



Marilyn Park believes Dynamic Release therapy has reduced the severity of her migraine attacks. Donald MacLeod

Kaye Longmuir, in her early fifties, is an alternative therapist working in Glasgow

I'D BEEN suffering from chronic back pain for ten years. Over the years, I'd been to hospitals for physiotherapy and heat treatment. I have also had massage, which has helped to ease it a bit, but there was still a deep pain left that nobody had managed to reach before. Paulo can touch into that at quite a deep level

"I went to see Paulo in January for the first time. I noticed a difference after the first consultation. Over the years, I got into the habit of holding that pain. I wasn't conscious of it. Eventually, it becomes so ingrained it feels normal. The body-mind connection is very powerful

"Paulo draws my attention to the fact I'm holding tension in my back. I just thought my back's sore and tight, but I did not have an awareness I was holding it like that and I could let it go. Once he finds the root of the pain, he works very slowly, very patiently, very sensitively and teaches me how to let it go; to relax it. Then the pain goes and also the emotion, as there's an emotional holding as well. When

you release one, then you release the other.

"For me, that emotional holding came from well back into my childhood. It was my pattern of holding in and not expressing how I felt I wasn't even aware I was doing it. It meant having to release a lot of emotional things. Once you get used to holding your body tightly, it begins to feel natural. It was quite a deep sobbing that came up for me and that released a lot of tension.

"Working with Paulo, I've had flashbacks to the childhood memory where it started. I had never had that before; I wasn't even conscious of it

"Even though I've been working in massage for eight years, I was very surprised I was still holding so much in that wee space; that there was still so much trauma in there.

"When I started seeing Paulo, the muscle was bunched and now it's much softer and flatter."

Marilyn Park, 51, is an office manager from Cardonald.

I'D BEEN suffering from migraines for 25 years. I'd tried everything: creams, tablets, herbal remedies, Feverfew, aromatherapy, aloe vera, massage and even a magnetic thing round my

neck. I'd spent a fortune on it. You get to the stage when you think: Is the rest of my life going to be like this?

"I started seeing Paulo two years ago. Before that it was just straight home, take a migraine tablet and lie in a darkened room. Since I've been to him, I don't have to go home from work any more; I still get migraines but they've been less severe, and I only get one every two or three weeks. I used to get two or three a week

"It was his way of getting you to relax. Even now I remember to drop my shoulders when I feel myself getting tense. I can always hear his voice saying, 'Shoulders.' If you hunch your shoulders up, you're all tense and you're not getting the blood supply up to the head because the blood vessels narrow.

He also did massage. His technique was really good: my shoulders, my arms, my head and right down my arms to my fingers. I'd been for massages before, but never as intense as Paulo did. I thought he was excellent

"I'd really like to see Dynamic Release on the NHS. The only thing I can honestly say that helped was going to see Paulo. He takes a lot of time with you. He's not rushing you out the door to get the

next person in"

Orfeo Franceschi, 54, is a shop owner who lives in East Kilbride.

"I WAS badly injured in a hit-and-run car accident in October 1999. The doctor told me I had arthritis and I was told to take it easy. I had to stay off work for two months.

"I was really in a bad way. I had sore hands, sore arm, sore shoulder, sore hip, sore knees. I could barely walk and I couldn't lift a thing.

"I was prescribed anti-inflammatory and cortisone cream but I don't believe in tablets. I had a heart bypass eight years ago and got diabetes after the operation. I also have bad cholesterol, so I'm on enough medication as it is.

"A friend suggested I went to see Paulo. He said he didn't believe in arthritis and said he was going to cure me. He did massage and told me to drink lots of organic carrot juice and told me to get some herbal tablets. He also did acupuncture.

"It started getting better after a month or two but it took six or seven months to really get better. He's worked miracles. I still get the odd twinge, but nothing compared to the pain after the accident"