

# Case study by Dr. Alvin De Leon



**CASE:** 44

**DATE:** January 2016

**CLIENT:** 43 year old right-handed female



**Subjective Complaint:** Left hip pain for the past 5 years that started while she was doing yoga. The client states that the pain comes and goes randomly and is aggravated with prolonged standing or sitting. She admits to some relief with laying down resting and maybe with using heat. She rates the left hip pain as a 6-7 out of 10 (with 10 being severe pain) when it's really bad. She also reports that she has tried different therapies including acupuncture, physiotherapy, chiropractic and osteopathy, all with only mild, temporary relief. There was no explanation given to her for her hip pain, but because she also began to have other pelvic symptoms around the same time, it was suggested that perhaps her left hip pain was due to referral pain from a problem with her pelvic floor muscles.

**Observation:** The client reports that her hips are not currently too painful. She presented with pain free and full hip and low back range of motion. All other orthopaedic tests were negative with the exception of FABERE's test which was positive for mild pain in her left hip. Chiropractic evaluation and palpation revealed multiple joint restrictions in her lumbar spine and sacro-iliac joints. Mild trigger points were also noted in both gluteus medius muscles.

**Organs Affected:** Left hip joint and muscles

**Embryonic germ layer:** new mesoderm

**Brain control center:** cerebral medulla

**GNM Explanation:** Left hip joint and muscles: self-devaluation conflict experienced as "too much to carry" in relation to mother/child. This Biological Special Program causes muscle tissue loss (necrosis) of the striated muscles in the hips during the **Conflict-Active Phase**. During the **Healing Phase** the tissue loss is replenished causing inflammation and pain. The biological purpose of this Biological Special Program is to strengthen the hip joint muscles so it can be strong enough to "carry more weight" in the future. The client is currently in a **Hanging Healing with tracks**, as the pain intensity fluctuates regularly. The original conflict and her tracks must be identified and brought to her awareness in order to complete the healing.

**GNM Understanding:** The client understood the explanation and recognized that the conflict is related to her involvement in the family business that her mother started. She reports that she was pulled into the family business five years ago to help out with the bookkeeping. When she began to work on the company accounting, she realized how much of a mess the company was in regarding their bookkeeping (**her DHS**). She admits it became a big responsibility for her to get the bookkeeping and accounting cleaned up. The client also relates that there has been a lot of general stress in being involved with the family business and that she is hoping to get out of it altogether, but it has been a challenge. She now recalls that her hip pain first began when she started to finally get the bookkeeping cleaned up for their business (conflict resolution and beginning of the Healing Phase). The client was encouraged to make the emotional connection between her hip pain and her responsibilities in the family business. She was asked to address the current situation by either getting help to share her responsibilities, or by changing her perspective of the situation until she is able to move on from her current role. General balancing techniques and chiropractic adjustments were also provided.

**Results:** During a follow-up visit one week later, she reported a significant change in her symptoms. She stated that she had no hip pain for 2 days after her last visit and that she feels an overall improvement of 75-80% in her hip pain. She reports that she was on a business trip with her brother on the weekend, and she noticed that when her hip pain would start to flare up, she would connect it to an issue related to the family business and the pain would slowly subside. The client was also pleasantly surprised that she was able to wear high heels during the weekend trip with no pain in her hips. She was reminded to continue to monitor her tracks until the Biological Special Program is completely resolved.

A second follow up visit two weeks later revealed continued improvement in her hips. She reported having a few mild flare ups but knows what her tracks are now anything associated with the family business. She indicates that disagreements with her brother and mother often lead to mild hip pain which is not really affecting her mobility or daily function anymore.

The client has since come to the clinic for 4 more visits related to other health symptoms. She continues to get the occasional mild hip pain but she knows exactly what her triggers are. She is still helping out with the family business but has been able to slowly look at things differently. She admits it will take some time to completely close the issue but knows she is in charge of the situation and is happy to not have to deal with her hip pain like she did before.

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

**Source: [www.LearningGNM.com](http://www.LearningGNM.com)**