy Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to Latex Allergy](#)



[Latex-Free First Aid Kit](#)

## ANNA'S FIFTEENTH PROGRESS REPORT January 2005 to June 2005

### January

- [Acupuncture](#)
- [Cranial sacral](#)
- [Holistic Dentistry](#)

### February

- [Acupuncture](#)
- [Sonicare toothbrush](#)

### March

- [Acupuncture](#)
- [Holistic Dentistry](#)

### April

- [Acupuncture](#)
- Biopuncture
- TMJ/Orthodontics

### May

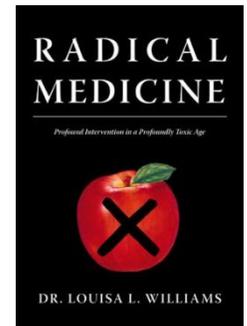
- Biopuncture
- Chiropractic – orthogonal
- [DMSA/ Alpha Lipoic Acid](#)
- [Pekana remedies](#)

### June

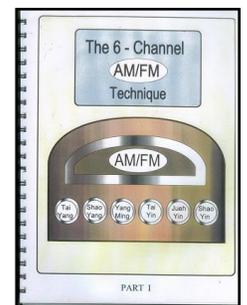
- [Acupuncture](#)
- Biopuncture
- Shiatsu massage
- Visits to Healthcare providers

### Symptoms

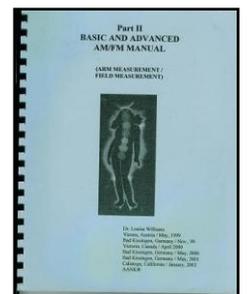
Daily  
Nightly  
Periodically



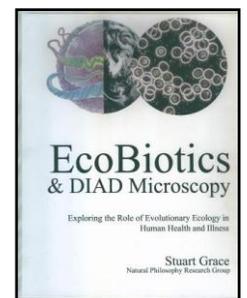
[Radical Medicine](#)



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



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

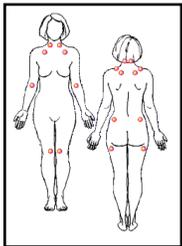


[EcoBiotics](#)

# PACIFIC NORTHWEST FOUNDATION



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

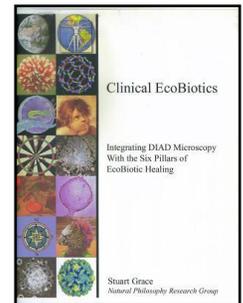
Remedies  
Essential Oils  
Flower Essences  
Herbs  
Homeopathics  
Isopathics  
Pharmaceuticals  
Vitamins and Minerals

## January

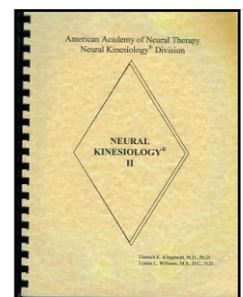
I started the new year status quo. I continue to experience fluid retention, shortness of breath with any exertion, and mild to moderate detoxification from my eyes. I am able to tolerate short walks daily. I have an intense headache the beginning of the month, more like deep brain pain, that lasts for about a week. The eye detoxification gets worse feeling burning, itching, "gravel in eye," and red. In the morning I experience bilateral long bone pain that subsides after about a half hour of being up and about, sneezing, sinus drainage, and my left [cervical \(neck\) lymph node](#) enlarged and slightly painful.

Fluid retention still continues to be my main concern as it affects so many of my activities of daily living adversely. I am very short of breath after two flights of stairs and have to stop and catch my breath. I am able to tolerate short daily walks and some light gardening.

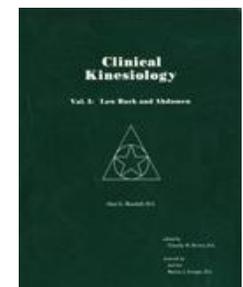
After cleaning and re-cementing of my dental temps at the end of the month I experienced various neck, mid-back, and right hip pain. Body work resolved most of these issues with good alignment except for the cervical neck (C2). Sinus drainage increased though, and I started having severe brain and spinal column pain, primarily on the right side of my body, with long bone and joint pain in the lower extremities. [Acupuncture](#) helped address the pain level, although still having difficulties moving the blocked chi flow on the left side of my body.



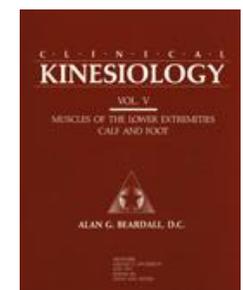
[Clinical EcoBiotics](#)



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



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



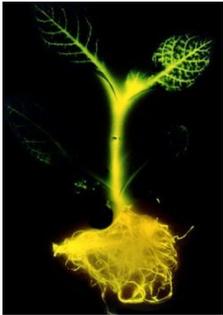
[Muscles of the Lower Extremities](#)

6312 SW Capitol Hwy # 271, Portland, OR 97239  
PHONE: 503-977-3226 FAX: 503-244-9946  
info@pnf.org \* <http://www.pnf.org>

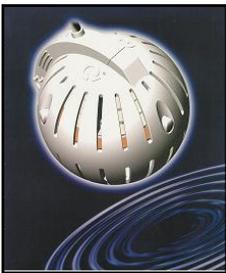
# PACIFIC NORTHWEST FOUNDATION



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



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

## February

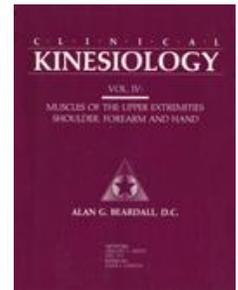
February was much of the same. I have mild “brain” headache in the morning that dissipates after one to two hours of being up and about. The fluid retention with weight gain and loss of 4-5 pounds in an eight to ten hour time span continue to be my greatest challenge. I am short of breath with any exertion and especially going uphill or up stairs. I am tolerating a one and a half hour walk every other day and working out with weights every other day. I have mild eye detoxification, especially in my left eye and continued left [cervical lymph node](#) enlargement.

After my [acupuncture](#) treatment my pain with swallowing due to the increased [cervical lymph node](#) swelling became more intense. My detoxification symptoms also increased including the onset of rash to my left foot, spinal cord pain, and red chemical-type burning and rash. The bottoms of my feet are burning. The morning detoxification headache dissipates in about an hour. I am tolerating the [sonicare toothbrush](#) again; although it does cause respiratory symptoms, lip swelling, and detoxification-type pain to numerous teeth.

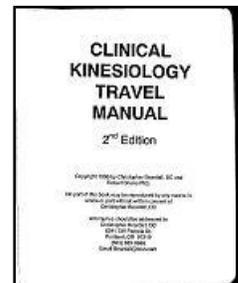
## March

At the beginning of the month, I had my temporaries replaced with ceramic crowns and a bridge. I had increased detoxification after the procedure. I also developed an allergic reaction to the new dental appliance with lip and throat swelling and chest tightness. I continue to have fluid retention, shortness of breath going up hills, increased detoxification symptoms especially at night, including sweats, burning feet, headache, and sensation of “gravel” in my eye. Most of these symptoms clear in the morning after being up and about for about an hour.

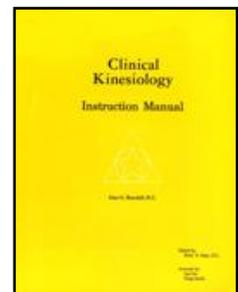
I am able to tolerate increased physical activity in the midst of my symptoms. I worked for seven hours in the garden using the pick and shovel to get ready for



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



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

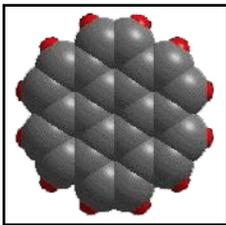
# PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

planting on one day and then two more the next day. My weight went down three pounds and then up seven pounds. I had increased sinus drainage, eye irritation, and left cervical gland enlargement.

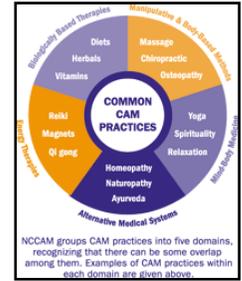
The end of the month saw continued fluid retention, tailbone pain, intermittent throat tightness, eye detoxification symptoms, and difficulty sleeping. I had intense deep brain pain from detoxification. After an [acupuncture](#) treatment I lost 8-10 pounds and regained all of it back within 2-3 days. My teeth were still hurting, deep within the jawbone, similar to the deep brain pain. I was sleeping better though by the end of the month.

## April

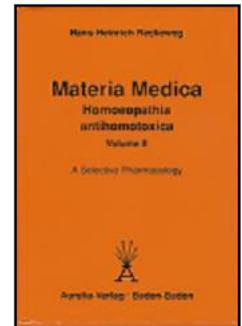
After my [acupuncture](#) appointment, I lost ten pounds this time, regaining it all back within three days. I continue to have brain and teeth detoxification-type pain, burning feet, and foot rash. After my cranial sacral appointment, I had increased right-sided spinal column back pain, brain pain, and a development of a shingle-like lesion with associated dermal tone nerve pain over the right lower thoracic area. This continued until the end of the month. I also developed intense abdominal distension and tissue tympany, and difficulty sleeping after the cranial sacral work.

My "toxic" brain pain in the morning is still clearing within an hour of being up. I experienced back spasms after my bite adjustment. Although the fluid retention is continuing, the extended, tympanic abdomen is improving after starting carnitine supplementation. I had a biopuncture treatment with Engystal to the liver and kidney points where the rashes on my feet, legs, and spinal cord area and eye detoxification symptoms correspond. I experienced increased detoxification symptoms afterwards with weight gain of six pounds.

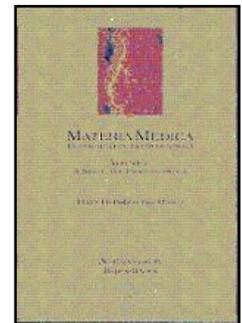
My shortness of breath increased at rest due to the pressure on the diaphragm from the abdominal distention. I had intense heartburn on Saturday and then sudden onset nerve pain to the right anterior hip on Sunday afternoon to finish out the month.



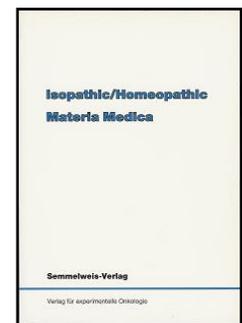
[NCCAM](#)



[Homotoxicology  
Materia Medica I](#)



[Homotoxicology  
Materia Medica II](#)

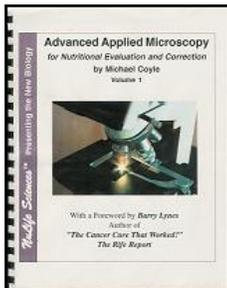


[Isopathic/  
Homeopathic  
Materia Medica](#)

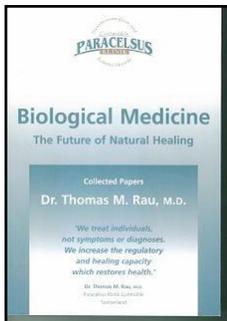
# PACIFIC NORTHWEST FOUNDATION



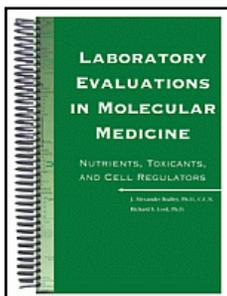
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

## May

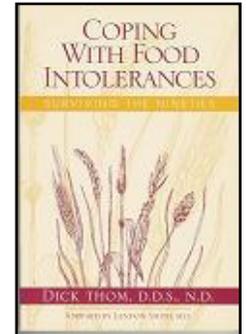
I continue to experience the detoxification symptoms from the biopuncture treatment. I have severe right-sided back pain spasms, rashes across the vertebral/spinal column, and nausea, vomiting, and dizziness. I have the shingle type pain without the skin lesions. The seventh is the first day I am able to dress myself as the pain is starting so subside. I am also gradually losing about a pound per day. I have stopped most of my supplement regimen at this time. The detoxification also includes constant sinus drainage, throat burning, eye detoxification, teeth pain, bilateral knee pain, and intermittent chills and chi sensations.

My skin color is yellow and my body smells of creosote. I am having continued constant sinus drainage accompanied by deep non-productive cough and burning in my throat and lungs. The detoxification rash I've had before is still on my back, spinal column, throat, and upper chest. I am still losing about one pound per day. By the middle of the month, I am starting my supplements back up again. I have the morning detox headache and liver and kidney discomfort.

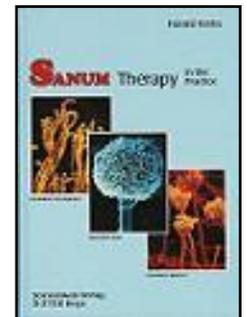
After a chiropractic adjustment, my neck feels better. Since second biopuncture treatment, I continue to lose one pound per day. The intense burning of my feet and rashes continue. I add in [DMSA/ Alpha Lipoic Acid](#) for detoxification and regain 5 of the 10 pounds lost. By taking my Detox Combo – [Itires](#), [Toxex](#), [apo-Hepat](#), [apo-Odem](#), [Renelix](#) – before bed the night before, my fatigue and morning detoxification headache are much better.

## June

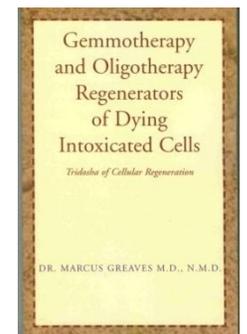
My body is out of alignment this month, especially my pelvis being forward and torqued. It will correct with bodywork but doesn't hold. I had [acupuncture](#) and shiatsu massage which released many neurotoxins and increased my detoxification symptoms. I felt good initially after the treatment—good alignment and body felt comfortable. Later I had difficulty sleeping due to



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



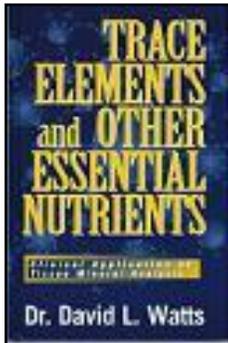
[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)

# PACIFIC NORTHWEST FOUNDATION

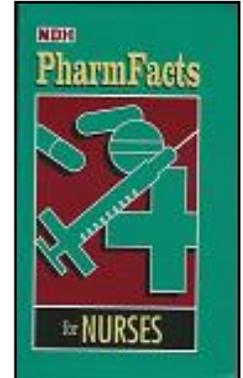
increased fluid retention with abdominal distention and discomfort, low back and derma tone nerve pain, burning feet, headache, and sinus drainage. The detoxification continued into the middle of the month.

After working in the garden for eight hours on two consecutive days, I had increased abdominal distention and shortness of breath. Biopuncture made me more comfortable, by reducing the shortness of breath at rest. I had various blotches on my body and increased rashes and burning on my feet, right greater than left. I am also getting apthous ulcers.

By the end of the month, I experience a day of being very dizzy, nauseated and an intense headache. It resolved within a day. The burning, tingling of my feet, ankles, and hands keeps me awake at night. I am not losing any weight, and the toxic blotches continue to appear.



[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



## Symptoms

### Daily

- Abdominal bloating
- Edema/Fluid retention
- Fatigue
- Headache
- Liver/Kidney discomfort
- Muscle/joint pain
- Shortness of Breath

### Nightly

- Burning Feet
- Eye Pain
- Headache
- Sweats

### Periodically

- Aphthous ulcers
- Brain pain
- Burning rash
- [Cervical lymph node](#) (left) enlargement
- Cough
- Dizziness/Nausea
- Eye pain—"gravel in eye," burning, itching
- Lip swelling
- Nerve pain—shingle-like
- Rashes
- Sinusitis-sinus drainage
- Teeth pain
- Throat pain

## Remedies



# PACIFIC NORTHWEST FOUNDATION

<p><u>Essential Oils</u></p> <ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Bob's Essential Oil</li> <li>• Dill</li> </ul> <p><u>Flower Essences</u></p> <p><u>Herbs</u></p> <ul style="list-style-type: none"> <li>• Yarrow</li> </ul> <p><u>Homeopathics</u></p> <ul style="list-style-type: none"> <li>• <a href="#">Apis homochord</a></li> <li>• <a href="#">Berberis</a></li> <li>• <a href="#">China</a></li> <li>• <a href="#">Gelsemium</a></li> <li>• Hepar sulph</li> <li>• <a href="#">Nux Vomica</a></li> <li>• Sabal</li> <li>• <a href="#">Traumeel</a></li> </ul> <p><u>Isopathics</u></p> <ul style="list-style-type: none"> <li>• Aesculus</li> <li>• <a href="#">Apo-Hepat</a></li> <li>• <a href="#">Apo-Oedem</a></li> <li>• Cerebrem</li> <li>• <a href="#">Defaeton</a></li> <li>• <a href="#">Discus C</a></li> <li>• <a href="#">Engystol</a></li> <li>• Geopathic Stress</li> <li>• <a href="#">Glyoxal</a></li> <li>• <a href="#">Itires</a></li> <li>• HAD</li> <li>• Histamin</li> </ul>	<p><u>Isopathics</u> (continued)</p> <ul style="list-style-type: none"> <li>• Kidney NutriEnergetics</li> <li>• Lymphomyosot</li> <li>• Mexerium</li> <li>• Nervoheel</li> <li>• NES Nerve driver</li> <li>• Oligo Si</li> <li>• Oregasyn</li> <li>• Placenta C</li> <li>• <a href="#">Pleo Chrys</a></li> <li>• Pleo Ex</li> <li>• Pleo Nig</li> <li>• <a href="#">Ranunculus</a></li> <li>• <a href="#">Rebas</a></li> <li>• <a href="#">Renelix</a></li> <li>• San Ger</li> <li>• San Myc</li> <li>• San Strep</li> <li>• San Trich</li> <li>• Sulfa Redox</li> <li>• Testes</li> <li>• Thalamus</li> <li>• Thyroidia</li> <li>• Tonsilla</li> <li>• <a href="#">Toxex</a></li> <li>• Ubichinon C</li> <li>• <a href="#">Ut</a></li> <li>• <a href="#">Ut S</a></li> </ul> <p><u>Pharmaceuticals</u></p> <p><u>Vitamins and Minerals</u></p> <ul style="list-style-type: none"> <li>• <a href="#">5-HTP</a></li> <li>• Adrenal liquesence</li> <li>• <a href="#">My Amino Plex</a></li> <li>• L-Arginine</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">BCAA</a></li> <li>• <a href="#">Bone-Up</a></li> <li>• L-carnitine</li> <li>• <a href="#">DMSA/Alpha Lipoic Acid</a></li> <li>• <a href="#">EPA/DHA</a></li> <li>• Energetic Integrator #1, 3, 7, 10,12</li> <li>• Glutathione</li> <li>• GSF</li> <li>• Lacto S +</li> <li>• <a href="#">L-Lysine</a></li> <li>• <a href="#">Marcozyme</a></li> <li>• <a href="#">Neprotec I &amp; II</a></li> <li>• SBC</li> <li>• <a href="#">Taurine</a></li> <li>• L-Tyrosine</li> <li>• <a href="#">Vitamin C</a></li> <li>• <a href="#">Zinc</a></li> </ul> <p><u>Other</u></p> <ul style="list-style-type: none"> <li>• Bite adjustment</li> <li>• Detox bath</li> <li>• Energy work</li> <li>• Exercise</li> <li>• <a href="#">Far-infra red mattress pad</a></li> <li>• Intra-oral release</li> <li>• Multiwave oscilator</li> <li>• <a href="#">Scenar</a></li> <li>• <a href="#">Sonicare</a></li> </ul>
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