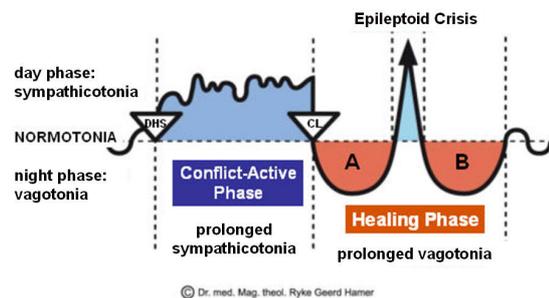




CASE STUDY # 48

DATE: June 2016

CLIENT: 28 year old right-handed female



Subjective Complaint: **Right diaphragm pain for the last two weeks.** The client reports that the pain started during a wedding a few weeks ago, where she had difficulty breathing. She indicates that since that weekend, she began to have sharp pain and spasms around the right upper abdomen below the ribs (diaphragm area). She admits the pain is not as bad now, but that it's still there and occasionally makes it hard for her to breathe. When questioned about a mechanism of injury, she reported no trauma or accidents that could have led to the symptoms.

Observation: Client presented with full cervical, thoracic and lumbar ranges of motion. However, she complained of right diaphragm pain with end range of thoracic and lumbar rotations and lateral bending. All orthopaedic tests performed for her neck and back were unremarkable. Chiropractic evaluation revealed full spine joint restrictions. She presented with tenderness to palpation of the right diaphragm region.

Organs Affected: **Right diaphragm muscle:**

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: **Right diaphragm muscles: a breathing conflict of not being able to breathe sufficiently or deeply enough,** experienced as “I can’t get enough air in”, in relation to a partner. This Biological Special Program (SBS) causes muscle tissue loss (necrosis) of the striated musculature in the diaphragm during the **Conflict Active Phase** leading to breathing difficulty. During the **Healing Phase** the tissue loss is replenished leading to inflammation and pain (“like a spasm”) with accompanying breathing difficulties. The biological purpose of this Biological Special Program (SBS) is to strengthen the diaphragm muscles so they can be strong enough to take in more air/ oxygen in the future. The client is currently in a **Hanging Healing** with potential **tracks** and triggers. The original conflict must be identified and brought to her awareness in order for her to complete the healing.

GNM Understanding: The client understood the explanation and recognized that the conflict must be related to a corset that she had to wear as a bridesmaid for the wedding.

She admits that 2 weeks prior to the wedding, she tried on the bridesmaid dresses which included wearing a corset that was too tight for her. She states that they had to loosen the corset and she had to do a follow up fitting for the dress. Upon a second fitting before the wedding, the client reported that now the corset was too loose, so they had to alter it one more time. On the day of the wedding, she realized that the corset was now too tight again (**her DHS**). She admits that she was very stressed during the entire wedding because the corset was tight and it was very uncomfortable for her. She reported that she had difficulty breathing the entire day and could not really enjoy herself at night, as dancing was very hard and uncomfortable for her.

She was asked **to make the connection that her diaphragm symptoms are related to the corset she wore for that wedding**. It was important for her to realize that there is nothing wrong with her diaphragm and that the issue is now resolved, since she no longer has to wear a corset. General balancing techniques and chiropractic adjustments were also provided. She was asked to do a follow up visit in one week especially if the symptoms persisted.

Results: The client returned to the clinic one month later for a check up and reported that she no longer had any problems with her breathing or diaphragm after our last visit.

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

Extracted from: www.LearningGNM.com