

"I have made significant progress on a hanging healing of my low back issue!"

"There were times in the past years when my back would "go out" and the pain was debilitating where I would be out of commission for about 5 days. Over those 5 days, I would rest, in order to sleep, I would take an over-the-counter pain killer as needed and sometimes anti-inflammatory. I started to learn GNM in 2014, and made progress with this issue in 2017 and 2018 with a GNM Practitioner."

"The issue did not completely go away – once, in a while, my back would go out just bending over to pick up the soap in the shower. I connected, right away, with your teaching to change your relationship/change your perspective on the issue – your own story really helped me to become aware of what I was doing and how I can help myself."

"I realized that when my back goes out, there is usually a small warning that I can feel in that area and then I tell myself, "oh crap my back is going out and I will be in bed for 5 days again." This winter, I was shoveling snow from the driveway and after about 5 to 10 minutes I felt the tightness and that old warning sign. I realized right away that my thinking was negative, oh so very negative about my daughter and her partner – we live in the same house, in separate units, and share the care and maintenance of our home. I stopped shoveling while I was contemplating my situation. I changed my self-talk to: I choose to do this. I love being outside. I love being active. This is good for me, to be active and to be outside. I am loving this. Chanel will clear most of the driveway with the snowblower. I also did not even think of that old statement of back going out for 5 days. And my back was fine!!"

"I trust the GHK/GNM knowledge and continue to study and practice. This gives me strength and comfort to trust my body."

**Sandra Hauch, Coach for Wellbeing
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