



## INTERFACE

August 2016



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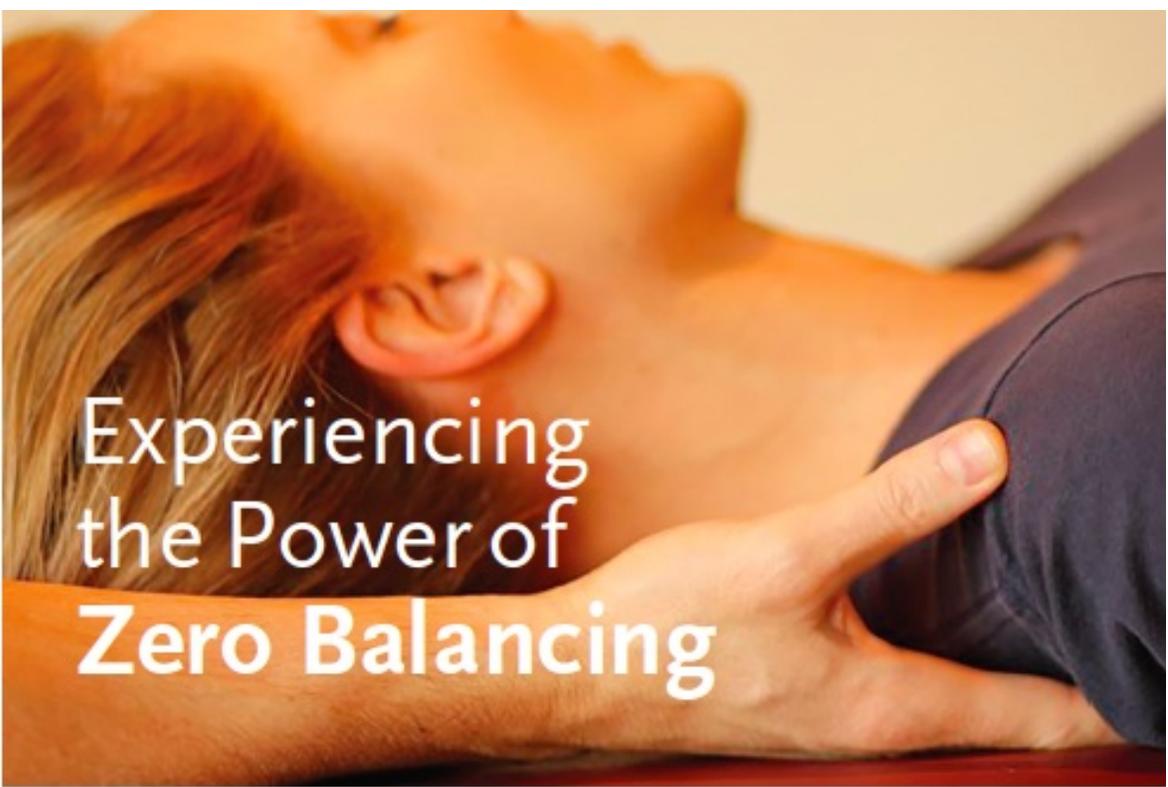


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**Coming Soon: ZB Case Studies Book**

Expected availability September 2016

Experiencing the Power of Zero Balancing Case Studies of Journeys to Health and Wholeness



# Experiencing the Power of Zero Balancing

Case Studies of Journeys to Health and Wholeness



Collected and edited by Veronica Quarry, MS, MSPT  
and Amanda King, MA, LMT

Upledger  
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Zero Balancing  


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## ***Experiencing the Power of Zero Balancing: Case Studies of Journeys to Health and Wholeness***

A compilation of 25 Zero Balancing (ZB) case studies by certified practitioners of the modality, this new book is a must-read for all interested in this extraordinary therapy. Intended for healthcare professionals, as well as clients and others interested in this work,

these case stories provide true testament to the potential of ZB.

Zero Balancing uses skilled touch to balance the relationship between energy and structures of the body. A gentle manual therapy, it focuses primarily on key joints of the skeleton that conduct and balance forces of gravity, posture and movements. Zero Balancing feels great and helps to release restrictions in movement and improve overall well-being, vitality and alignment by clearing blocks in the body's energy flow.

Collected and edited by Veronica Quarry, MS, MSPT and Amanda King, MA, LMT.

**Pre-Order directly from IAHE:**

**ITEM CODE: EPZB \* \$16.95**

(Quantity discounts available)

[Buy Now](#)

This book will also be offered in the online ZBHA store when available.

**Here is an excerpt:**

### **Zero Balancing with Asperger Syndrome/Autism Spectrum**

#### **BACKGROUND**

Sonia is a 24-year-old diagnosed with Sensory Processing Disorder, Autism and Asperger Syndrome. She lives with her parents and attends college part-time. She must maintain a minimum of twelve credits in order to keep her scholarships, which is a constant struggle for her. She is taking a ballet class for credit to help relieve the academic load, provide exercise and foster body awareness, even though she struggles with balance and coordination. Sonia suffers from chronic migraines, which have been getting progressively worse despite seeing various specialists. She is overweight, depressed and overwhelmed with basic daily living skills. She also has poor social skills, difficulty concentrating, poor sleep habits and emotional outbursts.

#### **ZERO BALANCING**

Sonia's goal for her first few Zero Balancing sessions was to decrease the intensity and frequency of her migraines. Each time, I used the Core ZB protocol, noticing areas of dense energy and tension in her pelvic region, feet, shoulders and neck. Sonia held her body in a rigid, guarded posture throughout the first few sessions. When I picked up her feet for the initial Half Moon Vector (HMV), she locked her hips and knees and resisted movement. I remained grounded to hold a clear strong field until I felt changes in her held tension for each fulcrum (gentle finger pressure held for a few seconds to create a balance point around which the body can reorient). By the end of each session she

was relaxed and allowed the fulcrums without tensing up.

As her migraines diminished, Sonia added additional goals for the sessions, including improved balance in ballet class and better concentration in her other classes. I added fulcrums to the jaw area to release tension from clenched teeth, rib fulcrums to address the shallow breathing, neck fulcrums to increase neck motion and skull fulcrums to help with whole brain learning, right/left integration and concentration. I also added additional foot fulcrums to improve her grounding and balance for ballet and shoulder girdle fulcrums to improve her coordination and ability to function in the world.

After the first several sessions, Sonia noticed the following improvements: decreased frequency and intensity of her migraines, improved spatial awareness during jumps in ballet, improved concentration for studies and the ability to relax more quickly. Sonia's mother reported amazing improvement in Sonia's grades from C's to A's in all her classes. I noticed improved, less guarded posture, a greater ease of movement, an increased lung capacity, a quicker relaxation response, improved social interactions, direct eye contact, and parasympathetic nervous system responses (working signs) during sessions.

From a conventional medicine perspective, Sonia has a complex history and a myriad of problems, which interfere with her ability to function on a daily basis. Through ZB, we are beginning to see a cocoon splitting open and a butterfly slowly starting to emerge. Sonia's response suggests that ZB gives new possibilities for people living on the autism spectrum.

Practitioner: Deanna Waggy, OTR, CZB

Modalities: Occupational Therapy and Zero Balancing

ZB experiences: Studying ZB since 2011, certified in 2011, ZB mentor

Location: South Bend, IN

## **The Art of ZB at Mayacamas Ranch**

***Submitted by Robert May ND, CZB, Seattle, WA***



Jim McCormick, Fritz Smith & Michael Oruch at Mayacamas Ranch with attendees from the 1st Annual Art of Zero Balancing Retreat conducted August 2016.

Attending the 'Art of Zero Balancing' residential program from August 1<sup>st</sup> - 7<sup>th</sup>, was the closest I've come to summer camp in many years. Hosted at the Mayacamas Ranch, just west of Calistoga, CA, the week was both a great 'get away' and a great 'get into'. The incredible trio of Fritz Smith, Jim McCormick and Michael Oruch were our hosts, teachers and guides into an exploration of a wide variety of Zero Balancing topics and touch.

Our learning community was made up of 32 of us, from all around the country, including 4 from New Zealand - and it was a great group! This was an advanced class and so everyone had already completed ZB core programs and that came through in the questions, the comments and the touch when we shared sessions and practiced new fulcrums and techniques.

Our topics ranged from deepening ZB fundamentals and principles to a focus on what facilitates the magic in a ZB session, as well as several new fulcrums. A couple of highlights included an exercise where we all gave a 5-minute ZB and experienced how deep one can go in such a short time. There was a session where each person selected a fulcrum to receive from one of the teachers that would support our 'growing edge'. As is so common at ZB programs, opportunities for personal growth went hand in hand with personalized instruction to improve technique and expand our fulcrum repertoire.

Set in the rolling hills of wine country, Mayacamas Ranch has both a sense of seclusion and a view to distances that inspire vision and contemplation. At night the stars seemed to be everywhere, with the Milky Way prominent and the Persied meteors adding streaking highlights. Mornings were cool and damp with fog over the hills, but by late morning the sun would come through and the afternoons were hot and dry. Since we were just north of Napa Valley, it is clearly an environment that is great for grapes - and it seemed to support a comfortable and creative fermentation of ZB as well! The Mayacamas menu was simple, healthy and delicious and there was a lot of time to reconnect with old friends and get to know new.

For myself, the week felt like retreat and advance. I feel like my touch and my ability to listen with my hands have deepened and I look forward to taking this into sessions with clients. I'm very grateful for the opportunity to study - and hang out - with Fritz, Jim, Michael and everyone. The week was a valuable and potent fulcrum for life and ZB practice. I highly recommend the Art of ZB at Mayacamas and look forward to attending again.

### **NEW - Search by Dates to Find a Zero Balancing Class**

With the implementation of a recent update to the Zero Balancing Website we are now providing a search by Date Range capability for upcoming Zero Balancing courses. This is in addition to the existing search by Course Title/Faculty Member/State capabilities.

Visit the [Find a Course](#) page and find a class that best works with your schedule. More classes are being listed regularly as our Faculty plan their schedules for the coming year.

### **Congratulations Certified Zero Balancers!**



Please join us in extending congratulations to the following practitioner for recently completing their certification in Zero Balancing:

Meg Hamlet (Bainbridge Isand, WA)

Jann Draper Elliott (Bethel. CT)

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Office Hours: M, T 9AM - 5PM  
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