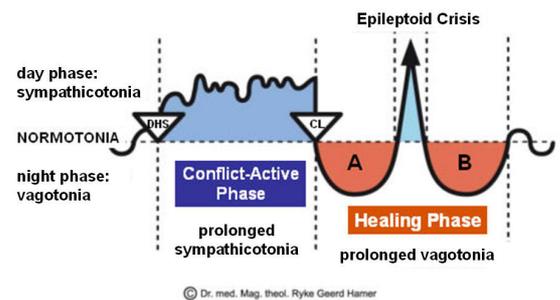




CASE STUDY 90

DATE: October 2018

CLIENT: 22 year old right-handed male



Subjective Complaint: The client presented to the clinic with other musculoskeletal complaints, but also wanted to know the underlying cause of **chest pain** that he has been experiencing for about 2 years. He reports that it feels like a deep pain on the left side of his chest that started out as **heart palpitations and weakness** while he was away at university. He admits that the original symptoms went away after about 10 days. Then about 4 months ago in May, his chest symptoms showed up again. He reports that the symptoms are exactly the same; deep chest pain, heart palpitations and weakness, but this time there is also some upper abdominal pain like in his diaphragm. He states that since May the symptoms have been constant and daily. He rates the pain as a 4 out of 10 normally but that it can be as high as a 10 when it's really bad. He recalls the last flare up was in August. He indicates that the symptoms feel worse in the morning when he first wakes up, but it doesn't affect his sleep. He is worried because the symptoms are now constant with only 2-3 days of relief total in the last 4 months. He thought it was due to a pulled muscle while working out, but he does not recall a mechanism of injury. He knows he woke up one morning with severe pain but did not remember injuring his chest at the gym the night before. The client reports that a medical check up showed normal results of an ECG and x-rays. He was diagnosed with a chest muscle strain and given anti-inflammatory medications. He has not worked out since August, but still has no relief from his symptoms.

Observation: The client was observed to be otherwise healthy and did not present with any anxiety symptoms during our consultation. Chiropractic examination revealed full spine joint restrictions and myofascial trigger points in his low back muscles.

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

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: **Chest pain, heart palpitations and weakness: an overwhelmed conflict brought on by negative stress overload in relation to partner** (because he is right-handed). This Biological Program involves necrosis of the heart muscle tissue during the **Conflict Active Phase** with accompanying irregular heartbeats, physical weakness and shortness of breath. During the **Healing Phase**, the heart muscle necrosis is replenished and refilled through cell proliferation. During the **Epileptoid Crisis**, the person can experience painful cramps, heart palpitations and breathing difficulties. 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. He is currently in a **hanging healing** with constant tracks/triggers. His original conflict (DHS) must be identified and brought to his awareness in order for the SBS to be completed.

GNM Understanding: The client understood the GNM explanation and realized that his conflict might be related to his ex-girlfriend who he broke up with about 2 years ago. He indicates that the problems in the relationship began when she felt it was okay to meet up with a guy for lunch who he knew was interested in her (**his DHS**). He recalls having a difficult time with the relationship after that incident as they (his ex-girlfriend and her new friend) maintained regular contact with each other despite his concerns. He recognizes that perhaps his original chest pain symptoms began shortly after they broke up. However, since they ended the relationship and did not maintain any contact with each other, it could explain why his symptoms went away after a week and a half. Four months ago, he explained that she texted him to wish him a Happy Birthday, which felt random and seemingly out of nowhere for him. He now realizes that the text message may have been a track/trigger that brought up a lot of the past overwhelm issues in that relationship. He also reports that she is now dating that same guy. He admits that he will occasionally see pictures of his ex-girlfriend on social media which sometimes affects him, because they have a similar circle of friends.

He was asked to make the conscious connection that his chest symptoms are related to the overwhelming negative stress of his past relationship. It was also recommended that he change his perspective about the situation and to consciously remind himself that he's not the same guy anymore and that the relationship is in the past. He was also reminded to feel good about his intuition, and how he was able to predict what was going to happen with the relationship. He needed to also avoid any social media time before bed in order to avoid any potential tracks or triggers, at least until the biological program was completely closed for him.

General balancing techniques and chiropractic treatment were provided, and he was asked to do a follow up call to let me know how he was doing. He was about to head back to university and would not be back home for a few months.

Results: The client sent me a text message one week later to let me know that his chest pains have noticeable improved to the point that he had a few days with no pain at all in the morning. He reported a 70% improvement in his chest pain within the week and actually began working out again for the first time, a few days prior to texting me.

In a follow up text message 3 weeks later, he mentioned that his chest pains have pretty much gone away and that he has been working out regularly without any discomfort.

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

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