

# Case study by Dr. Alvin De Leon



**CASE:** 19

**DATE:** January 2011

**CLIENT:** 31 year old left-handed male



**Subjective Complaint:** The client presented with **chronic indigestion and heartburn for the past 5 years**. He reports that he is not sure what foods trigger the symptoms but that he had to take medication multiple times a day everyday for the past 5 years to get relief. He does admit that the symptoms seem to be worse during the day while at work.

**Observation:** The client presented with full range of motion in his cervical, thoracic and lumbar regions with muscle tightness in his neck, low back and upper back regions.

**Organs Affected:** Stomach (small curvature)

**Embryonic germ layer:** ectoderm

**Brain control center:** cerebral cortex (post-sensory cortex)

**GNM Explanation: Stomach (small curvature): territorial anger conflict** with ulceration during the **Conflict-Active Phase** causing the pain. The client is currently in a **Hanging Conflict** with being at work as one of his **tracks**. He will need to identify and resolve the original conflict (DHS) in order to go into the Healing Phase of the Biological Special Program.

**GNM Understanding:** The client understood the explanation and recognized that his conflict started when he began working for his current company 5 years ago. He states that the “territorial anger” at work was specifically with regards to his boss. He reports that although he has not been directly criticized by his boss, he has witnessed several occasions where his boss was not acting professionally when communicating with some of his other co-workers. The client felt that his boss was not treating his employees in a respectful way and that it created an environment of resentment and anger. The client was made aware about the relation between his indigestion/heart burn and the anger at work, specifically his boss’ behaviour, and to disassociate the symptoms with certain foods or coffee. Full spine adjustments, muscle work and general body balancing were performed to help give some relief. He was also asked to remind himself before going to work to let go of any anger and resentment towards his boss, and to say to himself that it was now “safe” to be at work again.

**Results:** The client reported that once he made the emotional connection to his boss, his symptoms reduced significantly. However, during a business trip with other executives of the company including his boss, his symptoms returned for the full 5 days. After the trip he was able to continue to work on letting go of the anger at work. After his 8<sup>th</sup> visit, the client reported that he no longer has any indigestion or heartburn whatsoever. He also admits that he has not taken any medication for months. He states that he decided to change his perspective regarding work and that he was no longer going to be affected by his boss and co-workers.

*For clarification of specific terms, please consult the English "Five Biological Laws" document*

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