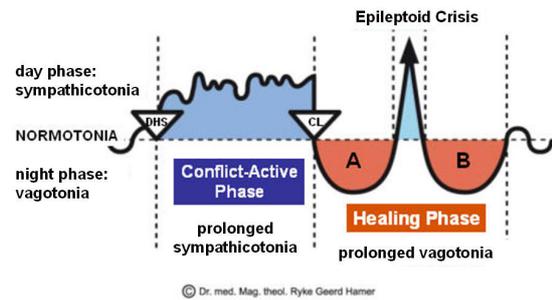




CASE STUDY 68

DATE: October 2016

CLIENT: 29 year old right-handed male



Subjective Complaint: The client presented in the clinic with back pain and sinus issues, but was most interested in understanding the root cause of his **severe heartburn and stomach pain**. He indicates that he has been dealing with chronic digestive problems for almost 5 years and that it has led to anxiety around eating and going out in public. The client states that when he was around 25 years old, he woke up one day with severe stomach pain, gas and severe heartburn. He reports that these digestive symptoms persisted for about 6-7 months. He admits that he lost about 45 pounds during that period as he stopped eating for fear of experiencing the stomach pain and heartburn. He states that he also had to stop going to school due to his health issues. The client indicates that he did every diagnostic test imaginable to try to figure out what was wrong, but that there was no medical explanation for his symptoms. He admits to using medications and natural solutions to try to get relief, but that he had no real change in symptoms despite trying various therapies. He relates that about one year from the start of his symptoms, he started to feel better and slowly began to regain his weight. However, he continues to experience constant heartburn symptoms despite eliminating many foods from his diet like spicy and oily foods. He reports that his mom suffered similar symptoms 6 years ago and that she is now hyper-fearful about eating in general. He is worried that he is starting to get anxious just like his mom. He also states that he has not been able to work full time due to his fears around his digestive symptoms but is able to work part-time hours.

Observation: The client was observed to be nervous and anxious about his health, but otherwise appeared healthy. Orthopaedic tests indicated multiple areas of pain in his neck and low back muscles. Cervical and Lumbar ranges of motion were all within normal limits with pain in all end ranges. Chiropractic evaluation indicated multiple areas of joint restrictions and very tight and tense muscles in his neck, upper back and lower back, with multiple myofascial trigger points.

Organs Affected: Small Curvature of the Stomach:

Embryonic Germ Layer: ectoderm

Brain Control Centre: right side of the temporal lobe

GNM Explanation: Heartburn and stomach pain: a territorial anger conflict or anything upsetting related to his domain or his territory. This Biological Program involves ulceration of the small curvature of the stomach lining during the **Conflict Active Phase** and tissue restoration during the **Healing Phase**. During the Conflict Active phase and the Epileptoid Crisis, the sphincter opens

up, prompting the reflux of stomach acid. The client is currently in the Conflict Active Phase (**hanging conflict**) which involves sharp pain and heartburn symptoms. The **biological purpose of the cell loss** in the small curvature of the stomach lining is to widen the passageway of the digestive tract so that the nutrients can be utilized more efficiently. This, in turn, provides the individual with more energy to resolve the conflict. His original conflict (DHS) must be identified and brought to his awareness in order for the SBS to be completed.

GNM Understanding: When I asked the client what it was that was unexpected and upsetting to him at 24 years old, he mentioned that there was an incident related to his current girlfriend. He reports that around that time they decided to take their relationship more seriously; one day, she gave him her old cell phone for him to use. He indicates that in order for him to start using her old cell phone he needed to “unlock” the phone. The client recalls that once he was able to unlock the cell phone, old text messages started coming in related to conversations his girlfriend was having with other guys at that time. As he started to read some of the messages, he realized that some of the more sexually explicit conversations took place around the time they had decided to be more serious about their relationships (**his DHS**). He recalls feeling very angry and jealous and he admitted that he began to doubt whether he could trust her. He states that he waited 2-3 days before saying anything to his girlfriend and was planning to actually break up with her. After a lengthy conversation, he reports that they were able to figure things out and that they have been together ever since. He acknowledges that their relationship is now very stable as they are planning their future together.

I explained that perhaps he is in a hanging conflict because of potential tracks/triggers that remind him of the original conflict, for example when she cancels last minute, or when she doesn't return his calls etc.. He admits that there have been some incidents over the years that has reminded him of the original issues and caused some doubts in his mind. He was asked to make the connection that his severe heartburn and stomach pain are related to the anger of those text messages. He was also asked to remind himself that his symptoms were not related to anything he was eating. Finally he needed to change his perspective of the relationship - that it was safe for him to be with her. He needed to see that things are different today than they were 5 years ago so that he can finally close the Biological Program and get relief from his symptoms.

General balancing techniques and chiropractic adjustments were also provided. He was asked to come back for a follow up visit in one week.

Results: The client returned the next week and reported feeling about 30% improvement in his digestive symptoms. He admitted that he felt better overall and that he actually had no symptoms during the weekend at a party, which was rare for him. He did report feeling a mild headache during the same time. He was reminded that the headache indicates that he is in the healing phase and was instructed to use ice packs to help give some relief. He was also asked to watch for any other tracks/triggers that may cause some symptoms to return.

During a second follow-up visit two weeks later, he reported not having any digestive pain or heartburn for two weeks. He did complain of other spinal symptoms which we treated.

In another visit, three weeks later, he reported that the digestive issues are “pretty much gone” and that he wasn’t worrying about them anymore. He still continued to have other spinal symptoms that we treated.

During a follow-up phone call one year later, he reported feeling good and not having any symptoms anymore. He admits that he might get the occasional flare-up, but that he knows what to look for. He states that he has been working on changing his perspective about his life in general and that he’s been managing very well.

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

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