

## INTERFACE

### February 2020

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**17th ZBHA Annual Community Benefit**  
*Transformation Through Enhanced Touch*  
**May 1 – 3, 2020**

Remember to mark your calendar to attend the 2020 ZBHA Annual Community Benefit! Our 17th Benefit will be held at the Claggett Center near Frederick, Maryland from Friday May 1st through Sunday May 3rd.

The theme of this year's benefit is "***Transformation Through Enhanced Touch.***"

Here's a glimpse at the workshops being held this year to pique your interest in



attending. Come join us!

**Quality Touch Feedback: Meeting At Our Growing Edges**

**The Power of Gentle – An Exploration of ZB and the Nervous System  
with Ida Smith**

**Energized Interface – Be a Long Lever Full of Qi  
with Lisa Berger**

**Expanding the Other End of the Fulcrum  
with Bob Brown**

**Nestling and Noticing  
with Katie Chase and Tom Gentile**

**Registration details will be coming soon!**

**2020 ZBHA Abundance Raffle  
February 17 – April 2, 2020**



February is considered "The month of LOVE" and you can show your love for the Zero Balancing Health Association by taking a chance on winning a wonderful gift of learning. All proceeds go to support the operations of the ZBHA.

The 2020 ZBHA Abundance Raffle will be held starting **February 17, 2020** with the drawing held on Thursday, **April 2nd**.

Check the ZBHA website under the *News and Events* section starting February 17th to purchase tickets for some fabulous prizes including:

**Tuition for ZB by the Sea  
(Mexico, January, 2021)**

**Tuition for the 17th Annual Community Benefit  
( Maryland, May 1-3, 2020)**

**Tuition for the Art of ZB  
( California, August 4-8, 2020)**

**This Massage Changed My Life**

*as seen in Women's World Magazine*

*by Julie Revelant*

# "This 'massage' changed my life!"

After years of trying different medications to fight debilitating pain, fatigue and brain fog, Dianna Schillinger learned about a unique therapy that healed her symptoms and gave her a whole new lease on life!

Dianna Schillinger sat in the emergency room, fighting back tears. For weeks, the Nellysford, Virginia, 44-year-old had been suffering with severe joint pain and fatigue. Now, after a barrage of tests, she finally had a diagnosis. "You have fibromyalgia," the ER doctor told her. Dianna was shocked and frightened. She didn't know a lot about fibromyalgia, but she knew that it was a chronic condition that affects how the brain processes pain. *How am I going to live like this? she agonized.*

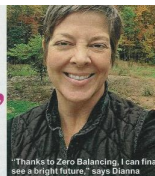
"There are medications that can help relieve the symptoms," said the doctor, trying to reassure her. And over the next few years, Dianna tried several different drugs, but none helped. She continued to battle flu-like symptoms, joint pain in her knees and legs, sensitive skin, depression and fatigue. The "fibro fog" also made her forgetful, and she found it difficult to find the right words and keep up a conversation. In time, Dianna had to give up her job as a regional sales manager, which required her to travel a lot, and take an at-home position.

Eventually, she went to part-time work. *This isn't the life I want,* Dianna thought, sadly. But having exhausted all the options conventional medicine had to offer, she didn't see any hope for her future.

**ZB is profoundly effective at releasing tension**  
—Gail Dubinsky, M.D.

**A surprising relief**  
Then one afternoon, Dianna met a woman at the local community center who was trained in Zero Balancing (ZB), a body-mind technique that uses touch to restore balance and alignment in the body, encourage relaxation and heal emotional distress. "I think it could really help you," she told Dianna.

Dianna was skeptical, but she knew she had few options left and decided it was worth a try. At the start of her first session, the practitioner looked at Dianna's posture and asked what she was dealing with that day, both physically and mentally, since any emotional issues can also manifest in the body. She then had Dianna set an intention for the session—for example, to let go of any pain she was feeling in her body or spirit and to feel at peace with herself and her life. Then, while fully clothed, Dianna lay down on a table and, using gentle touch, the



"Thanks to Zero Balancing, I can finally see a bright future," says Dianna

practitioner worked her way up Dianna's body from her feet to her head.

The practitioner increased the pressure depending on where she felt tension so she could unblock these areas and allow fresh energy to flow into Dianna's joints. The treatment lasted about a half hour; afterward, Dianna noticed her pain had lessened and she felt extremely relaxed.

Hopeful, Dianna began going for treatments every two weeks, and each time, she felt less pain and inflammation and had more mobility. Even more amazing, within just a few months, she was able to stop all her medications with her doctor's support. She also noticed her depression and anxiety had improved dramatically; she was more optimistic and her energy soared.

Today, Dianna, 51, keeps her fibromyalgia symptoms at bay by going for treatments once a month (the cost is \$60 an hour, and you can find a local practitioner on ZenBalancing.com). "I wouldn't be where I am today without Zero Balancing," says Dianna, who's now started her own pest-control business. "I have my life back, and I can finally see a bright future!"  
—Julie Revere



### Unique therapy zaps stress, insomnia & more!

Emerging science shows Zero Balancing (ZB) therapy triggers the autonomic nervous system (which controls body functions like heart rate, digestion and breathing) to create a sense of relaxation and interconnectedness, says Gail Dubinsky, M.D., a certified ZB practitioner and orthopedic physician. How it works: Gentle fingertip pressure is applied to the spine, hip joints and neck, focusing on areas

where the therapist feels the most tension. "It works especially well on stubborn, chronic conditions, says Dr. Dubinsky, including relief of pain, stress, poor sleep, head aches and digestive issues.

Share your own inspiring story with us, and we'll pay you \$250 if we publish it! Read or heard a story you think belongs in Women's World? Email it to: If you're the first to share, and we'll pay you \$250! Email the story with your name and phone number to: WWFeatures@WomenWorldMag.com, Or mail to: Scope, Women's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

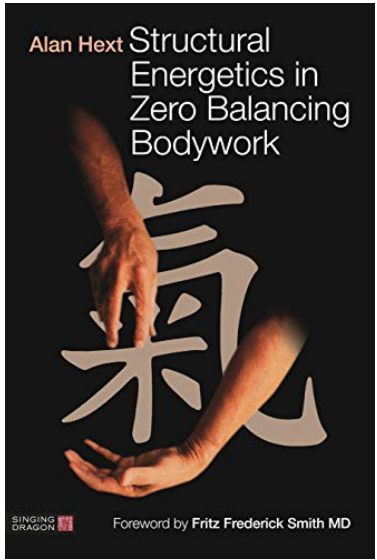
## After years of trying different medications to fight debilitating pain, fatigue and brain fog, Dianna Schillinger learned about a unique therapy (ZB) that healed her symptoms and gave her a whole new lease on life!

*Click on the article to the left to read Dianna's full story!*

# NEW BOOK!

## Structural Energetics in ZB Bodywork

by Alan Hext



How do you write a book putting touch into words? Given limited numbers of graphics and photos, which visuals should I select to accompany the writing?

I had a fruitful dialogue with the commissioning editor who helped me frame what I wanted to cover. I had no wish to duplicate what was in already published ZB books. However I knew I wanted to attract people to experience ZB and study it whilst also contribute to the explorations and discussions of fellow Zero Balancers.

To give readers of this newsletter an idea of content, here are some selected chapter headings:- The Opening Half Moon Vector; Zero Balancing the Pelvic and Shoulder Girdles; Our Key Centres of Gravity; Qi Energy as the Breath of Life; Understanding Energy through the Five Elements; Zero Balancing touches the Body-Mind; Zero Balancing as a Bodywork Meditation; and Zero Balancing – Building Bridges.

Fritz's first book Inner Bridges reflected an underlying theme of early ZB of drawing upon knowledge from Western science and Eastern wisdom. Zero Balancing provides a bridge of embodied comprehension which spans both contributions to the understanding and practice of health care.

The cover of my book uses a photo of Fritz's hands demonstrating a fulcrum intertwining the Chinese character for Qi energy. Our body's anatomical structure has been well defined. However what we mean by energy is less understood. One theme of the book is to clarify what is meant by energy, drawing upon the insights and body-mind knowledge of classical Chinese culture.

Reflecting on over 40 years in practice and 30 years of teaching ZB, I am both humbled and grateful that I have been blessed by studying with remarkable teachers who have inspired a wealth of insight. This book honors their legacy and draws upon what I have learned from putting into practice the gifts I have received.

Copies are available through Amazon at the link [here](#).

## Oakworks ZB Tables

Two custom tables, made especially for ZBers, are now available through Oakworks. Both tables offer durability, narrow width, adjustable height and lighter weight. Toughflex Fabric and Firm Response foam are added features for ease of working during Zero Balancing sessions. Tables can be purchased in royal blue or black and accessories are also available.



### Custom ZB Portable Manipulation Table

**Aluminum frame; Toughflex fabric (royal blue or black) & Firm Response Foam  
27" wide and 25lbs. Price: \$593**

### Custom ZB Aurora Model Table

**Wood frame; Toughflex fabric (royal blue or black) & Firm Response Foam  
24" wide and 23lbs. Price \$490**

***Certified Zero Balancers and Certification Candidates receive a 10% discount on purchases. Call the ZBHA office @ 410-381-3956 to order or***

***For additional details, click here to go to the ZBHA store.***

## We Love Staying In Touch!

Have you moved or changed your email? If so, remember to let us know! We want to stay in touch with you. You can email changes to us at [zbha@zerobalancing.com](mailto:zbha@zerobalancing.com) or you can go to the ZBHA website and complete the form by clicking on "contact" below.



## Newly Certified Zero Balancers

**CONGRATULATIONS!**



*Dawn Cooper, Manakin Sabot, VA*

*Kim McGonigle, Orange Park, FL*

*Ducy Samos, Warwick, RI*

*Shannon Walker, Benson, AZ*

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We   
Our Community

