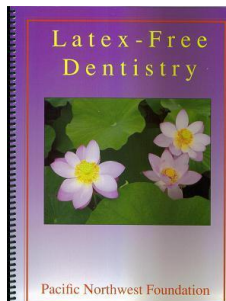
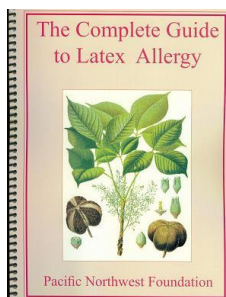




[Latex Allergy  
Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to  
Latex Allergy](#)



[Latex-Free  
First Aid Kit](#)

## ANNA'S SEVENTH PROGRESS REPORT January 2001 through June 2001

### SUBJECTS COVERED:

- January
- Epsom salt baths
- Laser
- Dental laser
- Vega testing
- Physical activity

### February

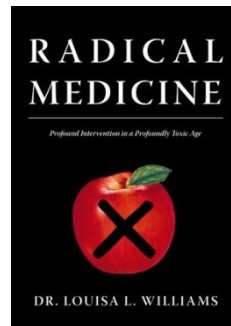
- Isopathic terrain analysis
- Network chiropractic
- NAET

### March

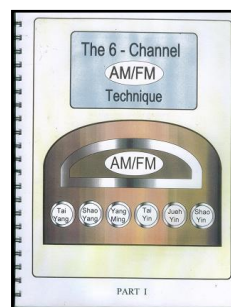
- Fulcrum work
- Magnet therapy
- Detox baths
- Decreased remedies

### April

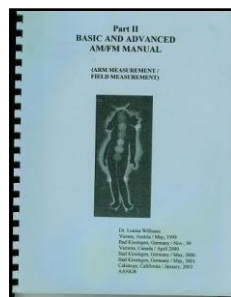
- Seven days without remedies
- Neural therapy
- Decreased remedies



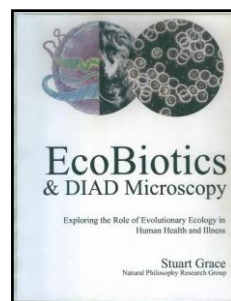
[Radical Medicine](#)



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



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

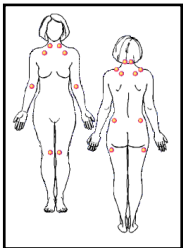


[EcoBiotics](#)

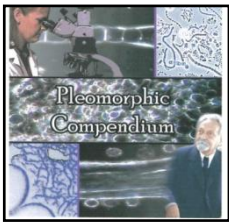
# PACIFIC NORTHWEST FOUNDATION



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

## May

- Decreased remedies
- Fulcrum work
- Drainage remedy

## June

- Craniosacral therapy
- DMSA, Alpha Lipoic Acid
- 27 days without remedies

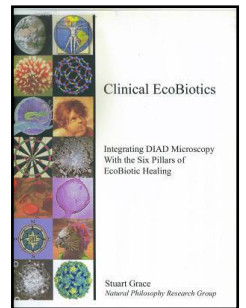
## Symptoms

- Daily
- Nightly
- Periodically

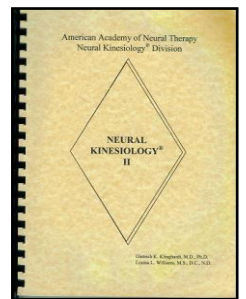
## Remedies

- Flower Essences
- Herbs
- Homeopathics
- Isopathics
- Vitamins & Minerals
- Other

Visits to healthcare providers for this time frame included a doctor, dentist, acupuncturist, and massage therapist.



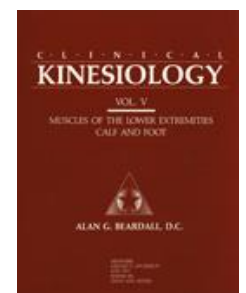
[Clinical EcoBiotics](#)



[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](#)

## January 2001

Happily, this 38th month, I am able to walk for about 20 minutes roughly every two days without exacerbating my symptoms. I am taking [Epsom Salt](#) detox baths often. I was tested by a doctor with the [Vega machine](#) for various dental materials anticipating the necessity of an appliance as well as permanent [restorations](#). Also during the month, the laser was applied to tooth number 18.

## February 2001

I didn't take any remedies for first two weeks of the month. I underwent [Isopathic Terrain Analysis](#) to compare to the earlier analysis back in November 2000. I was encouraged that the results indicated about a 90% improvement. I am still taking baking soda detox baths, exercising, and walking as much as possible. I had my last Network chiropractic appointment.

I am still experiencing copious sinus drainage, requiring me to sleep upright with four pillows in bed for two nights. I am also experiencing gradual fluid retention on the left side of my face that is becoming puffier. My left and right [cervical lymph nodes](#) were also very swollen.

I had NAET treatments for grain, sugar and [vitamin C](#). The [lipoma](#) on my back and various teeth (former cavitation sites) were treated several times with a laser. I used an electrical pulse-stimulating device ("[Dr. Ho](#)") for my neck.

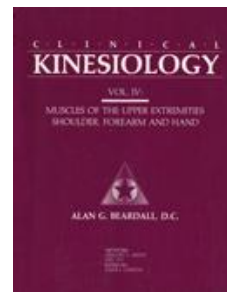
## March 2001

I continued using "[Dr. Ho](#)" for my neck several times this month. I am also doing my fulcrum work from every day.

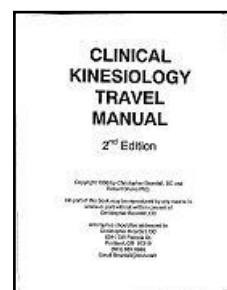
Also, I am still tolerating my [Epsom Salt](#) and Baking Soda detox baths, and using magnets to jaw to reduce pain. I went seven days without remedies this month.

## April 2001

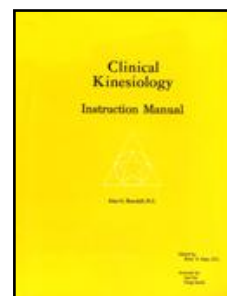
I am periodically taking naps in the afternoon and still experiencing burning feet and legs, and some throat



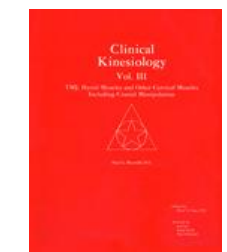
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

# PACIFIC NORTHWEST FOUNDATION

tightness. I went another seven days without remedies this month. Saw a doctor for [neural therapy](#) to left [cervical lymph node](#), and the right and left [Frankenhauser ganglia](#).

## May 2001

Marking the 42nd month, I gratefully went 28 days without remedies and the last three days of the month were mostly drainage and various [Unda](#) remedies. I have also been feeling spacey, like my body balance is out of whack, with detox-reaction burning feet and rash on top of both feet. And I am continuing to experience mild jaw pain and keep on doing my fulcrum work daily.

## June 2001

I had a foot and ankle rash bilaterally for several days at the beginning of the month. I am experiencing body sweats after minimal exercise or heat, mild jaw pain, periodic neck and hip pain at night, and intermittent low back pain.

I went 27 days without remedies and on the other three days I took [vitamins C](#) and [E](#), Oligo ([Mg](#), [Se](#)) [Arnica](#), and [Unda B-2](#) periodically. I am almost at midline for my bite, and had perennial burning and itching for several days after a craniosacral treatment. I am feeling more energetic, with felt less brain fog at times, diminished headaches in AM, but did have a leg rash from the sun.

I took [DMSA](#) and [Alpha Lipoic Acid](#) for 3 days, for two rounds toward the end of the month. I had periodic swelling of my [maxillary lymph nodes](#). I restarted the antioxidants and drainage remedies.

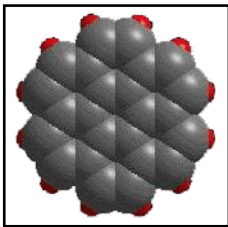
Symptoms and activities during this time frame included:



[Biomodulator](#)



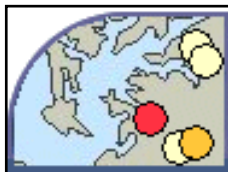
[SCENAR](#)



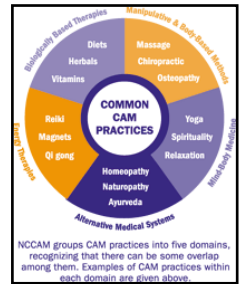
[Toxicity Study](#)



[Our Toxic Times](#)



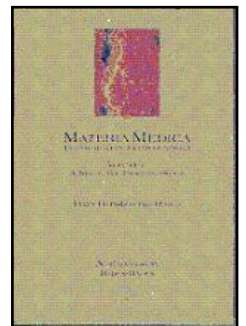
[TOXMAP](#)



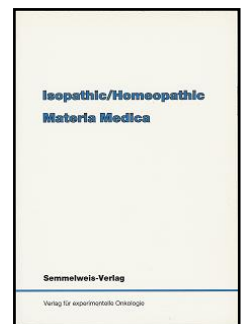
[NCCAM](#)



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



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

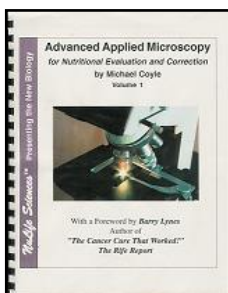


[Isopathic/](#)  
[Homeopathic](#)  
[Materia Medica](#)

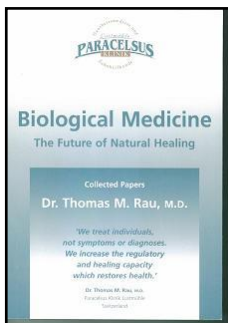
# PACIFIC NORTHWEST FOUNDATION



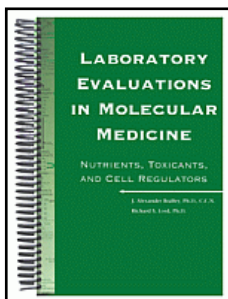
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

## Daily

- Testing with NK/AM-FM
- Auxiliary temperature AM and PM range: 96.6-98.0 degrees (underarm temperature test for hypothyroidism)
- [Isopathic Terrain Therapy](#) (stopped at the end of May)

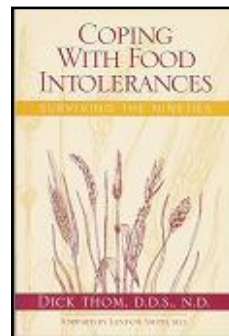
## Nightly

- Neck traction after self-manipulation of bones in mouth
- [Sonicare](#) Toothbrush
- Magnet to jaw
- [Dr. Ho's Muscle Massage System](#)
- Fulcrums
- Laser: teeth and [lipoma](#)
- Detox baths: [Epsom Salt](#) and Baking Soda
- Exercise
- Walk

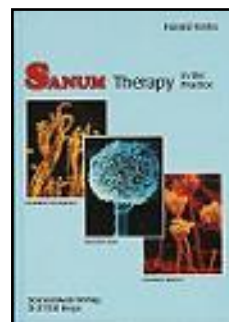
## Periodically

- Sinus drainage and congestion
- Increasing energy level
- Lip swelling
- Fatigue
- Neck, shoulder and low back pain-bite too high on left hitting on left inner bicuspid first contact -- When I bite evenly little or no pain
- Gradual diminution of morning nausea, kidney and chest discomfort, but it continues
- Difficulty sleeping
- Lacy rash on lower extremities and neck
- Slight facial swelling
- Body sweats particularly at night
- Flakiness of my eyelids--a symptom of a backup of toxins
- Leg jerking for several hours during the night on a day that I had acupuncture
- An increase in lip tingling, swelling, and numbness especially after eating or after any exertion

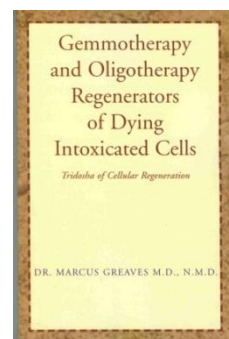
Remedies: Listed below are the various remedies I take



[Coping with Food Intolerances](#)



[Sanum Therapy](#)

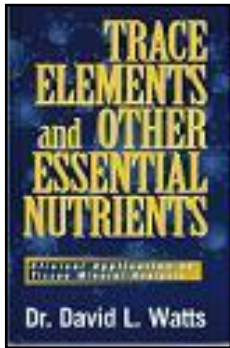


[Gemmotherapy and Oligotherapy Regenerators of Dying Intoxicated Cells](#)

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

each day in various forms.



[Trace Elements and Other Essential Nutrients](#)

## Flower Essences

- Chicago Peace
- [Orange Ruffles](#)
- Royal Highness
- Sweet Bell Pepper (Perelandra)
- White Lightnin'

## Herbs

- [Cilantro](#)
- [Nettles](#)

## Homeopathics

- [Apo-Hepat](#)
- [Akutur](#)
- Arnica
- Chelate
- Citro
- [Dalektro](#)
- [Oligo K](#)
- [Oligo Mg](#)
- [Oligo Se](#)
- [Renelix](#)
- Sanuvis
- Silicea
- Somaplex Multi
- Thyroidium ([Unda](#))
- [Toxex](#)
- Zinc/Copper
- [Apo-Oedem](#)
- [Itires](#)
- Luteinum ([Unda](#))
- Magnesium
- Gluconium ([Unda](#))
- Progesteronum ([Unda](#))
- [Unda](#) 4
- [Unda](#) 39
- [Unda](#) 44
- [Unda](#) 243
- Thyroidium ([Unda](#))
- [Toxex](#)

## Pharmaceuticals

- [Benadryl](#) (liquid and pill)

## Vitamins & Minerals

- B-2
- [B-6](#)
- [B-12](#)
- [CoQ10](#)
- Buffered [Vitamin C](#)
- [Chlorella](#)
- [Digestase](#)
- [Lacto S Plus](#) ([Marco Pharma](#))
- [L-Taurine](#)
- MSPD 123 ([Unda](#))
- [ProAlgen](#)
- [Protease](#)
- [Reconcostat](#)
- [Vitamin E](#)

## Other

- [DMPS/DMSO/Lidocaine](#)
- Drink 8-12 cups of filtered water
- Diet: 30% protein, 30% fat, 40% CHO
- [Sonicare](#) Toothbrush
- Exercise
- Walk
- Detox baths: Baking Soda alternating Epsom Salt
- [BHI Allergy](#)
- Aesculus ([Marco Pharma](#))
- Bucco ([Marco Pharma](#))
- Ricera ([Marco Pharma](#))



[PharmFacts for Nurses](#)

*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.*