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Zero balancing is a type of manual therapy devised by Frederick "Fritz" Smith in the 1970s. Smith proposed that a kind of energy field within the human body could be affected by bodily manipulations, so bringing health benefits. The practice teaches that currents of energy are stored within the

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human skeleton, and that these affect both physical and mental wellbeing. Zero balancing is pseudoscientific and its practice has been characterized as quackery.

Zero balancing - Wikipedia

Zero Balancing (ZB) is powerful touch therapy for body and mind. Deeply

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relaxing and energizing, ZB touches your core, at the level of bone, to promote wellness and balance. Join us for our next First Sunday Virtual ZB on November 1st!

ZBHA - Zero Balancing

The Zero Balancing Touch Foundation ("ZBTF") is dedicated to promoting the

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therapeutic use of skilled touch as a means of improving a person's health and vitality. The ZBTF strives to educate health-care professionals and the general public about the benefits of touch in bodywork therapies, including an innovative, non-diagnostic body-mind system of touch called Zero Balancing ("ZB").

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Zero Balancing, an emerging form of alternative healing, claims to do all of the above, by releasing energy trapped in the bones to ease chronic physical and emotional pain.

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