



Look Within

Holistic Coaching

The Look Within Body & Emotion Map

Understanding What the Body Is Trying to Say

A practical reference for connecting physical symptoms to their underlying emotional and biological conflicts—so you can interpret the body's communication through the lens of German New Medicine and begin real regulation from within.

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How to Use This Guide

Use this guide with Section 3, Step 3 of your [Look Within GNM Self-Healing System Workbook](#).

It's designed to help you connect specific body areas to their emotional and biological themes so you can begin to understand what your body might be processing. Once you've found the themes that resonate, record them in Step 4 of your workbook.

Think of this as your companion for listening inward.

Every symptom has meaning. In German New Medicine (GNM), the body's responses are never random — they're intelligent, purposeful, and rooted in biology. When something catches you off guard, overwhelms you, or feels emotionally isolating, your body adapts to help you survive that moment. Those adaptations later appear as the physical symptoms we notice.

Each part of the body carries its own story — a biological function and an emotional theme that go hand in hand. When you experience tension, pain, or change in a certain area, it may reflect a specific emotional conflict that hasn't yet been fully resolved.

As you explore, notice what feels true rather than what sounds logical. What sensations, memories, or emotions surface as you read? Those subtle reactions are your body's way of showing you where attention or understanding is needed.

Pair what you find here with your reflections and journaling in the workbook. You're not trying to analyze or fix; you're learning to listen. Sometimes awareness itself is enough to begin the shift.

Once you've identified the body areas and emotional themes that stand out, continue to [The Look Within Main Conflict Types in GNM](#). That guide will help you discover the underlying biological conflict connected to each theme and bring a deeper layer of understanding to what your body is resolving.

Read slowly. Stay curious. Trust what arises. Your body already knows the way back to balance — this guide simply helps you hear it more clearly.

HEAD & SENSE ORGANS

This region governs perception, awareness, and sensory processing — how we take in and interpret the world around us. In GNM, symptoms here often indicate conflicts involving information we receive (seeing, hearing, smelling, or speaking), especially when the experience is shocking, unfair, or overwhelming to process.

EYES

Biological conflict: Not wanting to see something; fear of what's ahead.

Explanation: The eyes are linked to visual perception — not just physically, but emotionally. Conflict often arises when someone doesn't want to face reality, a painful truth, or a feared future. Symptoms may differ between right and left eyes, depending on dominance and relational context (e.g. mother vs. partner).

Contemplation prompts:

- What did I not want to see or acknowledge?
- Was I afraid of what the future held?

EARS

Biological conflict: Not wanting to hear something; shock or conflict through sound.

Explanation: The ears are linked to auditory perception and emotional impact. Hearing something shocking, painful, or distressing — such as arguments, insults, bad news, or betrayal — can initiate an ear conflict.

Contemplation prompts:

- What words or sounds deeply disturbed me?
- Was there something I wish I hadn't heard?

NOSE & SINUSES

Biological conflict: "This stinks!" — repulsion, injustice, or territorial invasion.

Explanation: The nose is tied to both primal survival (smell) and territory recognition. Conflict may involve unpleasant experiences of injustice, disgust, or someone invading your space or boundaries.

Contemplation prompts:

- Did something or someone not "smell right"?
- Did I feel my space or integrity was violated?

MOUTH

Biological conflict: Can't bite, speak, or express something.

Explanation: The mouth is related to expression, intake, and boundaries. Conflict may involve an inability to speak truth, defend oneself, or express emotions — especially when one is silenced, shamed, or overwhelmed.

Contemplation prompts:

- Was I holding back from saying something important?
- Did I feel voiceless or stifled?

TEETH

Biological conflict: Powerlessness in aggression or decision-making.

Explanation: Teeth represent our biological power to bite, assert, and take action. Conflict may involve situations where you felt incapable of confronting someone, making a decision, or defending yourself.

Contemplation prompts:

- Did I feel powerless to act or speak up?
- Was I holding back aggression or decisions?

TONGUE

Biological conflict: Can't express oneself; life has lost its sweetness.

Explanation: The tongue relates to expression and sensation. Conflict arises when a person is unable to say what they feel, or when experiences leave a bad emotional "taste."

Contemplation prompts:

- What was I afraid to say or express?
- Did life suddenly feel emotionally distasteful?

JAW / TMJ

Biological conflict: Repressed aggression; "biting back" emotion.

Explanation: The jaw is where we hold tension from anger, frustration, or restraint. Conflict often involves being unable to respond to a perceived threat or injustice — holding in what wanted to come out.

Contemplation prompts:

- Who or what was I clenching against?
- What emotion did I suppress to keep the peace?

THROAT, NECK & VOICE

This region is involved in expression, communication, responsibility, and flexibility. GNM views symptoms here as related to verbal conflicts, the burden of responsibility, or suppressed truth. Issues in this area often indicate a fear of speaking out, being heard, or navigating pride vs. submission dynamics.

THROAT

Biological conflict: Feeling silenced; can't speak one's truth.

Explanation: The throat is a pathway of expression. Conflict arises when one feels unheard, censored, or afraid to speak up — particularly when expressing truth could lead to rejection, punishment, or conflict.

Contemplation prompts:

- What truth did I withhold?
- Was I afraid of what might happen if I spoke up?

TONSILS

Biological conflict: Can't swallow a situation or someone's words.

Explanation: The tonsils act as guardians of the throat. Conflict may involve figurative or literal experiences that were "hard to swallow" — such as gossip, commands, humiliation, or harsh treatment.

Contemplation prompts:

- What couldn't I accept or "digest" verbally?
- Did someone say something that shocked or hurt me?

NECK

Biological conflict: Inflexibility; pride vs. submission; burden of responsibility.

Explanation: The neck connects the mental (head) and physical (body). Conflict arises when we feel caught between choices, roles, or expectations — especially when resisting change or feeling dominated by others.

Contemplation prompts:

- Where did I feel stuck or unable to "turn" in life?
- Was I holding tension between ego and responsibility?

CHEST & UPPER TORSO

This region centers on breath, safety, emotional connection, protection, and nurture. From a GNM perspective, conflicts here are deeply connected to fear of death, loss of emotional territory, nurturing roles, and burdens of care.

LUNGS

Biological conflict: Death-fright; panic about survival or losing someone.

Explanation: The lungs are directly involved in life and breath. A conflict arises when a person fears death (their own or a loved one's) or is confronted with a shocking diagnosis, accident, or loss.

Contemplation prompts:

- Did I experience a moment where I feared death or catastrophe?
- Was I trying to breathe through a sudden, overwhelming event?

HEART

Biological conflict: Heartbreak; territory loss; emotional overwhelm.

Explanation: The heart is our emotional and energetic core. Conflict can stem from betrayal, loss of a loved one, or feeling ousted from a position of emotional significance — such as losing a partner, home, or leadership role.

Contemplation prompts:

- What broke my heart or left me emotionally shocked?
- What role or relationship was taken from me?

BREASTS (GLAND)

Biological conflict: Nurturing conflict; fear or worry about a loved one (often a child).

Explanation: The glandular tissue of the breast responds when a woman feels unable to nurture, protect, or care for someone she loves. Conflict can arise from real or perceived threats to her caregiving role.

Contemplation prompts:

- Who was I worried about that I couldn't help?
- Did I feel helpless as a mother, partner, or caregiver?

BREASTS (DUCTS)

Biological conflict: Separation from someone you want to nurture or hold close.

Explanation: The ducts are sensitive to touch and closeness. Conflict may involve emotional or physical separation — such as children leaving home, divorce, or a traumatic rupture in caregiving bonds.

Contemplation prompts:

- Who was I emotionally or physically separated from?
- Did I long for touch, closeness, or reconnection?

RIBS / STERNUM

Biological conflict: Self-devaluation in family or protector role.

Explanation: These bones protect vital organs — symbolically representing protection and value. Conflict may arise when someone feels they've failed as a protector or are undervalued in their family role.

Contemplation prompts:

- Did I feel like I wasn't enough for my family?
- Was I doubting my strength or value as a caregiver?

UPPER BACK

Biological conflict: Feeling unsupported; burdened by responsibility.

Explanation: The upper back holds the emotional weight of duties and expectations. Conflict arises when someone feels unsupported by others or burdened by roles they can't escape.

Contemplation prompts:

- Who or what was I carrying on my back?
- Did I feel alone in handling everything?

ARMS, HANDS & SHOULDERS

These areas are associated with action, connection, giving, and receiving. From a GNM perspective, upper limbs represent our ability to reach out, hold on, let go, protect, or interact with our environment — particularly with people and tasks that are close to us.

SHOULDERS

Biological conflict: Feeling burdened, overwhelmed, or blocked from taking action.

Explanation: The shoulders are our symbolic "load-bearers." Conflict arises when a person feels over-responsible, overloaded, or unable to act on something important — especially if they perceive their hands are "tied" or they are restricted by duty, guilt, or external pressures.

Contemplation prompts:

- What weight or responsibility was I carrying alone?
- Was I prevented from doing something I felt I had to do?

ARMS

Biological conflict: Inability to embrace, hold close, or push something/someone away.

Explanation: The arms reflect connection and interaction. Conflict may involve the forced separation from a loved one (wanting to hold them), or being stuck in a situation where you can't protect, push away, or reach for what you need.

Contemplation prompts:

- Who or what did I long to hold or protect?
- Was I trying to push someone away but couldn't?

ELBOWS

Biological conflict: Resistance or difficulty adapting to change.

Explanation: The elbows allow us to bend, reach, and adjust direction. Elbow issues often appear when we resist necessary change or flexibility — particularly in family, work, or identity roles.

Contemplation prompts:

- Was I struggling to adapt to a shift in my life or identity?
- Did I feel pressure to be flexible when I didn't want to?

FOREARMS

Biological conflict: Blocked action or inability to protect.

Explanation: The forearms help us act, push, or shield ourselves or others. Conflict can arise when we want to defend someone or take action but feel powerless or obstructed.

Contemplation prompts:

- Was I trying to act but felt prevented or powerless?
- Did I want to protect someone but couldn't?

HANDS

Biological conflict: Loss of control; can't hold on or grasp a situation.

Explanation: The hands are tools of interaction — they help us shape, build, fix, or release. Conflict may come from losing control over a task, role, relationship, or life situation. Symptoms in the hands often mirror identity crises or overwhelm related to responsibility.

Contemplation prompts:

- What was slipping through my fingers emotionally or practically?
- Was I grasping too tightly or unable to “let go”?

FINGERS

Biological conflict: Precision conflict, identity in fine control, or creative detail.

Explanation: Fingers relate to delicate tasks and identity expression — such as art, writing, caregiving, or craftsmanship. Symptoms here may signal conflict around being unable to perform a role or express your unique identity.

Contemplation prompts:

- Was I unable to complete something important to me?
- Did I lose access to something that made me feel skilled or creative?

ABDOMEN & DIGESTION

The digestive system is biologically designed to break down, absorb, and eliminate. From a GNM perspective, digestive symptoms reflect a person's difficulty “digesting” an emotional situation — something experienced as hard to accept, unjust, dirty, or threatening to survival or resources.

Each organ has its own specific biological conflict, often tied to territory, family dynamics, betrayal, fear of loss, or injustice.

STOMACH

Biological conflict: Indigestible anger or experience; can't process something emotionally.

Explanation: The stomach is the first site of emotional digestion. Conflict arises when a situation is too upsetting or unfair to "digest." This can include betrayal, confrontation, or a perceived injustice that felt "impossible to stomach."

Contemplation prompts:

- What situation felt shocking, upsetting, or unfair?
- What couldn't I "digest" about what happened?

LIVER

Biological conflict: Starvation or resource conflict — fear of not having enough.

Explanation: The liver is the body's storehouse and regulator of resources. Conflict may relate to a fear of not having enough food, money, time, or support. It often shows up in people who are caregivers or financial providers.

Contemplation prompts:

- Did I fear not being able to provide or survive?
- Was I anxious about running out of time, energy, or resources?

GALLBLADDER

Biological conflict: Bitterness or injustice — often involving powerlessness or control.

Explanation: The gallbladder stores and releases bile — symbolically representing "bitterness." When someone feels cornered, betrayed, or treated unfairly (especially in a situation they can't escape), gallbladder symptoms may arise.

Contemplation prompts:

- What situation left a bitter taste in my life?
- Where did I feel treated unfairly and unable to respond?

PANCREAS

Biological conflict: Family betrayal or “sweetness turned sour.”

Explanation: The pancreas supports the digestion of sweetness — symbolically tied to love, nurturing, and harmony. Conflict occurs when a family or close relationship turns hostile, bitter, or disappointing. Often found in children of divorce or adults navigating betrayal.

Contemplation prompts:

- What loving situation turned unexpectedly painful?
- Who let me down in a way I didn't expect?

SMALL INTESTINE

Biological conflict: Ongoing conflict related to processing, sorting, or resolving.

Explanation: The small intestine absorbs nutrients and separates what's useful. Conflict reflects indecision, confusion, or constant overthinking about a problem — often looping worry.

Contemplation prompts:

- What issue am I still trying to “figure out” or resolve?
- Am I caught in a loop of worry or over-analysis?

COLON / LARGE INTESTINE

Biological conflict: “Dirty” conflict — can't let go; resentment, disgust, or guilt.

Explanation: The colon is the final site of elimination. Emotional blocks here reflect a refusal or inability to release a situation — particularly one associated with shame, moral disgust, or boundary violations.

Contemplation prompts:

- What am I still holding onto that I know I need to release?
- Is there guilt, resentment, or disgust I've buried?

APPENDIX

Biological conflict: Digestive or territorial conflict with unresolved pressure or authority.

Explanation: The appendix is involved in immune function and territory marking. Conflict may involve frustration with family authority, an invasion of space, or feeling pressured to obey.

Contemplation prompts:

- Was I fighting for my space, independence, or identity?
- Did I feel coerced or invaded?

SPLEEN

Biological conflict: Bleeding or loss-of-power conflict — not regenerating fast enough.

Explanation: The spleen helps rebuild and filter the blood. Conflict reflects deep fatigue, depletion, or powerlessness — often after giving too much or losing something vital.

Contemplation prompts:

- Where did I feel like I was losing strength or vitality?
- Was there a part of me I gave away or lost?

KIDNEYS

Biological conflict: Abandonment, isolation, or water/fluid conflict.

Explanation: The kidneys are linked to survival and separation. Conflict arises when someone feels emotionally or physically abandoned, or fears dying alone. Also tied to literal or symbolic water-related threats (floods, drowning, dehydration).

Contemplation prompts:

- Did I feel completely alone or emotionally abandoned?
- Was there fear around survival, dryness, or loss?

BLADDER

Biological conflict: Territory marking or invasion; loss of privacy or control.

Explanation: The bladder helps us define and control personal space.

Conflict often involves someone “invading” your space, decisions, or routines. Frequent or urgent urination may reflect healing after such territory conflicts.

Contemplation prompts:

- Who or what intruded on my space or boundaries?
- Did I feel like I lost control over my environment?

ADRENAL GLANDS

Biological conflict: Feeling overpowered, helpless, or chronically threatened.

Explanation: The adrenal glands regulate the body's stress response. Conflict occurs when someone is in prolonged fear or pressure — often when facing situations they feel powerless to change or escape.

Contemplation prompts:

- Where did I feel overwhelmed, trapped, or chased?
- Did I believe I had to stay alert or “on guard” all the time?

PELVIC REGION & REPRODUCTIVE ORGANS

The pelvic and reproductive organs are deeply tied to themes of identity, creativity, sexuality, procreation, safety, and generational roles. In GNM, conflicts in this region often center around loss, shame, exposure, boundary violations, or disruptions to one's creative and reproductive life forces.

Conflicts may be highly personal and emotionally charged, often unconscious or intergenerational.

UTERUS (LINING — ENDOMETRIUM)

Biological conflict: Nesting conflict; sexual frustration; fear of reproduction or exposure.

Explanation: The lining of the uterus prepares for receiving and nourishing life. Conflict arises when there's a disruption in nesting (home, family, safety), rejection of pregnancy, or emotional shock around sexuality. For many, it involves shame, exposure, or “dirty” feelings related to sex, family, or their role as a woman.

Contemplation prompts:

- Did I feel unsafe, ashamed, or conflicted in my sexual or reproductive identity?
- Was I longing for a secure place — to feel at home, safe, or held?

UTERUS (MUSCLE — MYOMETRIUM)

Biological conflict: Miscarriage conflict — loss of child, pregnancy, or creative potential.

Explanation: The uterine muscle represents the power to carry, hold, and birth life. Conflict may involve the loss of a child (literal or symbolic), miscarriage, abortion, or inability to bring something precious into the world — including creative projects or life dreams.

Contemplation prompts:

- What did I lose that I was preparing to bring into the world?
- Did I feel I failed to protect or complete something sacred?

OVARIES / TESTICLES

Biological conflict: Profound loss — of a loved one, future vision, or generational role.

Explanation: These glands store and produce the potential for new life. Conflict centers around the loss of a child, partner, identity, or future role — often experienced as a deep existential grief. Inherited family traumas may also manifest here.

Contemplation prompts:

- Who or what did I lose that changed how I saw my future?
- Did I lose a relationship, dream, or role that once defined me?

PROSTATE

Biological conflict: Ugly conflict tied to sexuality or authority within one's lineage.

Explanation: The prostate is linked to male identity, reproduction, and generational power. Conflict often involves feelings of inadequacy, emasculation, aging, sexual shame, or dishonor — especially in relation to a father figure or patriarchal pressure.

Contemplation prompts:

- Was I made to feel less than or “not man enough”?
- Did I experience conflict about aging, sexuality, or family authority?

VAGINA (LINING)

Biological conflict: Sexual boundary violation or unwanted contact.

Explanation: The vaginal mucosa is highly sensitive to invasion. Conflict arises from unwanted sexual contact, coercion, or exposure — even if symbolic. It may also reflect internalized shame or fear related to sexuality, especially early in life.

Contemplation prompts:

- Was there a time I felt invaded, coerced, or emotionally unsafe in intimacy?
- Have I felt ashamed of my body or sexuality?

CERVIX

Biological conflict: Conflict about reproduction, shame, or fear of exposure.

Explanation: The cervix is the gateway between inner and outer life — literally and symbolically. Conflict here often involves shame about being seen, fear of judgment, or unresolved trauma related to sex, reproduction, or exposure.

Contemplation prompts:

- Did I feel exposed, judged, or ashamed in a reproductive or sexual context?
- Was I conflicted about allowing someone or something “in”?

PENIS (SKIN)

Biological conflict: Separation conflict — sexual rejection or intimacy rupture.

Explanation: The penile skin is tied to connection, touch, and intimacy. Conflict arises when a man feels sexually rejected, isolated, or cut off from intimacy — especially by someone they long to connect with. May also relate to identity confusion or shame.

Contemplation prompts:

- Did I experience a painful disconnection or rejection in intimacy?
- Was I afraid of being undesirable, “too much,” or not enough?

PELVIS (BONE/STRUCTURE)

Biological conflict: Core support and survival — identity tied to family, roots, or safety.

Explanation: The pelvis forms the base of the body and relates to grounding, identity, and ancestral stability. Conflict can arise from major threats to security, loss of belonging, or destabilization of one's role in the family or community.

Contemplation prompts:

- Where did I feel my foundation or sense of self was shaken?
- Did I lose a sense of family, tribe, or inner grounding?

HIPS, LEGS & FEET

This region of the body is associated with movement, direction, life path, grounding, and progress. From a GNM perspective, lower limb symptoms often reflect internal conflict about moving forward, changing direction, or maintaining stability in uncertain circumstances.

Many people experience symptoms here during major life transitions, deep insecurity, or feeling stuck between choices.

HIPS

Biological conflict: Blocked movement forward in life; insecurity in one's foundation.

Explanation: The hips support the torso and initiate forward movement. Conflict arises when a person feels stuck — unable to take a step forward due to fear, doubt, or destabilization. It may involve fears about relocation, relationship shifts, or life purpose.

Contemplation prompts:

- What change or decision did I feel unable to make?
- Was I afraid of the direction my life was taking?

THIGHS

Biological conflict: Power or strength to take big steps; fear of progress.

Explanation: The thighs represent momentum and strength in forward movement. Conflict can appear when someone doubts their ability to carry themselves through a challenge — often involving career, independence, or long-distance goals.

Contemplation prompts:

- Did I feel unsure of my strength to face something ahead?
- Was I afraid of taking a leap or committing to a path?

KNEES

Biological conflict: Inability to bend, pride vs. submission, or fear of change.

Explanation: The knees allow us to bend and humble ourselves. Symptoms may reflect inner resistance to surrender, adapt, or submit — often in a situation that challenges one's ego, identity, or power dynamic (e.g. authority, career, relationship).

Contemplation prompts:

- Where was I being asked to yield, but resisted?
- Did I feel I had to submit to something that hurt my pride?

SHINS / CALVES

Biological conflict: Support in walking forward; path-related internal conflict.

Explanation: These muscles sustain and propel us forward. Conflict here often reflects hesitation or self-doubt about the next step — as if part of you is ready to move and another part is afraid, unsure, or torn.

Contemplation prompts:

- Was I questioning whether to keep going or change direction?
- Did I feel unsupported in taking action?

ANKLES

Biological conflict: Balance and flexibility in life direction; fear of instability.

Explanation: Ankles keep us centered and mobile. Conflict arises when someone feels unsteady about life changes — especially decisions involving risk, location, or identity. Injuries or pain may reflect sudden destabilization.

Contemplation prompts:

- Did I lose my footing — emotionally, relationally, or professionally?
- Was I afraid of losing control if I chose a new direction?

FEET

Biological conflict: Fear of future; stuckness; inability to take the next step.

Explanation: The feet are our connection to the earth and direction forward. Conflict arises when someone feels stuck, trapped, or unable to move in the direction they desire — often accompanied by fear of the unknown.

Contemplation prompts:

- What step did I feel I couldn't take?
- Was I afraid of where the future might lead me?

TOES

Biological conflict: Identity in fine movement, balance, and action.

Explanation: Toes represent refined movement and direction. Conflict may involve hesitation in asserting one's identity in new territory — especially when small decisions feel significant. Also connected to fear of “misstepping.”

Contemplation prompts:

- Was I afraid of making the wrong small move?
- Was I feeling unsure in unfamiliar territory?

What Now?

So you've figured out which body part and emotional theme line up with your symptom — now what?

Take some time to sit with it. Think about what was happening around the time the symptom showed up. How were you feeling? What thoughts or old beliefs might have been quietly running in the background?

Use your workbook as a space to:

- Jot down what you're experiencing
- Look at what emotions might've been bubbling up when it all began
- Notice where you might need support, clarity, or just a little kindness

This isn't about pointing fingers or trying to "fix" anything. It's about getting curious — about tuning in to what your body's been trying to say all along. There's a deep kind of wisdom in it, if you're willing to listen.

And if you start to feel stuck, overwhelmed, or like you're going in circles — don't go it alone. Healing isn't a solo mission. There's nothing wrong with you. Really. There's just something asking to be seen, felt, and gently brought back into wholeness.

Additional Resources

To deepen your understanding of German New Medicine (GNM), visit:

- learninggnm.com
- The official educational site founded by Dr. Ryke Geerd Hamer and his colleagues.

It contains extensive original material, scientific case studies, and detailed explanations of the Five Biological Laws.

You may also explore these trusted learning spaces:

- The Look Within Method™ — lookwithinmethod.com
- Practical guidance and integration support through Heather Headley, RN, BSN.

The Daily Reset Group

- A community space for regulation, reflection, and real-life application of these principles.

Heather Headley on YouTube

- Educational videos explaining the biological, emotional, and spiritual layers of GNM.

Author's Note and Disclaimer

This guide was created through a combination of research, lived experience, and collaboration with AI-assisted tools to help organize and present information clearly. Every effort has been made to ensure accuracy and alignment with the principles of German New Medicine (GNM).

These materials are intended for education and self-awareness only. They are not a substitute for professional medical care, diagnosis, or treatment. Always consult an appropriate healthcare provider for medical evaluation when needed.

This work is shared as part of the Look Within Method™ to help you reconnect with your body's natural intelligence and support your own healing journey.

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Next: Continue your exploration with The Look Within Main Conflict Types in GNM to identify the biological conflict that corresponds with each body area and emotional theme.

Notes:
