



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

"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

"I had one [migraine] headache [after last week's session] that lasted half a day. Usually, it would have lasted three days. I'm so excited, I can't wait to see what happens next."

Gayle Bothan, Warrenton, VA
(no longer has headaches after four sessions)

OTHER CONDITIONS

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

Debora Lloyd, Santa Fe, NM

"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

Physician's letter

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



Relief from

Headaches

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

Somatic training dissolves the cause of headaches. Do the work, get control. Take back your life.

THREE MAJOR TYPES OF HEADACHES COME FROM NECK TENSION

Because of the drug-orientation of allopathic medicine, the most commonly known treatments for headaches involve drugs. However, it is acknowledged that "current treatment of headaches is suboptimal."¹

Another approach, yet to be tested in clinical trials, holds more promise: somatic training.

Migraine headaches, common tension headaches, and sinus headaches stem from muscular tensions held in the neck. The different types of headaches involve different muscle groups, but all types respond well to somatic training, which produces meaningful improvements in a comparatively brief period of time – generally a few weeks.

SOMATIC TRAINING

Somatic training, a close relative of biofeedback training, brings rapid reduction of chronic muscular tension by improving the body's self-regulation of muscular tension.

Somatic training usually brings improvement more rapidly than biofeedback training and requires no sophisticated instrumentation. The body's own self-sensing functions are enhanced directly through their connection with movement. Through movement training, clients learn to relax the involved areas, which stay at a generally more relaxed level.

TRAIN YOUR HEADACHES AWAY

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. Typical massage and other manipulative approaches fail to deal with brain conditioning directly, and so usually bring relatively slow, and often temporary, relief.

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.

MIGRAINE HEADACHE

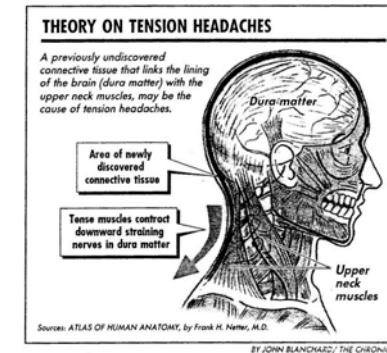
Current medical hypothesis holds that migraine headaches arise from vascular (circulatory) causes. Blood-pressure changes in the brain are said to cause such headaches.

While circulatory imbalances may indeed exist, and drug-based approaches have some success in regulating brain-circulation, an alternate explanation holds that pressure sensors in the blood vessels that pass through the neck monitor blood pressure; that muscles surrounding those blood vessels cause pressure changes in those blood vessels as they contract; and that chronic tension in those muscles causes a false reading of blood-pressure in the brain, leading to pressure changes and headaches.

Those same muscles also cause compression of the topmost neck vertebrae, adding to pain.

As an approach that alleviates chronic muscular tension, somatic training has consistently been found to be effective for reducing the intensity and frequency of migraine headaches – or ending them altogether.

TENSION HEADACHE



brain, leading to headache.

This view is consistent with that of somatic training.

To alleviate tension headaches, somatic training uses an approach similar to that for migraine headaches: relax chronic tension of the involved muscles.

Good results are generally obtained in a few visits.

SINUS HEADACHE

While sinus pressures account for sinus headaches, muscular tensions account for sinus pressures. Muscular tensions at the back of the throat pull upon the soft tissues that line the throat and sinus cavity and prevent proper drainage. When such tensions relax, sinus drainage has usually been found to commence immediately, followed by relief of symptoms.

Guarantee: results or fees returned.

¹ Harpole, MD, MPH; Linda H.; Samsa, Ph.D., Gregory P.; Jurgelski, MAT, Annette E.; Shipley, FNP, MSN, MEd, Janice L; Bernstein, MD, Allan; Matchar, MD, David B. "Headache Management Program Improves Outcome for Chronic Headache" *Headache* 43(7): 715-724, 2003