



## STOMACH PAIN

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### **“Total recovery, thanks to GNM!”**

In November 2005, I attended a GNM Seminar with Caroline Markolin in Ottawa. 12 years later, I am sharing now my “GNM experience”.

During the seminar, when Caroline spoke about stomach pain, I was struck by an illumination. I suddenly “knew” why I have had stomach cramps for so many years; mostly at suppertime. I recognized that it was a case of tracks from my teenage years, related to that time of day and tense family relationships.

As a young woman, I had a cholecystectomy (surgical removal of the gallbladder) after a “benign tumor” was found at the entry of the gallbladder duct, that supposedly caused my pains. But unfortunately, the stomach pain did not stop.

In 1987 (I was not acquainted with GNM at that time), I saw a gastroenterologist, who diagnosed a possible stomach ulcer, but this was not confirmed by laparoscopy. I was put on a medication to protect my stomach (sucralfate). The normal dosage was 3 caps a day, but I did well with only one. I tried to wean myself off the medication after some years, but was again in pain, so I continued to take it. That was not a big deal and kept the symptoms at bay.

This went on until I followed your seminar in 2005. The sheer knowledge that a “territorial anger” conflict was the trigger of my stomach pain put me straight into the healing phase. As soon as I got home after the seminar on Sunday (5:15 PM), the healing pain began. I had strong pain with spasms in the stomach and this well into the night (2 AM). Then I fell asleep. The fun part is that I was so happy about the pain, since I knew it would be the end of my troubles, and I told my husband about all this.

On Monday morning, I woke up with a light stomach pain that was there for the whole day. I went to bed early at 7:30 PM and slept until 7:30 in the morning. On Tuesday morning, I still had a light stomach pain, was a bit nauseous, felt a little weak, and had no energy. I also had a light headache from the morning until 3:30 or 4:00 in the afternoon. But, I had supper without any pain! On Wednesday, I felt very well. After that I stopped my medication because I knew I could do without.

I have had no stomach pain from that time on, and we are now in 2018.

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**Source: [www.LearningGNM.com](http://www.LearningGNM.com)**