

Need-GHK-Answers-Now for Chronic Symptoms Template

By Andi Locke Mears

Follow along to address your chronic symptoms (hanging healings).

Step 1: Determine your SBS (Biological Program). You will need to be familiar with the resources such as the Scientific Chart Book. OR get help from a GHK knowledgeable person.

List the exact symptom or set of symptoms below..

Ex: Runny nose; swollen breast.

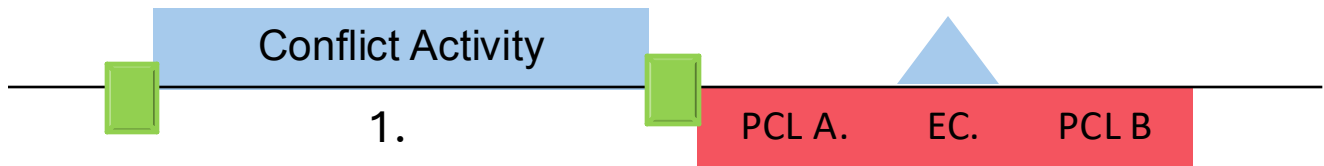
1. _____
2. _____
3. _____
4. _____

Write the body part that is involved with your symptoms. Ex: Nasal mucosa; Breast Ducts.

1. _____
2. _____
3. _____
4. _____

Step 2. Find the correct SBS in the resources or get help determining this. Ex: Nasal Mucosa SBS and Ductal Breast SBS

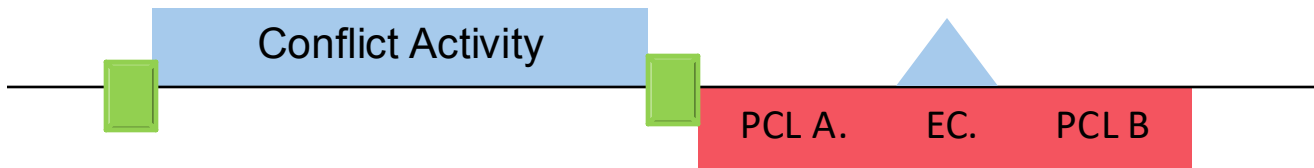
Step 3: Familiarize yourself with the two phases of your SBS's. What happens in the CA (conflict active) phase and in the PCL (healing) phase? Write your answer 1-6 below.



1. Cell growth, Loss, or Functional loss? _____
2. Cell breakdown, Replenishment, or Func. Restoration? _____
3. Anything unusual in the Epi-Crisis? _____

Step 4: Determine if your symptoms occur in the PCLA phase (most common) or the CA phase by reading in the resources.

Step 4. Determine your timeline. The two phases below are always present.



A. Your DHS (conflict shock): What was distressing prior to your symptoms beginning (if the symptoms for your SBS's begin in the PCLA phase which is most common). Reach out for help with a GHK knowledgeable person to help you determine when this would have occurred. It will be prior to your symptoms beginning. Ex: Argument with spouse; I couldn't score any goals and my team lost.

B. Write down the sensory data associated with your DHS. Time of year, temperature, your thoughts, what you just ate, your emotions, where you were, who was with you, what you were doing, etc. Any of these could be the Track that restarts the SBS.

C. Be observant in your daily life. When are your symptoms better and when are they worse? When they are worse, it means you stepped on a track prior to it. What sensory data from question B above did you encounter prior to the symptom beginning? Keep looking – the answer is there! Ex: Every time my spouse isn't happy with me; Every time my team loses.

D. Time to find a biological solution (divorce your spouse or talk and come to a new agreement on how to communicate effectively; Play on a new sports team or hire a new coach who can help your team win.

OR Change your perspective: I know my spouse is trying to help me so I can change how I engage with him/her; I'm an amateur athlete and actually play for the exercise so while I'd like my team to win, I'm still achieving my goal of getting exercise.
