

# Case study by Dr. Alvin De Leon



**CASE:** 18

**DATE:** April 5, 2011

**CLIENT:** 35 year old right-handed female



**Subjective Complaint:** Itchiness on the outside of both of her arms and the front of both legs, but only after taking a shower. The client reports that the itchiness lingers for about 20 minutes but with no visible rash. She reports that it has been so bad that on occasion she has had to use vinegar to help give her relief. She indicates that the symptoms began about 9 years ago and is constantly there after a shower even if showering at her mother's or sister's house. However, she reports only a mild decrease in the symptoms when she is on vacation. She states that she has changed her lotions and soaps and filtered the water in her home all to no avail. She also indicates that she was told by her doctor to take Benadryl for her symptoms.

**Observation:** No visible rash was observed during the visit. The client otherwise had no other physical complaints.

**Organs Affected:** Epidermis (outer skin)

**Embryonic germ layer:** ectoderm

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

**GNM Explanation:** Epidermis: separation conflict; unexpected, sudden loss of physical contact or wanting to separate causing ulceration of the skin during the **Conflict-Active Phase** and itchiness when the ulcerated skin area is replenished during the **Healing Phase**. The outer side of the arms and legs indicate "wanting to separate" from a person. The client is currently on a "shower track" which reactivates her symptoms causing a **Hanging Healing** situation for the past 9 years. She will need to identify the original conflict (DHS) as well as any other associated **tracks** in order to complete the Biological Special Program.

**GNM Understanding:** The client understood the explanation and recognized her conflict was related to "wanting to get away" from her first husband whom she was in the process of divorcing 9 years ago after he had left the family and then thought he could come back into their lives one year later (**her DHS**). She indicates that the shower was significant because during the separation process, she would often put on a brave face during the day in front of her young children. However, in the evening, when her children were asleep, she would often take showers and it was in the shower that she felt safe enough to fully express her emotions and cry. She was encouraged to make the mental connection that the reason for her itchiness is because she is on a track regarding the showers and her separation from her first husband.

**Results:** Upon a follow-up visit 2 weeks later, the client reported that she had 2 mild episodes of itchiness after showers and that she had one really bad day where the itchiness was like before. Otherwise she had no other symptoms of itchiness the rest of the days. She was able to relate the bad day to a day that her ex-husband wanted to see the children but she told him it was not a good day for them. Upon another follow-up two weeks later she continues to report improvement with occasional exceptions of itchiness after showering, but nowhere near where she was prior to our consultation. She was encouraged to continue to watch for tracks of when the symptoms reappear and was also asked to make a new association with showering, that it was no longer a place for her to express her emotions regarding the divorce. She was reminded that a new association regarding her first husband is also needed as he continues to be part of her children's lives. Therefore, the client was encouraged to be patient with her symptoms which may linger until she is able to completely resolve the past relationship and move forward. During a third visit, the client reported that she now only occasionally gets mild itchiness after showering and that she feels as if it is no longer an issue. She also admits to paying attention as to when the symptoms appear and how it often involves coming into contact with her ex-husband or his family.

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

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