

# PACIFIC NORTHWEST FOUNDATION

## ANNA'S NINETEENTH PROGRESS REPORT January 2007 to June 2007

### January

- Blocked simpatico
- [Holistic Dentistry](#)
- Proprioceptors

### February

- [Cranialsacral](#)
- Endocrinologist
- [Holistic Dentistry](#)
- Proprioceptors

### March

- Energetics
- [Holistic Dentistry](#)
- Latex Allergy
- Otopin
- Pregnenolone

### April

- Biomodulator
- [DHEA](#)
- [Holistic Dentistry](#)
- [Scenar](#)

### May

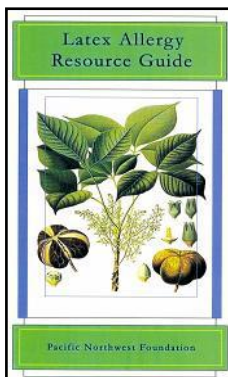
- Biomodulator

### June

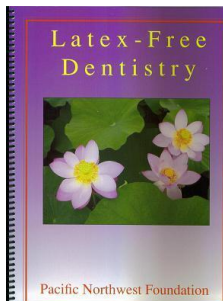
- Biomodulator
- [Engystol](#)
- [Holistic Dentistry](#)
- MediPro

### Symptoms

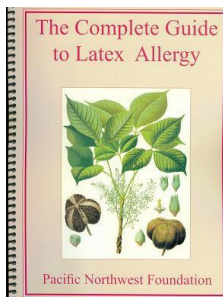
- Daily
- Nightly
- Periodically



[Latex Allergy Resource Guide](#)



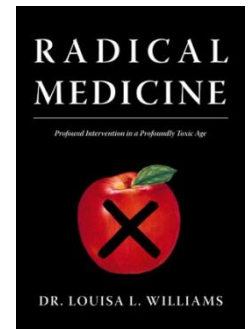
[Latex-Free Dentistry](#)



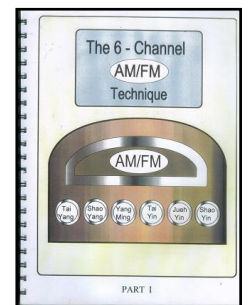
[Complete Guide to Latex Allergy](#)



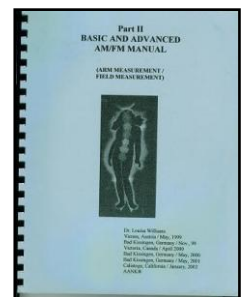
[Latex-Free First Aid Kit](#)



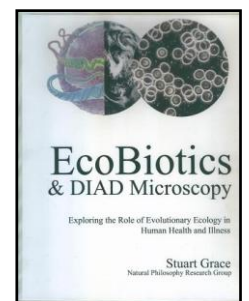
[Radical Medicine](#)



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

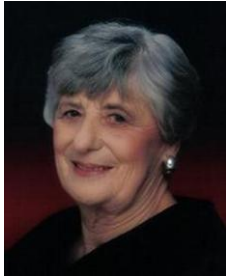


[Basic and Advanced AM/FM Manual](#)

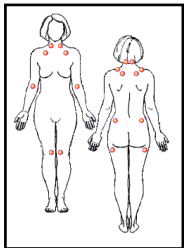


[EcoBiotics](#)

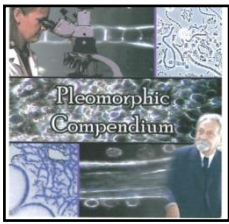
# PACIFIC NORTHWEST FOUNDATION



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

## Remedies

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

## January

I started the new year tolerating the proprioceptors well until the middle of the month when I experienced excruciating right-sided head, neck, shoulder, and back pain on the evening of the thirteenth. I had increased [detoxification](#) with brain and spinal cord pain. I also had fatigue throughout the week with weight gain of 7 pounds and weight loss of 4 pounds in a 24 hour period.

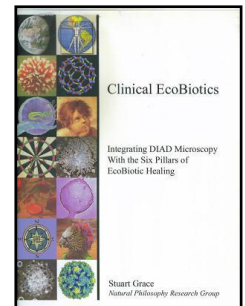
I am having inability to sleep from neck and back spasms. I am in blocked simpatico from structure-primarily with a dental focus of my interlocking [bridge](#). This was resolved with cutting of the [bridge](#) and removing the tongue and groove portion.

By the end of the month my brain chemistry seems off and I am having more headaches. I am sleeping better and my right hip pain has resolved. I continue to have increased fluid retention with abdominal distention and shortness of breath with exertion.

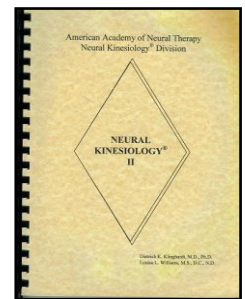
## February

I started having sleep disturbances again where I can fall asleep okay and then wake up in 1 to 2 hours or wake up at 1 am at times. The different proprioceptive stimulations are also causing various changing structural discomforts. This is causing extreme body pain in my brain, spinal cord, muscles, and bones in all structures. The pain is also causing extreme difficulty in sleeping.

I also continue to have fluid retention and weight gain. By the middle of the month, I am experiencing burning feet, "toxic" headache, and other [detoxification](#)



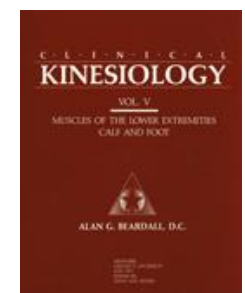
[Clinical EcoBiotics](#)



[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](#)

symptoms including burning, itching around my eyes with gravel-like sensations in my eyes causing more burning and tearing. I am able to tolerate walking 3 miles per day, which always lifts my spirits.

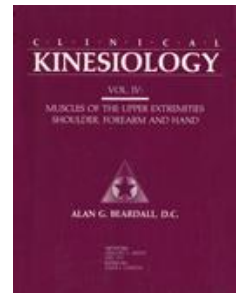
By the end of the month my sleep is improving. I am having increased muscular spasms and pain secondary to missing my [dental appliance](#) and my teeth shifting. I continue to have fluid retention and weight gain, and moderate [detoxification](#) symptoms of tearing, burning, itching, redness, and gravel-like feeling in both eyes. My eyelids signs and symptoms are also the same with some skin peeling. After [cranialsacral](#) work and with the new Tulsa, OK endocrinologist's remedies I have increased weight gain.

## March

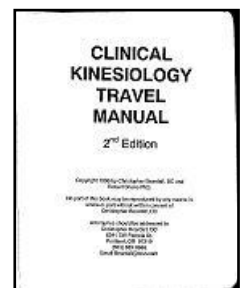
My new lower [dental appliance](#) increased my sinus drainage and decreased my neck and back spasms. My collapsed left palate is improving with the new [dental appliance](#), although I continue the moderate eye [detoxification](#). I have the signs and symptoms of a [urinary tract infection](#) but the urinalysis is negative. I seem to be having [detoxification](#) symptoms from the exposure of the solvents used in the [dental appliance](#). I have swollen lips, eyes, sinus drainage, and swelling of oral mucus membranes.

I also found that some of my new remedies had been contaminated with latex. So I stopped the remedies and the Tulsa protocol and energetics clear channel protocol. I reacted to the medical office as well, with swollen lips and eyelids, hoarseness, and sinus drainage. I "boiled" the [dental appliance](#) for three days and used it minimally until the new one arrives which lessened my reactions and helps to stabilize my collapsed palate.

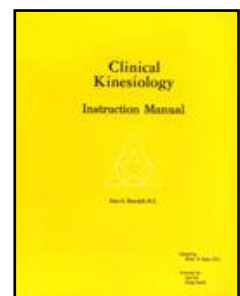
Since stopping the products contaminated with latex my allergic reactions have gotten much better. I am tolerating 20 minutes of aerobic exercise a day and my palate continues to stabilize even with the minimal use of the [dental appliance](#). My left leg seems weaker than my right and drops a bit at times. When taking



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



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

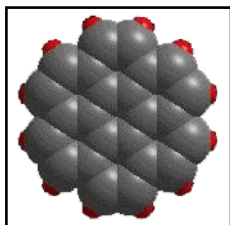
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[Biomodulator](#)



[SCENAR](#)



[Toxicity Study](#)

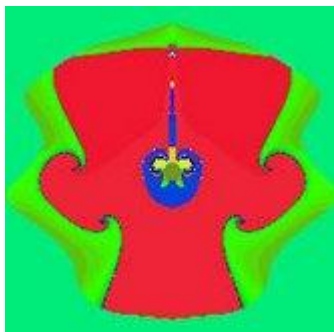


[Our Toxic Times](#)



[TOXMAP](#)

pregnenolone I have rapid weight gain and loss of up to 10 pounds in several hours. If I take it more frequently (every 3 hours) and in conjunction with Otopin and neurotransmitters, I am less edgy and my weight is more stable. Even though I am tolerating exercise well, if I overdo I will have increased feet burning, eye [detoxification](#) and increased liver heat.



[Fractal](#) from March 18, 2007

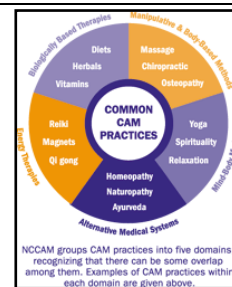
## April

I am sleeping better and tolerating more exercise. My adjustments to C1, [C7-T1](#), and mid-thoracic areas have held in place for two months now. My palate continues to improve with my left palate less collapsed. I am awaiting my new excel heat cured [appliance](#) as I have an allergic reaction to the Forrest acrylic.

I continue to experience increased shortness of breath, fluid retention, eye [detoxification](#), and gradual weight gain of 6-7 pounds with the latex exposure and reaction to the remedies. After my [Scenar](#) and Biomodulator treatments I see much improvement with decreased fluid accumulation in tissues of areas treated. The shortness of breath and rapid weight gain also improve with taking pregnenalone and [DHEA](#). I have noticed a correlation with increased weight gain with my [cortisol](#)-depletion times.

## May

I continue to notice that increases in my stress levels, either physical or emotional correlates to increased weight fluctuations. I am still tolerating exercise well this

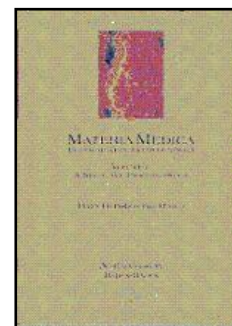


NCCAM groups CAM practices into five domains, recognizing that there can be some overlap among them. Examples of CAM practices within each domain are given above.

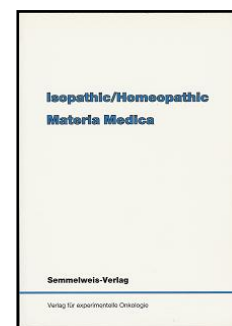
[NCCAM](#)



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



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

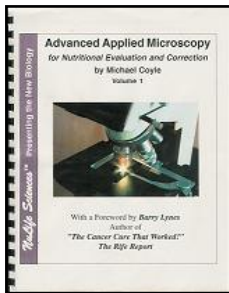


[Isopathic/](#)  
[Homeopathic](#)  
[Materia Medica](#)

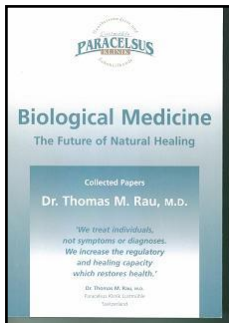
# PACIFIC NORTHWEST FOUNDATION



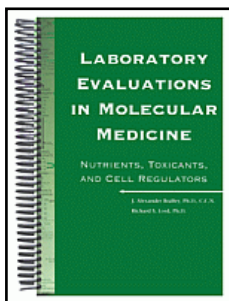
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

month and have even added weights to my walking routine. The Biomodulator treatments continue to help decrease the fluid retention and abdominal distension.

By the middle of the month, my [cortisol](#) issues are improving with more stable days and less crashing. I also am maintaining a 6 pound weight loss. I continue to need varying amounts of [DHEA](#), Otopin, and Pregnenalone to achieve this balance.

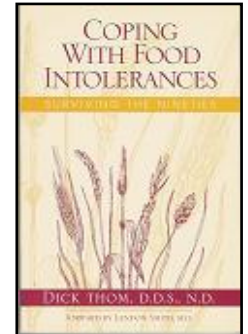
I am tolerating the [expansion of my palate](#) well. My weight loss of 7.5 pounds continues to be fairly stable with weight gains in more narrow margins of ½ to 1 pound with any increase in physical or mental stress. I am starting to experience some burning feet and a [detoxification](#) ankle rash and at the end of the month a severe, deep, [detox](#)-like headache.

## June

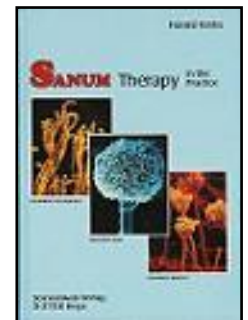
I found that [Engystol](#) helps with my [detoxification](#) signs and symptoms, especially the stripes along my low back area. I am tolerating my [upper and lower appliances](#) well. When I try to go without my proprioceptors for 10 minutes or more it causes reoccurrences of my right neck, shoulder, hip, and foot pain. I am walking 3 miles per day.

I started on MediPro mid-month at 1Tbsp, which caused intense nausea and [detoxification](#) symptoms for 3 days. I tolerated it better at 1tsp 3x per week. I experienced multiple areas of dental sensitivities after adjustments were made to my upper and lower expanding [appliances](#). My bite is improving though with the addition of more stable anterior and posterior stops and the sensitivity gradually is improving also.

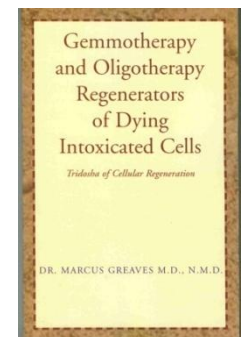
I continue to have weight loss of gain with any physical or mental stress, including positive or pleasant stress. The Biomodulator treatments for the shifting of my cranial bones contribute to my right arm, hip, and mid-back discomfort. My right arm goes to sleep with any use and especially at night. I am sleeping well though and still tolerating walking 3 miles per day.



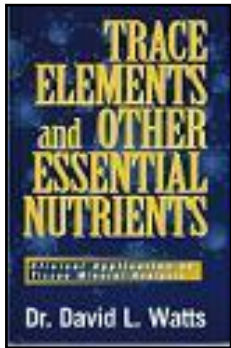
[Coping with Food Intolerances](#)



[Sanum Therapy](#)



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



[Trace Elements and Other Essential Nutrients](#)

## Symptoms

### Daily

- Edema/Fluid retention
- Fatigue
- Headache
- Muscle/joint pain
- Shortness of Breath

### Nightly

- Burning Feet
- Eye Pain
- Headache

### Periodically

- Burning rash
- Dizziness/Nausea
- Eye pain—"gravel in eye," burning, itching
- Insomnia
- Liver discomfort
- Lymph node swelling
- Rashes-extremities, feet
- Sinusitis-sinus drainage
- Teeth/Jaw pain

## Remedies

<u><a href="#">Essential Oils</a></u>	<u><a href="#">Isopathics (cont'd)</a></u>	<u><a href="#">Other</a></u>
<u><a href="#">Flower Essences</a></u>	<ul style="list-style-type: none"> <li>• Rebas</li> <li>• Recarsin</li> <li>• <u><a href="#">Renelix</a></u></li> <li>• Small Intestine Terrain</li> <li>• <u><a href="#">Somaplex Multi</a></u></li> <li>• Speci-chol</li> <li>• Stomach Terrain</li> <li>• Terrain Max</li> <li>• Thyroid Terrain</li> <li>• Thyroidia</li> </ul>	<ul style="list-style-type: none"> <li>• Acupuncture Meridian Clearance</li> <li>• Biomodulator</li> <li>• Bio-puncture</li> <li>• Bite adjustment</li> <li>• Detox bath</li> <li>• Energy work</li> <li>• Exercise Machine/weights</li> <li>• <u><a href="#">Far-infra red</a></u></li> </ul>
<u><a href="#">Herbs</a></u>		
<ul style="list-style-type: none"> <li>• Chinese Herbs</li> <li>• Horsetail Tea</li> </ul>		
<u><a href="#">Homeopathics</a></u>		
<ul style="list-style-type: none"> <li>• <u><a href="#">Apis Homaccord</a></u></li> <li>• Hypothalamus 4 CH</li> <li>• Luteinium 200k</li> </ul>		



[PharmFacts for Nurses](#)



# PACIFIC NORTHWEST FOUNDATION

<ul style="list-style-type: none"> <li>• Natrum Muriaticum 200c</li> <li>• Phosphorus 200c</li> <li>• Pulminum 4CH</li> <li>• Silicea 200k</li> <li>• Traumagen</li> <li>• <a href="#">Traumeel</a></li> <li>• Tuberculinum 200c</li>   <li><a href="#">Isopathics</a></li> <li>• Adrenal Terrain</li> <li>• <a href="#">Apo-Hepat</a></li> <li>• <a href="#">Apo-Oedem</a></li> <li>• Cellular regenerati</li> <li>• Cellutox</li> <li>• <a href="#">Coenzyme Compositum</a></li> <li>• Colon Terrain</li> <li>• <a href="#">Engystol</a></li> <li>• Fepyr</li> <li>• Gemmotherapy <ul style="list-style-type: none"> <li>- Cornus officianalis</li> <li>- Juglans regia</li> <li>- Quercus pedunculata?</li> <li>- Ribes nigrum</li> <li>- Rosmarinus officianalis</li> <li>- Sequoia gigantea</li> </ul> </li> <li>• Glyoxal</li> <li>• Heel Detox Kit—B Vomic, Lymphomy</li> <li>• Isopathic Phenolic</li> <li>• Lymphomyosot</li> <li>• Mucosa compositu</li> <li>• Nervoheel</li> <li>• Oligoelements-Mg</li> <li>• O-tropin</li> <li>• Sanums <ul style="list-style-type: none"> <li>- Pleo Fort</li> <li>- Pleo San Kleb,</li> <li>- Pleo San Staph</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Toxex</a></li> <li>• <a href="#">Ubichinon Compositum</a></li> <li>• <a href="#">Pleo Ut</a></li> <li>• Zeel</li> <li>• <a href="#">Zinc</a>, Ionized (Somaplex)</li>   <li><a href="#">Pharmaceuticals</a></li>   <li><a href="#">Vitamins and Minerals</a></li> <li>• <a href="#">5-HTP</a></li> <li>• <a href="#">ACAI Ultra</a></li> <li>• Acetyl-L-carnitine</li> <li>• Adrenal/Hypothalamus/Pituitary</li> <li>• Adrenaltran</li> <li>• <a href="#">Betaine HCL</a></li> <li>• <a href="#">Pepsin</a></li> <li>• <a href="#">Bone-Up</a></li> <li>• <a href="#">Chelorex</a></li> <li>• Cu, ionized, somaplex</li> <li>• <a href="#">DHEA</a></li> <li>• DIM-13C</li> <li>• Electrolytes</li> <li>• <a href="#">EPA/DHA</a></li> <li>• Formula I</li> <li>• Formula II</li> <li>• GSF</li> <li>• HAD</li> <li>• <a href="#">Iodine</a></li> <li>• K, ionized, somaplex</li> <li>• K-gluconate</li> <li>• Lacto S +</li> <li>• Lipo-Chord</li> <li>• Mg, ionized, soma</li> <li>• Manganese</li> <li>• Magnesium</li> <li>• Marcozyme</li> <li>• Memory Answer</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">mattress pad</a></li> <li>• Frequensea</li> <li>• <a href="#">Fulcrum</a></li> <li>• Gardening</li> <li>• Gem therapy</li> <li>• Green tea</li> <li>• Intra-oral release</li> <li>• Inversion table</li> <li>• Lymphatic drainage</li> <li>• MEAD</li> <li>• Meditation</li> <li>• Multiwave oscillator</li> <li>• Nucleotide Cellular Regeneration &amp; Repair</li> <li>• NAET</li> <li>• Proprioceptors</li> <li>• <a href="#">Scenar</a></li> <li>• <a href="#">Scenar</a> bowling bowl</li> <li>• Skin tabs</li> <li>• Sonicare</li> <li>• <a href="#">Thermogram</a></li> <li>• 3000</li> <li>• Walk</li> </ul>
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# PACIFIC NORTHWEST FOUNDATION

- |                     |   |  |
|---------------------|---|--|
| - Pleo San<br>Strep | <ul style="list-style-type: none"><li>• <a href="#">NeproTec I &amp; II</a></li><li>• Phosphatidylcholine</li><li>• Phyto B</li><li>• Pregnenalone</li><li>• Progesterone</li><li>• Protease</li><li>• Seacure</li><li>• Selenium</li><li>• L-Tyrosine</li><li>• Water X</li><li>• Zinc-sulfate</li></ul> |  |
|---------------------|---|--|