

New Research Reveals Access Bars® as a Game-Changer for Stress Relief and Workplace Performance



Houston, Texas Aug 24, 2025 ([IssueWire.com](https://www.issuewire.com)) - In an era where burnout and mental fatigue are at an all-time high, new research finds that just one 45-minute session of **Access Bars®**, the foundational technique of the **Bars in Business** program, can create measurable improvements in stress, physiological health, and mental clarity—making it a powerful tool for modern workplaces.

The study, conducted in **May 2025** by **Dr. Astrid Vester** and **Biologist Mia DeLuca**, tracked biometric and cognitive data from 50 volunteers before and after an Access Bars® session. The findings revealed significant shifts in the autonomic nervous system—the body's control center for stress response—and cognitive performance:

- **82%** experienced reduced respiratory rate, indicating deeper, more relaxed breathing.
- **72%** showed improved heart rate, a key marker for reduced stress.
- **64%** recorded lower blood pressure, suggesting a more relaxed physiological state.

- **56%** saw enhanced heart-brain coherence, associated with better emotional regulation.
- **54%** reported sharper mental clarity and increased focus.

“These findings reaffirm what we’ve seen globally—Access Bars isn’t just stress relief; it’s a full performance reset,” says **Dr. David Kubes**, international lawyer and global ambassador for Bars in Business. “After losing a colleague to a sudden heart attack, I committed to bringing practical, effective stress solutions into the workplace. The results speak for themselves—calmer teams, better collaboration, and improved performance.”

What is Access Bars®?

Access Bars® is a gentle, hands-on modality involving 32 points on the head. When lightly touched, these points help release the neurological and energetic patterns linked to stress, anxiety, and limiting beliefs. The process is often described as “hitting the reset button” for the brain, allowing deep relaxation and mental clarity—without requiring any effort or practice from the recipient.

Unlike traditional wellness approaches like meditation or breathwork, Bars is completely passive. During a 30–60 minute session, a trained practitioner lightly touches the Bars points, helping the body transition from stress to ease.

Why Businesses Are Turning to Bars in Business

The **Bars in Business** initiative has already been adopted by law firms in Brazil, accounting firms in Ireland, and even professional sports teams in Saudi Arabia. Custom-designed programs are now helping organizations of all sizes to:

- Reduce stress and prevent burnout.
- Enhance focus, problem-solving, and decision-making.
- Improve communication and team collaboration.
- Foster a calmer, more resilient workplace culture.

“Companies that invest in mental well-being are seeing tangible results,” says Kubes. “Higher productivity, better thinking, and happier, more engaged teams.”

The Science Behind the Ease

This new research by Vester and DeLuca builds on over a decade of scientific exploration into the effects of Access Bars®:

- **Dr. Terrie Hope, PhD, DNM**, published findings in the *Energy Psychology Journal* showing

that a single 90-minute Access Bars® session can reduce symptoms of anxiety and depression by up to **84.7%**, while improving **brain EEG coherence**.

- **Dr. Jeffrey L. Fannin**, a neuroscientist, found that Access Bars® can induce brainwave states similar to those of experienced meditators, with immediate neurological benefits.

[Watch the latest research video](#)

About Bars in Business

With a global network of over **10,000 certified practitioners**, **Bars in Business** delivers bespoke wellness programs to corporations and teams seeking to reduce stress and unlock peak performance. These programs are tailored to each organization, providing hands-on tools for real-world change.

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