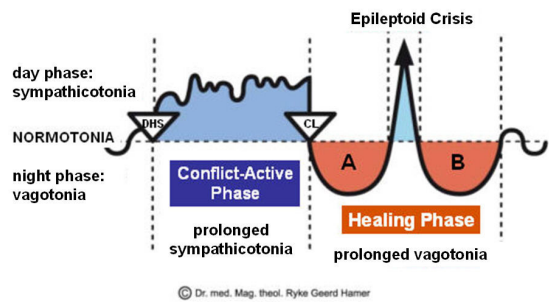




CASE STUDY 78

DATE: July 2013

CLIENT: 21 year old right-handed female



Subjective Complaint: The client was referred to the clinic for help in understanding the root cause of her anxiety and chronic digestive problems. She admits that her anxiety revolves around her chronic symptoms of **stomach pain, cramping and diarrhea**. She recalls that her first symptoms started at around 12 or 13 years old. She states that during her teenage years her symptoms were almost daily and that she often did not sleep well at night because of the stomach pain, diarrhea and even night sweats. She originally thought it was related to foods she was eating like chicken, fish and dairy, which she then began to avoid. But despite the dietary changes, she continued to experience the digestive symptoms, which subsequently led to her anxiety about going out in public, due to her fears of having to run to the bathroom. She reports that she has been in and out of the hospital maybe 15 times for her symptoms. She claims that she has done almost every possible diagnostic test to determine the cause of her digestive problems. However, the doctors were still unable to provide her with a clear diagnosis. She was told that perhaps she could have Celiac disease, Irritable Bowel Syndrome or even Crohn's. She was recommended various types of medications and digestive agents which she would take, but her symptoms would persist, leading to more anxiety. She admits that she even had a colonic done to flush out her intestines, but again to no avail. She is getting frustrated and can't figure out why her friends can eat junk food and not have to worry about running to the bathroom; meanwhile she continues to suffer despite having a clean diet. She reports that her anxiety is getting worse and is really affecting her life, which is why she is desperate to figure out the cause of her digestive symptoms.

Observation: The client was observed to be otherwise healthy and did not present with any anxiety symptoms or digestive complaints during our consultation. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points.

Organs Affected: **Small intestine**

Embryonic Germ Layer: endoderm

Brain Control Centre: brainstem

GNM Explanation: **Stomach pain, cramping and diarrhea: an inability to absorb or digest a "morsel"**. The conflict is experienced as anger about a person, situation or news that is "hard to digest". This Biological Special Program (SBS) involves proliferation of the intestinal cells during the **Conflict Active Phase** and removal of the cells that are no longer needed during the **Healing Phase** with the help of fungi or mycobacteria. The **biological purpose of the cell increase is to better able to absorb or digest the "morsel"**. During the healing phase, the person can experience abdominal cramping, diarrhea and night sweats. The client is currently in a **hanging healing** with many tracks or

triggers. Her original conflict (DHS) must be identified and brought to her awareness in order for the SBS to be completed.

GNM Understanding: The client understood the GNM explanation and realized that her conflict might be related to the fact that her family was constantly moving when she was growing up. She indicates that because of the nature of her dad's job, he would often move the family into new homes that were being built, sell the home for a profit and then move again to the next neighbourhood being developed. She reports that by the time she was 12 or 13 years old, she had moved about 8 times. However, she believes that her conflict shock happened when she was in grade 7. She remembers that year clearly because her father not only moved her to a new neighbourhood, but also to a new school (**her DHS**). She admits that in previous moves, she was able to continue to go the same school despite being in a different neighbourhood. But she recalls being very upset about the news that she had to change schools in grade 7. She surprisingly remembered yelling at her father and blaming him for "ruining her life" during that specific move.

She was asked to make the conscious connection that her digestive symptoms are originally related to the "indigestible anger" she felt about having to change schools in grade 7. However, it was important for her to realize that she has since created many potential tracks or triggers that have been keeping her in a hanging healing. She admits that any disagreement or argument with her father triggers her digestive symptoms. She also knows that any change in her routine really upsets her and is "hard to accept or digest". She was asked to remind herself that her original conflict is in the past and that she is now an adult not worrying about what school she is going to. She was also asked to tell herself that she is capable of adapting to any changes in routine. It was important for her to say to herself that it was now safe to eat whatever she wanted as it was not necessarily the food that triggered her symptoms. She was recommended to also work on changing her perspective about her father so that any future disagreements did not necessarily bring up past emotional charges for her.

She was provided with general balancing techniques and chiropractic treatments. She was asked to do a follow up visit within a couple of weeks.

Results: The client did not return for her follow up visit but contacted the clinic to update me on her status eight months later. She indicated that within 3 days from our last session, she began to feel better. Within a week, she started to eat chicken again for the first time. She was very thankful for feeling she could eat what she wanted again. She also reported not having any more anxiety in the last 8 months since she is now conscious of what her tracks and triggers are. She admits that she has started to change her perspective regarding any changes in routine and has been able to let go of things beyond her control so it doesn't affect her digestion. She indicates feeling 100% improved and states that although she still gets upset occasionally, she no longer has any anxiety or digestive symptoms related to it.

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

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