



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

#### 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, San Rafael, CA

"I was diagnosed with fibromyalgia  
several years ago with constant pain in my  
right shoulder. It was so severe I was  
unable to sleep more than 4 hours a night.  
After one session with Lawrence Gold using  
Somatics, my shoulder released! I am now  
pain-free and sleeping 7 hours a nite. To  
me, for one, it has been a miracle."

Beth H., 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 S., Warrenton, VA

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



# Meds for Pain



# A Mixed Blessing

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](http://somatics.com/gold.htm)

# Short-term use of pain medication is safe. Long-term use may lead to health consequences.

## PAIN IS A WARNING SIGNAL

You've no-doubt heard that before.

The question is, "What do you do about it?"

Practicality and expediency make pain medication useful. You've got to get going, again. Pain meds make that possible.

Understand, though, that whatever is causing the pain is continuing.

## WHAT IS PAIN TELLING YOU?

Perhaps 50 percent or more of chronic pain is caused by tight muscles.

Tight muscles get fatigued. Muscle fatigue causes pain. Joint over-compression causes pain. Nerve impingements (pinched nerves) cause pain. Tight muscles cause all three of these types of pain.

Muscle pain leads to inactivity, which often leads to weight gain, which leads to excessive load on your back and joints.

Tight muscles compress joints. Joint over-compression leads to inflammation and joint breakdown (cartilage loss, which can lead to joint-replacement surgery later in life).

Tight muscles trap nerves between muscles, between muscle and bone, or between back vertebrae. Nerve impingements lead to restricted activity, same as muscle pain.

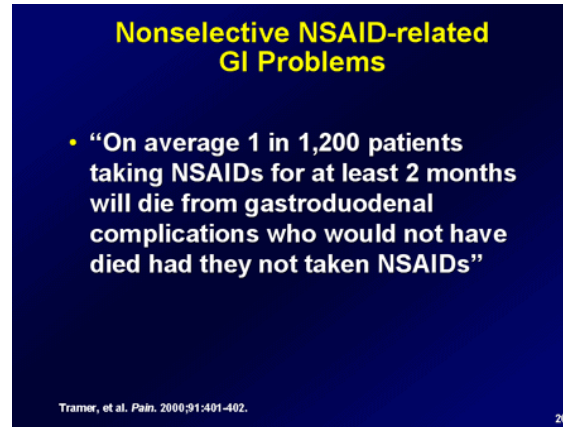
See where this is leading? What you don't know is going on can hurt you in the long term.

## ... DOWN THE PRIMROSE PATH

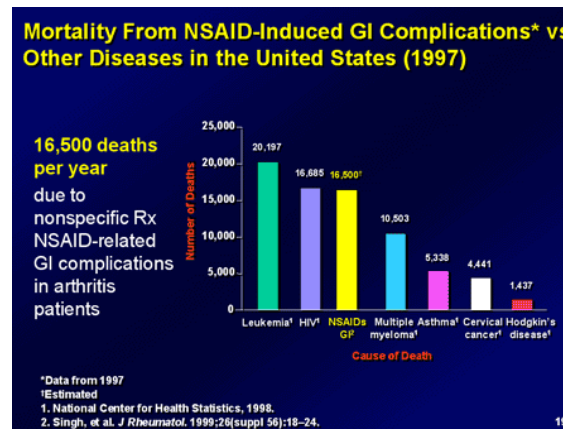
So, if you're consoled by advertising for pain medication or your doctor's prescription, think anew.

## NSAIDS

Non-Steroidal Anti-Inflammatory Drugs, while appropriate in some cases, have toxicity problems. That means they are harmful to the body. Here's some information from a report published on MedScape.com.



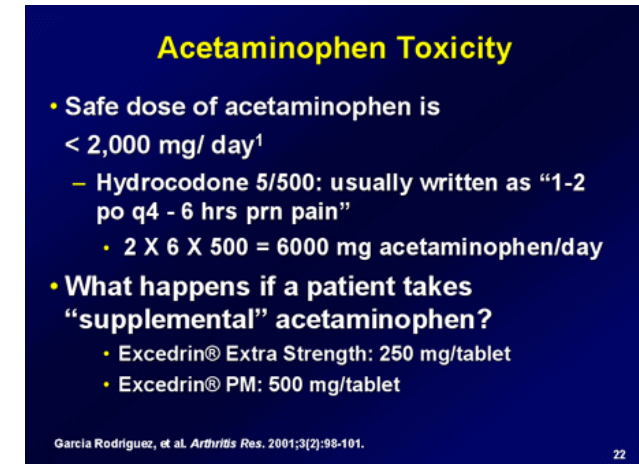
Now, to put that information into perspective. The yellow bar shows deaths per year from NSAIDs. (Deaths from HIV are to its left.)



So, while short-term use may be helpful, long-term use exacts a price. Now, let's look at a milder form of pain medication.

## ACETAMINOPHEN

Acetaminophen is found in over-the-counter drugs such as Excedrin.



As shown, the safe dose of acetaminophen is less than 2,000 mg/day. At 500 mg/dose (2 tablets of Excedrin Extra Strength), a person who takes Excedrin Extra Strength three times a day and Excedrin PM at night exceeds the safe dosage.

## PAIN MEDS ARE A SHORT-TERM SOLUTION

If you're taking pain meds for chronic pain - muscle pain, arthritis, headaches, back pain, or nerve impingement conditions such as sciatica or thoracic outlet syndrome (TOS) - understand that there are hidden costs involved.

Your safest long-term option is to clear up the problem underlying the pain.

For chronic, non-malignant pain from muscular causes, your least invasive and possibly most effective course of action is probably to relearn how to relax those muscles. Somatic training is one direct way to bring relief from the effects of involuntary muscular contractions. Inquire at the telephone number or web-address on the face of this brochure.