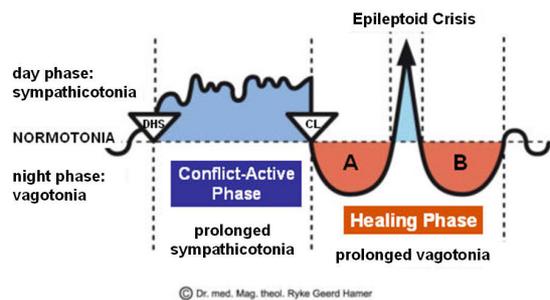




CASE STUDY 79

DATE: January 2014

CLIENT: 19 year old left-handed male



Subjective Complaint: The client was referred to the clinic for help in understanding the root cause of his recent episodes of **anxiety attacks**. He admits that he had his first episode about 6 weeks ago, the night before his first university examination. He describes the symptoms as a shortness of breath, with some nausea and fluttering on his chest. He reports that it happened at night after coming home from playing soccer. He states that he wasn't sure if it was related to him not eating much that day or not sleeping much for the past few days while preparing for his exams. He indicates that he ended up going to the hospital that night, but that all the diagnostic tests done were negative. The client admits that he has not felt like himself since and was prescribed anxiety medications which have not really helped. He also indicates that when he feels the shortness of breath or nausea, he would start to feel depressed and hopeless, thinking he will never feel normal again. He admits that he had another episode of the anxiety attack during the holidays after he got into a really heated argument with his dad. He reports that later that evening, he began to have shortness of breath, nausea and no appetite. The client then began to look up his symptoms online, which would only lead to more worries and anxiety. He indicates that his sleep has been affected as he can't seem to shut his mind off at night. But he does admit that he has been feeling better in the last few days with very little symptoms if any yesterday and today.

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.

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

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: **Anxiety presenting as shortness of breath and heart palpitations: an overwhelming negative stress in relation to partner** (because he is left-handed). This Biological Special Program (SBS) 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 SBS, 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, heart palpitations and breathing difficulties. It appears that the client experienced an Epileptoid Crisis 6 weeks ago and also during the holidays. He is currently in the Healing Phase (**hanging healing**). 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 feeling overwhelmed regarding his school and academics. He admits that he didn't pay

much attention to his grades in high school and that he socialized with friends and partied a lot. However, he decided to really focus on his academics during his first year of university and he put his social life on hold. He reports that he ended up doing really well and even received a scholarship for his first year. He also indicates that his family was really proud of him and kept praising his achievements to others, including that he was going to take pre-medical school courses. He states that his dad even bought him a car. However, this past summer, he began to socialize again and it started to affect his grades. He started to realize that if he did poorly on a couple of courses, it would affect his GPA and his scholarship. He began to feel the pressure to perform well on his other exams in order to compensate for the courses he was doing poorly in. He acknowledges that he started to realize that he didn't want to go to medical school and instead he wanted to enter a skilled trade like his dad and possibly run a business one day, maybe even his dad's business. But his shock came when his dad told him about 2 months ago, that he didn't want him to enter his industry and that he should focus more on school and doing well academically (**his DHS**). He admits that this could be when he really started to feel overwhelmed. The client admits that a few days ago, he decided to talk to his family about how he felt about school and all the pressure he was under. He finally made the decision to take the next semester off. He realizes that he has felt more relieved in the last few days since his family supported his decision.

He was asked to make the conscious connection that his anxiety symptoms are related to his feeling overwhelmed about school, particularly the pressure coming from his father. It was pointed out that he has slowly started to resolve his own conflict by making the decision to take a break academically. He was asked to take his time to figure out what he really wants to do regarding his career and to recognize that his parents will support him no matter what.

General balancing techniques was provided and he was asked to do a follow up visit within a couple of weeks.

Results: The client returned two weeks later for a follow up visit. He reported feeling significantly better. He admits that he feels about 85% improvement in his anxiety symptoms. However, he recalls that a few days ago, he heard a news report regarding university students dealing with stress and depression and he began to get symptoms again. He was reminded of our previous conversation, and what his symptoms were originally related to. Several techniques were recommended on how to change his perspective regarding his feelings of overwhelm about school and his career. He did not return for a follow up visit.

On a follow-up text message 4 years later, he reported not having an ounce of anxiety for years. He admits that once he finished school, he no longer had any more anxiety and was 100% improved. He replied that he took his anxiety "as a learning experience and I improved every aspect of my life through it." He is now happily working as a real estate broker.

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

Extracted from: www.LearningGNM.com