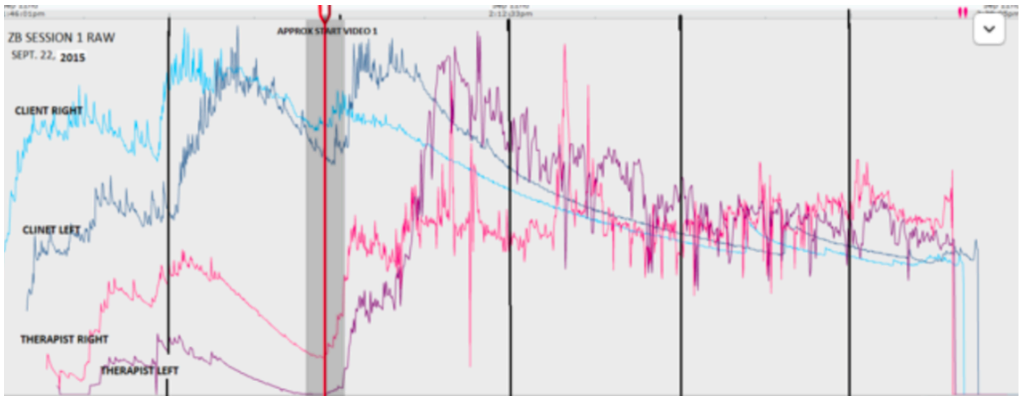
ITS OFFICIAL: ZERO BALANCING IS VERY GOOD FOR YOU!

Updated results from the ZBTF Research Partnership has ZB Touch taking its rightful place alongside mainstream modalities such as Mindfulness and Massage as a highly effective means for reducing stress, anxiety and tension. The statistics stack up as follows:

The simple average for measured stress reduction during a 30 minute Zero Balancing session was 61% versus a simple average of 12% for clients during their equivalent rest periods.

These findings were evidenced by objective physiological measures, such as heart rate, electro dermal skin responses and temperature, by our independent researchers based at the Neuro Synchrony Institute in Austin, Texas. The results were plotted on graphs, as below, where you can see how a client settles into an equilibrium within themselves as the session unfolds.



Pre/Post questionnaire results showed that after every ZB session participants rated themselves more positively. The greatest positive differences were seen in a reduction of perceived tension and anxiety, and an overall feeling of being more relaxed.

These Zero Balancing study results show how ZB Touch facilitates the release of 61% of deeply held stress in a person. And, as part of a stress management programme, receiving a regular Zero Balancing session can support positive changes to lifestyle and wellbeing by alleviating many of the negative health consequences of stress, such as anxiety and depression.

Early results for brain activity during two trial Zero Balancing sessions suggest ZB Touch might also facilitate a deep change in brain patterns more widely associated with the benefits of meditation. We are very excited to explore this potential further in the next round of research objectives we are currently developing.

If you feel inspired to support the ZBTF Research Partnership then please make a donation at www.zbtouch.org/fundraising where you can also sign up for regular ZBTF newsletters. Please note all donations are tax deductable in the US as we are a 501(c)3 organisation.

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