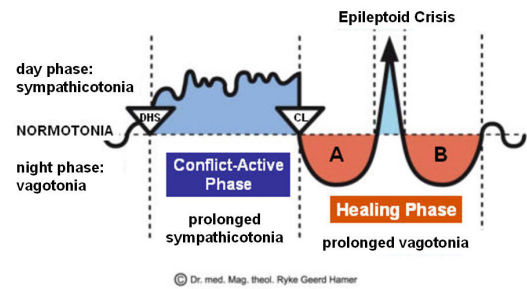




CASE STUDY # 4

DATE: July 2010

CLIENT: 30 year old right-handed female



Subjective Complaint: Numbness of both arms from back of her arms to elbows and forearm.

She reports the numbness is especially worse at night just before bed. She reports the numbness has been there for about 3 years. She states that she often will wake up at night with her arms asleep and that she would have to shake them out for a few seconds before the feeling comes back. She admits that the numbness always happens at night even if she is not in her own bedroom. She reports that she has had several diagnostic tests done and was told by her family doctor that she possibly had a nerve conduction problem in her arms. However, she was not sure why she mostly experiences the numbness at night in bed.

Observation: Client presented with full ranges of motion in her neck, shoulders and elbows. She did not currently present with any symptoms of numbness.

Organs affected: Periosteum (skin that covers bones) of upper and lower arms bilaterally specifically on the outsides of both shoulders and arms.

Embryonic Germ layer: ectoderm

Brain Control Center: cerebral cortex (post-sensory cortex)

GNM Explanation: Periosteum represents a brutal separation conflict, or wanting to separate from someone. This client's presentation of numbness on the *outside* of both arms indicates "wanting to push away or separate" from someone. She is currently in **hanging healing** as she reports that the numbness is worst at night while lying in bed. She is on a **track** which must be identified and brought to her awareness in order to help her complete the healing.

GNM Understanding: After discussing the conflict involved, the patient mentioned that the numbness began 3 years ago after a separation from an abusive boyfriend. When questioned further regarding the night time "track", she mentioned an incident where while she was in bed in her apartment, her boyfriend came knocking in the middle of the night and tried to break into her room (**her DHS**). She recalls being in shock and afraid, wanting him to just leave her alone. The client was made aware of the connection between her arm numbness and her wanting to separate from an abusive ex-boyfriend. The client did admit that she occasionally is still anxious that she may run into him or his friends one day. She reports that she will work on letting go of her past fears and her anxieties regarding her ex-boyfriend, as she is now in a new relationship which she is happy about. She is currently in **hanging healing**, as her body is still associating the time before bed with the shock of her ex-boyfriend trying to break into her apartment while she was sleeping.

Results: The client understood the GNM explanation and reported that she would continue to work on letting go of her fears of running into her ex-boyfriend and that she would repeat to herself at night that "it was safe to go to bed". Upon follow-up one week later, she reported a significant reduction in her arm numbness. About 2-3 weeks later as she was seen for another complaint, she reported that she no longer has the numbness in her arms and that she is able to sleep without waking up at night. Three months later in another follow-up she reported that the numbness has completely gone and that she no longer thinks about her ex-boyfriend the same way anymore.

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

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