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BEYOND — RELIEF —

OSTEO BALANCING AND APPLIED FUNCTIONAL MEDICINE

Holistic Wellness Clinic



“Healing the World, One Body at a Time”



How did Zero Balancing originate?

Dr Fritz Smith, a doctor, osteopath, and acupuncturist, developed the principles of ZB in 1973 to combine his diverse training in body structure and energy work. The name "Zero Balancing" was coined by a client who, at the end of a session, said: "I feel balanced to zero." Zero stands for "original" or "neutral." Fritz Smith describes his experiences with Western and Eastern therapy models in his book "Inner Bridges." He taught ZB to therapists and teachers internationally.

What happens during a Zero Balancing session?

To ensure the session is optimally tailored, a ZB session begins with a brief conversation to clarify the client's personal situation. The Zero Balancing work is performed on the clothed body of clients lying on their back and lasts around 30 minutes. ZB induces a deep state of relaxation, and clients feel refreshed, rested, and centred afterwards. Initially, four sessions are recommended, after which the practitioner and client can agree on further sessions and intervals. Many people treat themselves to regular ZB sessions, while others find Zero Balancing helpful when they need to perform at their best or during transitional phases in their lives.



A holistic gentle profound whole body, mind and spirit treatment harmonising the energy and structure of the body working hands on through the bones. On a physical level it improves bodily functioning systems by relieving pain, aiding movement and dissolving tension, organ and digestion etc. On another level ZB can help people realise their full potential, process changes or dissolve traumas.

Zero Balancing works through conscious touch with the energy of the bones and with expanded levels of awareness. It brings about a calming and centring of the mind, leading to a sense of well-being, and reduction of stress.

A session can feel like...

- *a massage with your clothes on
- *acupuncture without needles
- *osteopathy without manipulation
- *a meditation session in one

How does Zero Balancing work?

Stress reduction: ZB clears and balances energy fields in the body. When a person's energy field is clear, harmful forces such as trauma or stress can flow through without causing damage. A person can be under pressure without being stressed. Many illnesses arise from stress.

Promoting well-being: ZB helps prevent illness and promotes the experience of feeling well. It helps people who want to improve their performance, such as dancers, athletes, etc. If you feel good, ZB can help you feel even better!

Pain relief: Pain can arise when the energy flow in the body is blocked or weakened, as a result of illness or accident, but also due to mental or emotional stress. By stimulating energy flow, ZB helps reduce pain, improve posture, and increase mobility.

Integration of body and mind: There are times when you feel uncomfortable in your body—after jet lag, after illness or accident, when you distrust your body, or when you identify more with your mind and neglect your body. ZB helps integrate body and mind and fosters a sense of connection with yourself and others.

Personal growth: ZB facilitates the release of old patterns, emotional and mental reactions that are no longer appropriate. Clear energy fields help you cope better with changes on all levels. In situations such as moving house, changing jobs, divorce, or bereavement, ZB helps you reconnect with your inner self.

Healing touch: ZB works with a non-invasive, conscious touch that is nurturing and healing. This can be a profound experience for people whose response to touch has been distorted by illness, trauma, or abuse.