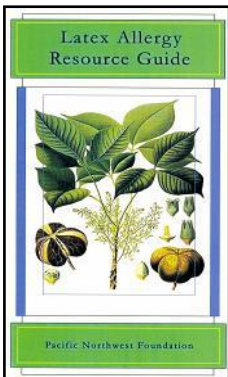
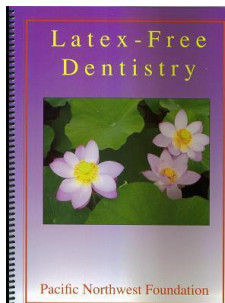


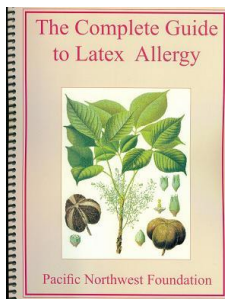
PACIFIC NORTHWEST FOUNDATION



[Latex Allergy
Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to
Latex Allergy](#)



[Latex-Free
First Aid Kit](#)

ANNA'S TWENTIETH PROGRESS REPORT July 2007 to December 2007

July

- Aurum Rose Lavender Cream
- [Cortisol](#) precursors
- Exercise

August

- Biomed
- [Dental Appliance](#)

September

- [Cortisol](#) precursors
- [Proprioceptors](#)

October

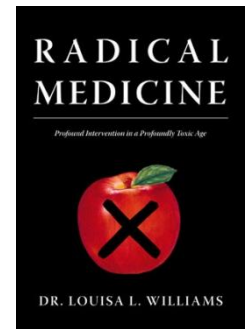
- [Latex](#) allergy cross reactive foods
- [Proprioceptors](#)

November

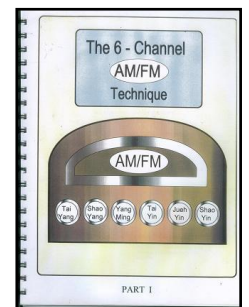
- [Adrenal](#) Fatigue
- Mold allergy
- [Proprioceptors](#)

December

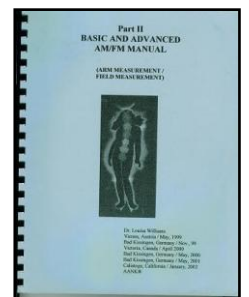
- Drainage remedies
- [Engystol/Glyoxal](#)
- Mold allergy
- [Proprioceptors](#)



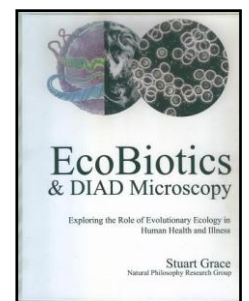
[Radical Medicine](#)



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



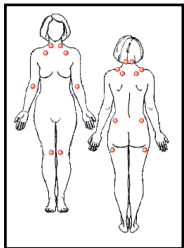
[Basic and
Advanced AM/FM
Manual](#)



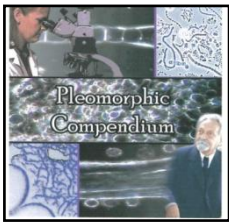
[EcoBiotics](#)



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



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

Symptoms

- Daily
- Nightly
- Periodically

Remedies

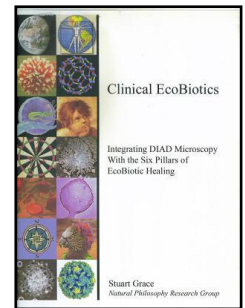
- Essential Oils
- Flower Essences
- Herbs
- Homeopathics
- Isopathics
- Pharmaceuticals
- Vitamins and Minerals
- Topical

July

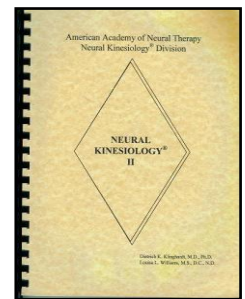
I am maintaining stable weight even with stressors with the fluctuations within 1-2 pounds rather than 3-5 pounds. I am tolerating exercise and gardening well. After using the Aurum Rose Lavender cream, I experienced a [detoxification](#) rash with burning, and reddened, blotchy areas. I also had increased eye [detoxification](#) symptoms for 2 weeks including burning, tearing, redness, and sand-like feeling. My feet also are burning. Along with walking, I am also tolerating swimming and even going in the hot tub for the first time in many years without [detoxification](#) symptoms. I also have had minimal need for the [cortisol](#) precursors while relaxing on vacation.

August

I received my second set of [proprioceptors](#) at the beginning of the month. I had initial nausea and dizziness and inability to sleep, along with tripping and stumbling with the "brain not aware of where feet are." I experienced tremendous improvement and total elimination of chronic pain symptoms. I also continue to use my [maxillary](#) and [mandibular](#) expanders. I have positive changes in my structure, including increased



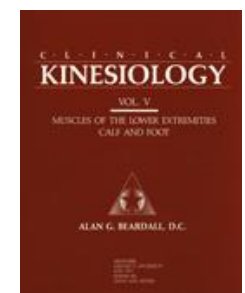
[Clinical EcoBiotics](#)



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



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



[Muscles of the Lower Extremities](#)

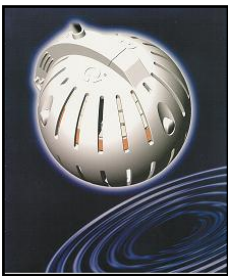
PACIFIC NORTHWEST FOUNDATION



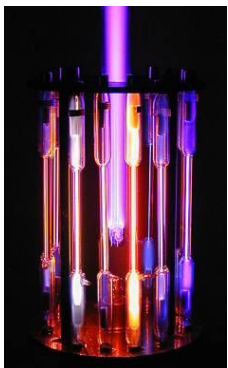
[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



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



[Multiwave Oscillator](#)

height, elimination of pelvic flexion, and left [pelvic](#) torque. I continue to experience brain and eye [detoxification](#) symptoms.

By the end of the month, I continue to have structural changes secondary to the [proprioceptors](#) and a blister to the right bottom of my fourth toe. I have [hormonal](#) imbalance with symptoms of “crashing,” including hot flashes, and difficulty sleeping. The symptoms improved with daily application of the Biomed to the [adrenals](#) only.

September

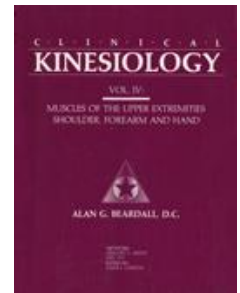
I start the month with sharp, stabbing pain to the left temporal area for three days from the [proprioceptors](#). I am tolerating increased exercise well and have continued improvement with decreased [hormonal](#) imbalance symptoms. My weight gain issues continue even with increased exercise and no changes in my diet. When my [cortisol](#) levels are very low my abdominal distention increased especially in the evening and during the night.

By the middle of the month, I have great energy, but beginning to have difficulty sleeping with fluid retention and abdominal extension, especially overnight. I don't have any shortness of breath and am tolerating exercise well. The [proprioceptors](#) have improved my posture and chronic structural pain tremendously.

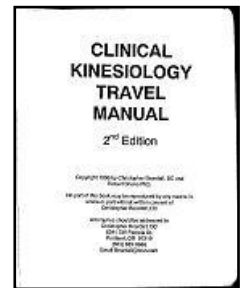
At the end of the month, I am beginning to have some old chronic pain patterns return which usually signals a need for [proprioceptor](#) adjustments. I am sleeping much better, with good energy, although no further weight loss despite increased exercise and diet, which is usually a need for [hormonal](#) balance. I repeated the [cortisol](#) and [hormonal](#) levels which came back with very high levels.

October

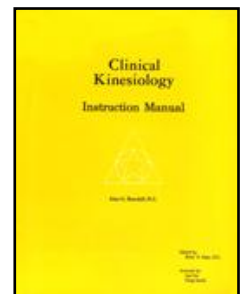
I am status quo at the beginning of the month, tolerating exercise, and moderate weight loss. On October 14th I experienced sudden onset of [anaphylaxis](#)-type reaction secondary to tomatoes. Tomatoes are cross-reactive



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



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

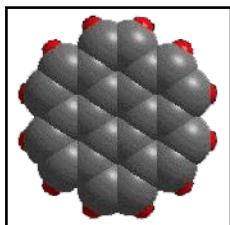
PACIFIC NORTHWEST FOUNDATION



[Biomodulator](#)



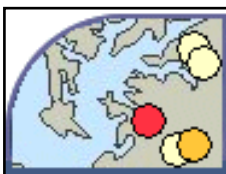
[SCENAR](#)



[Toxicity Study](#)



[Our Toxic Times](#)



[TOXMAP](#)

food with [latex](#). The reaction required 8 tablets of [BHI Allergy](#), 3 [Benadryl](#), and 2 doses of epinephrine spray. I also removed a multitude of cross reactive foods from diet with minimal effects—the reaction reoccurred to a lesser degree.

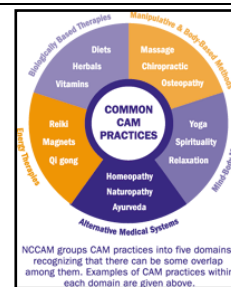
When I stopped the use of [proprioceptors](#) the anaphylactic-like reactions were eliminated. My weight loss continues with approximately ½ pound weight loss per day. Tolerating exercise well, and sleeping fairly well.

November

I consulted with Dr. Rothbart relating to increasing the prostim signal which resulted in integration but also overstimulation of cerebellum. I have slight fatigue and foggy brain, which resolved with using Seacure. I am tolerating exercise well with minimal structural discomfort. I still have weight gain secondary to [adrenal](#) issues. When I drink coffee or alcohol I have an immediate weight gain of about five or more pounds per day. I'm not as energetic and also have occasional chest tightness of unknown origin.

I have a toxic type headache with occasional liver and kidney discomfort. Prolonged exposure to the [proprioceptors](#) results in tachycardia and moderate chest pain which resolves by removing the [proprioceptors](#) from my field. My previous weight loss of ½ pound per day is replaced again by weight fluctuations of 3-5 pounds per day.

At the end of the month, I experienced respiratory difficulties secondary to exposure to mold from a co-worker. I had shortness of breath, chest tightness, lip swelling and tingling, hoarseness, difficulty sleeping, “toxic” headache, abdominal distension, liver and kidney discomfort and forgetfulness. As the exposure was eliminated from my environment, the symptoms improved. I am tolerating not wearing the [proprioceptors](#) at this time. C1 is still in place and holding since Jan. of this year.

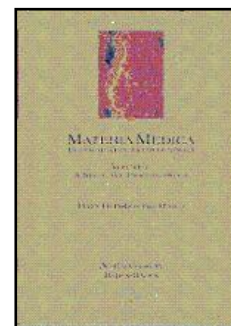


NCCAM groups CAM practices into five domains, recognizing that there can be some overlap among them. Examples of CAM practices within each domain are given above.

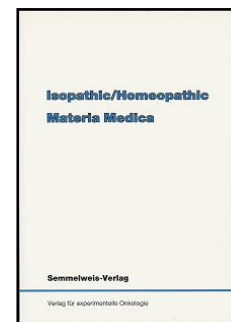
[NCCAM](#)



[Homotoxicology
Materia Medica I](#)



[Homotoxicology
Materia Medica II](#)



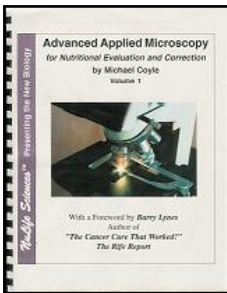
[Isopathic/
Homeopathic
Materia Medica](#)

PACIFIC NORTHWEST FOUNDATION

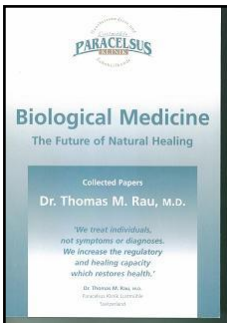
December



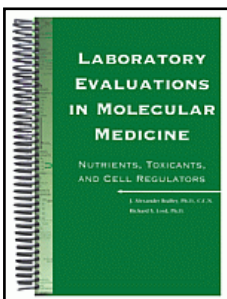
[My AminoPlex](#)



[Advanced Applied Microscopy](#)



[Biological Medicine](#)



[Laboratory Evaluations in Molecular Medicine](#)

I continue to experience minor respiratory symptoms, chest tightness and difficulty breathing which diminish with decreased exposure. With any new mold exposure from my co-worker, I immediately have respiratory difficulty, lip swelling, throat tightness, shortness of breath, abdominal distention, and headache which last for two days. I have to be away from the exposure for two more days for the reaction to subside. After deep tissue/matrix [detoxification](#) with [Engystol/Glyoxal](#) and drainage remedies every hour for one day the fatigue, headache, liver and kidney discomfort start to resolve.

By the middle of the month, I start to have gradual increase in fluid retention. I also am gaining and losing about five pounds per day and have a headache and fatigue. I am tolerating exercise well and tolerating the [proprioceptors](#) for the most part. My left knee pain intensified when I reintroduced the [proprioceptors](#) for longer than 30 minutes at a time at the end of the month. They also induced some [detoxification](#) symptoms of eyes burning, itching, tearing, swelling, abdominal distension, with increased, gradual weight gain of 2 pounds every 1 ½ weeks.

Symptoms

Daily

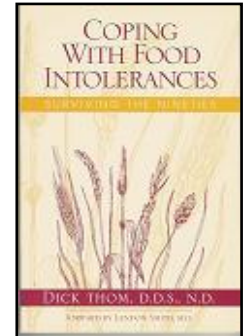
- Edema/Fluid retention
- Fatigue
- Headache
- Muscle/joint pain
- Shortness of Breath

Nightly

- Burning Feet
- Eye Pain
- Headache

Periodically

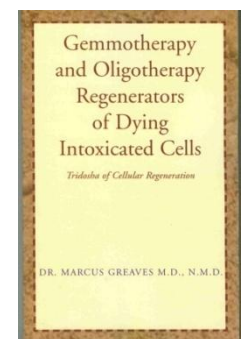
- Burning rash
- Dizziness/Nausea
- Eye pain—"gravel in eye," burning, itching



[Coping with Food Intolerances](#)



[Sanum Therapy](#)



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

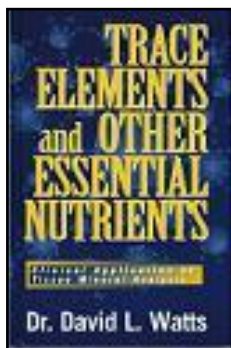
6312 SW Capitol Hwy # 271, Portland, OR 97239
 PHONE: 503-977-3226 FAX: 503-244-9946
info@pnf.org * <http://www.pnf.org>

PACIFIC NORTHWEST FOUNDATION

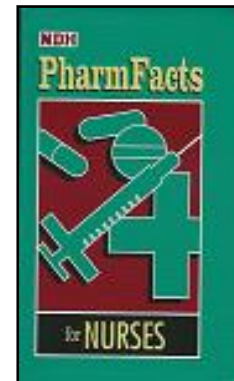
- Insomnia
- Liver discomfort
- Lymph node swelling
- Rashes-extremities, feet
- Sinusitis-sinus drainage
- Teeth/Jaw pain

Remedies

<p><u>Essential Oils</u></p> <p><u>Flower Essences</u></p> <p><u>Herbs</u></p> <ul style="list-style-type: none"> • Rhodiola • St. John's Wort <p><u>Homeopathics</u></p> <ul style="list-style-type: none"> • Adaptocrin • Adrenal Terrain • <u>Apis Homaccord</u> • <u>Apo-Hepat</u> • <u>Apo-Oedem</u> • Bioclock Regulation • <u>Coenzyme Compositum</u> • Colon Terrain • Cruroheel • Dysbiosis Pro • <u>Engystol</u> • Female Terrain • <u>Glyoxal</u> • Hepar • Hepeel • Hypophysinum LP 4CH • Hypophysinum LA 4CH • Hypothalaminum • <u>Itires</u> • Liver Terrain • Luvos • <u>Lymphomyosot</u> • Lymphomyosot Gel 	<p><u>Isopathics</u></p> <ul style="list-style-type: none"> • Pleo Rub • Pleo San Staph • Pleu Usti • <u>Pleo Ut</u> • Rebas • Recarsin <p><u>Pharmaceuticals</u></p> <p><u>Vitamins and Minerals</u></p> <ul style="list-style-type: none"> • <u>5-HTP</u> • <u>ACAI Ultra</u> • Acetyl-L-carnitine • Alpha lipoic acid • Asparagus • <u>Betaine HCL Pepsin</u> • Calcium • Cerebro PTC • <u>Chelorex</u> • <u>DHEA</u> • Electrolytes • <u>EPA/DHA</u> • Folidreen • Formula I • Formula II • Glycine • GSF • HFE • <u>Iodine</u> • Isophos • L-carnitine 	<p><u>Other</u></p> <ul style="list-style-type: none"> • Biomodulator • Exercise Machine/weights • <u>Fulcrum</u> • Gardening • Gem therapy • Green tea • NAET • O-Tropin • <u>Proprioceptors</u> • Walk
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[Trace Elements and Other Essential Nutrients](#)



[PharmFacts for Nurses](#)



PACIFIC NORTHWEST FOUNDATION

<ul style="list-style-type: none"> • Mucosa Compositum • Nervoheel • Neuro Terrain • Renelix • Small Intestine Terrain • Stomach Terrain • Thyroid Terrain • Thyroidia • Thyroid R6 • Toxex • Ubichinon Compositum • Solidago • Zeel 	<ul style="list-style-type: none"> • Lacto S Plus • Manganese • Magnesium • Marcozyme • Memory Answer • Molybdenum • MSPD • NeproTec I & II • Perna Plus • Phosphatidylcholine • Phyto B • Potassium / Magnesium aspartate • Pregnenalone • Progesterone • Protease • Seacure • Selenium • Somaplex Magnesium • Somaplex Multi • Somaplex Phosphorus • Somaplex Sulfur • Symplex F • L-Tyrosine • TPIN Pineal • Vitamin C • Vitamin D • Vitamin E • Zinc-sulfate 	
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