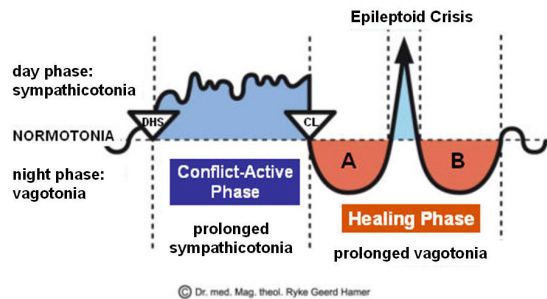




## CASE STUDY 69

**DATE:** June 2017

**CLIENT:** 37 year old right-handed male



**Subjective Complaint:** The client was referred to the clinic to find a GNM explanation for his recent bout of **stomach pain that was diagnosed as gastritis**. He indicates that the severe stomach pain started 10 days ago, the day after doing a 100 km charity bike ride. He is perplexed by his stomach pain because he is a very health conscious person that works out regularly and eats very clean. He admits that one week prior to the bike race, he had a full physical examination, which was unremarkable. He rates the stomach pain as a constant 2 out of 10 where 10 is severe pain. But he admits that when it is really bad it feels like 8 out of 10. The client states that he has been working despite the pain, but that he is tired with no energy and feels like he needs to rest a lot. He has not been able to go cycling or work out due to his fatigue and stomach pain. He reports going to a walk-in clinic at the end of that week and was given medications which didn't really help. The day after going to the clinic, he was in so much pain that he ended up going to the hospital. He indicates that they did blood work and other diagnostic tests and he was diagnosed with gastritis. After the weekend, he reports still being in pain and ended up going to his family doctor to ask for antibiotics for his pain. He claimed that his doctor would not give him any antibiotics but instead booked an endoscopy test scheduled for the next morning. He states that today is the best he's felt since the pain started, but that the pain is still there. He noticed that spicy foods and being hungry seem to aggravate his symptoms.

**Observation:** The client was observed to be experiencing mild discomfort but otherwise appeared healthy. All chiropractic and orthopaedic tests performed were unremarkable with only mild joint restrictions.

**Organs Affected: Small Curvature of the Stomach:**

Embryonic Germ Layer: ectoderm

Brain Control Centre: right side of the temporal lobe

**GNM Explanation: Stomach pain and gastritis: a territorial anger conflict or anything upsetting related to his domain or his territory.** This Biological Program involves ulceration of the small curvature of the stomach lining during the **Conflict Active Phase** and tissue restoration during the **Healing Phase**. The **biological purpose of the cell loss** is to widen the passageway of the digestive tract so that the nutrients can be utilized more efficiently. This, in turn, provides the individual with more energy to resolve the conflict. The client is currently in the Healing Phase (**hanging healing**) which involves swelling and inflammation causing gastritis and stomach pain. His original conflict (DHS) must be identified and brought to his awareness in order for the SBS to be completed.

**GNM Understanding:** The client understood the GNM explanation and reported that his territorial anger may be related to an incident involving his brother. He states that they both work in a family business, but that last year he decided to branch off and start another business with another partner. He believes that this may have created a bit of rift in his relationship with his brother, who he was otherwise very close with. He felt that this was confirmed a few weeks ago when he found out from other people that his brother purchased a vintage car that he was going to fix up (**his DHS**). He was shocked that his brother did not tell him about this recent project and that he had to hear about it from other people. He admits that he felt hurt and upset that his brother did not include him in the process of working on the car, as it was something they had done together in the past. When his brother finally told him about the car, he pretended not to know about it. The client indicates that after his bike race, he spoke to his brother on the way home, and that it was the first time in a year that the conversation felt “normal”. He recalls that the phone call was great, as they were laughing like it was old times. This may have led to his conflict resolution leading to his stomach symptoms and fatigue the next day. When I asked about his potential tracks and triggers, he reported that they are currently dealing with renovations in their business which has created a lot of stress as he and his brother are fighting about how things should be done.

He was asked to make the connection that his gastritis and stomach pain are related to the anger related to his brother. He was also asked to see what needs to be done in order to clear the air regarding his brother; whether they need to have a heart to heart conversation or whether he can just work on changing his perspective of the situation himself.

General balancing techniques and chiropractic adjustments were also provided. He was asked to come back for a follow up visit in one week.

**Results:** The client did not return for a follow-up visit. I called to check in on him two weeks later and he reported feeling 100% better. He states that the endoscopy just confirmed his gastritis diagnosis and he was given a list of foods to avoid, and told to continue with his medications. He reports feeling better after the endoscopy. He also admits that he is eating normally again except for hot peppers. He also states that it was easy to fix the issue with his brother as they are now working together to fix up the car. He reports having his strength back, and that he is working out and cycling again.

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

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