

Case study by Dr. Alvin De Leon



CASE: 35

DATE: August 2013

CLIENT: 18 year old right-handed female



Subjective Complaint: Cough with fever and fatigue for the past few days but feeling a lot better today. Client reports that she began to have a really bad cough last Thursday night and that it got worse by Friday morning. She indicates that she attempted to go to work on Friday, but had to come home after a few hours because of fatigue, a mild fever, sore throat and a cough. She reports that she rested on Friday and Saturday and that by Sunday she was able to feel well enough to go back to work. She states that she thinks she and her mom figured out her conflict but just wanted to confirm it with me before she went away to university.

Observation: The client presented with full spine joint restrictions and mid-back muscular trigger points. She was not coughing during her visit.

Organs Affected: Laryngeal Mucosa

Embryonic germ layer: ectoderm

Brain control center: left temporal lobe (sensory cortex)

GNM Explanation: Coughing with hoarseness and pain is due to a scare– fright conflict. There is ulceration and tissue loss in the lining of the larynx during the **Conflict-Active Phase** and tissue refilling and replenishment of the ulceration during the **Healing Phase**. The biological purpose of this Biological Special Program is to widen the larynx to allow for more air to enter while the person is frightened or scared, so they can breathe easier. The client had already resolved her conflict and may have completed the Biological Special Program.

GNM Understanding: The client reported that she and her mom talked about her potential conflict on Friday and realized that it was probably related to the fact that one week ago, just prior to her driving test, her twin sister decided to switch driving instructors. Her sister's new driving instructor went on to tell her (sister) that she was not prepared for the driving test and to postpone the exam for a later time. The client became very nervous at hearing this news because she actually had to take her initial written driver's test twice while her sister passed on the first attempt. She felt that if her sister was not prepared to take the driver's test, then she must not be prepared as well (**her DHS**). However, despite her fears, she decided to still take the driving test and she passed. She received her driver's licence last Thursday, the same day that her coughing symptoms first started.

She indicates that the association of her symptoms and the driving test made sense to her. With the support of her mom, she didn't panic. She rested and recovered quickly, which was not often the case in the past, where she would have chronic cough symptoms for weeks.

Results: The client was already in healing by the time she came to see me and really was just looking for confirmation and a physical tune up before heading to university. Her mom confirmed on her own clinical appointment a few weeks later, that her daughter was feeling fine and was transitioning well to university. This is a great example of how empowering the knowledge of GNM provides, particularly when one has the support of loved ones.

For clarification of specific terms, please consult the English “Five Biological Laws” document

Source: www.LearningGNM.com