

# PACIFIC NORTHWEST FOUNDATION

## ANNA'S EIGHTH PROGRESS REPORT July 2001 through December 2001

### SUBJECTS COVERED:

#### July

- Acupuncture
- Craniosacral
- EAV
- Dental appliances
- CT scan of Mandibular Joint

#### August

- Craniosacral
- NAET
- Sanums
- Decreased remedies
- Exercise

#### September

- DMSA/alpha lipoic acid
- Craniosacral
- CellMate lab test
- Decreased remedies

#### October

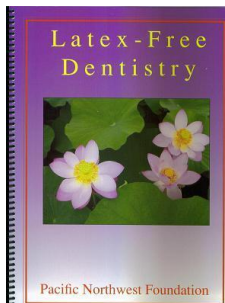
- Holistic Dentistry
- Craniosacral
- Decreased remedies

#### November

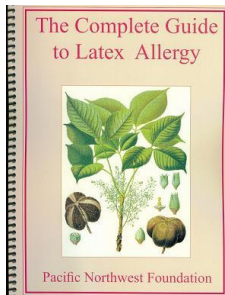
- Dental appliances
- Decreased remedies
- Gemmotherapy



[Latex Allergy Resource Guide](#)



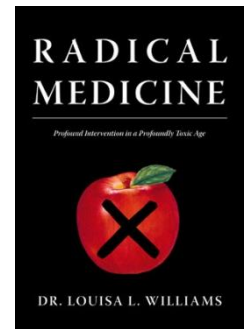
[Latex-Free Dentistry](#)



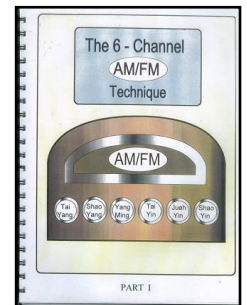
[Complete Guide to Latex Allergy](#)



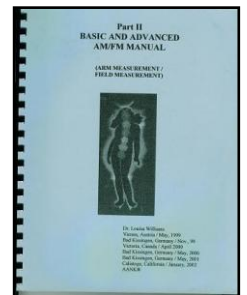
[Latex-Free First Aid Kit](#)



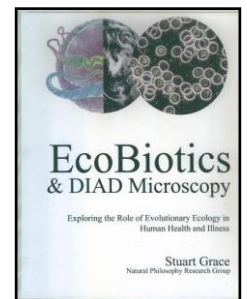
[Radical Medicine](#)



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



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

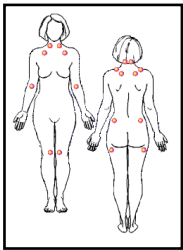


[EcoBiotics](#)

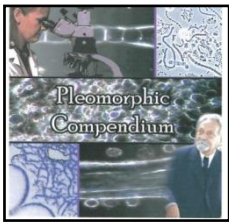
6312 SW Capitol Hwy # 271, Portland, OR 97239  
PHONE: 503-977-3226 FAX: 503-244-9946  
info@pnf.org \* <http://www.pnf.org>



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

## December

- Dental appliances

## Symptoms

- Daily
- Nightly
- Periodically

Visits to healthcare providers during this period included a doctor, dentist, acupuncturist, and massage therapist.

## Remedies:

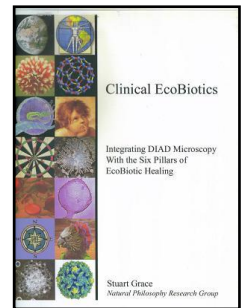
- Homeopathics
- Isopathics
- Pharmaceuticals
- Vitamins & Minerals
- Other

## July 2001

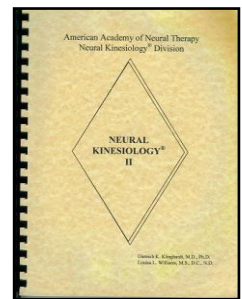
This 44th month since beginning alternative treatments, I had a [CT Scan](#) of the [Mandibular Joint](#) done that showed "No findings of degenerative joint disease of the temporomandibular joint." This is wonderful news in that my condyles had significantly degenerated two years ago.

I had an acupuncture treatment and then a bite adjustment with anterior stops (canines) added to the lower right side of my mouth. Throughout the month, I experienced a lot of brain fog, fatigue, and a feeling of disconnect which resulted in several falls, cuts, bruises, burns, and breaking of glassware.

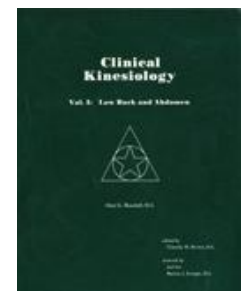
At the middle of the month after craniosacral work, a dentist replaced the right anterior stop and performed a bite adjustment. Although I was very fatigued after the



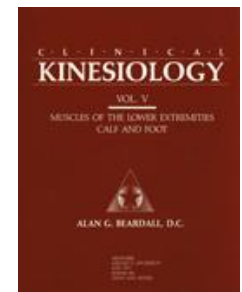
[Clinical EcoBiotics](#)



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



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



[Muscles of the Lower Extremities](#)

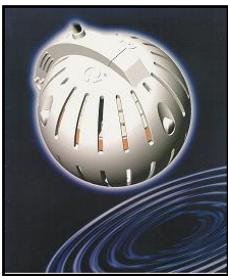
# PACIFIC NORTHWEST FOUNDATION



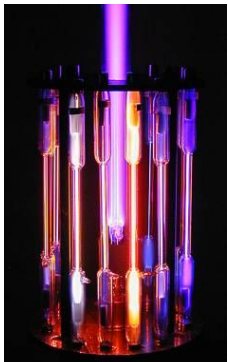
[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

treatment and didn't sleep well, I slowly felt increasing energy, headache abating, less brain fog, and a gradual clearing of my adaptive patterns.

I am still experiencing throat tightness, ring around lip with lip swelling, and uncontrolled right leg jerking. I had materials testing done on the [EAV machine](#) by a doctor before having the anterior stop repaired again.

I started my fourth round of [Alpha Lipoic acid and DMSA](#) to help bind to and expel the toxins from my body. I am only able to sleep about 1-2 hours at a time, and have a deep headache, lip swelling with ring around the lips, jerking legs, skin rash, burning feet, numbness and joint pain.

After [NAET](#) treatments for latex and stopping the Alpha-Lipoic acid and DMSA treatments, I felt less brain fog, had good sleep, the lip ring was gone, and my lips were only slightly swollen.

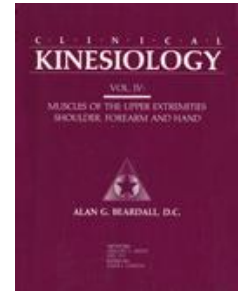
## August 2001

I started off this, the 45th month feeling very stressed and emotional. My mother was in the hospital with a terminal illness, so I went to see her in Weed, California and to take care of her. While there I experienced throat tightness, difficulty breathing, copious sinus drainage, swollen cervical lymph nodes, a ring around my lips, and difficulty sleeping at times.

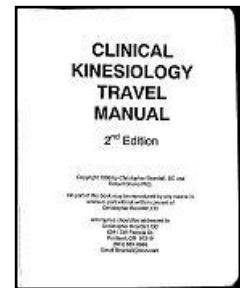
After a craniosacral treatment, my detoxification symptoms worsened for a few days. I took some [Sanum](#) remedies, which helped. Otherwise I have stopped all of my remedies.

I had detoxification symptoms including hot flashes, rash on my feet, and occasional chest wall discomfort, which eventually went away except for the foot rash.

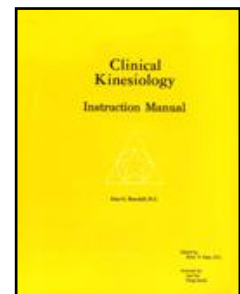
Due to being in Weed caring for my mother, I have discontinued almost all of my remedies and treatments. I still do my nightly neck traction. During this time, my symptoms include slight headache, sinus congestion,



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



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)



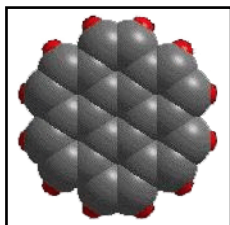
# PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

fatigue upon waking, pain in neck, shoulders, back, and hips, and rash on bottom of feet that gets pretty intense at times.

## September 2001

At the beginning of the month I am having a “deep” headache and tested for [DMSA with alpha lipoic acid](#). This will be my sixth round of [DMSA/alpha lipoic acid](#). On day two of the treatment I experience swollen lips with a ring around the lips, throat tightness, right eye swollen, burning, and itching, intense burning feet, random uncontrolled right leg jerking movements, and increased sinus drainage and congestion. These symptoms decreased or got better after the full course of [DMSA/alpha lipoic acid](#) of five days.

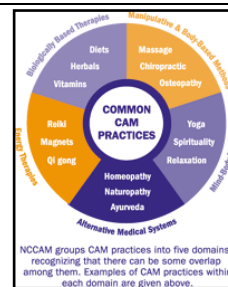
I have moved my mother up to my house and am caring for her at my home. I have stopped almost all of my medications, except for the occasional sanum remedy. Toward the end of the month my dental work became a priority again and I had some craniosacral work and then bite adjustment and cleaning. The work wasn't correctly balanced and needed to be fixed.

At the end of the month my symptoms included, increased congestion with coughing and at times spasms, shortness of breath, lip swelling. I seem to be allergic to something the cat brings in with her and am taking [BHI Allergy](#) and [Benedryl](#) for the congestion. I am walking about an hour a day five days a week. Toward the end of September I had a [CBC](#) blood test.

## October 2001

I am still caring for mother at my home. She continues to improve and will head back home to her house at the end of the month.

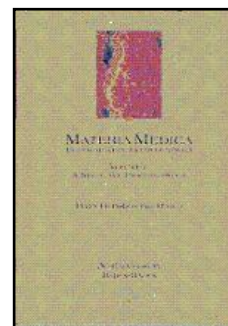
I am experiencing increased right-sided neck, jaw, bite, and hip discomfort. After craniosacral treatment, bridge repair, and anterior stop (of my bite) repair I got relief from the pain.



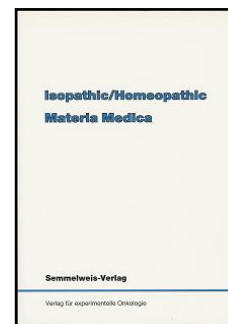
[NCCAM](#)



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



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

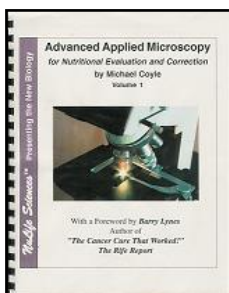


[Isopathic/](#)  
[Homeopathic](#)  
[Materia Medica](#)

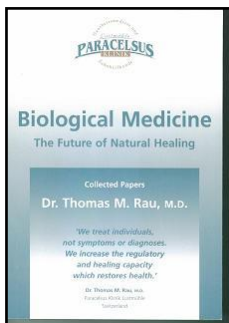
# PACIFIC NORTHWEST FOUNDATION



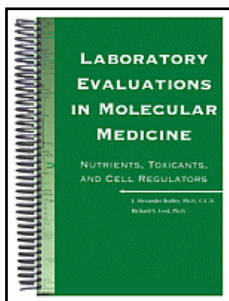
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

I am still walking an hour a day five days a week. My detoxification symptoms have increased including, some chest pain, hot sweats, amalgam-type rash on my neck, and a red ring around the lips. I also have a headache, right kidney pain in the morning and continued hot sweats throughout the day. Toward the end of the month I am draining more so my detoxification symptoms have decreased.

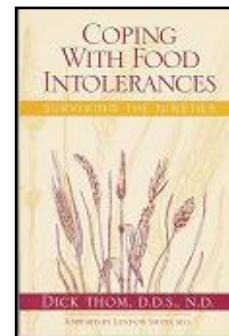
I have been off my remedies for two months now, with the exception of a calcium supplement from time to time. I haven't had any sanum remedies since the beginning of September. I took one ampoule of [Heel](#) Ubichinon at the beginning of October. After the last DMSA/Alpha-Lipoic acid treatment, I lost and have kept off all of the retained fluid. I am still experiencing problems with my bite and am awaiting dental appliances to help stabilize it and hopefully decrease the jaw, teeth, neck discomfort and tingling. My baseline axillary temperature is 97.5 F. I am still experiencing intense sinus drainage with headache, eye pain, sore throat, enlarged lymph nodes, coughing, wheezing, problems finding words and remembering things, and difficulty sleeping.

## November 2001

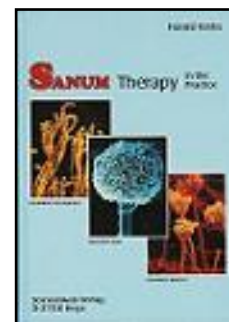
At the beginning of the month, I had the anterior stop of my dental appliance replaced.

I'm not tolerating my upper appliance. It falls off and weakens the maxilla-sphenoid-zygomatic sutures and bones. I experience severe pain in those bones and a frontal headache after wearing the appliance for just two hours. There is also metal across the midline of the appliance.

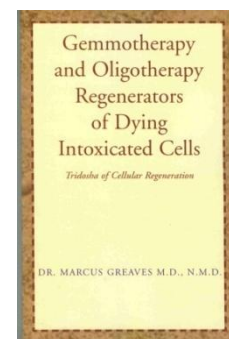
My skin is a gray and yellow color and I am having a renewal of all the detoxification symptoms. I am experiencing fatigue, weight loss, and shortness of breath on climbing stairs. I am also emitting an odor from the release of the [polycyclic aromatic hydrocarbons](#). Also, when I floss my teeth I emit an odor of infection.



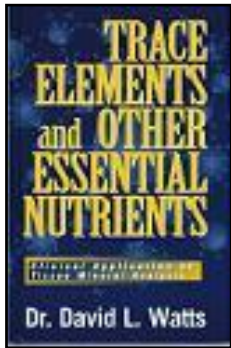
[Coping with Food Intolerances](#)



[Sanum Therapy](#)



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



[Trace Elements and  
Other Essential  
Nutrients](#)

Towards the end of the month I had all four dental stops adjusted and they are now balanced and I am able to finally wear the lower appliance and even tolerated some jaw expansion. My detoxification symptoms improved with the addition of gemmotherapy. I am still experiencing increased sinus congestion, fluid retention, hot flashes, brain fog, stabbing pain to right knee, fatigue, headache, and chills and sweats. I am testing allergic to various herbs and teas, so I have to rotate them on a more scheduled basis.

### December 2001

The 49th month I am still experiencing brain fog and headache throughout the day, intermittent chills, lip swelling, fatigue, joint and long bone aching and pain in lower extremities. There is a detoxing "superfund" smell coming from my face. One day I felt well enough to do four hours of yard work only to awake that night with severe burning in my bladder, and other urinary tract infection symptoms, teeth, eye, kidney, ankle, and [pelvic girdle](#) pain. Most of the symptoms subsided by the morning with stimulating [acupuncture points](#) helping.

I am having trouble sleeping due to sinus congestion, body sweats, and inability to drain from the right side. I am tolerating the appliance well with frequent craniosacral treatments. My [cranial bones](#) are shifting and I am experiencing neck pain and discomfort. I received a new upper dental appliance during the middle of the month that took some getting used to. Subsequently, I was less foggy brained, had improved memory, increased ability to drain from sinuses, no congestion, and increased energy and well-being.

There was no significant change toward the end of the month except for occasional throat tightness, lip swelling, yellow to gray skin coloring, and cranial discomfort.



[PharmFacts for Nurses](#)



Symptoms and activities during this time frame included:

#### Daily

Upon awakening (usually gone by midmorning)

- Liver and kidney pain
- Nausea
- Headache
- Auxiliary temperature AM ranges: 96.6 to 98.0 degrees (underarm temperature test for hypothyroidism)

#### Nightly

- Neck traction after self-manipulation of bones in mouth
- Eight cups filtered water
- Testing with NK/AM-FM
- Isopathic Terrain Therapy (concluded at the end of May)

#### Periodically

- Sinus drainage and congestion
- Face swelling
- Increasing energy level
- Lip swelling
- Fatigue
- Gradual diminution of morning nausea, kidney and chest discomfort
- Difficulty sleeping
- Lacy rash on lower extremities and neck
- Fluid retention, though diminishing significantly
- Slight facial swelling
- Body sweats particularly at night
- Burning bones
- Painful teeth and jaw
- Involuntary jerking of legs at night





Listed below are the various remedies I take each day in various forms. Because of my mother's illness and my taking care of her, first down in her home in Weed, California, and then in my home, I stopped taking almost all of my remedies for most of these six months.

Remedies:

<p><u><a href="#">Homeopathics</a></u></p> <ul style="list-style-type: none"><li>• Aesculus Hippocastanum</li><li>• Arnica</li><li>• <u><a href="#">BHI Allergy</a></u></li><li>• Citrus Limonium</li><li>• Corylus Avellana</li><li>• Iteres</li><li>• Thuja occidentalis</li><li>• <u><a href="#">Toxex</a></u></li></ul> <p><u><a href="#">Isopathics</a></u></p> <ul style="list-style-type: none"><li>• <u><a href="#">Sanums</a></u></li></ul> <p>Pharmaceuticals</p> <ul style="list-style-type: none"><li>• <u><a href="#">Benadryl</a></u> (liquid and pill)</li></ul>	<p><u><a href="#">Vitamins &amp; Minerals</a></u></p> <ul style="list-style-type: none"><li>• Alpha Lipoic Acid/DMSA</li><li>• Bone-Up Buffered <u><a href="#">Vitamin C</a></u></li><li>• Lacto S Plus (Marco Pharma)</li><li>• OPC 30</li><li>• <u><a href="#">ProAlgen</a></u></li><li>• <u><a href="#">Protease</a></u></li><li>• <u><a href="#">Reconcostat</a></u></li><li>• <u><a href="#">Vitamin E</a></u></li></ul> <p>Other</p> <ul style="list-style-type: none"><li>• Drink 8-12 cups of filtered water</li><li>• Diet: 30% protein, 30% fat, 40% CHO</li><li>• <u><a href="#">Sonicare</a></u> Toothbrush</li><li>• Exercise</li><li>• Walk</li></ul>
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*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.*