



## **What Is Access Bars®? Research & Other Information**

**The Access Bars®** is a set of 32 points on the head which, when lightly touched, stimulate positive change in the brain and defragment the electro-magnetic components of stress, thought and emotions. This gentle, non-invasive technique works on releasing both physical and mental blocks stored in the body and helps facilitate greater ease in all different areas of life. A session of Access Bars® can help with the following:

- Greater mental clarity
- Motivation
- Significant increase in joy and happiness
- Deeper relaxation
- Insomnia
- Anxiety and depression
- Health and weight management
- Stress and overwhelm
- Migraines
- Panic attacks
- OCD

### ***NEW SCIENTIFIC RESEARCH***

Scientific research by Dr. Terrie Hope PhD, DNM, CFMW published in the Journal of Energy Psychology: Theory, Research, and Treatment in November 2017 has revealed the results of one 90 minute Access Bars® session indicated a significant decrease in the severity of depression and anxiety.

From the results of four scientifically valid standardized questionnaires and through measuring brainwave patterns using brain mapping, (QEEG), Dr. Hope discovered in her study that Access Bars® reduced the severity of anxiety symptoms by 84.7% (average). Participants had a reduction in the severity of depression symptoms by 82.7% (average).

The results of brainwave measurements before and after Access Bars® showed an increase in brain coherence in all participants, indicating a change toward a normal state after the session. Brain wave coherence is associated with communication between brain regions and researchers have found that optimal brain coherence is correlated with many things such as intelligence, learning ability, alertness, reaction time and creativity.

The significant decreases in severity shown in this research suggest that Access Bars® may be effective as a treatment for anxiety and depression. Dr. Hope is planning on more extensive research in the near future.

For more information on this research and the full published article in the Journal of Energy Psychology: Theory, Research, and Treatment, 9(2), 26–38. November 2017 -  
doi:10.9769/EPJ.2017.9.2.TH go HERE:

<https://energypsychologyjournal.org/abstracts/abstracts-volume-9-number-2-november-2017/effects-access-bars-anxiety-depression-pilot-study/>

### ***FURTHER RESEARCH***

Research in 2015 by leading neuroscientist Dr. Jeffrey Fannin et al, with 60 participants examined the neurological effects of the Access Bars®. By measuring brain waves on people before and after a Bars session, this research revealed similar effects on brain coherence where 85% of participants indicated an increase in coherence. Additionally, he discovered that Access Bars® has a positive neurological effect on the recipient similar to those experienced by advanced meditators – and it produces these results immediately.

You can find the official white paper of this research HERE:

<https://accessconsciousness.app.box.com/s/i8m1i1fwq7or82j38dzfbfol7cv0aeyj>

Click below to watch Dr. Fannin show what occurs in the brain during a Bars session: <https://www.youtube.com/watch?v=DgGbFRiqQPk>

### ***MORE ABOUT ACCESS BARS®***

A Bars session usually lasts for 60 – 90 minutes and is a process you can undertake as a one-off, monthly, weekly or daily experience. **It is currently used in prisons, businesses and schools around the world to facilitate greater health and wellbeing.** The effects of Access Bars® are individual to each person and differ from session to session, however in addition to improved physical health, recipients have reported greater intuitive awareness, more gratitude, kindness, peace and calm, and easier communication.

The first Access Bars® session was facilitated by Gary Douglas of Access Consciousness® over 25 years ago. Since then, it has expanded into 173 countries and boasts more than 5,000 trained Access Bars® facilitators worldwide. Learn more at [www.accessconsciousness.com/bars](http://www.accessconsciousness.com/bars)



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*Empowering people to know that they know®*