

# Case study by Dr. Alvin De Leon



**CASE:** 87

**DATE:** July 2018

**CLIENT:** 23 year old right-handed female



**Subjective Complaint:** The client presented to the clinic with musculoskeletal complaints, but she was aware of GNM and wanted to understand the possible explanation for why she had **no menstrual cycle for the last 3 months**. She admits that she has never missed her cycle before. She reports that she feels as if her cycle is about to come, but in the last 3 months nothing happens. She indicates that she was diagnosed with an ovarian cyst in 2011 but is not sure which ovary was involved. She states that she does not experience any pelvic pain or discomfort.

**Observation:** During the visit, she was assessed for other musculoskeletal complaints.

**Organs Affected:** Cervix mucosa

**Embryonic germ layer:** ectoderm

**Brain control center:** left temporal lobe

**GNM Explanation:** The biological conflict related to the cervix mucosa is a sexual conflict or any distress concerning sexuality. This Biological Special Program causes ulceration of the cervix mucosa during the **Conflict-Active Phase**. The biological purpose of the cell loss is to widen the cervix so that when mating takes place, more sperm can reach the uterus enhancing the chance of conception. Due to the impact in the left temporal lobe, the estrogen levels decrease in the Conflict Active Phase, which can lead to an absence of her menstruation. During the **Healing Phase**, the tissue loss is replenished and refilled with cell proliferation and swelling due to the edema in the healing area. There can also be heavy bleeding and painful cramping as her menstrual cycle returns. The client is currently in a **Hanging Conflict** with potential **tracks** and triggers. The original conflict must be identified and brought to her awareness in order for her to complete the healing.

**GNM Understanding:** The client understood the explanation and recognized that the conflict must be related to an incident involving her sister. She reports that she realized a few months ago that she had feelings for a good friend. She was surprised to have these emotions since she had never been attracted to a woman before. She admits that she was very cautious as to who she revealed her feelings to and decided to tell her sister around 3 months ago. She indicates that her sister was not very supportive of the relationship (**her DHS**) and that they got into an argument and did not speak for almost a month. She admits that she has started to talk with her sister again but knows that she is still not very comfortable with her lesbian relationship.

She was asked to make the connection that her absence of menstruation for the last 3 months is related to her sister's initial disapproval of her same sex relationship. She was recommended to work on changing her perspective about the situation, particularly about the metric she is using to measure the strength of her relationship with her sister. It was important for her to see that nothing has really changed in their connection with each other and that in the big picture this current situation will not define their relationship. She also needed to empathize with her sister's reaction especially since the news really caught her off guard. She was asked to watch for any changes to her menstrual cycle. The client was treated for her musculoskeletal symptoms and asked to do a follow up in the next month.

**Results:** The client did not return to the clinic for her follow-up visit. She was contacted by phone approximately two and a half months later to see how she was doing. She reported that her menstrual cycle returned to normal for the last 2 months. She indicates that she is hanging out with her sister again and that things are starting to be like they used to be. But she does admit that she recognizes when her sister feels uncomfortable, especially when her girlfriend sleeps over at the house. She was reminded to continue to work on changing her perspective around her sister so that she can overcome the need for her sister's approval of her relationship. She needed to be okay with her sister not being fully comfortable with her girlfriend because it did not necessarily mean she will lose her. The client was asked to do another follow-up call in a few months to monitor any other symptom changes.

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

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