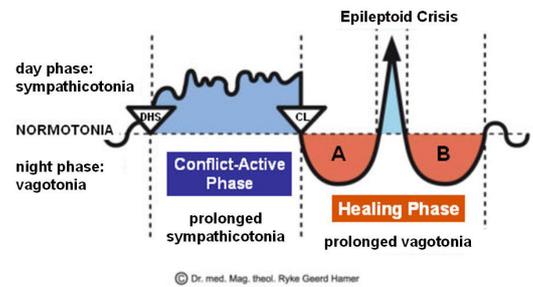


DATE: September 2010

CLIENT: 49 year old right-handed female



Subjective Complaint: Swelling of her tongue, lips, mouth and throat, also dry mouth, no saliva.

She indicates that the symptoms began as numbness and swelling on her tongue. She then reported that 6 days later after dinner, *severe* swelling of her mouth and throat which felt like an ‘allergic reaction’ that almost sent her to the hospital. Three days later after eating fish at a birthday party, the swelling of her lips and mouth happened again and she took Benadryl to relieve the symptoms. The next day at a bridal shower brunch, she had another swelling episode of her mouth and lips and again she thought she ate something with fish in it. All this time in between the swelling episodes, she reports a numbness and “funny” feeling on her tongue and that she has a dry mouth, no saliva.

Observation: Client presented with slightly noticeable swelling in her lips and she spoke as if her tongue was swollen and numb. Her tonsils were not inflamed.

Organs affected: Mouth, tongue, upper 2/3 of esophagus

Embryonic Germ layer: ectoderm
Brain Control Center: cerebral cortex

Salivary glands

Embryonic Germ layer: endoderm
Brain Control Center: brainstem

Kidney Collecting Tubules (“The Syndrome” – causing water retention)

Embryonic Germ layer: endoderm
Brain Control Center: brainstem

GNM Explanation: Numbness of the mouth and tongue is related to an oral “separation conflict” of “I don’t want to have this in my mouth”. The upper 2/3 of the esophagus relates to a conflict of “I don’t want to swallow this”. The salivary glands relate to “not being able to grab/catch a morsel”. Severe swelling is related to an **existence/abandonment conflict**, involving the **Kidney Collecting Tubules**, causing water retention, particularly in the area that is healing at the time (here the mouth and throat area). It is evident that the **conflicts involve food**, with the client being currently in a **hanging healing** with **tracks** that are causing her body to respond with ‘allergic reactions’. The goal is to identify the conflict and determine the tracks in order to allow healing to be completed.

GNM Understanding: After discussing the conflicts involved, the client mentioned that she recently decided to lose 10 lbs and gave up eating sugars in the process. She indicates that she had asked her spouse to help her lose the weight and to stay on top of her eating habits. She reported that she found it very difficult to give up sugars and found that her diet was very restricted especially because she has a “sweet tooth”. She stated that her tongue symptoms first appeared on a Friday after she went grocery shopping and bought a bag of cookies. She recalls eating about 5-6 cookies on the way home from the store and as she pulled into the driveway was shocked at how much she had eaten and especially on what her husband was going to say when he finds out. She states that she “felt like a child trying to hide the cookies” so her husband wouldn’t notice “how much she had eaten”. She indicated that the tongue symptoms began shortly after her husband made an offending remark regarding the amount of cookies she ate (**her DHS**).

Six days later after dinner at her in-laws she reports that they were about to eat a slice of cake with her coffee when her spouse made the comment “you’re not going to eat that (slice of cake) are you?” She admits she felt bad and decided to have a small piece of her spouse’s cake instead. On their way home that night is when her mouth and throat began to swell and we saw her for the first time in the office. She felt better as we talked about giving up the restricted diet and to look at losing the weight through exercise instead of such a restrictive diet. She agreed that she would stop the diet and focus on portion control instead. She reported that the swelling in her throat had calmed down by the end of the session. However, three days later she was at a birthday party and she admits that she was very tense and nervous about what she was going to eat because of the anticipation of her husband’s comments. She recalls that he made a comment in front of everybody, about her taking a second piece of bread and that shortly after that was when she ate the fish and had the swelling episode of her lips and mouth and had to take Benadryl. She reports that she can now see how her nervousness around food was related to **her husband’s comments (her track)**. The next day, the client reports leaving to go to a Bridal shower luncheon, but as she was leaving, her spouse mentioned to watch what she ate because it was going to be a buffet. Again shortly after arriving at the party, she had another reaction.

Results: The client was able to make the connection with the GNM explanation that her husband’s comments were what “she did not want to swallow” and that his reactions to what she was eating were clearly tracks, which made her body replay her “morsel conflicts” program. She reported that she was able to speak about it with her spouse and that he was willing to help her resolve the issue, and that he would no longer make comments about what she ate. She indicates that he thought he was only doing it to help her lose weight, which she originally asked him to do. The patient indicated that once she got out of her head that she was allergic to any particular food and that it was the perceived negative comments that caused her body to react, she was able to later eat fish and dairy with no reactions. About 4 weeks after we originally discussed her case, she reported no more swelling of her mouth, lips, or throat, but that she still had some numbness and tingling on her tongue. Approximately 6 weeks later (from the start of her original symptoms), her symptoms were completely gone and she has been able to eat fish and other foods with no reactions.

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

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