



## **NOSE BLEED**

anonymous

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### **“It must have been a terrible shock for him...”**

Our 4-year-old son had often strong nose-bleeds, mostly during the night. Since no cause could be found, we blamed the dry air of central heating.

My husband, who had known about German New Medicine for a few years, said that it must be some kind of a “nose conflict” [A nose-conflict can be experienced literally or figuratively ; the nose-bleeds occur in the healing phase, typically during the Epileptoid Crisis]. We racked our brains what could possibly have set off this conflict

Suddenly, out of the blue, it occurred to me that it must have happened during a holiday in Italy!

Our son had always loved nuts. Even when he barely had any teeth he would suck and gum on them. On a day in October, when he was 15 months old, he had been chewing a small piece of walnut for some time when he stumbled over a box and started screaming out of all proportion to the event. It turned out that he had swallowed the walnut and couldn't seem to catch his breath after that.

My husband called the ambulance, and in the meantime we tried everything we could to get it out of his throat or wherever it was, as he was already beginning to turn blue. When the ambulance arrived, he was thankfully breathing better again but along with it had come a slight whistling sound that had not been there before. For that reason, the ER doctor insisted that we should let it be looked at in the hospital.

In retrospect, we consider that a big mistake, as the treatment we got there was terrible. It consisted of nothing but fear-mongering before our son had even been examined. We therefore decided to leave the hospital on our own cognizance, even though the strange whistling noise could still be heard. I soon began to think, however, that something must be stuck in his nose, since I could still hear this sound quite well, while nursing him.

Exactly 14 days later, on the same day of the week and almost to the minute of when he had swallowed the nut, I was changing my sons diaper when he suddenly started to gag and spat out a slightly enlarged, repulsive-looking piece of walnut. While I was lifting his little bum to put a diaper under him, the nut that had gotten stuck in his nose must have become loose and slipped back into his throat, which allowed him to spit it out. And, the whistling noise was gone with it! Soon afterwards, the irregular nosebleeds started again and continued for nearly 3 years.

Strangely, they seemed to be worse in the winter-months than during holidays. On one of these, we finally came to the realization that this was happening, because at home we were giving our son more of the walnuts he so loved, than in foreign places where they were not available; and, that it must have been a terrible shock for him at 15 months to suddenly have something get stuck in his nose for 14 days!

We sat him down right after getting home and told him the whole story of the walnut. He said right away that he was glad this couldn't happen to him anymore, because he now had enough teeth to chew the nuts thoroughly and also because his nose was now too big to get something stuck in it. We realized just how well he had understood, when he suddenly began to sneeze explosively.

For six weeks after that our son had no nosebleeds. Then he had one, and we went over the whole story all over again. After that, there had been none for the last 2 months. But, a few days ago, we were sitting in the kitchen before his bed-time, when he said that he would like to have a walnut. I gave it to him, and ten minutes later he began to bleed profusely from the nose again.

For us, that meant that we will have to take walnuts out of his daily diet for the foreseeable future\*\* which isn't really a problem, since he can eat all other nuts *without* getting any nose-bleeds!

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**\*\*Comment:** If the conflict cannot be completely resolved at the time, it is a good idea to avoid the track for the time being. When the boy is older, he will overcome this conflict naturally.

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Translated from the German original  
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