



ABOUT
LAWRENCE GOLD
 CERTIFIED HANNA
 SOMATIC EDUCATOR

Practicing since 1990. One of fewer than 100 certified practitioners, worldwide.

Two years (1997-1999) on-staff at the Wellness and Rehabilitation center of Watsonville Community Hospital. Author of numerous articles and five books. Trainer of practitioners. Creator of Somatics on the Web (somatics.com).

WORDS FROM EXPERIENCED CLIENTS

"My horrible sciatica and lower back pain was ruining my life. I hurt all the time. I tried chiropractic, massage, and pain killers. Nothing worked. Lawrence Gold got rid of my sciatica and chronic low back pain.

Samantha Swann., Warrenton, VA

*Lawrence, I've got to tell you that the exercises in the back book you sent me (**Free Yourself from Back Pain**, by Lawrence Gold) are absolutely working wonders. This is really something!*

Glen Baird

OTHER CONDITIONS

"I'm a total believer since it worked for me. A splitting headache caused by stress and pressure on the job disappeared after only minutes of treatment by Lawrence Gold."

S. Marmann,
 President, EDI Datasystems
 San Rafael, CA

"Oh, wow, my neck has so much more movement, now!"

Debora Lloyd, Santa Fe, NM

Physician's letter about Lawrence Gold and about Hanna Somatic Education

This is a letter to recommend Mr. Lawrence Gold in the highest regard. Lawrence is, by training, a massage therapist and a certified Hanna Somatic Educator. He has worked at the Wellness and Rehabilitation Center since my coming there in August, 1996. He has assisted us in treating a very diverse and multiple-injured patient population. The majority of the patients seen at the Wellness Center are those who have usually defied a diagnostic agreement amongst physicians.

His utilizing Hanna Somatic Re-education has allowed these patients to regain what the chronicity of their injuries has taken from them.

Lawrence's treatment techniques and keen eye in evaluation have been a key modality to restore balance to these altered systems. Lawrence's ability to diagnose, educate, and restore a better understanding with patients is his best attribute. He is well written, well-spoken, and is an asset to have as a key staff member in a multi-disciplinary approach to musculoskeletal injury and chronic pain.

In closing, I recommend Mr. Lawrence Gold with the highest regard and would be happy to speak to any of those reading this letter in person in more detail.

Sincerely yours,

Janine M. Talty, Doctor of Osteopathy,
 M.P.H., Biomechanics
 Watsonville Community Hospital, California, (831) 768-8095



Hanna Somatic Education®

Somatic Training

Somatic: pertaining to the body experienced and controlled from within

Lawrence Gold
 Certified Hanna Somatic Educator

505 699-8284
somatics.com/gold.htm

Complete relief in fewer than five sessions. A new approach puts you in control.

THREE MAJOR TYPES OF PAIN COME FROM BACK MUSCLE TENSION

Management of back pain remains one of the challenges of contemporary medicine, but has been essentially solved as a problem, through one approach: somatic training.

According to practitioners of somatic training, low back pain, degenerative disc disease (bulging discs), and sciatica stem from muscular tensions held in the muscles of the back. The different types of pain have different origins (muscle pain, joint pain, and nerve pain), but all types decrease or disappear as back muscle tension decreases. Somatic training produces immediate symptomatic relief and lasting relief from back pain in a few sessions.

SOMATIC TRAINING

Somatic training, a close relative of biofeedback training, brings rapid relief from back pain through muscle training. Somatic training, however, works much faster. Usually, five training sessions or fewer are sufficient for long-term relief.

Through movement-based muscle training, clients learn to relax the muscular tensions that cause back pain.

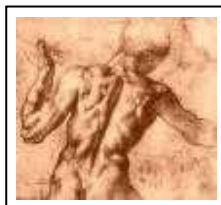
TRAINING vs. MANIPULATION

Because the brain is the master-control organ of the muscular system, approaches that deal with muscular tension, to be effective, require that the brain's conditioning be taken into account. Drugs, massage, stretching, traction and other manipulation-based approaches that do not change brain conditioning directly typically bring

rapid and temporary (if sometimes partial) relief of pain, but not lasting improvement in chronic back pain.

Somatic training is a brain-based (but not thinking or visualization-based) approach that uses patterned movements to retrain the brain-muscle connection. For that reason, lasting improvements typically come quickly and recurrence of the complaint is unlikely.

LOW BACK PAIN



While muscle relaxant drugs, exercises, heat, massage and electrical stimulation relieve back pain temporarily, somatic training brings stable improvement in a few sessions.

The role of muscular tension in low back pain is recognized, but often misunderstood as weakness of back muscles. It is far more common for muscles to be over-contracted,

fatigued and sore than it is for them to be too weak. Muscle spasms occur when muscles are chronically over-contracted.



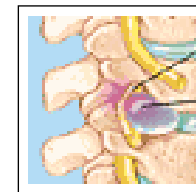
Over-contracted muscles restrict breathing, cause "grabbing" of muscles with movement, and produce immobilizing pain. Tight shoulders and headaches often accompany over-contracted back muscles.

As an approach that alleviates chronic muscular tension, somatic training has been found to be effective for ending chronic low back pain.

DEGENERATIVE DISC DISEASE

When back muscles over-contrast, they pull neighboring vertebrae (bones of the spine) together too hard and over-compress the discs that separate them. Over time, these mechanical pressures combined with movement lead to disc bulges and eventual breakdown. Nerve entrapment and pain may result.

Once back muscles relax, the pressure comes off the discs and they can heal. Although significant relief of symptoms may come immediately, complete relief may take some weeks after completion of a course of sessions. Specific self-training exercises are usually given to assure and speed complete recovery.



SCIATICA

Sciatica is a "pinched nerve" condition that causes pain down the back of the leg that may go into the foot. As back muscles relax, the pinch comes off the nerve roots where they exit the spine or pass through the buttock.

Somatic training has been found effective with most conditions of back pain, with the exception of disc rupture, which requires surgical intervention.

