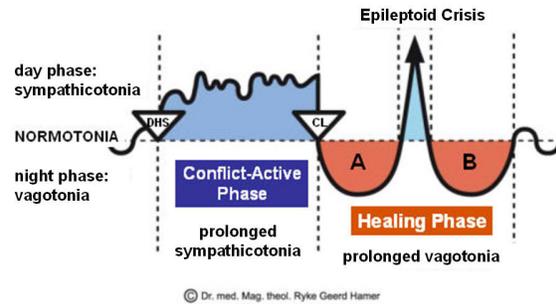


DATE: March 2011

CLIENT: 36 year old right-handed male



**Subjective Complaint:** Allergy: sneezing, runny nose, itchy, watery eyes. Client reports that the symptoms started when he was 10 or 11 years old and have been constant since. He indicates that the symptoms are worse at night which affects his ability to sleep. He states that the symptoms are also year round with no relief. He admits that the only time the symptoms were less intense are when he is on vacation. He reports that he has been told he is allergic to everything, pets, environmental, dust, etc. The client indicates that he is on allergy medication which he takes regularly (2-3 pills per day) and also that he began getting allergy shots a month ago, with no relief.

**Observation:** Client presented with full spinal range of motion in all areas. He was not noticeably sneezing or having any allergy symptoms during his initial visit, but he was observed to have slightly blocked sinuses and a stuffed nose.

**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** (“The Syndrome”- causing water retention)

Embryonic Germ Layer: endoderm

Brain Control Center: brainstem

**GNM Explanation:** Nasal membrane and sinuses: stink-conflict, “this stinks” causing ulceration in the nasal mucosa. Conjunctiva: “light” visual separation conflict; losing unexpected sight of somebody causing ulceration (tissue loss) during the conflict-active phase. During the healing phase, swelling of the eyes and sinuses. Kidney Collecting Tubules: existence/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 reactivate his symptoms causing a hanging healing situation. He will need to identify the original conflict as well as the associated tracks in order to complete the Biological Special Program (SBS).



## CASE STUDY # 8

**GNM Understanding:** After discussing the conflict involved, the client recalled that when he was 10 or 11 years old, his family moved homes and neighbourhoods, which also meant he had to move schools and say goodbye to many of his friends (**his DHS**). He remembers the first incident that brought about his symptoms was during a soccer game, after the move. He reports that he was able to still play for his old soccer team in his old neighbourhood, which meant that he went into **Phase A of healing** during that first game back with his old team mates. He remembers having to come off the field as his symptoms became so severe he could barely see or function because of the sneezing and watery eyes. It is very possible that over the years several new tracks were established as he was told he was allergic to many things as he grew older. The client understood the explanation and was determined to acknowledge the emotions that he felt at 11 years old when he had to move homes and schools and to work on being able to close that chapter in his life. He was also asked to monitor his symptoms in order to identify his tracks and bring it to his awareness so he may finally complete the SBS and complete the healing phase.

**Results:** On a follow-up visit one week later, he reported having 3 days with no symptoms whatsoever. After two visits, he reported a 70% improvement in his symptoms and admits that he has not had any symptoms at night and has been sleeping well since our first visit. He states that he only took one allergy pill all week. He reports having some milder symptoms during the day on the way to work. After finding out the significance of that day, he pointed out that when there is a complaint at work that he needs to deal with he often feels “like a kid who’s about to get in trouble” (**a track**). The client reported that he will continue to make the emotional connections to his tracks with how he felt during that stressful time in his life as an 11 year old. After his third visit, two weeks since his last appointment, he was amazed at how he was feeling. He reports that he went to Florida with his family for a week and normally he has severe symptoms on the plane but did not have any symptoms at all this time. He is also amazed that normally March and April are when his symptoms are the worst. Instead, he admits that he has not taken any allergy medications in nearly 3 weeks and feels 85-90 % improvement overall. The client’s visits consisted of consultations and interviews to discuss his conflict, tracks and his plan of action. General balancing techniques were also used as well as gentle muscle work and drainage techniques to relieve any tension and improve circulation. The client reports that after 4 visits his “allergies” for 25 years seem to be almost completely resolved.

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

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