

# PACIFIC NORTHWEST FOUNDATION

## ANNA'S SEVENTEENTH PROGRESS REPORT January 2006 to June 2006

### January

- Meridian Clearance
- Nutraceuticals—5-HTP, L-tyrosine

### February

- [Acupuncture](#)
- [Cranial Sacral](#)

### March

- [Nutraceuticals](#)
  - Glutamine
  - Neuromins
  - [My AminoPlex](#)

### April

- Acupuncture with cupping
- Carbon Based CellMate testing
- Nutraceuticals—My Amino Plex

### May

- Adrenal Stress Index, Salivary
- Biological Dentistry
- [Scenar](#)

### June

- Meridain Clearance
- O-tropin

### Symptoms

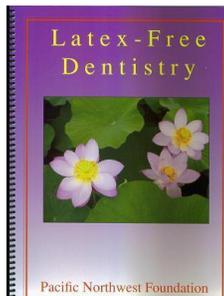
Daily  
Nightly  
Periodically

### Remedies

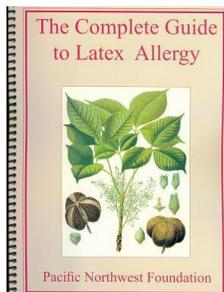
Essential Oils  
Flower Essences  
Herbs  
Homeopathics  
Isopathics



[Latex Allergy  
Resource Guide](#)



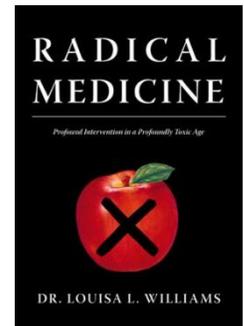
[Latex-Free Dentistry](#)



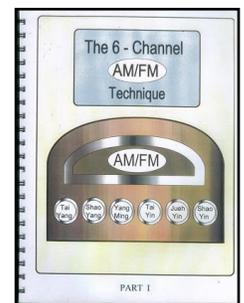
[Complete Guide to  
Latex Allergy](#)



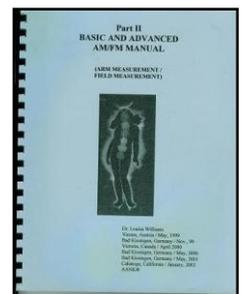
[Latex-Free  
First Aid Kit](#)



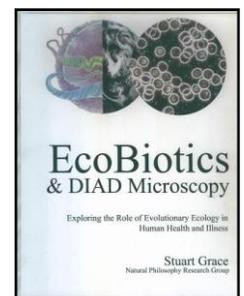
[Radical Medicine](#)



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



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



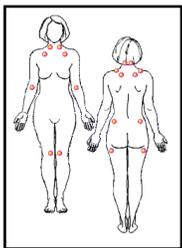
[EcoBiotics](#)

# PACIFIC NORTHWEST FOUNDATION

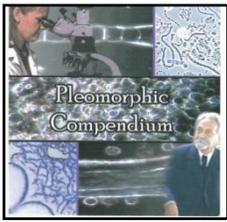
Pharmaceuticals  
Vitamins and Minerals



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)

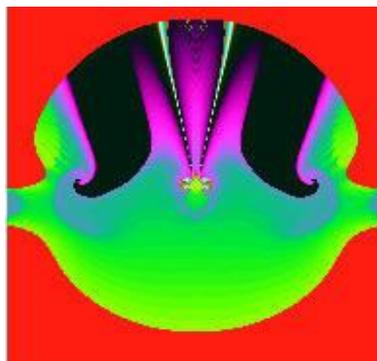


[T-shirt](#)

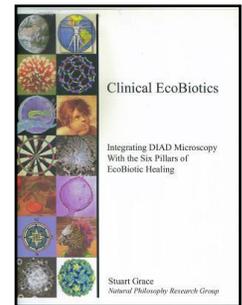
## January

Fluid retention continues to be one of my biggest problems as I start the new year. With meridian clearance I have some decreased tympanic tissues, shortness of breath, and fluid retention. I am having some difficulty sleeping that seems to improve with the use of 5-HTP, and l-tyrosine. I have an anxious feeling in my throat that dissipates after taking any neurotransmitters. The left [cervical lymph node](#) and facial swelling is coming down and am able to see my cheekbones again. A quarter of the fatigue and sweats improve with the use of the [amino acids](#). I also experience some improvement after acupuncture meridian clearing of the fluid retention and shortness of breath.

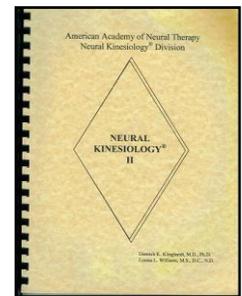
By the middle of the month, I am finally beginning to sleep better. I am also able to exercise more on the weight machine, although at the beginning my neck and shoulder pain increased and then felt better as my body adjusted to exercising daily again. I have more [detoxification](#) symptoms when I take my remedies such as fatigue, headache, occasional heartburn, eye symptoms, rashes, and difficulty sleeping. I continue to experience left cervical node swelling and fluid retention at the end of the month. The tissues feel much better since the meridian clearing.



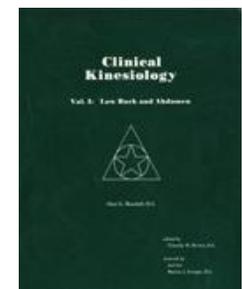
*Fractal from January 1, 2006*



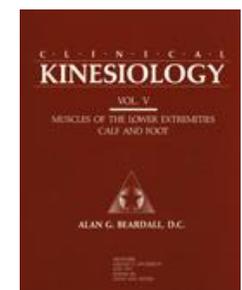
[Clinical EcoBiotics](#)



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



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



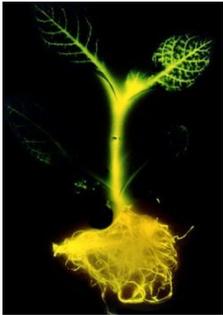
[Muscles of the Lower Extremities](#)

# PACIFIC NORTHWEST FOUNDATION

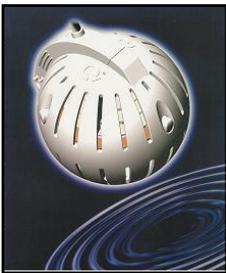
## February



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



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

My abdominal distention and sleep disturbances seem to occur between 10pm-2am. I have some neck pain that decreases with traction. My pelvic flexion forward with right foot externally rotated resolves with iliacus stretching, but doesn't hold for very long. I am able to tolerate walking for half an hour a day and doing 100 repetitions for the 16 muscle group exercises on the weight machine. I am very excited as this is the first time in 10 years I am able to tolerate this much exercise.

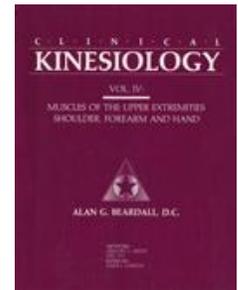
I am experiencing increased [detoxification](#) symptoms after acupuncture and [cranial sacral](#) treatments mid month. I have difficulty sleeping, headache in the morning, hard to get going, increased burning and itching to rash areas. My right foot is still slightly externally rotated with right hip discomfort and weight not evenly distributed to the right foot. My weight also increases with exercise and strenuous activity.

By the end of the month, my sleep in much improved after taking ubichinon and I am still tolerating exercise well. I continue to have fluid retention and rashes to lower legs and feet. I have occasional difficulty sleeping that improves after energetic healing treatment. I have transient intense [liver](#) pain, headache and brain pain, and intense burning and itching of rash areas. Also some shortness of breath with walking and weight increase of 2-3 pounds.

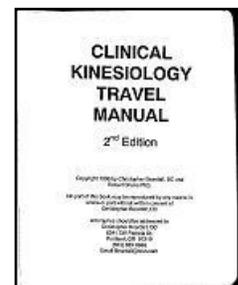
## March

I continue to have morning brain pain and headache that resolves after an hour or two of being up. I also have increased fluid retention, and rash to lower extremities associated with increased detoxification. After walking I occasionally have right neck pain and left leg pain. The right-sided neck and shoulder pain gets rather intense at times after cranial sacral work. My weight gain is around 4-6 pounds with some shortness of breath and abdominal distention.

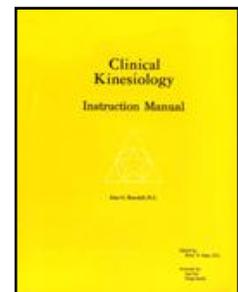
By mid-month the right-sided neck pain has decreased,



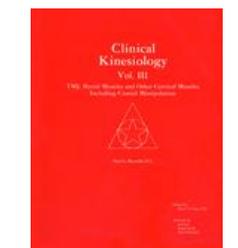
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

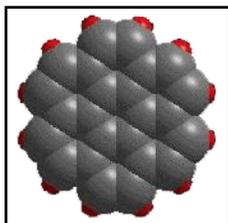
# PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



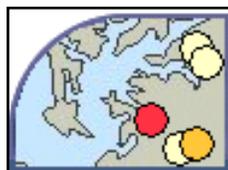
[SCENAR](#)



[Toxicity Study](#)



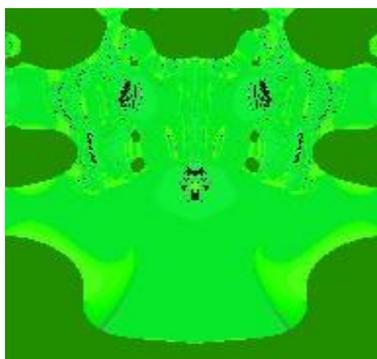
[Our Toxic Times](#)



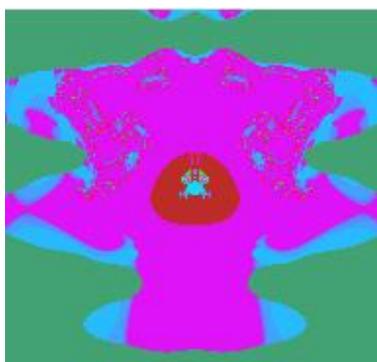
[TOXMAP](#)

although the right hip discomfort continues. The fluid retention is slightly improved with a gradual decrease in weight. The rash to both legs and feet is much more intense, burning, itching, and weeping. I am also developing a rash on both arms, including forearms. The irritation is so intense that it disrupts my sleep. My right eye twitches intermittently throughout the day. Taking glutamine and neuromins greatly decreases my brain pain. My front bridge misalignment is improving with daily Iliacus, pelvic rotation (left) corrections. It still isn't holding for very long and so I continue to have hip flexion with uneven distribution of weight now to the left foot.

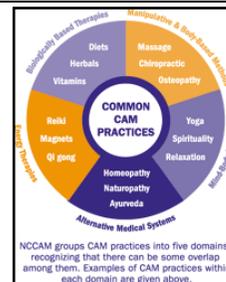
I am increasing my [detoxification](#) regimen at the end of the month with [Aminos](#) and exercise. My intense eye symptoms return with burning, redness, photosensitivity, itching, and blurred vision. My left eye twitches frequently for a period of time, more internal than external.



*Fractal from March 11, 2006*



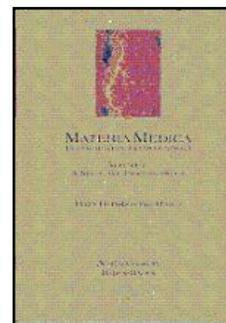
*Fractal from March 24, 2006*



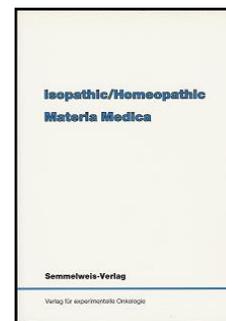
[NCCAM](#)



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



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



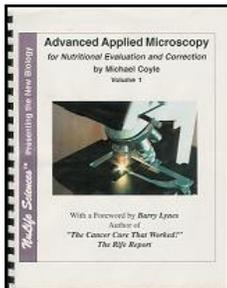
[Isopathic/](#)  
[Homeopathic](#)  
[Materia Medica](#)

# PACIFIC NORTHWEST FOUNDATION

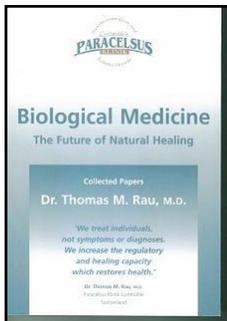
## April



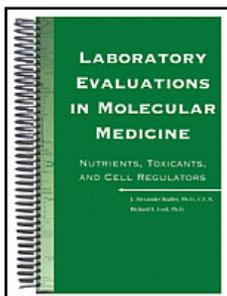
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)

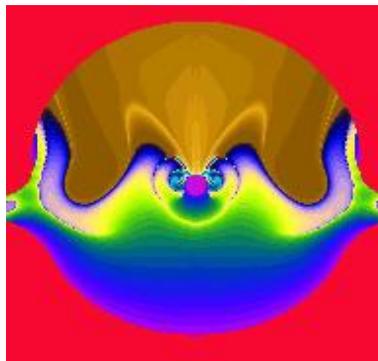


[Laboratory Evaluations in Molecular Medicine](#)

I started the month with increased [detoxification](#) symptoms due to increasing [My AminoPlex](#). I had intense itching, burning to my rash areas, which caused inability to sleep. Fatigue and brain pain accompanied the skin symptoms. My [acupuncture](#) treatment with cupping on the 10<sup>th</sup> increased my detoxification symptoms even more calling for increased dosage of my remedies. Increased difficulty sleeping, fatigue, shortness of breath with any exertion, and abdominal distention.

If I take [5-HTP](#) and [Zinc](#) during the night my detoxification headache in the morning is less intense. My rash is improving to my lower extremities, although increasing on my arms. I continue to have fluctuating weight gain of about 5 lbs with abdominal distention during different times of the day with associated shortness of breath. The intense burning and itching rash on legs and feet continue, especially at night.

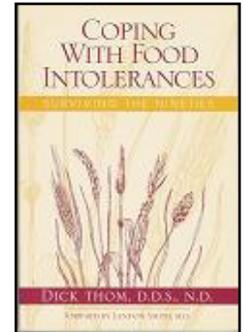
At the end of the month I had my blood and hair tested using [Carbon Based CellMate](#) Foundational Wellness and Hair Elements Test.



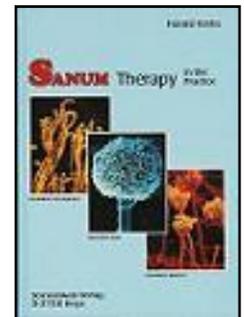
*Fractal from April 2, 2006*

## May

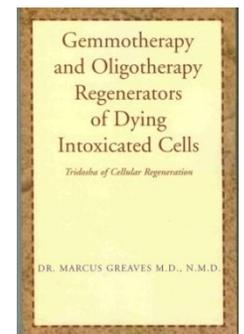
Things are status quo beginning the month of May, although I am beginning to have more detoxification symptoms with exercise again. Mostly with gardening and walking. I develop lip swelling, gray skin, intense burning and itching to areas of rash with localized



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



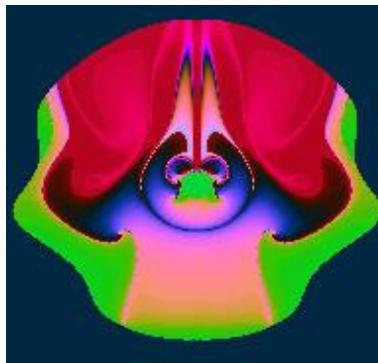
[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)

# PACIFIC NORTHWEST FOUNDATION

swelling and skin cracking. I still have generalized fluid retention with abdominal distention that also is worse after exercising. I am having some difficulty sleeping.

By the middle of the month my morning headache is better and the rash on my lower extremities is also improving. Although my weight gain, fluid retention and rash are still aggravated by exercise. My bite seems off resulting in right-sided neck, shoulder, hip, and leg pain. I am using the scnear on the mandible which helps until I can get my bite adjusted. I am still having difficulty sleeping at times.

I retested my [adrenal hormones](#) at the end of the month using the salivary adrenal stress index. My total [cortisol](#) burden was very low and started low in the morning and kept going down from there. My [DHEA](#) was also very low. My adrenals have been fighting and putting out inflammation in my body for so long, that even with support they have gotten low on substrate and aren't producing as optimally as they should.



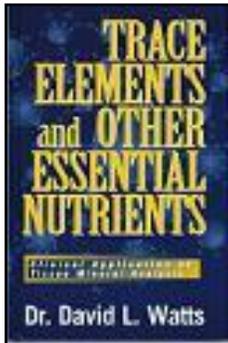
*Fractal from May 21, 2006*

## June

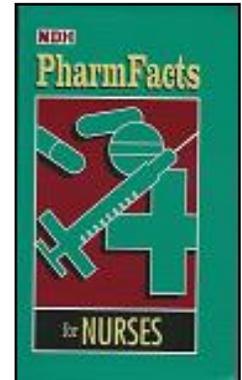
During our visit to Las Vegas, I had difficulty with low energy, fatigue and foot rash and burning because of the heat. I continue to have weight loss with some fluctuations with the fatigue. After starting O-tropin I have better energy during the day, decreased weight and rashes, decreased morning headache, and improved sleeping patterns.

By mid-month I have a return of the increased

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



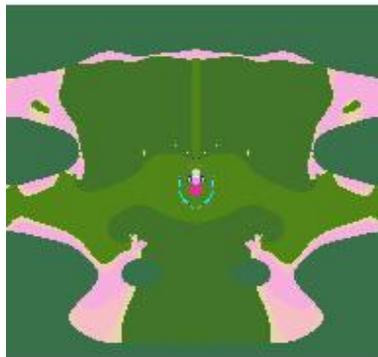
[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)

detoxification symptoms, including very fatigued, fluid retention, increased rash to lower extremities, inability to sleep after meridian clearing treatment. Took about a week to clear with mild-to-moderate residual effects. I also decreased the doses of most of my remedies.

After 2 weeks of O-tropin, I have less headache symptoms, continuing weight loss, and my repeat saliva adrenal stress index reports are normal. This is the first time in 12 years I am in the normal ranges.



Fractal from June 19, 2006

### Symptoms

#### Daily

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

#### Nightly

Burning Feet  
Eye Pain  
Headache

#### Periodically

Burning rash  
Cough  
Dizziness/Nausea  
Eye pain—"gravel in eye," burning, itching  
Insomnia



Lip/Facial swelling  
Lymph node swelling  
Rashes-extremities, feet  
Sinusitis-sinus drainage  
Teeth/Jaw pain  
Throat pain

### Remedies

#### Herbs

- Calendula mother tincture
- Cilantro
- Free and Easy Wanderer plus Chinese herbs
- Rhodiola

#### Homeopathics

- Apis Homaccord
- Arsenicum album 200k
- Aurum metallicum 6CH
- Aurum lavender cream
- Belladonna
- Berberis Homaccord
- Byronia 6c
- Hepar sulph
- Iodum 7CH
- Kresotum 30x
- Luteinium 200k
- Lycopodium Clavatum 30c
- Medorrhinum 200c
- Mercurius 6c
- Mezereum H
- Natrum Muriaticum 200c
- Natrum Sulphuricum 30c
- Petroleum 1M
- Radium Bromatum 9c
- Ranunculus H

#### Isopathics (Continued)

- Pleo San Cal
- Pleo San Ger
- Pleo San Kleb
- Pleo San Prot
- [Pleo San Staph](#)
- [Pleo San Strep](#)
  
- Psorinoheel
- Recarsin
- Renelix
- Tenacet-Heel
- Testes
- Thalaminium
- [Thalamus Compositum](#)
- Thyroidia
- [Toxex](#)
- Ubichinon
- Unda #13, #49, #243 #700, #202, #243, #13
- Zeel
- Zinc, Ionized (Somaplex)

#### Pharmaceuticals

#### Vitamins and Minerals

- [5-HTP](#)
- [Acai Ultra](#)
- Adrenal Support (Vital)
- Afagen
- Allisyn
- My Amino Plex
- BCAA



# PACIFIC NORTHWEST FOUNDATION

- Rhus Tox 12c
- Schuessler's Cell Salts Melange
- Silicea 200k
- Staphysygria 200c
- Syphilinum 200c
- Syzygium 200K
- Traumagen
- Traumeel

## Isopathics

- AC Carbamide
- Adrenal Liqueescence
- Apo-Hepat
- Apo-Oedem
- Cerebrum
- Chelorex
- Coenzyme Compositum
- Cyruta Plus
- Dalektro
- Diencephalinum 4Ch
- Engystol
- Gallium Heel
- Gemmotherapy

- Acer compastre
- Amelopsis weitchii
- Carpinus betula
- Citrus limonum
- Ficus carica
- Ilex aquifolium
- Jugalans regia
- Juniperus communi
- Quercus Pedunculata
- Ribes nigrum
- Rosmarinus officinalis
- Secale cereale
- Sequoia gigantea
- Sorbus domestica

- Beta-carotene
- Betaine HCl Pepsin
- Bone-Up
- B2, B6, B12
- L-carnitine
- Folirinse
- GLA 130 Evening Primrose Oil
- Glutamine
- Green tea extract
- GSF
- L-Histadine
- HPA drops
- Isophos
- Lacto S +
- Marcozyme
- Molybedenum
- NeproTec I & II
- Neuromins
- PC 30
- Oregacyn
- Phosphatidylserine
- Seriphos
- SBC
- Serotonin/Dopomine Liqueescence
- Stem enhance
- Stem cell enhancer
- L-Tyrosine
- Vitamin C
- Water X
- Zinc

## Other

- Acupuncture Meridian Clearance
- Biomodulator
- Bio-puncture
- Bite adjustment
- Carrot Poultice
- Detox bath
- Energy work



# PACIFIC NORTHWEST FOUNDATION

- Tamarix Gallica
- Tilia tomentosa
- Vaccinum vitis
- Viburnum lanthanum
- Viscum album

- [Glyoxal](#)
- Hepeel
- Lymphomyosot
- Nervoheel
- Oligoelements-  
CuAuAg, K, Mg, Se,  
Zn,
- Orenda immune
- O-tropin
- Pineal liquescence
- Placenta C
- Sanums

- [Pleo-Chrys](#)
- Pleo Ex
- Pleo Lari
- Pleo Muc
- Pleo Nig
- Pleo Not
- Pleo San Bruc
- Pleo Ut

- Exercise  
Machine/weights
- [Far-Infrared Mattress  
Pad](#)
- Fulcrum
- Gardening
- Gemmo therapy
- Green tea
- Intra-oral release
- MEAD
- Meditation
- [Multiwave Oscillator](#)
- [Scenar](#)
- Scenar bowling bowl
- Skin tabs
- Sonicare
- Thermagram
- Walk