



SKIN

SUN ALLERGY SINCE CHILDHOOD

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"Unbelievable but true, it was a real miracle!"

... since the kindergarten age until 2015, I have suffered from a very severe sun allergy.

No matter where I spent the summer, as soon as it was over 25 degrees, it started. Not only was I plagued by **an ugly rash**, but I also suffered from severe headaches and nausea.

I had tried everything that the market has to offer to prevent sun allergy – but with no real success! Consequently, I had to cancel several summer holidays. Once I even ended up in a clinic. The conventional medical doctors always gave me cortisone. As a result, I also suffered from other complaints.

How I loved the winter - because when skiing I could lie in a deck chair, enjoy the sun and I felt great. Sun combined with snow did not bother me. I did not even have to cream my face! Where others became fire red, I even got a slight tan.

In 2013, an acquaintance familiarized me with GNM. I attended an introductory lecture and started reading about it. So many things made sense to me!

This year, in April, I attended a weekend GNM seminar in Austria. Among other things, allergies were discussed. I immediately remembered my sun allergy and Mr. Pilhar (the teacher) thought that my allergy was probably associated with a track. He said I should think back and try to remember any possible association with a **separation conflict** - any experience that might go back a long time - something that had happened to me in the sun in my childhood. Suddenly the scales fell from my eyes.

When I was about 5 years old, I was on vacation with my parents in Italy. On our Venice excursion, on a particularly hot summer day, I got lost at St. Mark's Square. I stood all alone among hundreds of people and did not understand a word. I got terrified and started to cry with anxiety. An Italian woman who had a souvenir stand grabbed my hand and took me to the police. Hours later, I was finally back with my parents. Immediately afterward I fell ill, I remember that much.

I asked Mr. Pilhar what to do. Now that I know my conflict, how can that possibly cure me of my sun allergy? He said: "You are now 45 years old and do not have to worry about getting lost. You have to get that out of your head so that you are no longer on a track."

Since I was 100% convinced by GNM, I trusted it and started my Summer 2015 without cortisone. My first trip was to go to Riccione during the Pentecost holidays. Unbelievable but true, it was a real miracle!!! No rash, no headache, and no nausea. I can hardly find words to describe how happy I was. During my summer holidays, I was again in the Italian mountains, hiking and also in outdoor pools at over 25 degrees. Except for a nice tan, I did not get anything.

From now on, I will enjoy the summer and go again on trips to Southern countries. I had to wait long enough for that. Thanks to GNM, I am cured of this terrible suffering!

GNM Explanation: In this case, the sun (temperatures above 25 degrees) was stored as a **track** in association with a separation conflict involving the outer skin (epidermis). By recognizing that the conflict that took place is childhood has no longer any relevance in the present, the sun-track was *immediately* cancelled.

Translation from the original German document

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