

## **GNM - A New Perspective For Healing**

Written By: S. Ken Smith, D.C. Date: 04/08/2021

Having practiced Chiropractic for over 20 years, along the way I noticed that my patients and I all had a common theme – recurring, predictable symptoms or sequelae.

I enjoy looking for patterns in behaviors that affect outcomes.

I knew there must be some correlation between how you think and react to the world we live in and how it would affect your health.

Blaming everything on stress, poor diet, your environment and other “common sense” denominators doesn’t always add up when you see enough people and where they came from.

It’s not possible to merely generalize the why and how people were suffering with health conditions.

Looking at this dilemma repeat itself over and over again left me frustrated with why I couldn’t figure out the cause to prevent it from happening once again. This is where GNM comes in to play by shining a bright spotlight on the area left out of mainstream medicine.

I am of German and Japanese descent and was fortunate to have been raised in a home that believed in organic foods, homeopathy, acupuncture/shiatsu, and meditation.

The Western allopathic model has trained us to “see problem” + “take drug” and then hope for the best. I have been trained in meridian and energy work that I have successfully used to treat my patients along with Chiropractic and it’s tenets that the body is a self-healing organism.

Some patients responded very quickly while others took longer to “heal” but overall, I’m pleased with what I have witnessed.

However, there were also quite a few cases that involved more than just joint pains, or the patients would offer up other conditions they were suffering from that did not respond at all to what I had to offer.

Being a drug-free practitioner, I was not allowed to prescribe anything but natural methods.

During the course of care, my patients would tell and show me what drugs they were prescribed by other offices and I could not believe what they would bring in. One maybe two grocery bags full of different prescription bottles for who knows what.

This made me sad inside seeing them not get better even with all the drug interventions. I was also saddened because even using the direct methods of treating afferent nerves that supplies the body and organs, the patients continued to suffer.

Once again, I was noticing a pattern but couldn't put my finger on what the missing piece was.

I've taken courses on functional medicine, physical medicine, nutrition, physical therapy, and many more to round out what I can offer as a practitioner.

Once you open up to having a paradigm shift in your own viewpoints, especially in healthcare, you can then have the ability to see the missing piece that GNM addresses – the psyche and its manifestations on your health.

Dr. Ryke Hamer, who developed GNM, made correlations between embryonic dermal layers and the corresponding organs/tissues, specifically how our innate ability to heal

itself was built into our bodies and that it follows specific programs that automatically run when our body is "injured".

I resisted this information initially because I wondered how all of science and medicine have missed the boat so big.

After continuing the course, I was hoping this information would help rectify my missing component of why I kept seeing patients go back to square one after I watched them improve so well. I eventually began seeing the correlations for myself.

The course information is presented in a logical way building up the 5 Biological Laws as the driving force behind GNM.

Then the focus moves into the basic two-phase pattern to address "A causes B" to happen. And then you will understand the healing cycle from a different perspective.

Learning even more will lead you into resolving hanging conflicts and how to gather the "proper" information from your patient.

This information is not the typical "X, Y, Z" format I'm used to obtaining, but I've seen that this type of questioning leads you to the source of the actual conflict that is showing up in different body areas.

Once you see the bigger picture of how everything ties in together, you suddenly get a sense of urgency to go back and complete this cycle with all of your patients.

In my own case, I've suffered more and more lately from reflux and severe bloating after eating. Not all the time but enough to make me worry about going out to eat and having bad symptoms during or after my meal.

In the past year I've had full, extensive ultrasounds, blood work, specialist visits, etc. and was prescribed multiple medications, recommended supplements, strategies and timing to eat amongst other advice from well-meaning people of how they took care of it.

Initially, it was thought that I had gallbladder issues because of how my pain presented and the severity of the bloating after certain types of meals.

I was ready to actually have surgery to "fix" my problem after I had a STAT ultrasound.

The doctor was perplexed because all the pointers showed "gallbladder" but nothing was detected in my first ultrasound.

This led to a full abdominal ultrasound, once again they saw nothing.

So, I was placed on a handful of medications and supplements to treat my "symptoms".

Initially I went along with this "solution" because of how uncomfortable I was. Honestly, I was feeling better, but I kept having setbacks even with the medicine.

After several months passed, I had another full blood work done and all my numbers were within normal limits.

My doctor said that she couldn't see any reason to change anything unless I got much worse. So, I believed at that time that I would just have to live with these complications and deal with it.

Several more months have passed and I'm still having the same symptoms.

I used to be the guy with the iron stomach and tried just about every type of food imaginable. Now I was the guy who had to carry three types of pills in my pocket to address the symptoms I would have when I ate.

My wife became increasingly worried about my health and my lack of enthusiasm to go eat out anymore.

Taking this course (Beyond Holistic Medicine & GNM for Practitioners), I was challenged to do a work-up on myself. It was easy to figure out what my main concern was.

Following the "3 Gs" protocol (as taught in Beyond Holistic Medicine), you can start to build a blueprint of the how and why you are having symptoms in the first place, where it started and what body system is being affected and even how your body will expectedly respond given the specific program that it is running.

In my work-up I saw a pattern emerge of how I was having outside pressure that felt threatening, but I basically had always just dismissed as fearful thoughts.

I was in the process of opening another clinic location. Covid, in the business environment, had caused significant fiscal challenges, I was struggling with my investments in the stock market, and my favorite pet had passed away recently.

Apparently, I was involved in repeated “Chunk/Morsel” conflicts that were not resolving completely.

This conflict pattern matched my symptoms precisely and I had to swallow down my pride to accept that my reactions to my daily life were a main source of my physical issues.

I had no expectations at all to have a miraculous solution to my reflux and bloating, but I can tell you that without actually addressing my own thoughts and protective pattern manifestations, that I would still be taking handfuls of pills and dreading going out to eat.

Over the past month I have felt better and better, all without any medications.

I have met my fears head-on, began deeper meditation, and started a 30-day core challenge.

Like clockwork, my symptoms have decreased substantially, and I’ve had no need to take my prescriptions but only an occasional antacid.

I haven’t had any major abdominal bloating either which used to be very distressing to me.

Since I’ve seen the method applied to myself, I feel that the knowledge I have gleaned from this course will allow me to help others break free from their recurring issues as well.

I wish I had known this method a long time ago.

Dr. Mears was very helpful in this course and is available to help you get your questions answered and move you along the way with her experience.

I can recommend this course to anyone who wants to get a deeper understanding of how the body is designed to bring about healing using its own built-in programs.