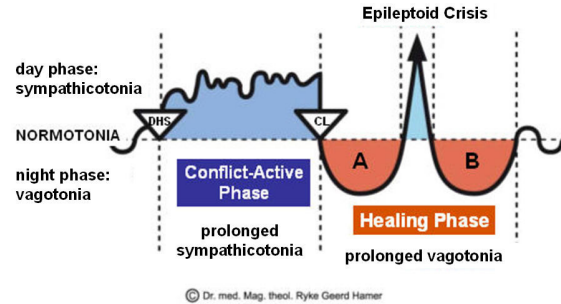




CASE STUDY # 23

DATE: November 2011

CLIENT: 44 year old right-handed female



Subjective Complaint: Client called the office for a phone consultation in May 2011. She reported that she had pain in her left heel since July 2010 which was diagnosed as heel spurs. She indicated that the left foot was so painful it caused her to limp. She stated that the pain was worse in the morning and by the end of the day she would be limping with severe pain in the left heel. She was very concerned as she was about to leave in a few days to go to New York City for a business trip and she knew her trip would involve being on her feet for long hours at a time. She did not think she would be able to tolerate the trip because of the pain.

Organs Affected: **Left heel (heel spurs)** Embryonic Germ Layer: new mesoderm
Brain Control Center: cerebral medulla

GNM Explanation: **Left heel spurs: self-devaluation conflict regarding her performance ("can't keep up") with regards to a mother/ child"-related conflict** (since she is right-handed), causing bone decalcification during the **Conflict Active Phase**. The biological purpose of this Biological Special Program (SBS) is to strengthen the heel to improve performance. During the **Healing Phase** there is recalcification with swelling which causes the "heel spurs"-pain. The client is currently in a **Hanging Healing** as she indicates having had heel pain for almost 10 months. Her original conflict must be identified and brought to her awareness in order for the SBS-Program to be completed.

GNM Understanding: The client recognized that her conflict must be related to her business (which she sees as her "baby") and the stress around changes in her managerial personnel. She reported that before she began to have heel pain, her manager left the business. She was then forced to take over his position until she found a replacement. However, as she began to do his tasks she was surprised at how many things he implemented for the business and how many duties he actually performed that she was unaware of (**her DHS**). She realized how much he actually did for the company and felt completely unsuited to keeping up with a lot of the projects that he initiated. She felt she was not capable of "performing" her former manager's tasks to the same level as he did. She began to feel extra pressure of doing his job and her other responsibilities including taking care of her family. She felt overwhelmed and that she "could not keep up", which led to the changes in her left heel as her body attempted to strengthen the heel in order to help her perform better. She was recommended to make the connection between her heel pain and her business stress affecting her ability to keep up with all her new responsibilities. She was asked to also work on delegating and coming to terms with her temporary new role until a suitable replacement was hired.

Results: After the phone consultation we did not hear from her until 6 months later. She reported that after our consult, she was able to see an 85 % improvement in her heel pain. She admits that she had no problems with her heel whatsoever on her trip to New York as she constantly repeated to herself that it was "safe for her to walk" as the heel pain was because of her business stress. She only reported feeling generalized achiness in her feet from all the walking but nowhere near what she thought she would feel considering her heel spurs. After a second follow up a few weeks later, she indicates that she no longer even thinks about the left heel as she has not had any pain worth mentioning. She states that she has come to terms with her new responsibilities at work and that she has given more tasks to other staff. She admits it feels about 90% improved.

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

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