



Live Life in Balance

What is Zero Balancing (ZB) ?

Developed by Fritz Frederick Smith, MD in the early 1970s, Zero Balancing is a powerful body-mind therapy that uses skilled touch to address the relationships between energy and structures within the body. Following a protocol that typically lasts 30 – 45 minutes, the practitioner utilizes finger pressure and gentle traction on the bones and joints to create fulcrums, or points of balance, around which the body can relax and reorganize.

Who should seek ZB?

People of all ages can benefit from Zero Balancing. ZB can help amplify feelings of wellness in healthy people – and can help those with health challenges and stress to feel better. ZB has been shown to help calm the nervous system, improve sleep and breathing, improve joint mobility, and reduce fatigue. Zero Balancing supports the body's natural healing processes. ZB complements medical therapy.

What are the benefits of ZB?

- **Increases feelings of health and well-being**
- **Releases stress and improves the flow of energy in our bodies**
- **Reduces pain and discomfort**
- **Enhances stability, balance and freedom**
- **Amplifies the sense of connection, peace and happiness**
- **Releases mental, emotional and physical tension**
- **Supports us through transitions and transformations**
- **Improves quality of life and increases capacity for enjoyment**

Who offers ZB?

Practitioners may be found in private practice, health and wellness centers, hospitals and spas.

- Massage Therapists
- Physical Therapists
- Occupational Therapists
- Chiropractors
- Acupuncturists
- Medical Doctors
- Osteopaths
- Physicians
- Athletic Trainers
- Nurses/Nurse Practitioners
- Psychiatrists
- Psychotherapists
- Other licensed bodyworkers

What happens in a ZB session

A ZB session begins with a discussion of your current state of health and goals for your ZB treatment. Goals may range from reducing tension or discomfort in a particular area to improving energy level to helping with sleep issues or stress relief. You will lie on your back, fully clothed, on the massage table. Your practitioner will assess your body for tension held in the bones and joints. They will place gentle finger pressure or traction into areas around the spine, ribs, hips, feet and neck, allowing it to deeply relax and release held tension in these areas.

A typical session lasts from 30 to 45 minutes. After your session, the practitioner will give you a few moments to rest, after which he or she will ask you to walk to integrate the work and to give you an opportunity to notice any shifts that might have taken place during the session. Often ZB takes you into a deep state that is similar to meditation, so it's helpful to walk to transition you back into the rest of your day.

Read the latest ZB research and peer-reviewed articles in
The Journal of Transformative Touch



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