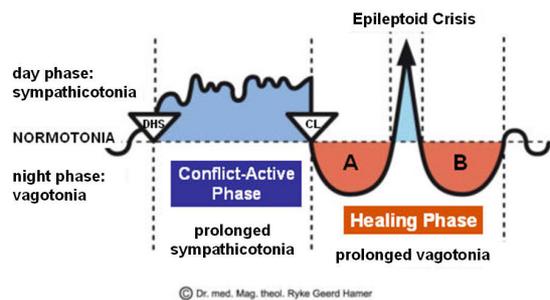




## CASE STUDY 89

**DATE:** January 2018

**CLIENT:** 58 year old right-handed female



**Subjective Complaint:** The client presented with musculoskeletal complaints but also wanted to learn more about the GNM explanation of her **anxiety** symptoms. She reports that she has suffered from anxiety for the last 5 years. She describes her anxiety as a feeling of **dizziness, light-headedness and shortness of breath**. She recalls the first episode occurring while she was at home preparing dinner. She started to feel very dizzy and had problems breathing so she ended up calling 911. The client states that she was admitted to the hospital where they did several diagnostic tests for her heart, which were all unremarkable. She indicates that her family doctor diagnosed her with anxiety. She admits that she decided to do natural treatments with a homeopath and she reports feeling better in general. However, she continues to feel easily overwhelmed and panicked especially when she starts to feel dizziness, light-headedness and shortness of breath. She still experiences anxiety symptoms at least 2-3 times per week depending on what stress she is dealing with. She states that she gets some relief when she is distracted, or she is cooled off by going outside in the winter. She indicates that she is not sure why her anxiety symptoms have persisted for the last 5 years.

**Observation:** The client was observed to be slightly nervous and anxious during our consultation. She was evaluated for other musculoskeletal complaints. Chiropractic examination revealed full spine joint restrictions and myofascial trigger points especially in her neck and upper back muscles.

**Organs Affected:** **Left myocardium (ventricles): striated muscles**

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

**GNM Explanation:** **Anxiety presenting as shortness of breath with light-headedness: an overwhelming negative stress in relation to a partner** (because she is right-handed). This Biological Program involves necrosis of the heart muscle tissue during the **Conflict Active Phase** and tissue refilling and restoration during the **Healing Phase**. The **biological purpose** is at the end of the biological program, where the heart muscle is stronger than before in order to better handle future overwhelming situations. During the **Epileptoid Crisis**, the person can experience painful cramps, light-headedness and breathing difficulties. It appears that the client is in a **hanging healing**, with constant tracks/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 an incident that happened with her sister 5 years ago. She reports that her sister has been dealing with addictions and mental health issues, which has been causing problems for her son (the client's godson). The client admits that it got to a point where her sister would not allow her to see her godson, who she was very close with (**her DHS**). She indicates that she feels overwhelmed by the responsibility to have to "fix" her sister's behaviour. When I asked her what her underlying concern was if the issue with her sister was not "fixed", she answered that her fear is the public perception of her family as being dysfunctional. She admits that her family name is prominent in the community and that it would be an embarrassment for people to see her family in such a way.

She was asked to make the conscious connection that her anxiety symptoms are related to the overwhelming negative stress and pressure she feels to protect her family name from a negative public perception because of her sister's mental health issues and addictions. She was asked to change her perspective about what a negative public perception would really mean and to perhaps to see that despite how anyone perceives her family, she will never truly be rejected, abandoned and alone unless she chooses to be.

General balancing techniques were provided, and she was asked to do a follow-up visit within a week.

**Results:** The client returned one week later and reported feeling a 70% improvement with her anxiety symptoms. She reported feeling better overall about her family situation now that she was aware of her underlying fears and concerns. She has made her own family and children her main priority over her sister's family. She wanted us to address other symptoms instead on this visit.

The client returned for another visit one week later and continued to feel better regarding her anxiety. She admits she has been working on changing her overall feelings about her sister and the family issues which has allowed her to feel less anxious overall.

In a follow-up phone call 8 months later, she continues to report significant improvement, about 75-80% better overall. She indicates that she has "distanced" herself from her family problems and feels that she is in a better place mentally and physically.

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

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