

The Science Behind Access Consciousness Bars

Here are two scientific studies that have been done.

The first study we'll look at is by Dr. Jeffrey Fannin, the second study is by Dr. Lisa Cooney.

Who Is Dr. Jeffrey Fannin?

Dr. Fannin is widely regarded as one of the foremost Brain Performance Experts in the United States. He holds a Ph.D. in Psychology, an MBA and a Bachelor of Science degree in Mass Communications.

He has been involved in the field of neuroscience for two decades. He's also been working with the complex practice of mapping and analysing brains for over 17 years. It's this mapping and analysing of the brain that makes his research on Access Bars so compelling.

After mapping and analysing people's brains, Dr. Fannin then helps his patients to train their brains for greater brain health and brain fitness.

He has worked in the following fields:

- Traumatic brain injury
- Stroke
- Chronic pain
- Attention Deficit Disorder (ADD)
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Anxiety disorders
- Depression
- Plus personal performance related to academics, sports and executive leadership training

The information provided here is to demonstrate the efficacy of Access Consciousness Bars. All images and data are the property of Dr. Fannin.

What Happened When Dr Fannin Did Brain Scans On People Having Their Bars Run?

Well, it could be said that Dr. Fannin was quite excited by what he saw in the brains of the people having Bars therapy.

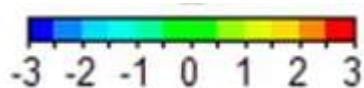
What Dr. Fannin Measured And What He Saw

To run the test, Dr. Fannin took an E.E.G. where he put a cap on the subject's head and measured all 19 electrodes. He did 'eyes closed brain on task'.

After the first E.E.G was taken, the subject received a single Access Bars treatment. Then he did the E.E.G again immediately after The Bars were run, measuring 'eyes closed, brain on task' again.

Colour Key

The upcoming images have various colours in them. Here's a brief outline of their meaning:

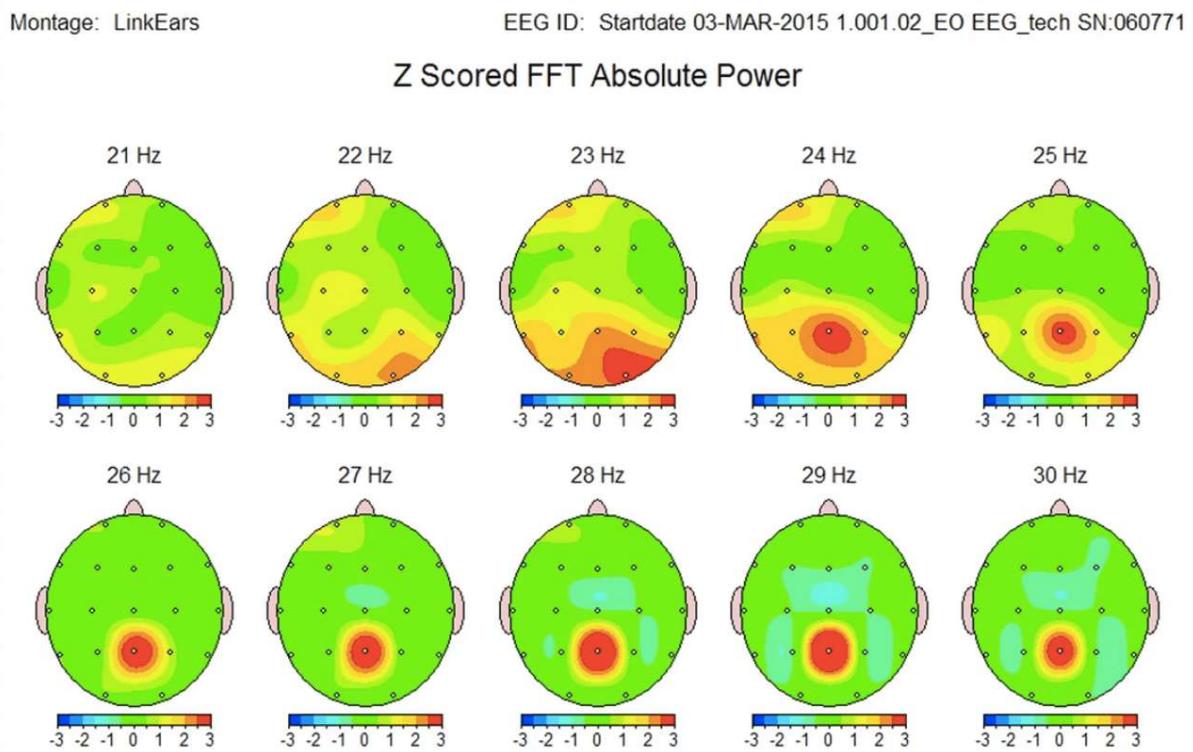


- Green indicates 'normal' brain activity
- Red means the brain activity is 3 standard deviations above what's considered normal. In other words, the brain is very active

E.E.G Brain Map BEFORE Access Bars Session

Below is a normal brain map taken before the Access Bars session.

The red area that's lit up is the area identified as 'PZ'. It's showing that it's roughly 3 standard deviations above what would be considered normal.



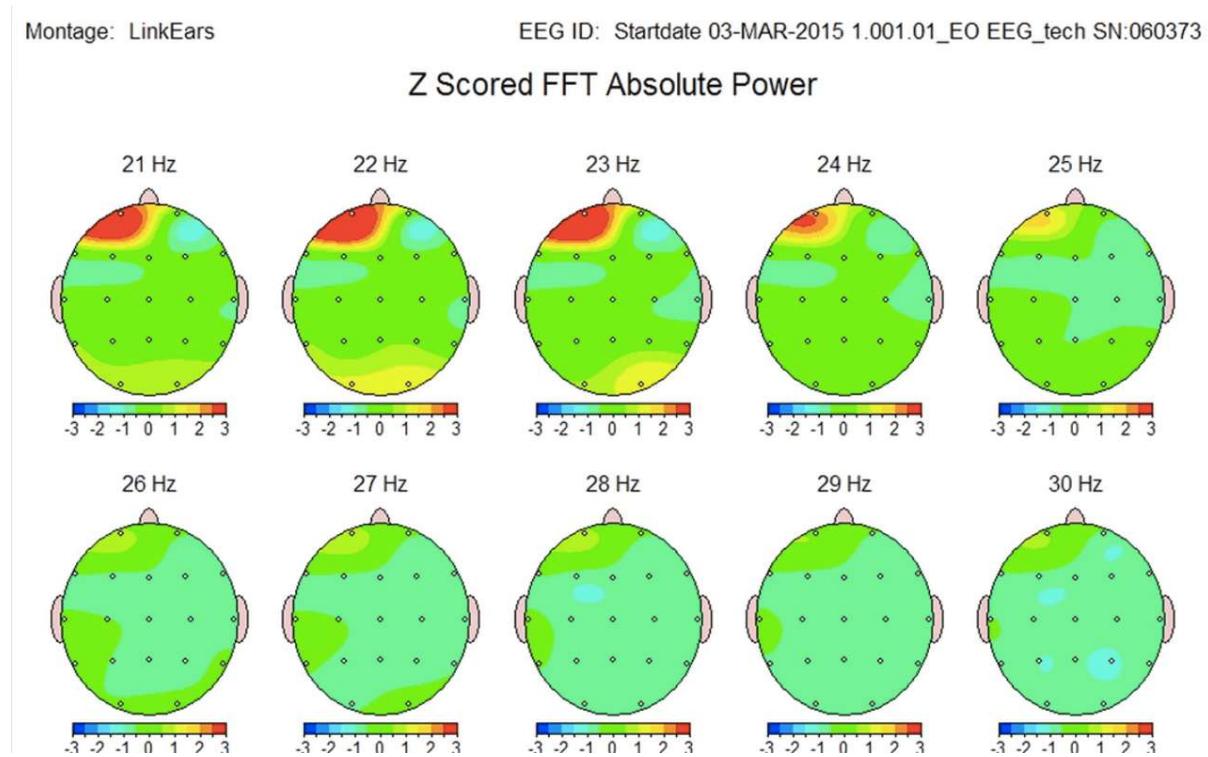
Dr. Fannin also created a 'movie' of the brain scans, again before and after the Bars were run.

Notice how much red and orange is showing in this scan. Recall that red indicates that brain activity is ‘3 standard deviations above normal’. In other words, this brain is very active.

Immediately after this E.E.G was taken, the client had their Bars run.

E.E.G Brain Map AFTER Access Bars Session

Here's what the E.E.G of their brain looked like after the Bars:



As with the E.E.G before Bars, a movie was also created of what this brain looked like **after Access Bars**:

That's quite a difference. **Notice how much red has gone in the second set of images and movie above, replaced by plenty of green.** This is a clear illustration that shows the brain has returned to a more 'normal' state.

When Dr. Fannin saw these results, he understandably wanted to experience Access Bars for himself:

"I was so intrigued by it [the results] that I said: 'I want the subjective experience of this'.

So I had a session of the Bars and when I was done, the clarity that I felt, and still feel, in my life was just amazing."

Research Study On Access Consciousness Bars by Dr. Lisa Cooney

Dr. Lisa Cooney did an independent research study on Access Consciousness The Bars and Regulation Thermometry.

She wanted to see what would happen when the two tools were put together. Would there be verifiable evidence to show the physiological changes that running The Bars creates?

Who Is Dr. Lisa Cooney?

Dr. Lisa Cooney holds a Doctorate in Psychology and is a world authority on thriving after childhood sexual abuse.

She is a licensed Marriage and Family Therapist and a certified Access Consciousness Facilitator. She has supported thousands of people over the past 20 years in overcoming their childhood sexual abuse to create meaningful and joyful lives.

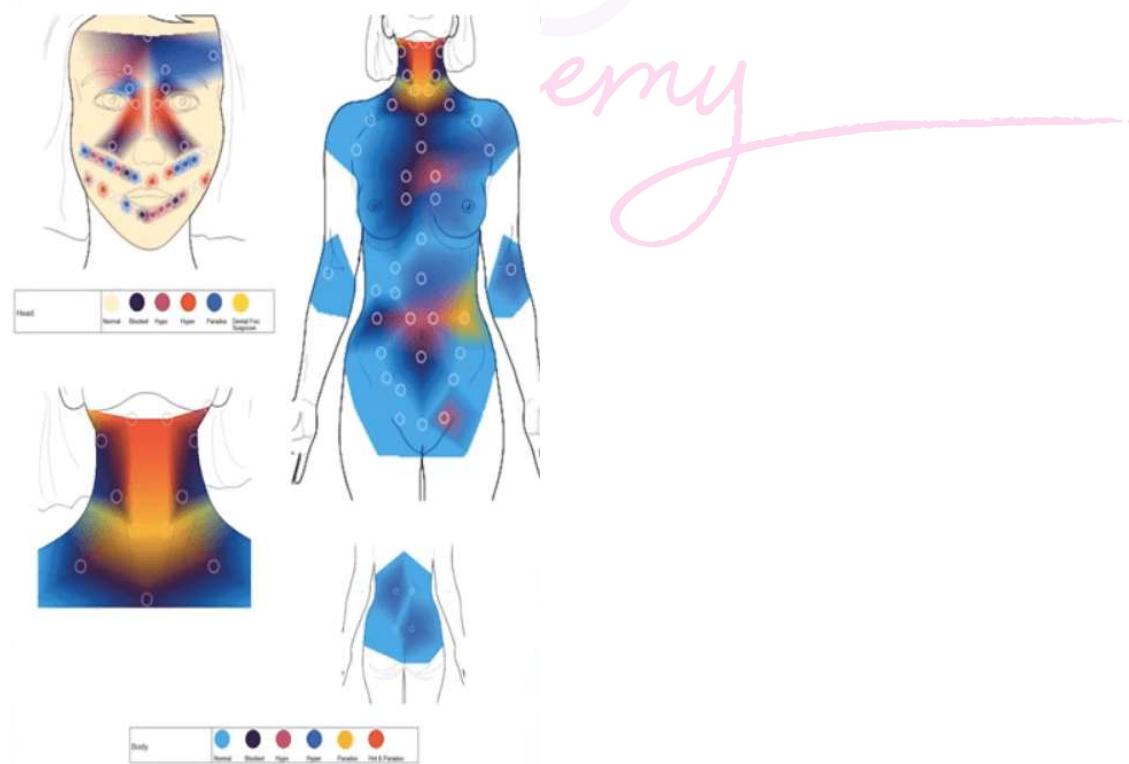
Please Note: The information presented below is entirely the work of Dr. Lisa Cooney.

The clients referred to in the 3 case studies below are that of Dr. Cooney's.

What Is Thermometry?

Thermometry provides a graphic representation of what is occurring in the **autonomic nervous system** of the body.

It measures various systems, such as:



The Body Systems That Thermometry Measures

- The major organs
- The glandular system
- The lymph system
- The teeth
- The musculoskeletal system

It measures all these systems through skin temperatures.

The requirements for Thermometry are very simple:

- To have a specific room temperature and to take the test twice. It takes thirty minutes.

Thermometry can show:

- The body's toxicity
- The capacity of the body to detox
- The immune system burdens of the body
- The endocrine imbalances
- Organ system function
- What level of healthy circulation is going on

A Thermometry evaluation can prioritize the organ and system dysfunction. It can also show organs with the greatest burdens and where energy is stored.

As with Dr. Fannin's study, you'll see before and after images. These will allow you to compare and get a visual representation of the energetic changes that took place.

Again, as with Dr. Fannin's study, a **Thermometry test was taken immediately before the Bars were run and then again immediately after.**

Thermometry & Bars Research:

Case Study #1

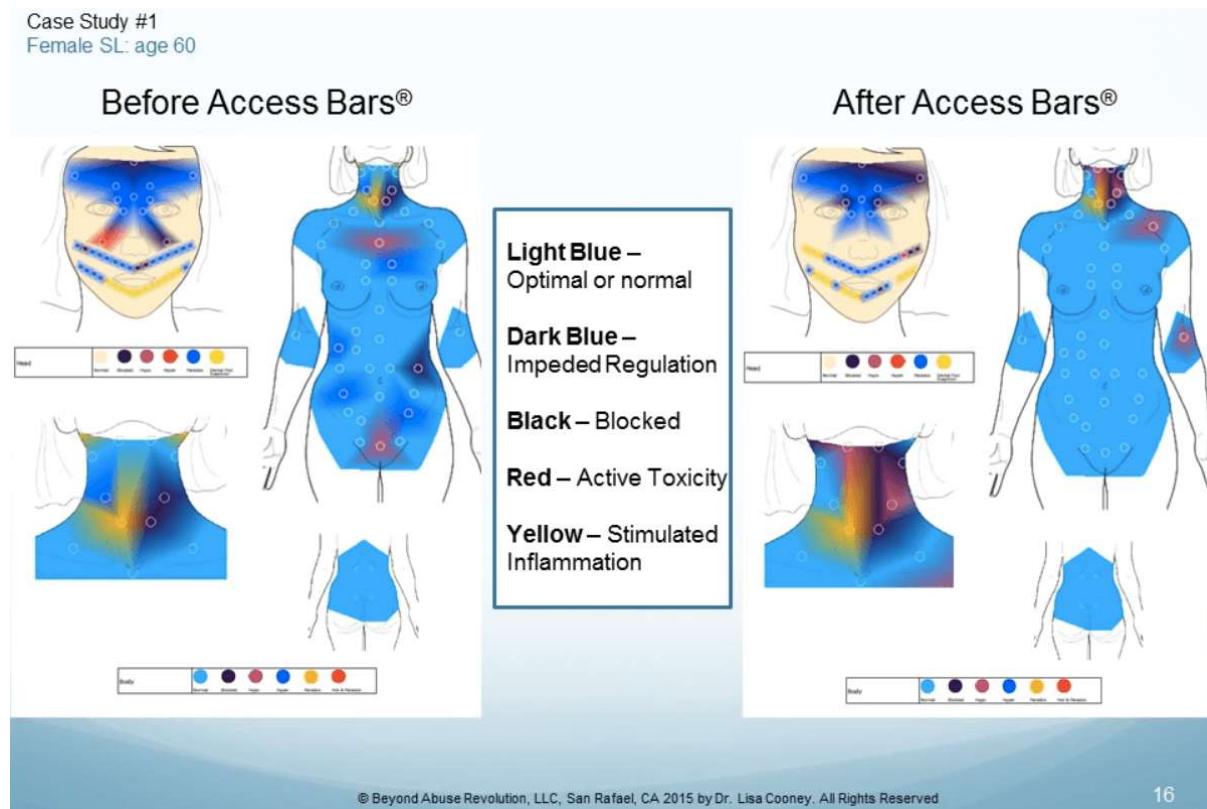
The client was a female, aged 60.

The lady's complaints prior to having her Bars run were:

- Digestion problems
- Floaters in both eyes
- Arthritis
- Allergies
- Haemorrhoids

Dr. Cooney took a Thermometry test before the lady had her Bars run, then she took another test after the Bars.

Here are the before and after images side by side:



- The light blue shows optimal or normal regulation. Regulation is the temperature of the body, so it keeps us cold or warm
- Dark blue shows impeded regulation, meaning there's something going on
- Black shows blocked regulation. 'Blocked' isn't necessarily bad, it's of concern. Anything can be unblocked
- Red indicates active toxicity, which are causing some problems that we would want to change
- Yellow is stimulated inflammation. Inflammation is your friend as long as it's not chronic

What Changes Did The Client Report After Her Bars Session?

- The client reported a **decrease in anxiety and pain**
- **Anxiety reduced** from 8/10 before the session to 1/10 after
- **Pain reduced** from 9/10 before the session to 0/10 after
- She also reported an **increase in her clarity and relaxation**
- **Clarity increased** from 2/10 before the session to 9/10 after
- **Relaxation increased** from 0/10 before the session to 9/10 after

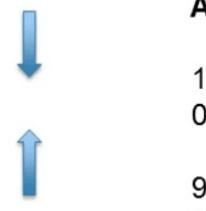
Changes Client Reported

(1 being low or not at all, 10 being high, the most)

Before Access Bars®

Anxiety	8	Decreased
Pain	9	
Clarity	2	Increased
Relaxation	0	

After Access Bars®



1

0

9

9

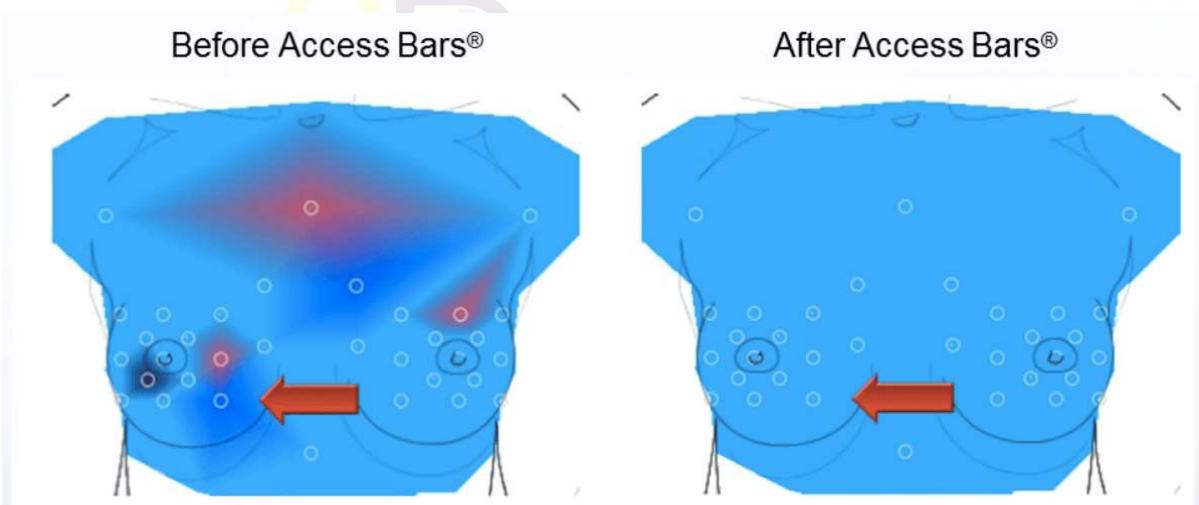
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Physical Changes After The Bars

In the next image, you can see:

- The blocks in the lady's right breast cleared
- Blocks also cleared in the chest area (the lymph, lungs and thymus)
- Several areas of active toxicity and impeded regulation completely cleared as well



- Blocks in right breast cleared as did the chest area (lymph, lungs and thymus)
- Several areas with active toxicity and impeded regulation completely cleared

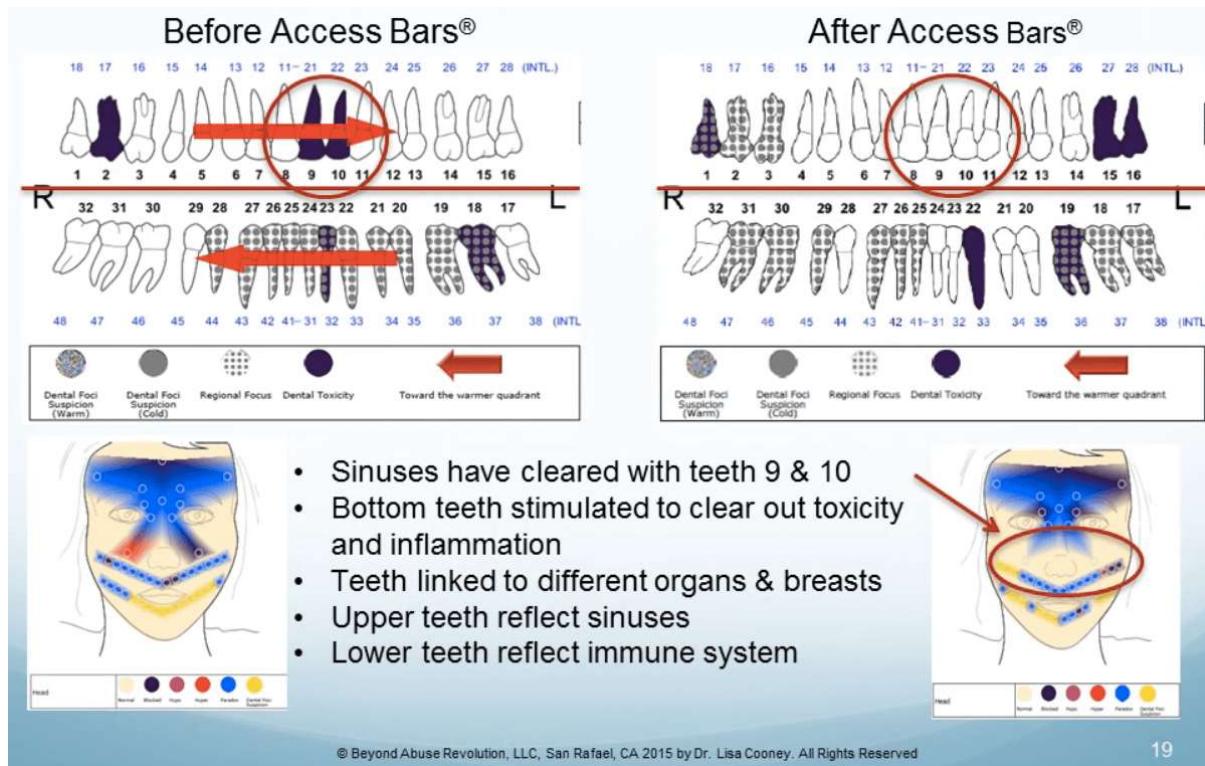
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The next image shows the changes that took place in the lady's teeth.

Notice the top level of the teeth before Bars and after.

- The top level can tend to reflect the sinuses
- The bottom level the immune system



The image shows that the immune system, as well as the entire body, is changing.

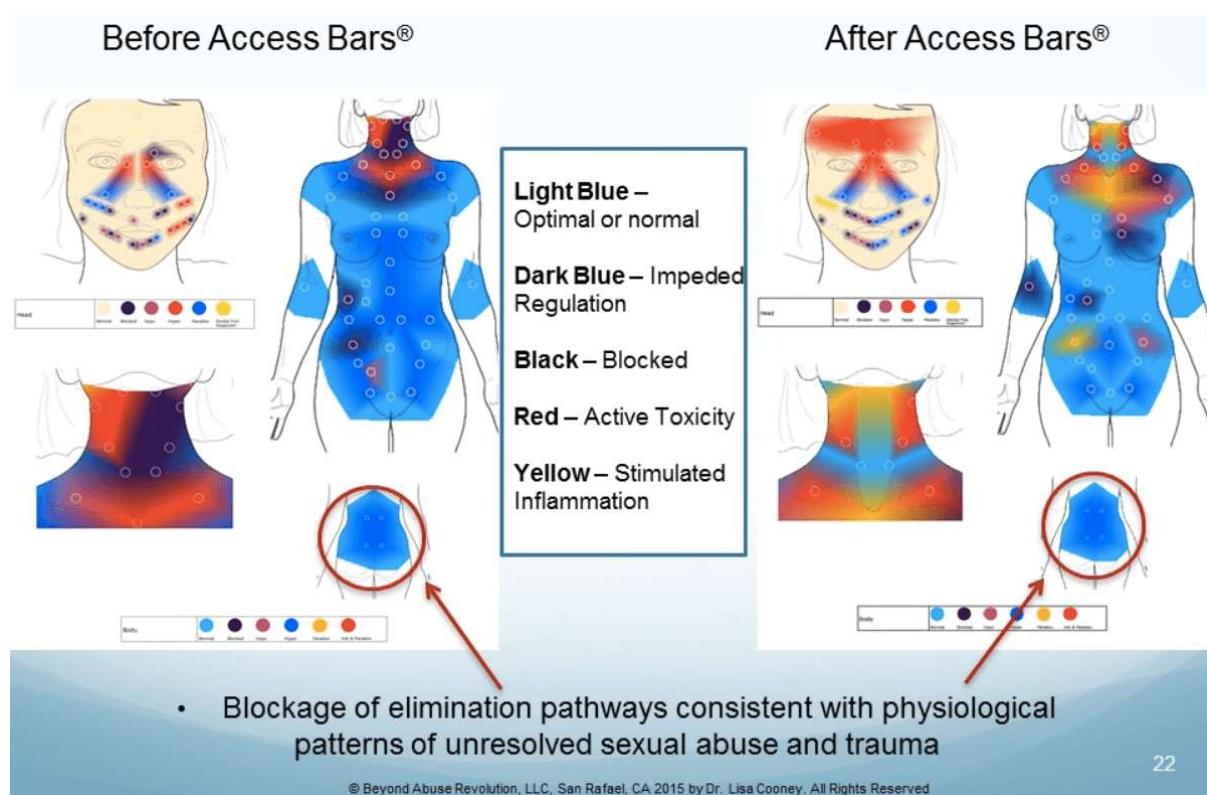
Thermometry & Bars Research: Case Study #2

This client was also a female and also aged 60.

Prior to receiving Access Bars therapy, her complaints were:

- An old shoulder injury
- Anxiety, anger, impatient
- Menopause 5 years ago
- Sexual abuse at 12 by father
- Moderate patterns of self depreciation (critical of herself / self judgement)

Here are the before and after images for Case Study #2:



Dr. Cooney says that what you see in the image above is a really common picture with someone that suffered sexual abuse and trauma. With them, you'll see:

- A bit more impeded regulation and blocked regulation
- A lot more activity in the throat

Notice the difference after a single 75 minute session of Access Bars.

Remember earlier you saw that inflammation is your friend, as long as it's not chronic. Notice in the 'before image' it isn't there, but it's there after.

That's one of the effects of The Bars:

- It stimulates the body's lymph system to begin the active detoxification process of releasing the toxicity
- It also helps in taking down the 'Armor', so to speak, of any unresolved trauma — without having to relive it or talk about it

What Changes Did The Client Report After Her Bars Session?

You may notice a pattern with what this client reports and what the previous client reported!

- This client also reported a **decrease in anxiety and pain**
- **Anxiety reduced** from **8/10** before the session to **2/10** after
- **Pain reduced** from **5/10** before the session to **0/10** after
- She also reported an **increase in her clarity and relaxation**
- **Clarity increased** from **3/10** before the session to **8/10** after
- **Relaxation increased** from **2/10** before the session to **9/10** after

Changes Client Reported

(1 being low or not at all, 10 being high, the most)

Before Access Bars®

Anxiety	8	Decreased
Pain	5	
Clarity	3	Increased
Relaxation	2	

After Access Bars®

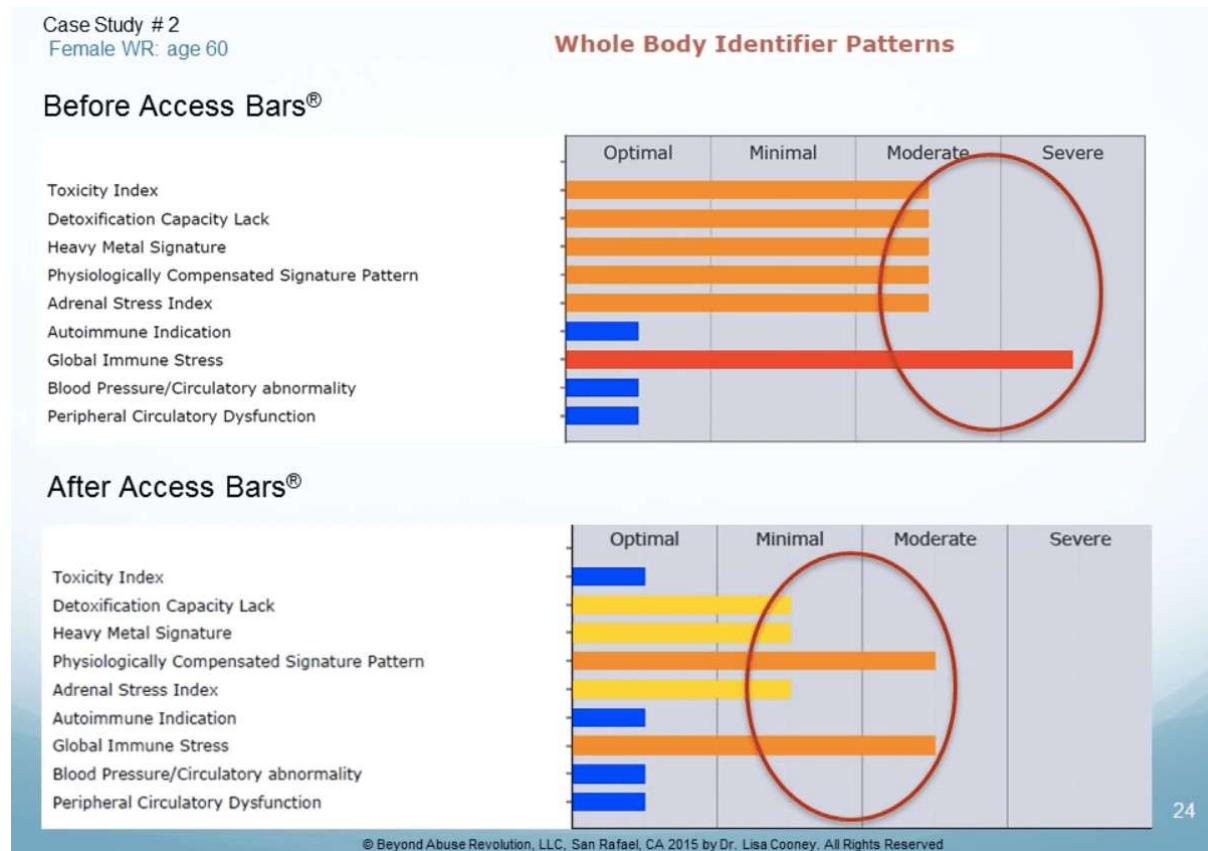
2
0
8
9

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Below is another part of the test, which wasn't shown in Case Study #1. With every Thermometry test, there's an 8 page report.

- Before The Bars, there was a 'severe global immune stress'
- After The Bars, you'll see it was moderate



Before receiving Access Bars therapy, there were 5 moderate indexes:

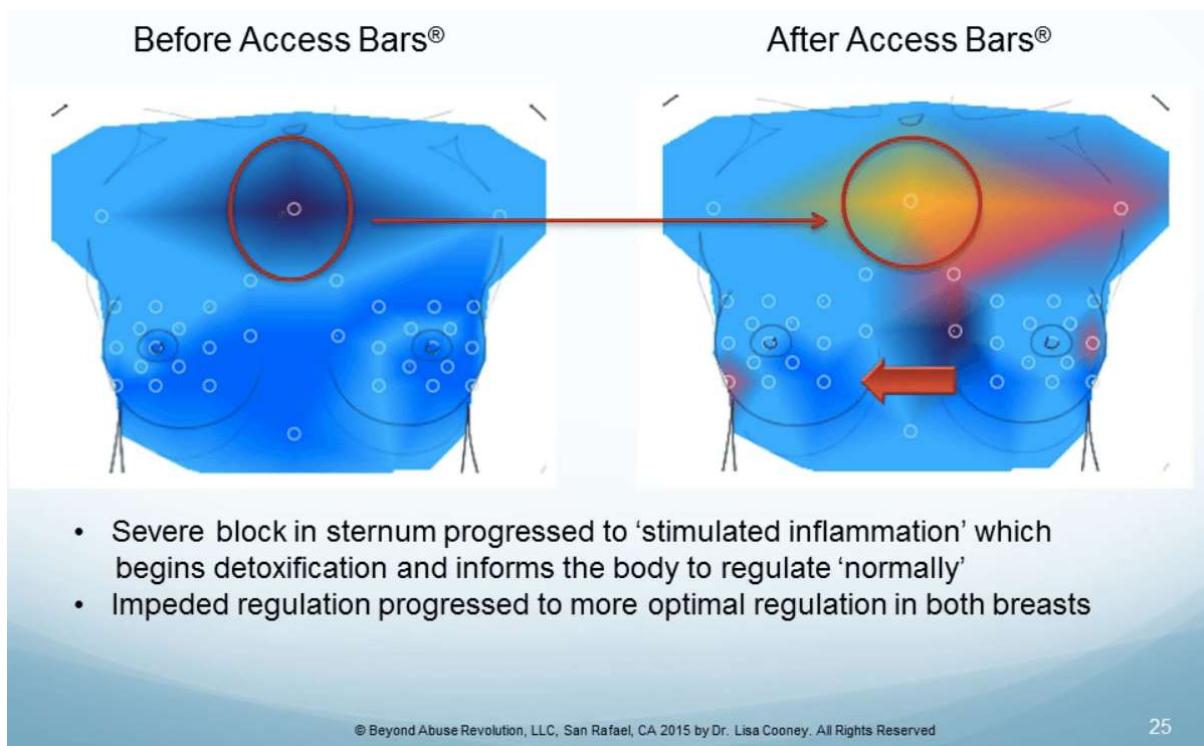
- Toxicity
- Heavy metal signature
- Capacity of detoxification was lacking
- Adrenal stress
- The only one of those 5 that was there was the 'Physiologically Compensated Signature Pattern'

Dr. Cooney reports that she sees that pattern quite often with her clients that have been sexually abused and have some trauma still unresolved in their body.

Physical Changes After Receiving Access Bars

In the next image:

- Notice the block, which was impeded regulation
- Notice too the inflammation stimulating the lymph system, which is the pink lines
- Lymph is your immune system and the thing that carries stuff (e.g. toxins) out of your body

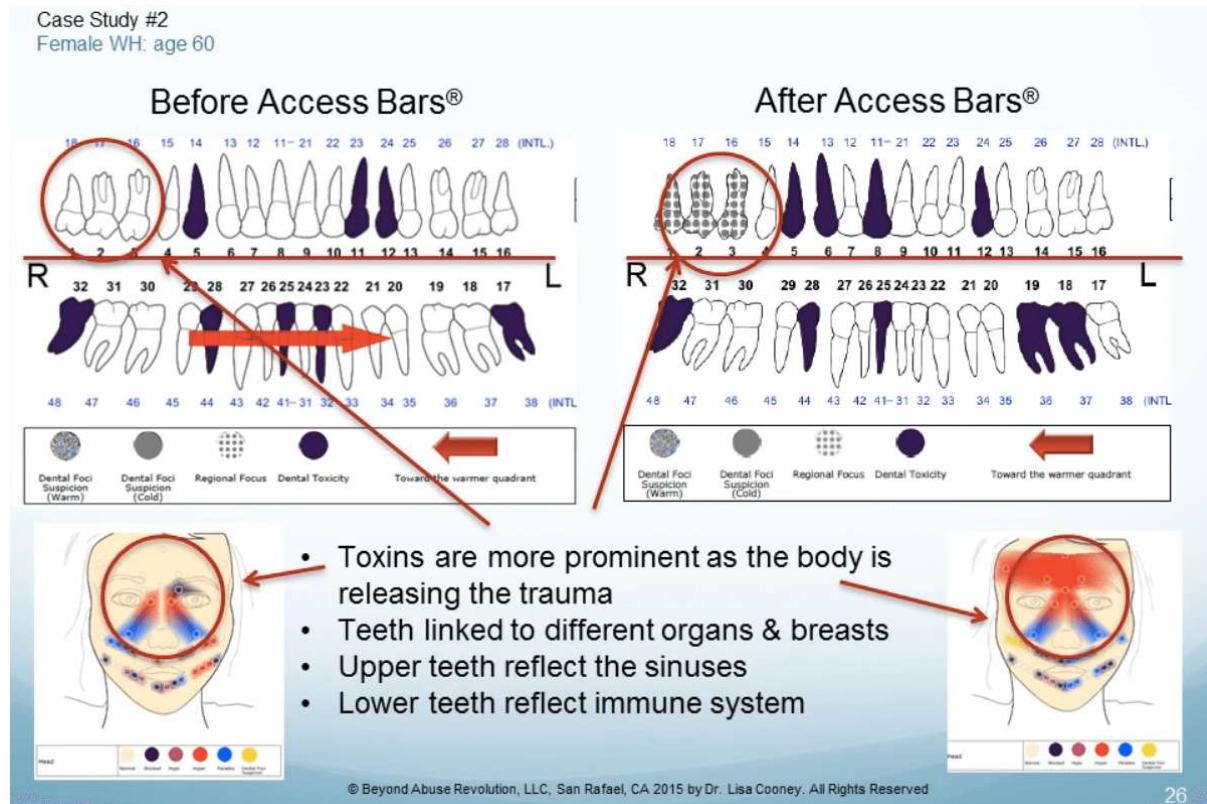


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Next you see the changes that took place in the lady's teeth.

- The toxins are more prominent in the sinuses and in the brain as the body releases the trauma
- Things are shifting in the lower teeth, which reflects the immune system



Thermometry & Access Bars Research:

Case Study #3

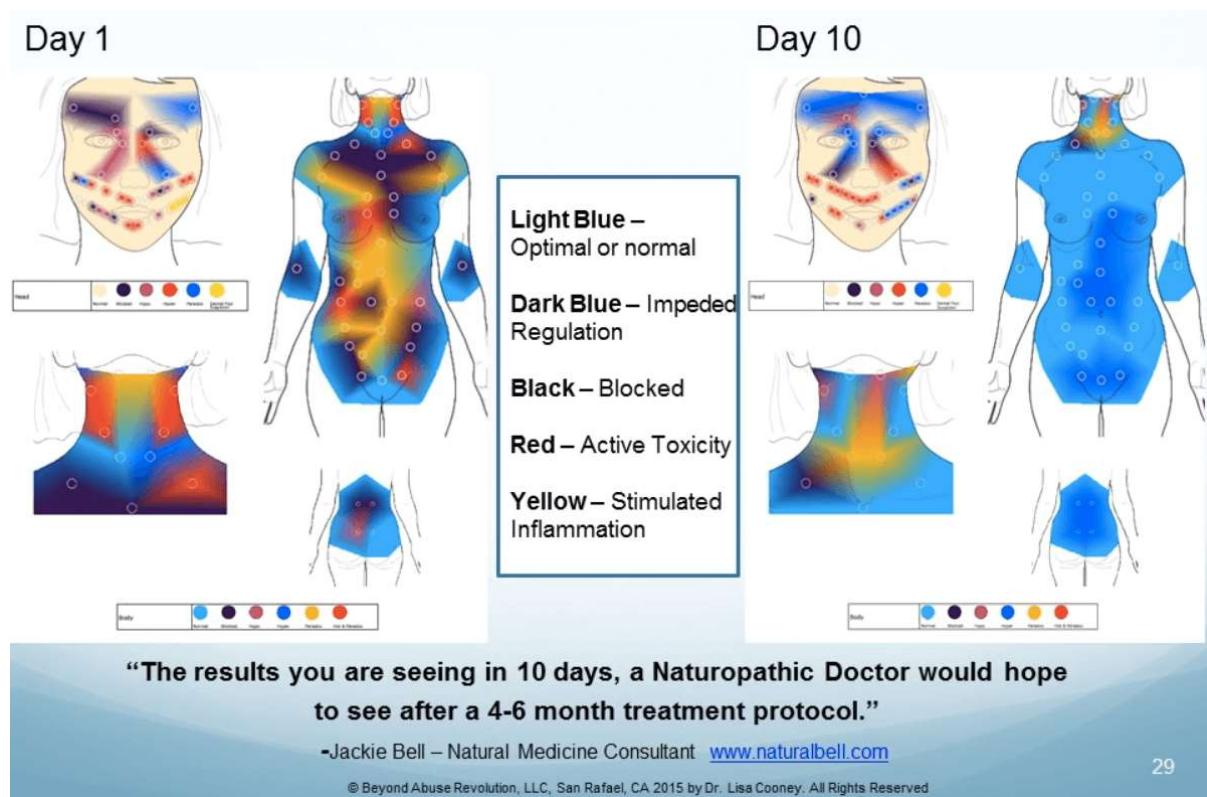
The 3rd client was again female, this time aged 51.

The lady's complaints prior to having her Bars run were:

- Headaches
- Generalized body pain
- Digestion issues
- Sluggishness
- Confusion

As with the previous case studies, Dr. Cooney took a Thermometry test before and after the client received Access Bars therapy.

Here are the before and after side by side:



The image above is the most active picture of the three case studies. Look at the changes that took place in the client's body by day ten.

What you're seeing in this is how much the body can be activated and stimulated in just 10 days.

Other health professionals are also impressed by what they're seeing from Access Consciousness Bars. Here's what Natural Medicine Consultant, Jackie Bell, said to Dr. Cooney after seeing her results:

"The results you're seeing in ten days [of Access Bars] are what a Naturopathic Doctor would hope to see after a 4 to 6 month treatment protocol."

What Changes Did The Client Report After Her Bars Sessions?

Again, the pattern continues.

- Once again, this client also reported a **decrease in anxiety and pain**
- Anxiety reduced from 8/10 before the session to 1/10 after**
- Pain reduced from 4/10 before the session to 0/10 after**
- She also reported an **increase in her clarity and relaxation**
- Clarity increased from 3/10 before the session to 8/10 after**
- Relaxation increased from 3/10 before the session to 7/10 after**

Changes Client Reported

(1 being low or not at all, 10 being high, the most)

Day 1

Anxiety	8	Decreased
Pain	4	
Clarity	3	Increased
Relaxation	3	

Day 10

1
0
8
7

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The next image shows the toxicity index and the detox capacity, which was highly severe.

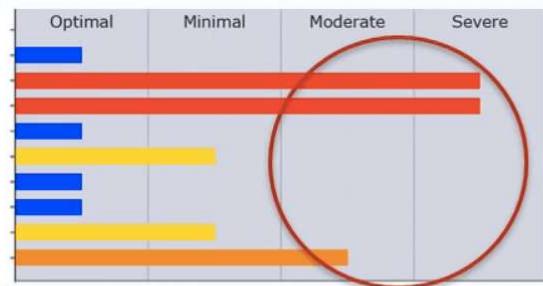
Notice what happened by day 10: just a minimal adrenal stress index:

Case Study #3
Female AR: age 51

Whole Body Identifier Patterns

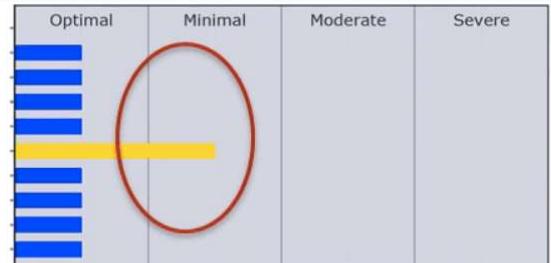
Day 1

Toxicity Index
Detoxification Capacity Lack
Heavy Metal Signature
Physiologically Compensated Signature Pattern
Adrenal Stress Index
Autoimmune Indication
Global Immune Stress
Blood Pressure/Circulatory abnormality
Peripheral Circulatory Dysfunction



Day 10

Toxicity Index
Detoxification Capacity Lack
Heavy Metal Signature
Physiologically Compensated Signature Pattern
Adrenal Stress Index
Autoimmune Indication
Global Immune Stress
Blood Pressure/Circulatory abnormality
Peripheral Circulatory Dysfunction

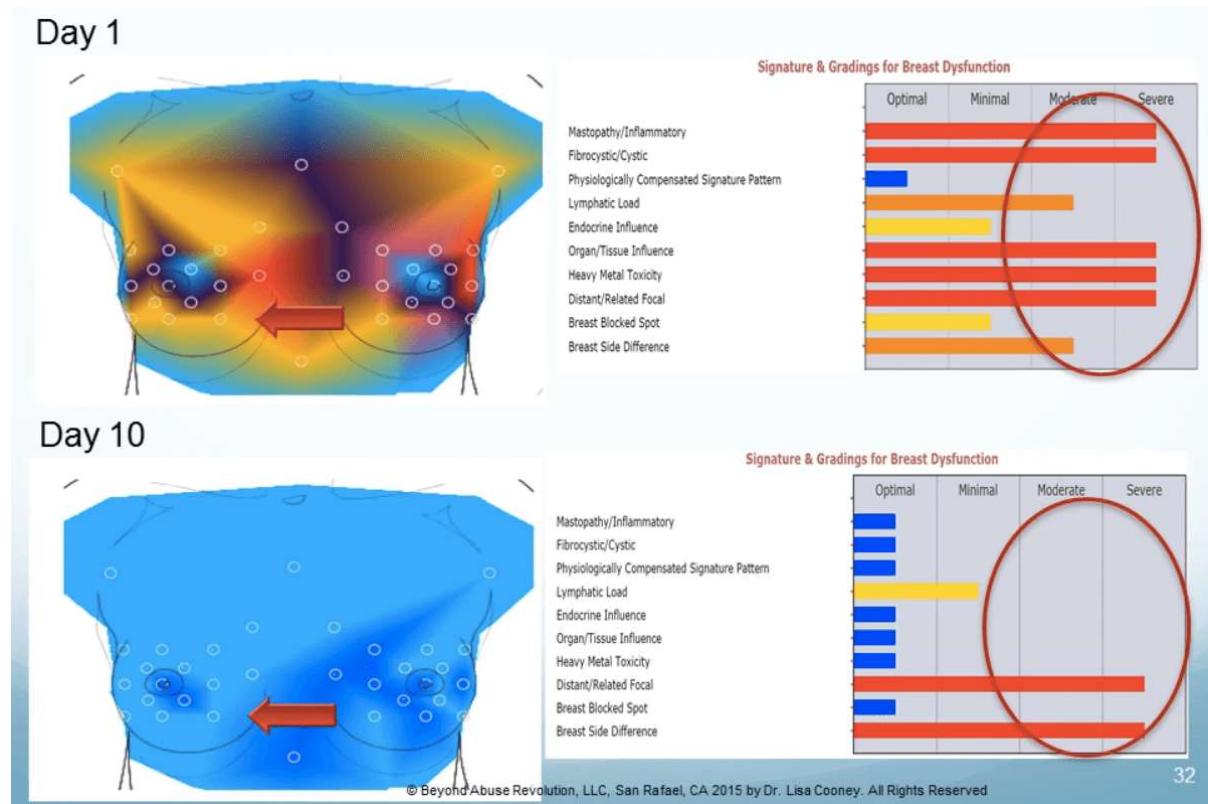


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The next image shows the breasts:

- Prior to having her Bars run, everything was looking quite severe
- In the top right portion (before Bars), notice the 5 red bars
- In the bottom left image (after Bars), notice the difference

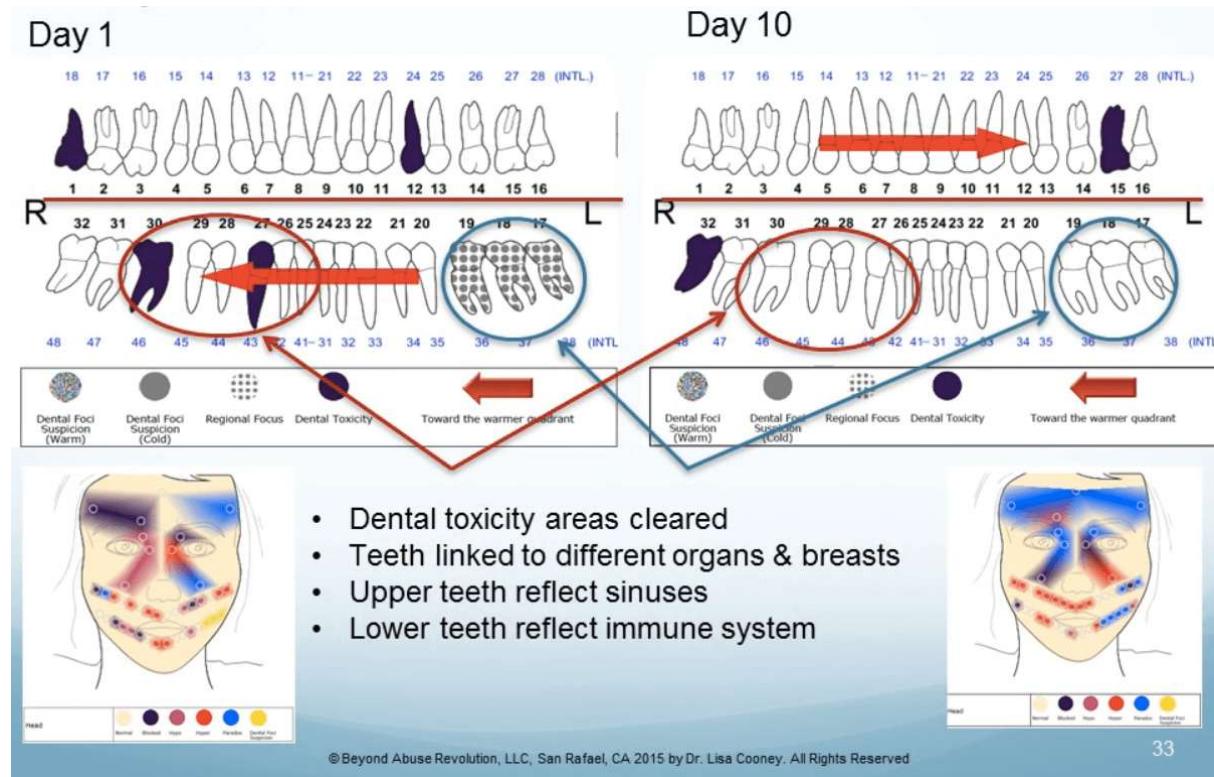


The next image shows the changes that took place in the lady's teeth.

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This image is quite incredible and shows that:

- Areas of dental toxicity have cleared



Thermometry & Access Bars Research:

13 Person Study

In addition to the 3 individual studies above, a 13 person study was also undertaken:

- 13 participants were Thermometry tested in a 10 day period
- Day 1 was before an Advanced Body Class, facilitated by the founder of Access Consciousness, Gary Douglas
- Day 10 was at the Energetic Synthesis of Being class, facilitated by Dr. Dain Heer

Dr. Beilin, founder and Chief Medical Officer at Alpha Thermodynamics, made the following comment after reviewing the reports of the study:

“Whatever you're doing, you're on to something.”

I would refer my patients to the person responsible for this, especially my cancer patients.”

Summary of Thermometry & Access Bars Study

Receiving Access Bars treatments has shown:

- There is clearly a rapid detoxification of the body for healthy regulation
- There is improved cellular function of organs
- The body's ability to stimulate physiological change occurs
- A decrease of immune system burdens along with an improvement of system functioning
- An increase in whole body circulation
- The dissipation of psychosomatic patterns of trauma
- A reduction in blockages, inflammation and toxicity
- Early warning signs of disease and chronic conditions

