

PACIFIC NORTHWEST FOUNDATION

ANNA'S SIXTEENTH PROGRESS REPORT July 2005 to December 2005

July

Bio-puncture
Orthogonal Chiropractic

August

Beardall Bodywork
[Biomodulator](#)
MEAD

September

[Chelorex](#)
[Cranial sacral](#)
[Pekana](#)
Raindrop therapy

October

Hypothalamus-Pituitary-Adrenal Axis

November

[My AminoPlex](#)
[Chelorex](#)

December

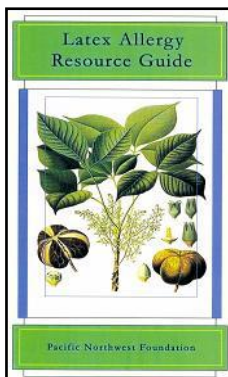
Acupuncture Meridian Clearing
Bio-puncture

Symptoms

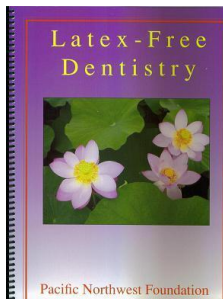
Daily
Nightly
Periodically

Remedies

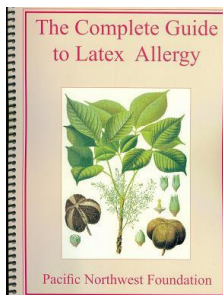
[Essential Oils](#)
Flower Essences
Herbs
Homeopathics
Isopathics
Pharmaceuticals
Vitamins and Minerals



[Latex Allergy
Resource Guide](#)



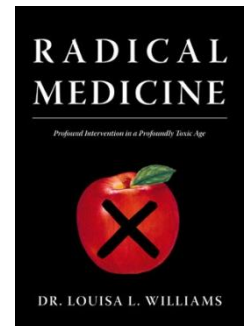
[Latex-Free Dentistry](#)



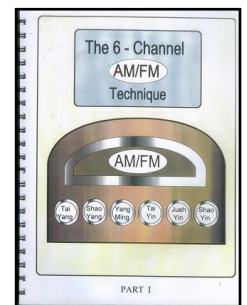
[Complete Guide to
Latex Allergy](#)



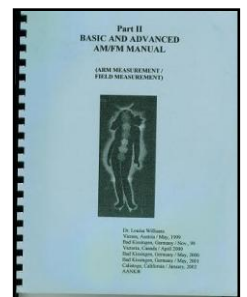
[Latex-Free
First Aid Kit](#)



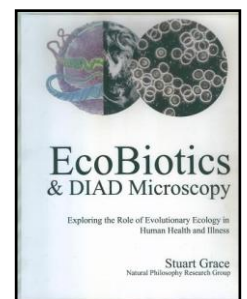
[Radical Medicine](#)



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



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



[EcoBiotics](#)

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PACIFIC NORTHWEST FOUNDATION

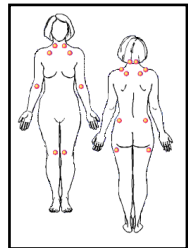
July



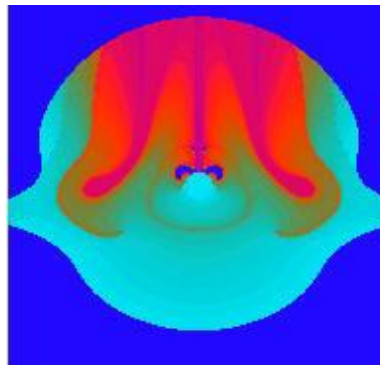
[Chelita: A Cancer Survivor' Story](#)

I continued the summer with fluid retention and rashes to both feet and ankles. My energy was good though. I am tolerating my bio-puncture treatments well. I was slightly nauseated for half a day on the first Sunday of the month. The rash also spread mid month to include my feet, forearms, and hands with intense burning, especially after bio-puncture treatment. I also experience nausea and dizziness the day after the treatment.

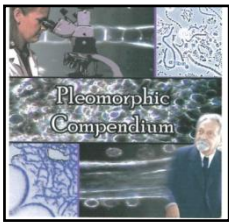
The fluid retention has been increasing causing uncomfortable abdominal distension.



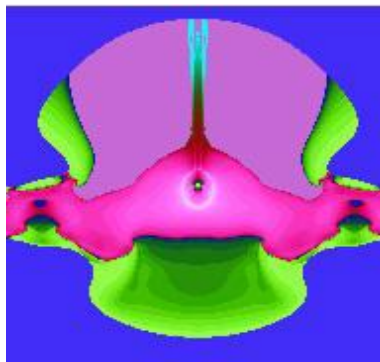
[Overcoming Fibromyalgia](#)



[Fractal from July 16, 2005](#)



[Pleomorphic Compendium](#)



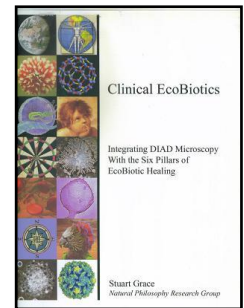
[Fractal from July 19, 2005](#)



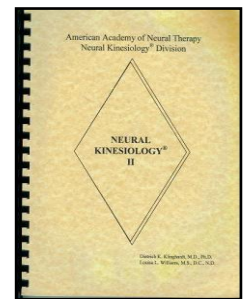
[T-shirt](#)

August

The intense burning, itching, and blistering rash continued this month on both feet and lower extremities. I still have my fluid retention with occasional swelling of



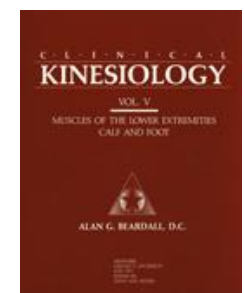
[Clinical EcoBiotics](#)



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



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



[Muscles of the Lower Extremities](#)

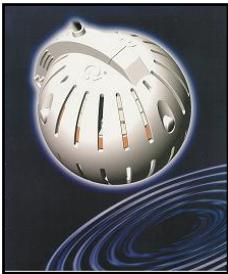
PACIFIC NORTHWEST FOUNDATION



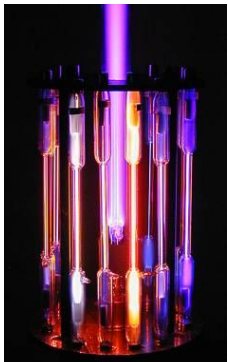
[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



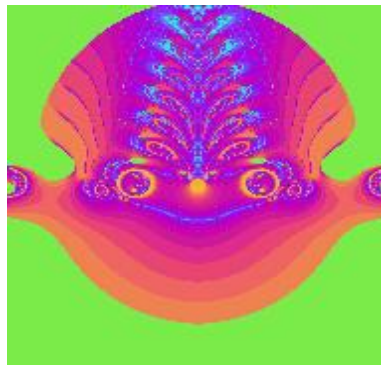
[Q2 B.E.F.E.](#)



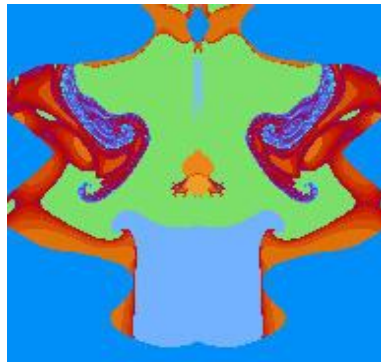
[Multiwave Oscillator](#)

my extremities. The rash turned into an increased, severe [detoxification](#) to both feet, with intense burning, itching, rashes, and weeping from blisters. MEAD and Biomodulator treatments along the acupuncture meridians greatly improved my symptoms.

I spent some time at the beach enjoying the sun and fresh air. Unfortunately, the exposure to the saltwater caused increased [detoxification](#) from my feet, increased nausea with bouts of diarrhea, increased urination, but decreased my fluid retention. By the end of the week I was awakening with a headache, and [kidney](#) and [liver](#) discomfort. The rash on my feet and lower extremities was improving. Although I continue to experience fluid retention, I have less abdominal distention.



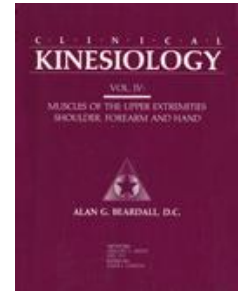
[Fractal](#) from August 7, 2005



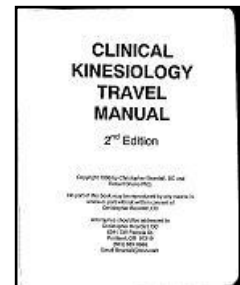
[Fractal](#) from August 13, 2005

September

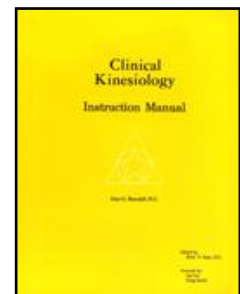
I started taking [Chelorex](#) this month which seems to be helping to decrease my fatigue and headaches. I am also sipping a [Pekana](#) "cocktail" of [ltires](#), [Renelix](#), [Apo-](#)



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



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

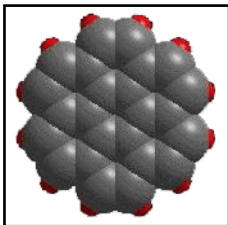
PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

[Hepat](#), and [Toxex](#) in tea or water throughout the day. My [liver](#) and [kidney](#) discomfort get much better with this drainage approach. Still unable to get a handle on the daily fluid retention and fluctuations (5-8 lbs), though. After [cranial sacral treatments](#) I was unable to sleep the next two nights.

By mid month I am experiencing headaches and inability to sleep through the night. The rashes on my leg, ankle, and feet are improving. Although with continued use of [Chelorex](#), I start having severe headaches, sinus drainage and increased leg rashes to the lower extremities. This also occurs after raindrop therapy with the [Essential Oils](#) of Gentle Baby, [Vetivert](#), Lemongrass, and Juvaflex.



[Fractal](#) from September 12, 2005

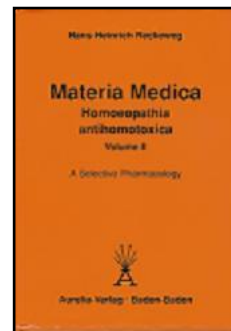
October

I start the month with greatly increased fluid retention and weight gain. I added Thyroidia, [Aminos](#), and electrolytes which caused a slight improvement in both symptoms. My leg rash is almost nearly gone. My long bone pain to both legs is relieved by increasing my [calcium](#) intake. I have good energy and exercise tolerance though. The [amino acids](#) also seem to be helping with my fatigue and headache also.

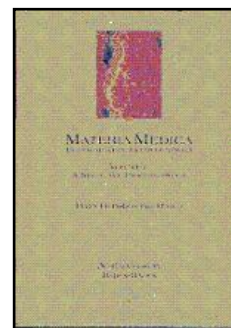
I am sensing the need for [endocrine](#) support, but I am not testing for it at this time. The fluid retention and leg rashes continue. [Chelorex](#) was causing copious sinus drainage at this time. After taking Arsenicum 6c I seem to have an increase in fluid retention, increase in rash to my feet with burning, itching, and weeping. I also will have a headache with [Chelorex](#) and Arsenicum at times.



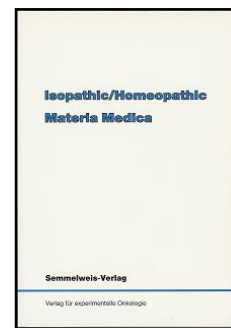
[NCCAM](#)



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



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

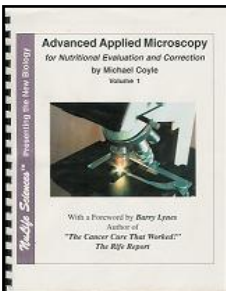


[Isopathic/](#)
[Homeopathic](#)
[Materia Medica](#)

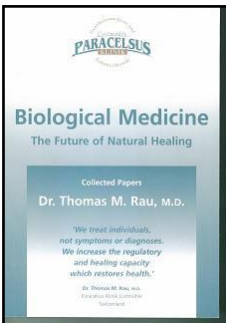
PACIFIC NORTHWEST FOUNDATION



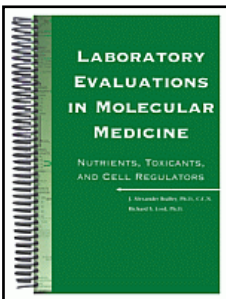
[My AminoPlex](#)



[Advanced Applied Microscopy](#)

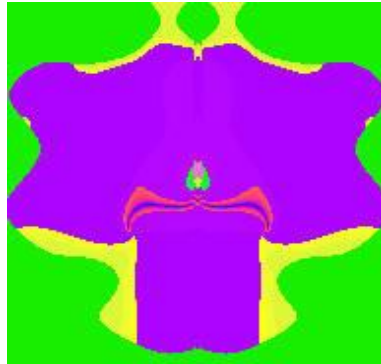


[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

This improves with the Hypothalamic-Pituitary-Adrenal Axis therapy, as does having increase energy and decreased brain symptoms.



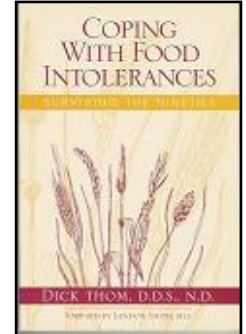
[Fractal](#) from October 3, 2005

November

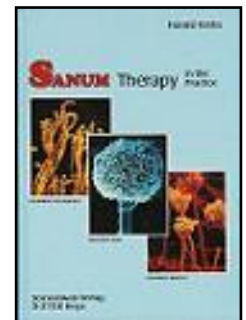
The “buzz” in my head, resolves after taking all my remedies. I am experiencing intermittent tooth and dental pain after taking [Chelorex](#). I also continue to have fluid retention with abdominal discomfort, [liver](#) discomfort. The rash to my lower extremities and especially my right ankle and the tops of both feet seems to have worsened since taking Arsenicum 6c.

I add mid-month [detoxification](#) from my eyes especially overnight, with blurred vision, tearing, and the sensation of “sand” in my eyes. I also have dental pain in different teeth that come on suddenly and intermittently.

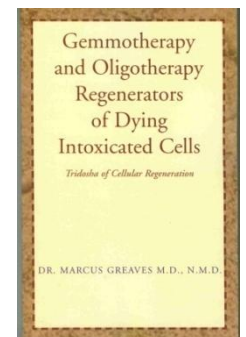
I finish out the month and over Thanksgiving status quo with continued fluid retention, eye [detoxification](#), and rash spreading from my right ankle and both feet to my left arm and abdomen. I am sleeping better and my morning sinus congestion was also better. I was able to tolerate exercise even though it increased my [detoxification](#) symptoms. Some of my fatigue is resolved with taking the [amino acid complex](#).



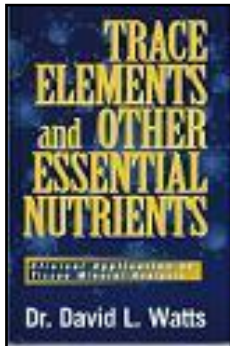
[Coping with Food Intolerances](#)



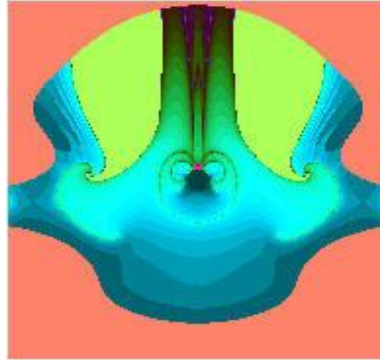
[Sanum Therapy](#)



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



[Trace Elements and Other Essential Nutrients](#)



[Fractal](#) from November 3, 2005

December

The rash keeps spreading from my feet, right ankle, and legs, to both arms and hands. I have continued fluid retention and weight fluctuations. I am having difficulty sleeping with a [detoxification](#) type headache. I added in [Zinc](#) which is helping me to sleep better. Occasionally, I'll add [5-HTP](#) at 4 or 5 am, which also helps.

By mid month the rashes to my arms have cleared and the rash to my ankles and legs are improving but not on my feet which are still burning. I am having continued fluid retention with the addition of being short of breath. With bathing, I am emitting a chemical [detoxification](#) odor. My occasional headache, and fatigue resolve with increased fluid. After biopuncture treatment with [Engystol](#) I developed several red, blotchy spots with increased itching to feet, increased fluid retention, and aphthous ulcers on the right side of my mouth.

By the end of the month (and year), my shortness of breath due to fluid retention is increasing. As are my [liver](#), [spleen](#), and right [kidney](#) discomfort. I had Acupuncture Meridian Clearing treatments which helped to decrease the fluid retention by 6 lbs, decreased my shortness of breath and [liver](#), [kidney](#), and [spleen](#) discomfort. I saw improvement after each treatment. By the 29th my [liver](#) and [spleen](#) discomfort and shortness of breath was gone. My right [kidney](#) greater than my left [kidney](#) discomfort persists along with my eye [detoxification](#) symptoms. My fluid retention was greatly reduced along with a softening of my body tissues.



[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

[Apthous ulcers](#)
 Burning rash
 Cough
 Dizziness/Nausea
 Eye pain—"gravel in eye," burning, itching
 Insomnia
 Lip swelling
 Rashes
 Sinusitis-sinus drainage
 Teeth pain
 Throat pain

Remedies

<u>Essential Oils</u>	<u>Homeopathics</u> <u>(continued)</u>	<u>Vitamins and Minerals</u> <u>(continued)</u>
<ul style="list-style-type: none"> • Gentle Baby • Lemongrass • Juvaflex • Primrose oil • Vetivert <p><u>Flower Essences</u></p>	<ul style="list-style-type: none"> • Kern Meridian Essences (#3 spleen, Pancreas; #10 Pericardium #12 Bladder) • Kresotum 30x • Lymphomyosot 	<ul style="list-style-type: none"> • DMSA/alpha lipoic acid • EPA/DHA • Glycine • GSF • HPA drops



<p><u>Herbs</u></p> <ul style="list-style-type: none"> • Arctium • Lui Wei Di Huang • Rhodiola • St. John's Wort • Stilangia • Taraxacum • Xiao yao Wain <p><u>Homeopathics</u></p> <ul style="list-style-type: none"> • AC Carbamide • Aesculus • Apis homochord • Apo-Hepat • Apo-Oedem • Arsenicum 6c • Aurum metallicum • B12 200c • Chelorex • Cyruta Plus • Dalektro • Engysto • Gemmotherapy <ul style="list-style-type: none"> - Ilex aquifolium - Jugalans regia - Juniperus communi - Pommade petroleum - Ribes nigrum - Rosmarinus officinalis - Secale cereale - Sequoia gigantea - Tilia tomentosa - Vaccinum vitis • Glyoxal • Hepar sulph • Hepeel • Hypophysinum 	<p>Pancreas;</p> <ul style="list-style-type: none"> • Perque • Radium Bromatum • Rhus Tox 12c • Solidago • Staphysyria 200c • Syphilinum 200c • Syzygium 200K • Testes • Thyroidia • Toxex • Traumagen • Traumeel • Unda #2, #42 • Zeel <p><u>Isopathics</u></p> <ul style="list-style-type: none"> • Pleo Chrys • Pleo Ex • Pleo Lari • Pleo Muc • Pleo Nig • Psorinoheel • Rebas • Recarsin • Renelix • San Ger • Ut • Ut S <p><u>Pharmaceuticals</u></p> <p><u>Vitamins and Minerals</u></p> <ul style="list-style-type: none"> • 5-HTP • My AminoPlex • BCAA • Beta-carotene • Bone-Up • Cell Regenerator D • L-carnitine 	<ul style="list-style-type: none"> • Lacto S + • Neprotec I & II • Nucleotide Cellular Repair • Olive leaf • SBC • Serotonin/Dopa Liquescence • Stem enhance • L-Tyrosine • Vitamin C • Zinc <p><u>Other</u></p> <ul style="list-style-type: none"> • Biomodulator • Bio-puncture • Bite adjustment • Detox bath • Energy work • Exercise • Far-infra red mattress pad • Fulcrum • Gem therapy • Green tea • Intra-oral release • MEAD • Meditation • Multiwave oscilator • Scenar • Skin tabs • Sonicare • Thermagram • 3000
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