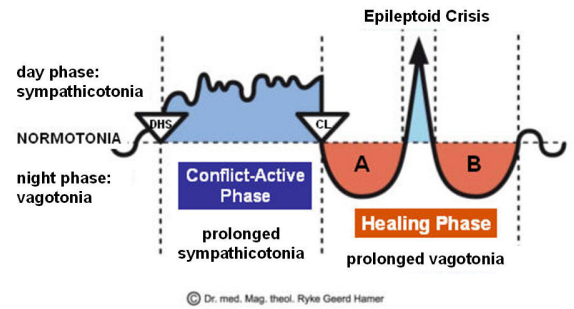


**BRUXISM**



**DATE:** September 26, 2017

**CLIENT:** 38 year-old right-handed female

**Subjective Complaint:** The client complained of too much pressure on her jaws when sleeping; therefore, wakes up with her jaws feeling tense and in pain.

**Observation:** The client was not in any pain or discomfort during the session.

**Organs Affected:** **Jaw Muscle**  
 Embryonic Germ Layer: New Mesoderm  
 Brain Control Center: Cerebral Medulla  
 Motor Cortex (movement of jaw muscle)

**GNM Explanation:** The Biological Conflict linked to the jaw muscles is a self-devaluation conflict of not being able or not being allowed to “bite” an opponent (a competitor, colleague, classmate, teacher, family member, relative, neighbor) or to “snap up” something that one desires or, figuratively, not being able to say something or express oneself. During the **Conflict-Active Phase**, there is cell loss (necrosis) of jaw muscle tissue proportional to the degree of conflict activity, increasing paralysis of the jaw muscle (controlled from the motor cortex) affecting the ability to move the jaw (termed TMJD-Temporomandibular Joint Dysfunction). During the **Healing Phase**, the jaw muscle is reconstructed; the paralysis reaches into PCL-A. The Epileptoid Crisis (Epi-Crisis) presents as spasms of the jaw muscles. Bruxism, excessive grinding of the teeth and/or clenching of the jaw, typically occurs during sleep. After the Epi-Crisis, in PCL-B, the function of the jaw muscles returns to normal. The client is currently in a **Hanging Healing**. The conflict and tracks have to be identified in order to complete the healing.

**GNM Understanding:** The client understood the GNM explanation and recognized that the conflict was related to her in-laws which had recently moved in. The client offered her in-laws to stay for a few months until the health of her mother-in-law improved. She felt it was easier to assist her mother-in-law if she was in her home to take her to appointments and to tend to her needs. Little did the client know that her in-laws would move in their furniture in as well (**her DHS**). She stated that her house was very cluttered because there were two sets of everything (e.g., dining room tables and chairs, living room furniture). She felt that she could not say anything since they were her elders and that it would be disrespectful. Making the connection that the tenseness and pain that she felt in her jaws were related to her inability to express herself and the awareness that this arrangement is temporary, allowed her to complete the healing.

**Results:** Four days later the client called to say that she feels much better and that she no longer grinds her teeth or puts pressure on them at night; therefore wakes up without the tense feeling in her jaws and no pain.

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

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