



PACIFIC NORTHWEST FOUNDATION

ANNA'S NINTH PROGRESS REPORT

January 2002 through June 2002

SUBJECTS COVERED:

January

- Holistic Dentistry
- Orthodontic Appliances
- Cranial Sacral

February

- Cranial Sacral
- Kinesiology—NK, AM/FM

March

- Cranial Sacral
- Holistic Dentistry
- Sonicare
- Detoxification Baths
- Bite adjustment
- Karok's
- DMSA/Alpha Lipoic Acid

April

- Cranial Sacral
- Q-machine
- Holistic Dentistry/Bite adjustment

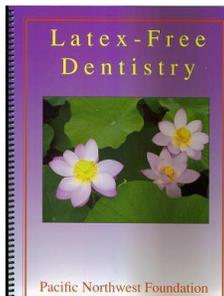
May

- Craniosacral
- Q-machine
- Holistic Dentistry/Bite adjustment
- Eyesight improvement

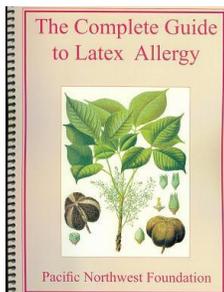
June



[Latex Allergy
Resource Guide](#)



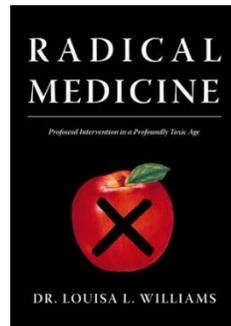
[Latex-Free Dentistry](#)



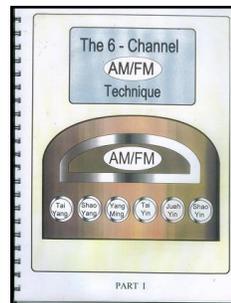
[Complete Guide to
Latex Allergy](#)



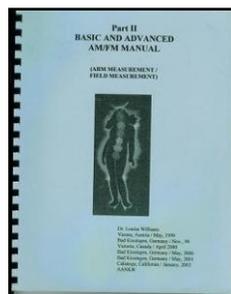
[Latex-Free
First Aid Kit](#)



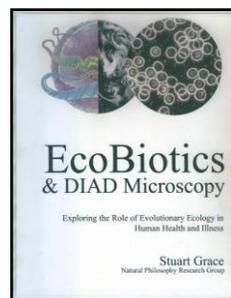
[Radical Medicine](#)



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



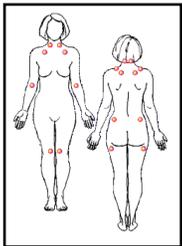
[Basic and
Advanced AM/FM
Manual](#)



[EcoBiotics](#)



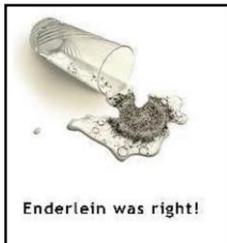
[Chelita: A Cancer Survivor' Story](#)



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

- Craniosacral
- Acupuncture Points
- Cranial bones
- Symptoms
- Daily
- Nightly
- Periodically

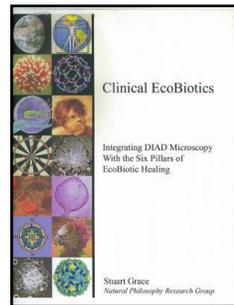
Remedies

- Herbs
- Homeopathics
- Isopathics
- Pharmaceuticals
- Vitamins and Minerals
- Other

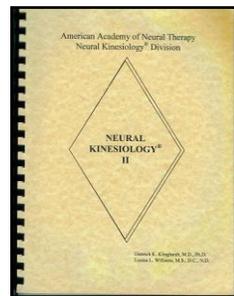
January 2002

I started the 50th month with increased detoxification symptoms that included clear sinus drainage, throat and chest tightness, fatigue, night sweats, headache, and skin color of yellow to gray. I also get headaches secondary to adjusting the dental appliances every night before bed. The dental appliances are improving my cranial suture movements and after craniosacral treatments and bite adjustments, my cranial bone positions, cranial base, mid-thoracic, shoulder, and neck pain are much improved. I continue experiencing difficulty sleeping as well as occasional hot flashes, throat tightness, red ring around lips with lip swelling, nausea, and right kidney discomfort upon awakening.

Unfortunately, I fractured a bridge (popped out while brushing teeth) and had to go to the dentist for repair. The two anchor teeth were very sore and painful afterwards along with increased sinus drainage and fluid retention. I am also experiencing increased detoxification symptoms upon awakening including ankle joint pain and difficulty walking initially in the morning. I find that when my bite is off I experience headache, neck and shoulder pain, fatigue, and increased fluid retention.



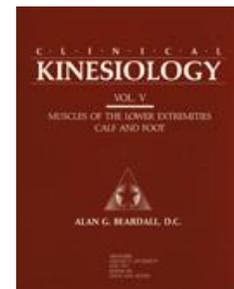
[Clinical EcoBiotics](#)



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



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

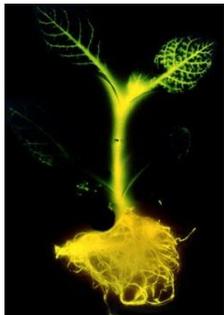


[Muscles of the Lower Extremities](#)

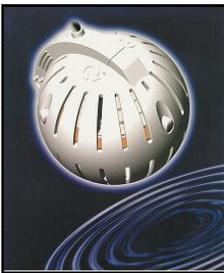
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[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

At the end of the month I had another craniosacral treatment, dental molds taken, and dental work done including temporary caps cleaned and recemented, and a bridge re-glued. Since I get headaches and neck and shoulder pain from not wearing the dental appliances for extended periods of time, I restarted wearing the lower appliance and adjusted both upper and lower appliances.

February 2002

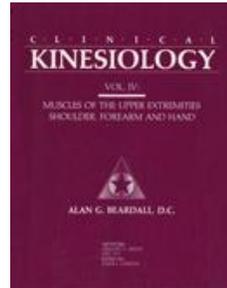
The detoxification symptoms have really intensified this month. I am experiencing burning feet at night, red ring around swollen lips that turn gray after walking 15 minutes, periodic kidney pain, nausea, night sweats, headache, fatigue, and brain fog. I also am having trouble sleeping, awake most of the night, especially between 11 PM and 3 AM. I had deep [dural membrane](#) and [corpus collosum](#) craniosacral work done that was painful to my chest and GI tract during the treatment.

I feel disjointed this month. I am unable to be tested by NK or AM/FM methods. I still experience burning feet, night sweats, brain fog, nausea, and headache in the frontal and deep brain areas. Although the brain fog is getting better and I have better energy and am able to do a little exercise, I continue to experience toxic headache and fatigue upon awakening and occasional hot flashes during the day. I am also congested and draining from the sinuses, especially on the left side.

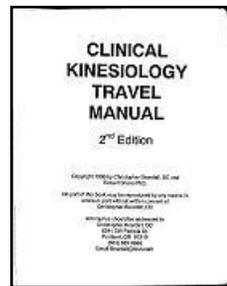
March 2002

At the beginning of the 53rd month, I had cranial sacral work and provisional long term temps put on my teeth. The long-term provisionals fit well and I am able to maintain good alignment with good distribution of weight. I am experiencing pain from the long procedure and detoxification symptoms such as "Baxter odor," headache, lip swelling, body sweats, and "lacey" amalgam rash.

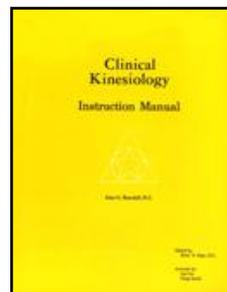
After all my therapies, i.e. laser, Sonicare toothbrush, detox baths, bite adjustment, and Karok's oil (unrefined, organic sesame oil), I experience increased detoxification symptoms such as low back discomfort, decreased sensation in the right leg, right neck and left temporal bone discomfort, and torqued pelvis pain.



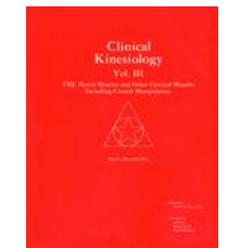
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

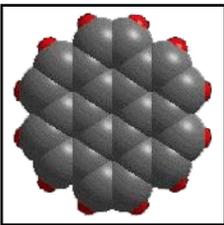
PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



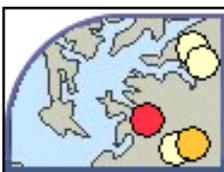
[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

I started taking [DMSA/Alpha Lipoic Acid](#) every three hours for six days. I am fairly well tolerating it but experience a severe sore throat and sinus drainage, pain to right upper quadrant, chilling fever, bone pain, joint and organ pain, and headache. After another craniosacral treatment, I have a profuse amount of intense sinus drainage, sore throat, kidney discomfort, nonproductive cough, and feel foggy- brained and fatigued.

I am tolerating limited exercise because of the detoxification it stimulates, such as glandular swelling, headache, rash, lip swelling, wheezing, and occasional cough.

April 2002

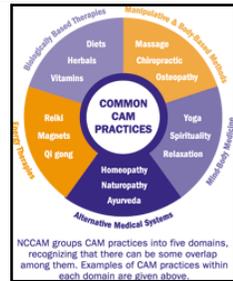
I am having difficulty sleeping due to pain in my hip, neck, shoulder, and back caused by my lower teeth in the front crossing. I am also experiencing burning feet, intermittent twinges of chest wall discomfort, foggy brain, swollen lips, wheezing, and nausea usually in the morning. After a craniosacral treatment and bite adjustment I had severe abdominal pain and flatus for two hours, increased sinus drainage, but less overall body pain.

At the middle of the month, I started using the [Q machine](#), which was very helpful with my symptoms. I had less of a headache and brain fog, and more energy at times. After another bite adjustment and remodeling of the right anterior stop the neck, back, and right hip pain were gone. I still am experiencing fatigue, occasional hot flash, random joint pain, and slight headaches.

May 2002

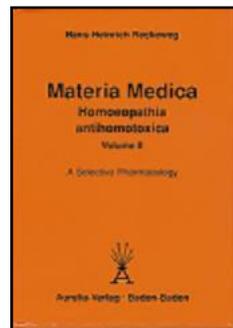
After using the [Q machine](#) for a while, I started having increased detoxification symptoms after each use. I had a severe deep frontal headache, burning feet and legs, red ring around my lips with swelling, body sweats, and fluid retention with decreased lymphatic drainage. My neck, right hip, low back all hurt worse after walking.

Towards the middle of the month, I am still having difficulty with increased fluid retention and decreased drainage from the left side of my body and especially the left side of my face. After each [Q machine](#) session, my detoxification symptoms increase,

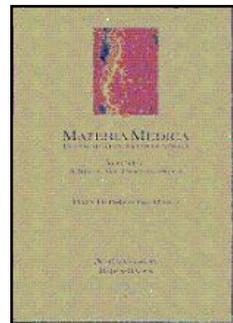


NCCAM groups CAM practices into five domains, recognizing that there can be some overlap among them. Examples of CAM practices within each domain are given above.

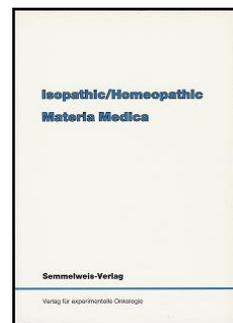
[NCCAM](#)



[Homotoxicology
Materia Medica I](#)



[Homotoxicology
Materia Medica II](#)

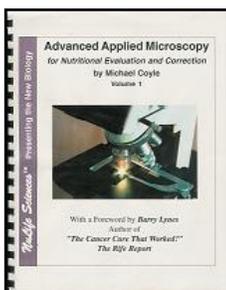


[Isopathic/
Homeopathic
Materia Medica](#)

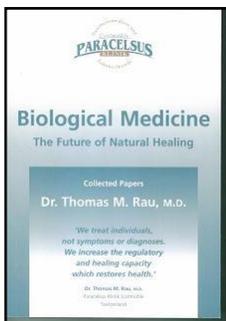
PACIFIC NORTHWEST FOUNDATION



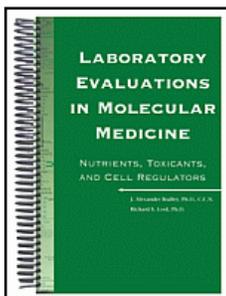
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

especially headaches and brain fog, difficulty sleeping, and burning feet.

I had an eye examination that indicated my eyesight had improved significantly. My eyes were almost normal 20/20, slightly far sighted. This improvement I attribute to detoxification.

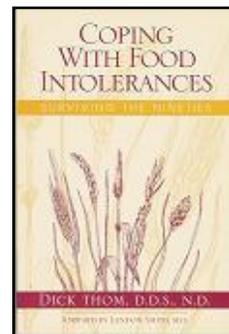
I had a craniosacral treatment and adjusted the lower appliance at the end of the month. I am able to tolerate exercise and experience less overall muscle and joint pain, especially neck pain. We are stopping the evening neck traction as my husband is having shoulder repair surgery at the end of this month.

June 2002

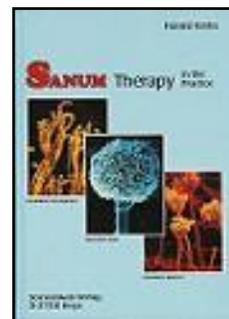
During June, the 56th month, I continue to experience pain and discomfort in my neck, back, and shoulders. All of the symptoms improve after a rebalance of my dental appliances. I had a St. John's craniosacral treatment at the beginning of the month with the result of my neck, back and hip pain being much improved. But I had a dramatic increase in my detoxification symptoms. I also increased the detoxification remedies and treatments. During the night I had a severe and sudden onset of chills, fever, headache, pain in the long bones and joints, kidney and liver pain, and burning feet. The next day I had gray skin color and a temperature of 99-102 degrees Fahrenheit. I have so much sinus drainage that I have to sleep with two to three pillows and am unable to breath out of my left nostril. After about three days I am very tired but am gradually starting to feel better.

At the middle of the month, I had another craniosacral treatment after which I felt the best I have felt in weeks and am off my remedies. Unfortunately it did not last and I am again having fatigue, nausea, and joint stiffness upon awakening and renewed blistering on my right foot at the K1 [acupuncture point](#). I also have gray to yellow skin color, weight fluctuation, and swollen lips. Most of the symptoms get much worse after using the [Q machine](#).

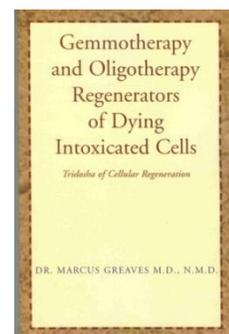
After a few more treatments of the St. John's craniosacral method my sphenoid, temporal, maxilla, and mandible are holding their proper positions for longer periods of time. We are now working on stabilizing the pelvic torque and vomer position.



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



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

After each treatment though, I have increased detoxification symptoms for a day or two. I am able to tolerate some occasional exercise such as walking and stretching, which I enjoy.

Symptoms

Daily

- Fatigue, nausea, kidney pain, and joint pain upon waking
- Fluid retention/fluctuating weight
- Headache/brain fog
- Neck, shoulder, and back pain
- Sweats
- Swollen lymph nodes
- Burning and blistering feet
- Intolerance to exercise and activity

Nightly

- Burning and blistering feet
- Slight temperature
- Trouble sleeping
- Random, jerking of legs
- Sweats

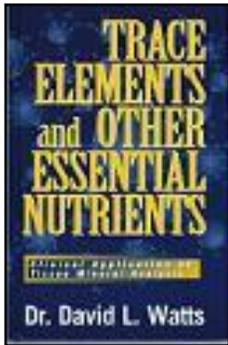
Periodically

- Sinus congestion and drainage
- Chest tightness
- Ring around lips/Swollen lips
- Gray to yellow skin color and “Baxter” odor
- Amalgam lacy rash to neck, legs, and trunk

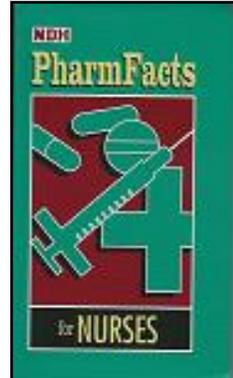
Remedies:

[Herbs](#)

Pharmaceuticals



[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



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- Chelidonium Plex
- Echinacea
- Peppermint tea

Homeopathics

- Arnica
- [BHI allergy](#)
- [Iteres](#)
- [Oligo Mg](#)
- Oligo Mn-Co
- [Renelix](#)
- Reninum
- Schuessler's cell salt—
Natrium Muriaticum
- Sequoia Gigantea
- Sorbus Domestica
- Tamarix Gallica
- Thymus
- [Traumeel](#)
- [Toxex](#)
- [Ubichinon](#)
- [Unda #4](#)
- Viburnum Lantana

Isopathics

- [Sanums](#)
 - Latensin
 - Mucedo
 - Nigersan
 - Quentakehl
 - Rebas
 - Utilin

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

Vitamins & Minerals

- Buffered [Vitamin C](#)
- Calcium
- Cilantro
- Lacto S Plus (Marco Pharma)
- [My Aminoplex](#)

Vitamin E

Other

- Drink 8-12 cups of filtered water
- Diet: 30% protein, 30% fat, 40% CHO
- Detoxification baths—Baking Soda/Epson Salt
- Karok's Oil treatment
- [Laser](#)
- [Q Machine](#)
- [Sonicare](#) Toothbrush
- Wedges/Fulcrum

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.