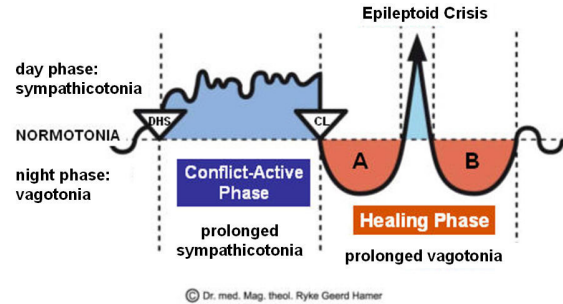




## CASE STUDY # 22

**DATE:** December 2011

**CLIENT:** 12 year old right-handed female



**Subjective Complaint:** Client presented with "really bad allergies" consisting of sneezing, constant runny nose, itchy eyes affecting her ability to sleep well at night. She indicates that the symptoms started around Grade 1 (6 years old) and that they are worse around the Fall and Spring, but particularly August and September. She admits that the sneezing is really bad in the morning and that at night she has to blow her nose a lot which interrupts her sleep. She states that during the winter months her symptoms seem to be better. She was told that she had seasonal allergies.

**Observation:** Client presented with a runny nose and occasional sneezing. She had full spine joint restrictions and some tightness in her neck and upper back muscles.

**Organs Affected: Nasal membrane and sinuses**

Embryonic Germ Layer: ectoderm

Brain Control Center: cerebral cortex

**Conjunctiva** (clear membrane covers the white part of the eyes/ eyelids)

Embryonic Germ Layer: ectoderm

Brain Control Center: cerebral cortex (sensory cortex)

**Kidney Collecting Tubules**

Embryonic Germ Layer: endoderm

Brain Control Center: brainstem

**GNM Explanation: Nasal membrane and sinuses: stink-conflict, "this stinks"** causing ulcerations of the nasal mucosa during the Conflict Active Phase and swelling of the nose and sinuses during the Healing Phase. **Conjunctiva: "light" visual separation conflict; losing unexpectedly sight of somebody** causing swelling and redness of the conjunctiva during the **Healing Phase**. The **Kidney Collecting Tubules** relate biologically to an **existence or abandonment conflict**, causing water retention, particularly in the area that is healing at the time (here the nose, sinuses and eyes). The client is currently on **tracks** which trigger her symptoms and is in a **Hanging Healing**. She will need to revisit the original conflict and identify her **tracks** in order to move on from **Phase A of Healing** and complete the SBS-Program.

**GNM Understanding:** The client understood the explanation and recognized that her conflict is related to her having to move to a new school in Grade 1 (**her DHS**). She recalls being upset at not seeing her best friend anymore which explains her visual separation conflict. She also indicated that once in the new school she experienced bullying which she was "fed up with and which "stunk" causing the SBS related to her nasal membrane and sinuses. She reports that she then moved to another school for Grade 2 and that she again began to experience some bullying there. Therefore, she is currently in a **Hanging Healing**, with **tracks** associated to the start of the school year. She may have also have **tracks** related to environmental sources such as pollen, ragweed etc. which she was told she was "allergic" to. It is now important for her to make the connection between her symptoms and the conflicts related to the unexpected changes in her life in Grade 1. It was also recommended that she watch for **tracks** that trigger her symptoms and to remind herself that it is safe for her to breathe in the outdoor air regardless of the season.

**Results:** A follow up phone call with her mother two weeks later revealed that she is no longer having any sneezing fits in the morning and that she is also sleeping better at night because she no longer has to blow her nose constantly. Her mom believes she is about 80% improved with only occasional sneezing in the afternoon, but when she starts to sneeze she is looking out for what may have triggered the symptoms.

Another visit 4 months later revealed no allergy symptoms at all. It was recommended that she continue to watch for tracks especially as the Spring season comes around.

*For clarification of specific terms, visit the glossary or site search feature in our GNM website*

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