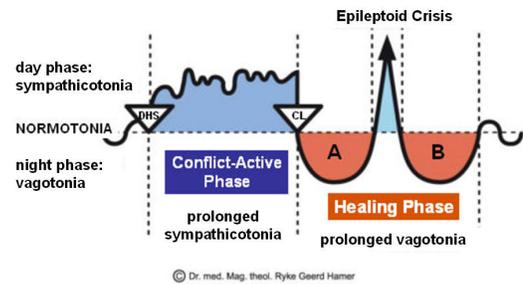




CASE STUDY # 1

DATE: August 2010

CLIENT: 30 year old right-handed female



Subjective Complaint: **Severe right neck pain.** Client works as a flight attendant and reports that she had just returned from a London, England flight. She indicates that she went home exhausted and went to bed immediately for about 5 hours. Upon waking up, she complained of severe neck pain and was unable to move her head due to muscle spasms.

Observation: She presented with very limited neck range of motion, and was unable to turn side to side due to pain especially to the right side. Muscles on both sides of the neck were very tender to palpation. Her neck was very tense and she was guarding it due to fear of pain with sudden movements.

Organs affected: **Muscles, right side of the neck** Embryonic Germ Layer: new mesoderm
Brain Control Center: cerebral medulla

GNM Explanation: **Medium intellectual self-devaluation conflict in relation to a “partner”** causing muscle tissue loss (necrosis) of striated musculature on the right side of the neck. She is currently in Phase A of healing = pain and spasm. The meaning of this Biological Special Program (SBS) is to strengthen the musculature to better handle future strains and intellectual self-devaluation conflicts.

GNM Understanding: After discussing the conflict involved, the client mentioned that on the London flight, a fight broke out on the plane between two passengers. She reports that as she intervened to stop the arguing, one of the passengers began to assault her verbally, berating her and attempting to intimidate her for interfering (**her DHS**). She indicates feeling shocked and upset by the passenger’s behavior as she was told that her job was only to “serve the passengers”. The client states that she needed to leave the situation to calm herself down as she became very emotional and upset about the incident. The situation was handled by other flight attendants. As for the client, a temporary resolution may have occurred as she arrived home and slept it off. It was explained that her body then went into healing (Phase A) as she temporarily resolved and forgot about the incident and that is when the neck pain appeared.

Results: The client understood the relationship and was determined to emotionally resolve the conflict completely. She reported some decrease in her pain immediately after the consultation. Energy balancing techniques and gentle muscle work was also done to help give her some relief from the pain. She reported in a follow-up session that she worked on downgrading the situation and letting go of the conflict. She admitted that the neck pain was gone and that she regained her full range of motion within 3 days.

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

Extracted from: www.LearningGNM.com