
Case Study

Client's first name: Teresa

Handedness: Left dominant

Hormone Status: Post-menopausal

Primary symptom: "heart attack"

Observations & Background:

I had been arguing continuously with my partner of six years about my views on Big Tech, Big Pharma and German New Medicine.

He had been diagnosed with cancer and was proceeding to follow the allopathic treatments I abhorred.

As far as I was concerned, the treatment they proposed would be more detrimental to his health than the 'disease'.

Despite my view on the matter, and my resistance to his plan with his oncologist, I supported him through his treatment.

He told me GNM was quackery, that I was crazy and we continued to have constant and heated arguments about my opinions on this matter.

I also was completing a year-long work project and after three days of intense work compiling the final document, I deleted it by mistake. I did finally recover it but the stress of typing the document and losing it was overwhelming.

I also had become a new grandmother and my kids had moved to be closer to me so I could help them with child care.

This was pre-Covid but only by a few months. Life was intense. There were a few other pressing issues as well.

All the issues came to a head at the same time and I had to spend an inordinate amount of time and energy addressing all the needs of those around me; clients, partner and my family and grandchild.

I had always been a super mom and everything else besides so no one believed I was not capable of everything and anything. I didn't realize that my capacity to juggle and cope was not what it used to be....

These conflicts were all running over the course of a couple of months and when I finally resolved them all, I had a left myocardial heart attack in the middle of the night.

I woke up from a deep sleep with chest pains and headed down to the kitchen to get ice packs for my head and a glass of water. I collapsed but woke up minutes later.

I am used to being fit and feisty and this really was a shock to me.

Luckily, I had a good grasp of GNM.

My partner and I decided to go our separate ways in March of 2020, my kids moved out of the country and I have decided to take a break from my Home and Human Design profession.... for now!

Organs/Tissues Affected: Left myocardium heart ventricle

GNM Conflict: Overwhelm; negative stress overload.

Conflict Active Phase:

Necrosis of the heart muscle tissue during a stage of feeling overwhelmed.

Over-helping and feeling not up to the tasks at hand was my sense of things. I am one of those Saver Types.

People have and do come to me with their problems and I wear many hats in my work. I only stop when the job is done.

PCL Phase: The conflict mass was not huge: length and intensity of the conflicts were not prolonged for more than days or weeks, at the most, months.

I had severe muscle cramping which woke me up in the night plus tachycardia and chills.

I went down to the kitchen to get water and cold packs to apply to my temporal lobe, just in case my heart cramping was a coronary symptom. It was not because the following occurred:

I experienced an infarction of the left ventricle followed by a drop in blood pressure and I collapsed on the floor. I woke up after a few seconds with a gash in my head and felt unsteady as I climbed the stairs back to bed. I went back to bed and slept well through the remainder of the night with an ice pack on my head while raising my upper body up on the pillows to relieve any possible swelling on my brain just to be on the safe side. I carried on with my birthday celebrations for the weekend and left for my holidays the same week. I felt fine.

My heart is now stronger than it was before. I am excited about life and my future, especially learning GNM with Andi!

I have learned that I have limitations, that I run an over-responsible, over-caring and an over-performing style of living. I have given myself permission to take life more easily and pace myself more.

Moving away from the city into a resort area, I now play golf and play with my friends and family when they come to 'visit'.