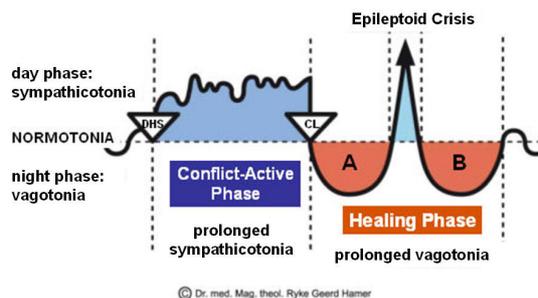




## CASE STUDY 80

**DATE:** April 2018

**CLIENT:** 20 year old right-handed male



**Subjective Complaint:** The client was referred to the clinic for help in understanding the root cause of his **anxiety**. His anxiety symptoms begin as **heart palpitations** that lead to **shortness of breath**. He admits that his symptoms began about 2 years ago. He reports that after high school he decided to take a break from school and work while he figured out which direction he wanted to take for his career. He recalls that one year into his break from school his mom started to ask him about his plans for the future and began to compare him to his friends who were in university. He states that since then he has had problems sleeping at night due to his constant worrying and anxiety about his future plans and career. He admits that he can distract himself at work during the day, but that at night when he gets home and is alone in his room, is when the anxiety symptoms are most prevalent.

**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 mother/child** (because he is right-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 experiences an Epileptoid Crisis at night before bed and 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 his mom's comments regarding his future and career plans (**his DHS**). He admits that he began to feel overwhelmed about having to decide what he wanted to do academically and what career to pursue. He states that deep down, he does not want to disappoint his parents and make them waste their money on him, especially if he makes the wrong decision. He indicates that family is very important to him and he doesn't want to do anything that would jeopardize his relationships with his family.

He was asked to make the conscious connection that his anxiety symptoms (heart palpitations, shortness of breath) are related to the overwhelming feeling and pressure he felt from his mom's comments about his future plans. He was asked to change his perspective about his fears and to realize that despite what he decides to do his family will never reject or abandon him.

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

**Results:** The client returned one week later and reported feeling a 70% improvement with his symptoms. He indicates that he is no longer having any anxious thoughts since our last visit and now wants to address other symptoms that he has been having. During a second follow-up visit one week later, he admitted to feeling 90% improvement and reports that he has not had any anxiety in the past week. He was ready to focus on other symptoms.

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

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