

Is There Life In The Bones? - A Biography of Dr Fritz Smith and Zero Balancing

by David Lauterstein CERT ZB LMT

The first biography in twenty-five years of one of the greatest innovators in mind body medicine and therapy has just been published by the Upledger Institute - *Life in the Bones: A Biography of Dr. Fritz Smith and Zero Balancing*. Dr Fritz Smith Osteopath MD Acupuncturist author and teacher is the originator of the fascinating hands-on therapy, Zero Balancing.

Dr Frederick "Fritz" Smith's influences began with his father, Dr Ernest Smith, who founded in the 1920s the first four-year chiropractic college in the US. Fritz Smith acquired his Doctor of Osteopathy in 1955 and MD in 1962. He was trained in Rolfing by its originator, Ida Rolf, in the early days of the Esalen Institute in California. He acquired his Master in Acupuncture in Five-Element acupuncture studying over a seven-year period with JR Worsley in the UK Dr Smith also began, in the 1970s, extensive explorations of mindfulness therapies, meditation, and philosophy. Eventually he came to see that the deepest layers of tension as well as the most direct route to optimized health arise from the deepest structures and energy in the body, namely the bones, the joints connecting them, and their associated soft tissues.

This fascinating biography follows the life of Dr Smith through travels, studies and teaching in the U.S., Mexico, India, the U.K., Switzerland, the Sahara, China, Japan, and Peru. *Life in the Bones* is adventuresome in its scope, not only covering this life but also in explaining the ideas and practices underlying Zero Balancing, called "the most revolutionary development in bodywork today" by the *Massage Therapy Journal*.

Years ago, Aldous Huxley spoke about the critical need for study of the *non-verbal humanities*. As a culture we need to develop not only technological and scientific advances. We need to come up with answers for how to proceed as a society through innovative thinking, emotional clarity, compassion, and with effective strategies for individual and collective health. *Life in the Bones: A Biography of Dr. Fritz Smith and Zero Balancing* provides us with a great story, deep insights, and essential information to help us fulfill this greatest need of all.

An understanding of the unique attributes of both Fritz Smith, and the evolution of Zero Balancing, emerge illuminatingly from the multiple short segments of David Lauterstein's sensitively crafted, part-biography, part assemblage of diverse historically-relevant mini-chapters. A thought-provoking read.

Leon Chaitow ND DO