



PAIN FREE LIVING

APRIL 2025

Magazine

*Pickled Quail Eggs:
A Protein-Boosting Snack*

Three Pathways & Six Points:
The Nervous System Reset
You Didn't Know You Needed

SANA THERAPEUTICS HEALTH BLANKET:
REST, RECOVER & RECHARGE



MESSAGE FROM FOUNDERS

For over 25 years, the dedicated team at Pain Free for Life has led the way in innovative, drug-free approaches to managing chronic pain, inflammation, and autoimmune conditions. Our mission is clear: to empower the 1.5 billion individuals worldwide living with these challenges to regain control of their health and well-being.

Pain doesn't have to define your future. That's why we've spent decades refining The Hache Protocol™ and developing the Avazzia Life microcurrent therapy devices—holistic solutions designed to rebalance your body, improve vitality, and provide lasting relief. Our evidence-based methods offer a natural way to address pain at its source, supporting your body's innate ability to heal.

We're honored to support your journey toward health and vitality. Together, let's create a future free from pain and filled with possibility.

Dr. Rob Vanbergen

Doctor of Natural Medicine

Dr. Lorry Hache

Doctor of Psychology & Natural Medicine



WELCOME TO PAIN FREE LIVING MAGAZINE

Our Mission, Our Vision, Our Values

Dear Readers,

As the warmth of spring takes hold and nature awakens, we welcome you to the April edition of Pain Free Living Magazine! This season of renewal and growth aligns perfectly with our theme—mastering advanced microcurrent treatments to elevate your health and well-being.

Building upon last month's beginner-friendly guide, this issue is all about refining your skills and expanding your knowledge. Whether you're a long-time microcurrent user or looking to take your healing journey to the next level, these advanced techniques will empower you to unlock even greater results.

Inside this issue, you'll discover:

- **Top 5 Advanced Microcurrent Treatments:** Take your microcurrent expertise to the next level with specialized techniques for pain relief, inflammation, neurological support, and more.
- **Three Pathways & Six Points Protocol:** Explore this month's featured technique, designed to optimize energy flow and enhance healing.
- **Sana Therapeutics Health Blanket Spotlight:** Learn how this community favorite can support relaxation, recovery, and overall wellness.
- **Success Stories:** Be inspired by real people who have experienced profound improvements in their health with microcurrent therapy.
- **April's Seasonal Superfoods:** Spinach & Lettuce – Discover the health benefits of these fresh greens and how to incorporate them into your meals for optimal nutrition.

And more!

This month, let's embrace the season of renewal by expanding our knowledge, refining our healing strategies, and stepping into a healthier, more vibrant future. Whether you're seeking relief, recovery, or simply a new approach to wellness, microcurrent therapy continues to offer hope and transformation.

Dr. Rob Vanbergen, DNM, PhD & Dr. Lorry Hache, PsyD
Co-Editors-in-Chief Pain Free Living Magazine

JOIN THE MOVEMENT

THE Hache Protocol™

BUILDING IMMUNE RESILIENCE AND EASING SPRING ALLERGIES

As the days grow gloriously longer and nature bursts back to life, we instinctively start thinking about fresh starts—whether that means spring cleaning, outdoor activities, or a shift in our wellness routines.

But for millions, spring also brings seasonal allergies, lingering winter sluggishness, and immune systems that may be struggling to adjust after months of less sunlight and fewer fresh foods. It's a season of transition, and how we support our bodies now can set the tone for the months ahead.

At Pain Free For Life, we approach immune health holistically, recognizing that our immune system does more than just fight off colds. It's constantly working to regulate inflammation, protect against environmental triggers, and maintain balance in a world filled with stressors. This is where **The Hache Protocol for Pain Resolution™** comes in—not as a quick fix, but as a powerful, sustainable way to strengthen the body's natural defenses and promote long-term wellness.

For many, the arrival of spring means one thing: allergies. Pollen fills the air, and the immune system goes into overdrive, reacting as though it's under attack. Sneezing, congestion, itchy eyes, and fatigue become daily struggles. While over-the-counter antihistamines can help mask symptoms, they don't address why the immune system is responding this way in the first place.

Seasonal allergies are fundamentally an immune system imbalance—a sign that the body is misinterpreting harmless substances as threats. Chronic inflammation only makes this worse, priming the body to react even more aggressively to allergens, stress, and other environmental factors.





So how do we calm an overactive immune response without suppressing it completely? The key lies in reducing inflammation, supporting detoxification, and strengthening the body's natural resilience.

The Hache Protocol™ takes a whole-body approach, focusing on the core elements that help the immune system function at its best.

- **Microcurrent therapy** plays a key role. By applying targeted electrical stimulation, microcurrent helps regulate inflammation, improve circulation, and support lymphatic drainage—three essential processes for managing allergies and immune function. Many people find relief by using microcurrent around the sinuses, thymus gland, and lymphatic system, allowing the body to process allergens more efficiently and reduce symptoms naturally.
- **Nutrition matters.** After a long winter, the body often needs a reset. Spring is the perfect time to reintroduce seasonal, nutrient-rich foods that support the immune system. Vitamin C from fresh citrus, quercetin from apples and onions, and zinc from pumpkin seeds all help modulate immune responses, making the body less reactive to allergens while also strengthening its ability to fight off colds and viruses.
- **Hydration is often overlooked.** Water doesn't just quench thirst—it flushes out toxins, supports digestion, and keeps mucous membranes healthy, which is essential for blocking allergens before they cause symptoms. Increasing water intake and incorporating hydrating foods like cucumbers, watermelon, and leafy greens can make a noticeable difference.
- **Stress plays a bigger role than you think.** Chronic stress weakens the immune response and makes the body more susceptible to inflammation. Deep breathing, gentle movement, and microcurrent therapy applied to the vagus nerve can help shift the body into a more relaxed state, allowing the immune system to function more effectively.
- **Sleep is a powerful immune booster.** Quality sleep allows the body to repair, regenerate, and regulate immune function. Poor sleep increases inflammation and weakens the body's ability to fight off allergens and infections. Prioritizing a consistent sleep schedule, creating a relaxing bedtime routine, and using microcurrent therapy to support deep rest can enhance immune resilience and overall well-being.

By taking small, intentional steps—reducing inflammation, supporting detoxification, prioritizing nutrient-dense foods, staying hydrated, sleeping well, and managing stress—we set the foundation for a strong, balanced immune system.

At Pain Free For Life, the goal is to provide practical, science-backed strategies that help people feel their best—not just for a season but for life. Whether through microcurrent therapy, personalized nutrition, or lifestyle adjustments, there's always something to support the body's natural healing processes.

Are you ready to take control of your immune health this spring? Check out [THE PAIN FREE LIVING LAB](#), where you can access exclusive microcurrent protocols, wellness insights, a community dedicated to natural healing, and so much more. Let's step into this season stronger, healthier, and more resilient than ever—together!

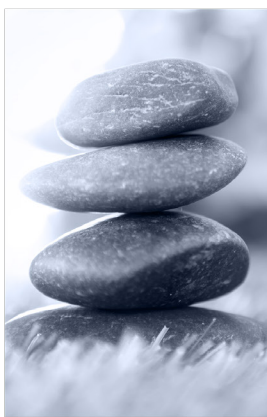
Discover the 5 Interactive Elements of The Hache Protocol for Pain Resolution™



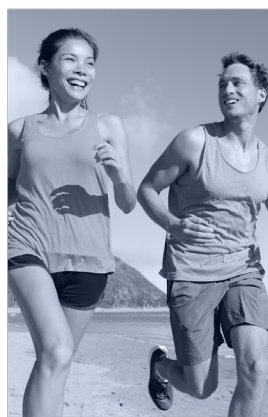
SLEEP



NUTRITION



STRESS
REDUCTION



FITNESS



MICROCURRENT

The Hache Protocol for Pain Resolution™ is built on five interactive elements that work together to target chronic pain and inflammation at the root.

By addressing these core areas, you can take control of your health and unlock your body's natural ability to heal:

SLEEP: Sleep is your body's time to repair damaged tissues, regulate hormones, and reduce inflammation. Without quality sleep, even the best treatments may fall short. The Hache Protocol™ incorporates proven strategies, including microcurrent therapy and lifestyle adjustments, to help you achieve deep, uninterrupted rest—so you can wake up refreshed and ready to take on the day.

NUTRITION: An anti-inflammatory diet rich in essential vitamins, minerals, and nutrients supports your immune system, enhances energy production, and reduces chronic inflammation that often underlies pain. This isn't a one-size-fits-all approach; the Hache Protocol™ offers personalized guidance to meet your unique nutritional needs, paving the way for sustainable healing.

STRESS REDUCTION: Chronic stress can take a profound toll on both your physical and emotional well-being, making it harder for your body to recover. By integrating microcurrent therapy, mindfulness practices, and vagus nerve stimulation, the Hache Protocol™ helps calm your nervous system, lower inflammation, and restore emotional balance—giving your body the break it needs to repair itself.

FITNESS: Exercise isn't just for fitness enthusiasts; it's an essential part of healing. Gentle, intentional movement improves circulation, boosts Nitric Oxide production (known as the "miracle molecule" for cardiovascular health), and enhances your body's ability to repair itself. Whether you're starting small or following a tailored routine, fitness is key to improving mobility, strength, and overall health.

MICROCURRENT: The cornerstone of the Hache Protocol™—the element that ties everything together. This cutting-edge, non-invasive treatment uses ultra-low electrical currents to stimulate cellular repair, reduce inflammation, and promote circulation. Microcurrent therapy works at the cellular level to enhance your body's natural healing processes by supporting ATP production, the body's main energy source. Whether you're managing chronic pain, inflammation, or even scarring, microcurrent therapy delivers transformative results, improving energy, focus, and well-being.

**TAKE THE FIRST STEP TOWARD LIVING
PAIN-FREE WITH THE HACHE PROTOCOL™**

LEARN MORE



HYDRATION & MICROCURRENT: THE MISSING LINK TO BETTER RESULTS

Could the simplest fix be the most powerful? If your microcurrent sessions aren't delivering the results you expect, dehydration might be the missing link.

Water is the fuel that powers every cell in your body—and when it comes to microcurrent therapy, proper hydration is essential for better conductivity, faster recovery, and effective detoxification. Before you tweak your settings or switch up your protocols, start with the basics: *is your body getting the hydration it needs to heal?*

Why Hydration Matters for Microcurrent

Microcurrent therapy works by sending low-level electrical signals into the body, mimicking the natural bioelectric impulses that regulate healing, inflammation, and cellular repair. But for this electrical current to be effective, it needs a well-hydrated environment. Without enough water, conductivity decreases, slowing down the body's ability to respond to microcurrent treatment.

Dehydration affects nearly every process that microcurrent therapy supports. Cells rely on water to generate ATP, the energy source responsible for healing and regeneration. The lymphatic system, which plays a critical role in detoxification, depends on hydration to flush out metabolic waste. Poor circulation caused by inadequate hydration can reduce the delivery of nutrients and oxygen to tissues, making pain relief and recovery slower. Even muscle function suffers when hydration is lacking, leading to stiffness, cramping, and discomfort that microcurrent therapy alone cannot fully resolve.

Springtime Dehydration: Why it Happens

Most people associate dehydration with the peak heat of summer, but spring presents its own unique challenges. As temperatures rise and outdoor activity increases, the body begins losing more water through sweat and respiration. At the same time, humidity levels fluctuate, causing many to misjudge their hydration needs. Unlike in summer, when thirst is an obvious signal, mild dehydration in spring is often overlooked, showing up instead as fatigue, brain fog, sluggish digestion, or even headaches after microcurrent treatments.

This seasonal transition also places additional stress on the body. Winter months tend to encourage less movement and a heavier diet, leading to fluid retention and slower detoxification. As the body naturally shifts into cleansing mode, increased hydration is necessary to support the elimination of toxins and metabolic waste that have accumulated over time. Without it, symptoms like bloating, sluggish circulation, and skin breakouts may linger well into the warmer months.

The Best Ways to Stay Hydrated for Microcurrent Success

Drinking enough water isn't just about quantity; it's also about ensuring the body retains and utilizes that hydration effectively. A simple yet powerful strategy for improving microcurrent results is to drink at least 16 ounces of water before a session. This prepares the body's electrical pathways, allowing microcurrent to conduct more efficiently. Following up with another glass post-treatment supports detoxification and recovery.

Electrolytes also play a key role in hydration. Minerals like sodium, potassium, and magnesium help maintain fluid balance, ensuring that water reaches the cells that need it most. Instead of relying on sugary sports drinks, replenishing electrolytes can be as simple as adding a pinch of sea salt to water, drinking coconut water, or eating potassium-rich foods like bananas and leafy greens.

Hydrating foods are another often-overlooked tool for improving hydration. Cucumbers, watermelon, celery, and citrus fruits not only provide additional water content but also supply essential vitamins that support cellular repair and immune function. Herbal teas and infused water with lemon, mint, or berries offer a refreshing alternative to plain water while adding antioxidants that further support detoxification.

Hydration & Microcurrent: Protocols for Better Results

Pairing proper hydration with targeted microcurrent techniques can significantly enhance treatment outcomes. The **Cleanse Detoxification Protocol**, for example, is designed to stimulate lymphatic drainage, making it especially effective when combined with increased water intake. When cells are well-hydrated, they eliminate waste more efficiently, reducing inflammation and improving energy levels.

For those experiencing fatigue, the **Mitochondrial Recharge Protocol** helps boost ATP production, providing a natural energy lift without caffeine or stimulants. Hydration plays a key role in this process—without enough water, mitochondrial function slows, leading to persistent exhaustion.

Pain relief protocols also benefit from proper hydration. Dehydrated tissues are more prone to stiffness and inflammation, making injuries and chronic pain conditions harder to manage. Ensuring optimal water intake before and after microcurrent treatments can help accelerate muscle recovery and enhance circulation.



GIVING YOUR BODY A REFRESH

If you've been feeling sluggish or noticing slower recovery times with microcurrent, take this as a sign to prioritize hydration. Small changes—like starting your morning with a glass of water, incorporating hydrating foods into meals, and being mindful of electrolyte balance—can make a noticeable difference. By combining microcurrent therapy with proper hydration, you're giving your body the tools it needs to repair, restore, and thrive this season.

Ready to optimize your microcurrent routine? Visit [Pain Free Living Lab](#) to learn more.

WHO IS MICROCURRENT FOR?

This Treatment Is For You If...

- ✓ **You Struggle with Chronic Pain or Inflammation** - Whether it's arthritis, fibromyalgia, or lingering discomfort, microcurrent therapy targets the root cause of your pain naturally—without the need for drugs or invasive treatments.
- ✓ **You Want Better Mental Clarity and Stress Relief** - By calming the nervous system and activating the Vagus nerve, microcurrent therapy promotes mental clarity and helps you manage stress more effectively—entirely drug-free.
- ✓ **You're Looking for Holistic, Non-Invasive Solutions** - Perfect for home use or in a practitioner's office, microcurrent therapy is a transformative option for anyone seeking to naturally improve their health. For those left disappointed by other treatments, this innovative approach could be the game-changer you've been waiting for.

DISCOVER THE POWER OF MICROCURRENT THERAPY



Join Our Online Support Community and Explore Upcoming Events for New Members

Join Our Online Support Community and Explore Upcoming Events

Discover a space created just for you! The Pain Free For Life Online Support Community connects you with like-minded individuals on their health journey. Whether you're new to microcurrent therapy or an experienced practitioner, you'll find expert advice, shared insights, and ongoing encouragement.

Check out our upcoming events designed to help new members make the most of their healing journey. From live Q&A sessions to exclusive training, there's always something to support your wellness goals.

Pain Free For Life Support Group: April 10-Minute Trainings

- **Week 1: Avazzia Blue – How to Use Our Most Basic Microcurrent Device (New!)**
Learn how to get the most out of Avazzia Blue, our simplest yet powerful microcurrent device. This training will cover its key functions, applications, and how it fits into a holistic pain relief strategy.
- **Week 2: Enhancing Brain Function with Microcurrent Therapy**
Discover how microcurrent therapy can support cognitive health, improve focus, and optimize brain function. We'll explore techniques for reducing brain fog, promoting relaxation, and supporting neurological balance.
- **Week 3: Managing Cold Symptoms with Microcurrent – Faster Recovery, Naturally**
Feeling under the weather? Learn how to use microcurrent therapy to relieve sinus congestion, support immune function, and accelerate recovery from colds and seasonal illnesses.
- **Week 4: How to Treat Plantar Fasciitis with Microcurrent Therapy**
Foot pain slowing you down? This session breaks down how microcurrent therapy can reduce inflammation, relieve heel pain, and support long-term recovery from plantar fasciitis.

JOIN THE SUPPORT GROUP

SEE UPCOMING EVENTS

Join a Free Group Consultation: Personalized Guidance and Support

Need help choosing the right microcurrent device or learning how to apply The Hache Protocol™? Our **Live Group Consultation Calls** are the perfect opportunity to get personalized advice from Dr. Rob Vanbergen while connecting with others who share your goals.

During these calls, you'll receive guidance on maximizing the benefits of microcurrent therapy and addressing your specific health concerns—all in a collaborative, supportive environment.

Take the next step toward pain-free living today!

REQUEST TO JOIN A CALL

SIMPLIFYING PAIN RELIEF: HOW THE AVAZZIA BLUE BRINGS MICROCURRENT THERAPY TO EVERYONE

Pain can be relentless. Whether it's the dull ache of an old injury, the nagging discomfort of inflammation, or chronic pain that disrupts your daily life, finding relief that doesn't come with side effects or endless appointments can feel impossible. That's where microcurrent therapy comes in. By working with your body's natural healing systems, microcurrent offers a gentle, effective way to ease pain and restore function.

For years, the benefits of microcurrent therapy have been widely recognized, but for many, the devices seemed complicated, the learning curve too steep. That's why the **Avazzia Blue** is a game-changer. It's a streamlined, easy-to-use device that makes microcurrent therapy accessible to anyone—whether you're new to energy medicine or looking for a no-fuss option for daily pain relief.

Why Choose the Avazzia Blue?

Unlike some devices that require advanced protocols or training, the **Avazzia Blue** keeps it simple. It has just two settings, but don't let that fool you—these settings are incredibly effective for both acute and chronic pain management.

- **77 Hz Mode** – A fundamental frequency for reducing pain, dissolving scar tissue, and addressing chronic inflammation.
- **Blue Stimulation Mode** – A specialized frequency range (22 Hz to 163 Hz) that enhances ATP production, recharges

The Benefits of the Avazzia Blue

When you incorporate microcurrent therapy into your routine with the Avazzia Blue, you may experience a wide range of benefits, including:

- **Drug-Free Pain Relief** – No medication, no invasive treatments—just gentle electrical impulses that help reduce pain at its source.
- **Effortless Usability** – With just two simple settings, there's no complicated learning curve. Just turn it on and start experiencing relief.





- **Portable & Travel-Friendly** – Small, lightweight, and easy to carry, the Avazzia Blue is perfect for on-the-go relief.
- **Accessory Compatibility** – Works seamlessly with all Avazzia accessories, so you can expand its functionality over time.

One of the best features of the **Avazzia Blue** is its **trade-in program**, which allows you to receive full credit (\$365) toward an upgrade when you're ready to transition to a more advanced Avazzia device, such as the Avazzia Life Genesis II, Avazzia Life Evolution, or **Avazzia Life Pinnacle**.

This ensures you can start with an affordable, entry-level device while keeping your options open for future advancements in microcurrent therapy.

Ready to Get Started?

The Avazzia Blue's \$150 down payment plan option makes microcurrent therapy more accessible than ever. Whether you're looking for an affordable first device or a reliable backup unit, this streamlined microcurrent solution has everything you need to begin your journey toward better health.

[Learn More Here.](#)

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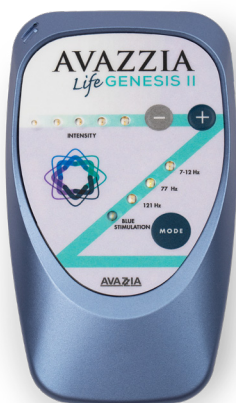
“In 4 years of using microcurrent, it has opened my eyes to a whole new avenue of treatment that actually works.”

– Cheryl M.

”

NOT SURE WHICH DEVICE IS RIGHT FOR YOU? WE'VE GOT YOU COVERED.

We're dedicated to helping you find the perfect microcurrent device tailored to your unique health goals and conditions. Our devices include options for everyone, from beginners seeking gentle, non-invasive solutions to seasoned users in search of advanced therapeutic functionalities:



AVAZZIA LIFE GENESIS II

Begin Your Healing Journey with Ease

Ideal **for beginners**, this device ensures that starting your path to wellness is **worry-free** and effective. It effectively tackles chronic pain and inflammation, offering a **user-friendly interface** that simplifies your healing journey.

[ORDER NOW](#)



AVAZZIA LIFE EVOLUTION

Achieve Comprehensive Pain Management and Enhanced Well-being

For those who prioritize **comprehensive health** improvements, the Evolution offers **professional-grade** results and excels in **Vagus nerve stimulation**, enhancing sleep quality and reducing anxiety with ease.

[ORDER NOW](#)



AVAZZIA LIFE PINNACLE

Achieve Professional-Grade Results at Home

The ultimate choice for **professionals and experienced users**, the Pinnacle features over **70 preset programs** tailored for various health concerns, providing **extensive customization options** to cater to specific therapeutic needs.

[ORDER NOW](#)

THE 5 MOST POWERFUL MICROCURRENT PROTOCOLS AND CONCEPTS TO MASTER FOR ADVANCED HEALING

How to Harness Microcurrent Like a Pro for Faster, More Effective Healing

If you've been using microcurrent therapy for a while and are ready to take your treatments to the next level, I want to share five advanced protocols that can significantly improve your results. These aren't just techniques you try once and forget—they're the key to unlocking deeper healing, regulating the nervous system, and creating lasting change in your body.

Over the years, I've worked with thousands of people using microcurrent therapy, and one thing has become clear: the more we fine-tune our approach, the more we can accelerate healing. Whether you're dealing with stubborn pain, chronic inflammation, or complex conditions that don't seem to resolve, these five protocols will help you break through those barriers.

1. Three Pathways & Six Points: The Nervous System Reset You Didn't Know You Needed

If you've ever treated one area of your body only to have pain shift somewhere else, you're not imagining things. Pain and dysfunction don't always start where you feel them. That's why the Three Pathways & Six Points Protocol is such a game-changer.

This protocol works by identifying electrical disruptions along the spine and nervous system, helping to reestablish proper communication between the brain and the body. Many chronic pain conditions and unexplained symptoms stem from these imbalances, which is why this treatment is foundational in our work at Pain Free For Life.

Here's how it works:

- We assess and stimulate three key pathways that affect the nervous system and circulation.
- Six critical points along the spine are addressed to restore balance.
- We follow up with additional microcurrent treatment to reinforce stability and healing.

I always recommend incorporating subsequent microcurrent treatments to support the body, especially when running a protocol like this. The nervous system can take time to adapt, and additional stimulation ensures the body processes the corrections effectively.

If you've ever felt stuck in your healing journey, this is the protocol to turn to. It's the closest thing to hitting a "reset" button for your nervous system, allowing your body to regulate pain, inflammation, and healing more efficiently.

This Month's Featured Protocol: The Three Pathways & Six Points Protocol is our monthly featured microcurrent treatment, selected for its ability to reset the nervous system and enhance whole-body healing. To help you master this technique, we've included an exclusive training video in this issue of Pain Free Living Magazine. Be sure to watch and follow along for expert guidance on applying this powerful protocol effectively.

2. Prostatitis Protocol: More Than Just the Qi Wave Pad

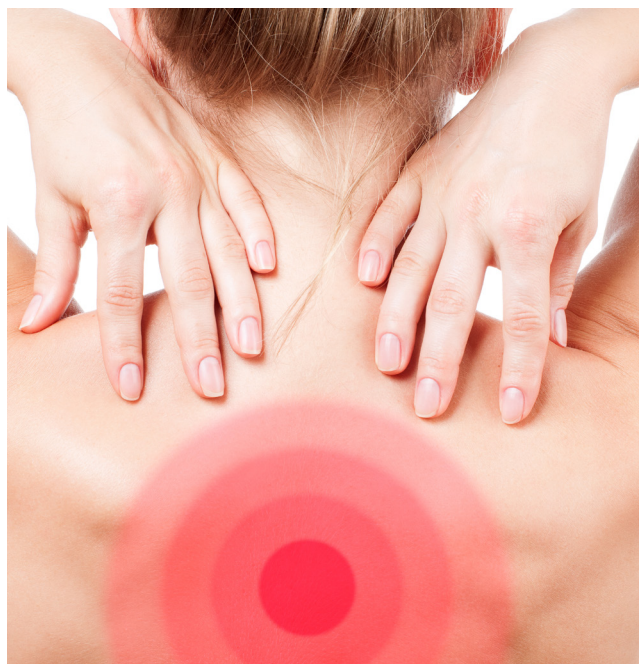
Many people assume that treating prostatitis or pelvic inflammation is as simple as using the Qi Wave PEMF Pad. While that's an essential part of the process, true healing comes from following the entire protocol—a multi-step approach that combines microcurrent with targeted frequency treatments.

Prostatitis and pelvic pain syndromes are notoriously stubborn because they involve multiple systems: nervous, muscular, and circulatory.

That's why this protocol works in stages:

- **Using microcurrent to calm inflammation and restore circulation.** This helps reduce pain and improve oxygenation in the affected area.
- **Stimulating nerve pathways connected to the pelvic floor.** By addressing nerve function, we prevent the brain from misfiring pain signals.
- **Applying PEMF (pulsed electromagnetic field therapy) with the Qi Wave Pad.** This encourages deeper cellular repair and helps alleviate chronic tightness or dysfunction.

I always emphasize that consistency is key when using this protocol. Prostatitis is rarely a “one-



and-done” situation—it requires ongoing support to help the body retrain itself and reduce chronic inflammation over time.

3. Abdominal & Gynecological Protocols: A Whole-Body Approach to Gut and Reproductive Health

Microcurrent therapy offers powerful support for those dealing with digestive issues, menstrual pain, or post-surgical recovery. The Abdominal and Gynecological Protocols are designed to work with your body's natural energy systems to regulate digestion, reduce inflammation, and support reproductive health.

The reason these protocols are so effective is that they follow a systematic approach to electrical balance in the body:

- We begin by mapping out electrical activity in the abdominal and pelvic regions.
- We identify points of excessive or diminished energy flow.
- Treatment is applied to bring the system back into balance, addressing symptoms at their root.

Many people don't realize that gut health and reproductive health are closely linked to the nervous system. Chronic stress, inflammation, and trauma can create dysfunction in these areas, leading to ongoing issues and pain. With microcurrent therapy, we can directly address these imbalances and help restore proper function.

If you've ever experienced bloating, painful periods, or slow digestive recovery, this is the protocol you'll want to integrate into your routine.

4. Understanding How to Treat Deficit or Excess in the Meridians

One of the most overlooked aspects of microcurrent therapy is the ability to correct energetic imbalances along the meridian system. Many people apply microcurrent based on where they feel pain, but true healing happens when we correct deficits and excesses in energy flow. If a meridian is underactive, the area may feel cold, weak, or prone to slow healing. In these cases, we use stimulating frequencies to encourage energy flow and revitalize the system.

On the other hand, if a meridian is overactive, the area may feel hot, inflamed, or tense. To bring



balance and prevent further irritation, we apply calming frequencies to regulate the excess energy. Understanding this distinction allows for a more precise and effective approach to microcurrent therapy, addressing not just the symptoms but the underlying imbalances that contribute to pain and dysfunction.

This principle applies to everything from joint pain and digestive issues to nerve disorders and emotional regulation. Learning how to adjust treatments based on whether the body needs stimulation or relaxation is one of the most valuable skills you can develop as a microcurrent user.

5. Knowing How to Dose & Zero and Troubleshoot When the Body is Struggling to Complete It

The **Dose & Zero (D&Z) technique** is a crucial part of microcurrent therapy, but I see a lot of people struggling to apply it correctly. The purpose of D&Z is to help the body recognize and respond to electrical stimulation in the most efficient way possible.

Here's why it matters:

- The body doesn't always absorb microcurrent evenly. D&Z helps adjust the treatment to match individual energy needs.
- If you're not seeing progress, it often means the body is struggling to complete the process. D&Z acts as a guide, ensuring that each session moves toward resolution rather than stagnation.
- Understanding how to troubleshoot when the body isn't responding is key. Sometimes, it's as simple as adjusting placement, changing frequency, or increasing hydration levels.

If you've ever felt like your treatments are inconsistent or unpredictable, mastering D&Z will help you refine your approach and get more reliable results.

BONUS: Understanding C7 and Its Role in Microcurrent Therapy

One of the most common questions I receive is about proper placement when treating the cervical spine, particularly C7, and how to ensure effective treatment. The C7 vertebra, located at the base of the neck, plays a significant role in nervous system regulation, posture, and pain management. If you're experiencing chronic tension, shoulder tightness, headaches, or even systemic imbalances, addressing C7 is crucial.

C7 acts as a bridge between upper body movement, nerve function, and overall energy flow. Because of its location, it influences the autonomic nervous system, circulation to the brain and arms, and even

internal organ function. If there's a blockage or disruption at C7, pain and dysfunction can radiate throughout the body, making other treatments less effective.

When treating C7 with microcurrent therapy, the focus is on assessing electrical resistance to identify disruptions, using microcurrent to clear stagnation and restore energy flow through the cervical spine, and integrating vagus nerve stimulation for additional nervous system support. Many users struggle with placement in this area, but precise positioning makes a significant difference in treatment effectiveness.

Here's a step-by-step approach:

- **Find the right placement.** C7 is the prominent vertebra at the base of your neck—tilt your head forward slightly, and you'll feel it. Place the microcurrent electrodes on either side of C7 rather than directly on the spine.
- **Assess your initial reaction** using microcurrent settings designed for nervous system regulation.
- **Apply the appropriate frequencies.** If inflammation is present, use calming frequencies; if there's a lack of activity, use stimulating frequencies to restore balance.
- **Monitor for changes.** After a few sessions, you should notice improved posture, reduced pain, and better nervous system function.

Understanding how to treat C7 effectively will enhance every other microcurrent protocol you use, making your treatments more efficient and long-lasting.

Microcurrent: Your Master Tool for Healing

These five protocols aren't just random techniques—they represent some of the most powerful applications of microcurrent therapy. When used correctly, they allow us to treat the body holistically, working with its natural healing abilities rather than against them.

I encourage you to experiment, take notes, and refine your approach. Microcurrent therapy isn't a one-size-fits-all solution, and the more you tailor it to your body's needs, the better your results will be.

If you're feeling overwhelmed by where to start, focus on Three Pathways & Six Points first. It's the foundation for everything else. From there, integrate the other protocols as needed, based on your specific health goals.

Healing is a process, but with microcurrent, you have one of the most advanced, effective tools available. Whether you're looking for expert guidance, structured training, or a self-paced approach, we have the right program for you. Register for **The Hache Protocol Private Membership** for exclusive insights, enroll in our **Microcurrent Advanced Training** to refine your skills, or follow our **Hache Protocol Reset 90-Day Self-Guided Program** for a step-by-step healing journey.

Not sure which is right for you?

Reach out to support@painfreeforlife.com today, and we'll help you decide.



PICKLED QUAIL EGGS: A GUT-HEALTH BOOSTING SNACK

Pickled quail eggs are a small but mighty addition to any diet, packed with protein, essential vitamins, and minerals that support energy, immune function, and overall health. Quail eggs are naturally rich in vitamin B12, riboflavin, selenium, and choline—key nutrients that aid digestion, brain function, and cellular health. They also contain natural antihistamines, which can help reduce allergic reactions and support immune balance.

The pickling process enhances the probiotic content, making these eggs a gut-friendly, nutrient-dense snack. Whether you enjoy them on their own, as a salad topper, or paired with your favorite dishes, these tangy, flavorful eggs deliver a satisfying combination of taste and health benefits.

Looking for fresh quail eggs? Check your local farmer's market, food cooperative, Asian market, specialty grocers, or even Costco, which often carries them!



PICKLED QUAIL EGGS RECIPE

INGREDIENTS

- 24 quail eggs
- 1 cup white vinegar (or apple cider vinegar for a milder taste)
- 1/2 cup water
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 teaspoon black peppercorns
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon coriander seeds
- 1–2 cloves garlic, peeled and crushed
- 1 small fresh chili pepper, sliced (optional, for a hint of heat)
- Fresh herbs like dill or thyme (optional)

INSTRUCTIONS

1. Boil the Quail Eggs

Place the quail eggs in a pot, cover with water, and bring to a gentle boil. Reduce heat and simmer for 3 minutes.

2. Cool and Peel.

Drain the eggs and immediately place them in an ice bath. Once cool, gently peel the shells. (Pro tip: Place the eggs in a small container, shake gently, and the shells will fracture, making them easier to peel.)

3. Prepare the Pickling Brine.

In a saucepan, combine vinegar, water, sugar, and salt. Add peppercorns, mustard seeds, coriander seeds, garlic, and chili. Bring to a boil, then reduce heat and simmer for 5 minutes. Let cool slightly.

4. Jar the Eggs.

Place the peeled quail eggs in a sterilized glass jar. Add fresh herbs if desired, then pour the warm (not hot) brine over the eggs, ensuring they're fully submerged.

5. Seal and Store.

Close the jar tightly and let cool to room temperature. Refrigerate for at least 24–48 hours before eating. (For best flavor, allow them to pickle for a week.

6. Enjoy.

Reduce the heat to low, cover the pot, and let the curry simmer for 1 to 1.5 hours. Stir occasionally to prevent sticking and ensure the flavors meld beautifully.

7. Final Seasoning

Taste the curry and adjust the seasoning with salt and pepper.

8. Garnish and Serve.

Serve the curry hot, garnished with fresh herbs if desired. This dish pairs wonderfully with rice, couscous, or a slice of turmeric-infused sourdough bread for a complete and nourishing meal.

Pickled quail eggs should be stored in the refrigerator and consumed within 2–3 weeks. While they cannot be safely canned, they likely won't last that long once you taste them.



HARVEST FOR YOUR HEALTH: THE POWER OF GROWING YOUR OWN FOOD

Growing your own food is one of the simplest and most powerful ways to achieve lasting health and wellness. Whether you're cultivating a few herbs on a windowsill or tending to a lush backyard garden, homegrown produce guarantees fresh, nutrient-rich food for a vibrant lifestyle. When you grow your own, you control the quality, ensuring pesticide-free fruits, vegetables, and herbs packed with nutrients, often lost in store-bought options.

And let's not forget the flavor—nothing beats the taste of just-picked greens or freshly harvested veggies.

For me, gardening is about so much more than food. It's a way to reduce stress, stay active, and connect meaningfully with the earth. I started my gardening journey on a tiny balcony, and if there's one thing I know, it's this: ANYONE can grow their own food, no matter how small their space.

With a little creativity and care, you can grow fresh produce year-round to support your health and nurture your body and mind. Let's see what your options for April look like!



APRIL: FRESH AND VIBRANT – THE BENEFITS OF SPINACH AND LETTUCE

April is prime time for spinach, romaine, and butter lettuce—nutrient-dense greens that bring vibrant color and powerful health benefits to your plate. These leafy greens are packed with iron, folate, and antioxidants, supporting energy, skin health, and cognitive function. Spinach, in particular, provides magnesium and vitamin C, which help reduce stress and strengthen immunity.

Why Focus on Spinach and Lettuce?

Garlic greens and green onions are two of my favorite ingredients to add to meals, and for good reason. Not only do they elevate the flavor of just about anything, but they're also loaded with benefits for your health!

Spinach: A Nutrient Powerhouse

Spinach is one of the most nutrient-dense greens available, offering a wealth of vitamins and minerals in every bite. Its natural nitrates improve circulation and support heart health, while its high iron content helps combat fatigue and boosts energy.

Health Benefits of Spinach:

- **Rich in Iron and Folate:** Supports energy, red blood cell production, and brain health.
- **Boosts Heart Health:** Natural nitrates improve blood flow and lower blood pressure.
- **Supports Bone Strength:** Magnesium and vitamin K contribute to healthy bones and joints.

Lettuce: Hydrating and Detoxifying

Lettuce may seem simple, but it's an excellent source of hydration, fiber, and antioxidants. Darker leafy varieties like romaine offer even more nutrient density, helping to support digestion and skin health.

Health Benefits of Lettuce:

- **Hydration Boost:** High water content helps keep skin glowing and supports overall hydration.
- **Supports Digestion:** Fiber aids in gut health and promotes regularity.
- **Detoxifying Properties:** Chlorophyll in darker greens supports liver function and detoxification.



DELICIOUS WAYS TO ENJOY SPRING GREENS

Spring Spinach and Strawberry Salad

INGREDIENTS

- 4 cups fresh baby spinach
- 1 cup sliced strawberries
- ¼ cup chopped walnuts or almonds
- ¼ cup crumbled feta or goat cheese (optional)
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste



INSTRUCTIONS

1. In a large bowl, combine spinach, strawberries, and nuts.
2. In a small jar, whisk together balsamic vinegar, olive oil, honey, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.
4. Top with crumbled cheese if desired, and serve fresh.

This light and refreshing salad is the perfect way to celebrate spring—offering a balance of sweetness, crunch, and nourishing greens.

TIPS FOR GROWING SPRING GREENS

- **Plant in a Sunny Spot:** Spinach and lettuce thrive in cooler temperatures but need at least 4–6 hours of sunlight daily.
- **Keep the Soil Moist:** Consistent watering prevents bitterness and promotes tender leaves.
- **Harvest Often:** Regular picking encourages continuous growth, so enjoy fresh greens all season long.

Whether tossed in a salad, blended into a smoothie, or wilted into warm dishes, these leafy greens are a simple yet powerful addition to your diet.

Let's embrace the fresh flavors of spring, starting with a plate full of vibrant greens!



THE HEARTS AND MINDS BEHIND PAIN FREE FOR LIFE

Team Member Spotlight

Andria Seymour – Treatment Coordinator

Andria Seymour is a dedicated Treatment Coordinator at Pacific Health Options. Her journey with microcurrent therapy began with her certification as a practitioner, which led her to integrate these powerful healing devices into both her professional practice and personal life. After experiencing firsthand the impact of microcurrent therapy, she was invited to join the Pain Free For Life team, where she has been making a difference for the past two years.

Andria plays a vital role in helping clients understand how to use their devices, navigate the extensive online education resources, and find protocols to manage and overcome pain. Her meticulous attention to detail and unwavering commitment to client success have helped refine and enhance the Treatment Coordinator role, ensuring every client receives the guidance and support they need.

Beyond her work with Pain Free For Life, Andria runs her own business, **Soaring Fox Therapy**, where she offers a range of holistic treatments. She holds certifications in Quantum Biofeedback Energy, Myofascial Release (John F. Barnes approach), and Microcurrent Therapy as a Certified Pain Resolution Specialist. As the only therapist in the world combining Myofascial Release with Microcurrent Therapy in a single treatment, Andria brings a unique and powerful approach to healing. Her deep-rooted understanding of the body—built on three generations of therapeutic knowledge—allows her to address pain and dysfunction from multiple layers, helping clients achieve lasting relief.



Outside of her professional life, Andria's greatest joy is her family. She and her husband, Mark, share a busy household with their children, including two teenagers just 13 months apart. Their home is filled with energy from sports events, band and choir concerts, and a variety of school activities. They also share their space with two cats and two dogs, adding even more liveliness to their daily lives.

As a family, they love Minecraft marathons, reading together, cooking and baking, hosting game nights, Friday night bingo, bonfires, and evening walks. When she finds a quiet moment, Andria enjoys puzzles or a well-earned night out.

Andria's mission is clear—she works tirelessly to reduce the number of people living in chronic pain by educating others on how to care for their bodies in a way that promotes long-term healing and well-being. Her passion for holistic healing, her depth of knowledge, and her dedication to her clients make her an invaluable part of the Pain Free For Life team.

—Thank You, Andria!

HOW KENDALL FOUGHT BACK AGAINST GERD—AND WON



Kendall C. + GERD Relief and Full-Body Wellness

Kendall C., a dedicated health advocate from Vail Valley, Colorado, once faced an overwhelming challenge: chronic GERD, esophageal sphincter dysfunction, and a hiatal hernia. Specialists warned her that surgery—a high-risk, low-reward magnetic sphincter augmentation—was her only option. But at just 37 years old, Kendall refused to accept that her future would be dictated by an invasive procedure that didn't even address the root cause of her suffering.

Her symptoms were relentless. Heartburn, regurgitation, bloating, painful esophageal spasms, and chronic inflammation made eating a constant battle. Her sleep suffered, her energy plummeted, and the anxiety surrounding food and digestion became overwhelming. The damage extended beyond her gut—frequent ear and sinus infections from refluxing stomach acid added to her health burdens. No medication, diet change, or temporary fix provided lasting relief.

Then, a friend introduced her to Pain Free For Life. For the first time in years, Kendall felt a glimmer of hope.

A Journey Toward Healing and Renewal

Kendall started her healing journey with the **Avazzia Life Evolution Deluxe Kit**, later adding the **Sana Qi for advanced microcurrent therapy**. Committing fully, she combined microcurrent therapy with holistic lifestyle changes, including whole foods, strategic supplementation, and consistent movement. A critical discovery—her MTHFR gene mutation—helped her fine-tune her approach, reducing histamine intolerance and inflammation.

After several months of dedication, Kendall noticed a shift. Her symptoms became less severe, and flare-ups happened less frequently. Slowly, she reclaimed her ability to enjoy meals without fear.

Microcurrent Therapy: The Game Changer

Two microcurrent protocols made a profound difference in Kendall's healing:

- **Vagus Nerve Stimulation (VNS):** VNS calms the nervous system and regulates digestion, becoming a cornerstone of her recovery.
- **GERD Protocol with Sana Qi:** By using the Sana Qi to deliver scalar wave healing frequencies from the sternal notch to the belly button, Kendall supported gut repair and reduced inflammation at the source.

For the first time in years, Kendall felt in control of her health again.

Beyond GERD: Full-Body Benefits

Microcurrent therapy didn't just heal Kendall's gut—it transformed her entire approach to wellness. She shared:

"I herniated C5/C6 years ago doing Crossfit. I maintain my neck and spine health mostly by myself now with stretching, movement, etc., as well as with the help of protocols like the Realignment protocol, Little Wings, and Joint Pain (when I go too hard at the gym or tweak my body by accident).

The couple of times me or my husband have been sick (since having our device) we've leaned heavily on the PEMF pad for treating our lungs, and doing the Immune Boosting protocol with our Sana Qi (on Via Qi mode) to help us get through the ick faster, with less intense symptoms. Alpha Ear clips, Via Qi'ing our brains, grounding, and mitochondrial recharge are the other generalized protocols we do most often. We use our device and tools to help optimize our health now, which helps our future selves too."

Reclaiming Confidence and Joy

Kendall no longer lives in fear of food, digestion issues, or debilitating flare-ups. She's able to enjoy meals, exercise without fear, and trust her body's ability to heal. What started as a desperate search for relief became a journey of empowerment, resilience, and self-care.

"Empowering myself and doing the work—following protocols and staying consistent—was key. It took effort at first, but now it's just part of my normal routine," Kendall says.

“

"I took control of my healing— Having these tools has changed everything."

– Kendall C..

”

Today, Kendall describes Pain Free For Life as more than just a treatment—it's a lifeline.

"I love that I can reach out to my Treatment Coordinator anytime or dive into the protocol library whenever I need guidance," she says.

Her message to others is simple: Healing is possible. Be patient, be consistent, and trust the process.

Kendall's story is a testament to the power of holistic healing, microcurrent therapy, and taking charge of your own wellness journey. She has transformed her health, her confidence, and her future—without surgery, without fear, and without limitations.

Your Journey to Wellness Starts Today

If Kendall's story resonates with you, know that lasting relief is possible. The Pain Free For Life team is here to help you take the first step toward a healthier, pain-free future. Let Kendall's journey remind you that you are not powerless—healing is in your hands.

APRIL'S FEATURED MICROCURRENT PROTOCOL: THREE PATHWAYS & SIX POINTS PROTOCOL

This month, we're highlighting a foundational microcurrent protocol designed to identify and treat hidden pain, restore nervous system balance, and enhance whole-body healing: THREE PATHWAYS & SIX POINTS.

Pain and dysfunction don't always originate where you feel them. The Three Pathways & Six Points technique is a systematic approach that helps uncover and correct imbalances along the spine, nervous system, and facial meridians. By targeting these key zones, this protocol restores the body's electrical communication, improves circulation, and promotes deeper healing.

The Three Pathways & Six Points protocol works by identifying areas of electrical disruption in the nervous system, addressing chronic pain patterns by stimulating key pathways along the spine, supporting organ function and systemic health by working with reflex points, and enhancing the brain-body connection to accelerate healing.

Many chronic pain conditions, inflammation patterns, and unresolved injuries can be traced back to disruptions along these pathways. By using microcurrent to restore flow and optimize energy balance, the Three Pathways & Six Points protocol can help unlock long-lasting relief.

Incorporating this method into your microcurrent routine can help reset your nervous system, improve resilience, and support pain resolution at the source.

**Ready to learn how to perform the Three Pathways & Six Points protocol?
Check out the step-by-step training video below.**



10-MINUTE TRAINING
Three Pathways and Six Points

Dr. Rob Vanbergen
Board Certified Doctor of Natural Medicine

PAIN FREE
For Life™

We'd love to hear your success story. Try the Three Pathways & Six Points protocol today and let us know how it's helping you on your journey to pain-free living.



OWN A DEVICE? JOIN OUR VIP SUPPORT GROUP

If you own an Avazzia Life microcurrent device, this exclusive online community is designed just for you! The **Pain Free For Life VIP Support Group** provides a more personalized and focused experience for device owners, offering advanced tools, resources, and guidance.

WHY JOIN THE VIP GROUP?

- ✓ **Monthly Microcurrent Training Videos:** Access focused 10-minute training videos to maximize your device's potential.
- ✓ **Exclusive Tools and Resources:** Enjoy premium content and materials tailored specifically for VIP members—unavailable in the general support group.
- ✓ **Personalized Guidance:** Get expert advice to optimize your treatments and reach your health goals faster.
- ✓ **A Community for Device Owners:** Connect with like-minded users who share your commitment to microcurrent therapy and holistic healing.

This VIP Support Group is designed exclusively for Avazzia Life device owners, offering targeted content and unparalleled support to help you on your journey to better health.

VIP Support Group: April 10-Minute Trainings

Week 1: Accelerating Wound Healing – Harnessing Energy Medicine for Faster Recovery

Discover how microcurrent therapy can stimulate tissue regeneration, reduce inflammation, and support the healing of non-healing wounds. This session will cover key techniques to enhance recovery, even in challenging cases.

Week 2: The Immune Protocol – Strengthening Your Body's Natural Defenses

Learn how microcurrent therapy activates and supports your immune system. This session will provide a step-by-step guide to using microcurrent for immune resilience, inflammation control, and recovery from illness.

Week 3: Three Pathways & Six Points – Resetting the Nervous System for Deep Healing

Master the Three Pathways & Six Points protocol, a foundational technique that identifies and corrects electrical disruptions in the nervous system, relieves chronic pain, and restores full-body balance.

Week 4: The Abdominal Protocol – Balancing Your Gut for Better Health

Explore how microcurrent therapy can support digestion, relieve bloating, and restore gut balance. This session will teach a targeted protocol to optimize abdominal function and overall well-being.

Don't miss this opportunity to access specialized trainings, exclusive content, and a supportive community of dedicated microcurrent users.

[JOIN VIP GROUP](#)

TUNE IN TO THE PAIN FREE FOR LIFE PODCAST: CAN'T-MISS APRIL EPISODES



Week 1: Nutrition and Microcurrent – Accelerated Healing with Yvonne Rea

How does nutrition influence the effectiveness of microcurrent therapy? Functional Nutritionist Yvonne Rea joins Dr. Rob to discuss how proper diet, supplementation, and microcurrent work together to accelerate healing. Learn the key nutrients that enhance pain relief, tissue repair, and overall wellness—and how you can optimize your healing journey with simple dietary adjustments.

Week 2: Ask Dr. Rob – Your Microcurrent Questions Answered

Do you have a burning question about microcurrent therapy, pain relief, or holistic healing? Dr. Rob is back with another listener Q&A, answering your most frequently asked questions. From protocol troubleshooting to best practices, this episode delivers expert insights to help you get the most out of your microcurrent experience.

Don't forget to submit your questions for future episodes by emailing support@painfreeforlife.com.



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SUBSCRIBE TODAY

Week 3: How the NEW & Improved Hache Protocol Reset Is Changing Lives

Dr. Rob takes a deep dive into the latest updates to the Hache Protocol Reset, explaining how this refined approach is transforming the way people heal from chronic pain. Learn about the new enhancements, why they matter, and how they can help you achieve better results—faster. If you're looking to regain control of your health naturally, you won't want to miss this one.

Week 4: Holistic Healing and Breathwork – A Conversation with Jane Hogan

Jane Hogan, The Wellness Engineer, joins Dr. Rob to share how she overcame chronic pain through a powerful blend of functional medicine, breathwork, and mind-body healing. Discover the connection between breath and pain relief, and how you can integrate simple techniques to calm inflammation, reduce stress, and support whole-body healing.

Week 5: Microcurrent for Dental Issues – What We've Learned

Oral health is often overlooked, but did you know it plays a major role in chronic pain and overall wellness? In this solo episode, Dr. Rob explores the surprising ways microcurrent therapy can be used for dental issues, from gum inflammation to nerve pain. Learn how this innovative approach is helping people take control of their oral health naturally.



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NEVER MISS A CONVERSATION

Discover expert advice, inspiring success stories, and actionable tips to support your pain-free journey. Subscribe to The Pain Free For Life Podcast now—every episode could be the one that changes everything!

SUBSCRIBE TODAY

YOUR GATEWAY TO EFFECTIVE PAIN MANAGEMENT

HACHE PROTOCOL RESET

The Hache Protocol Reset is a 90-day program designed to help you address chronic pain through self-paced lessons and includes monthly live sessions hosted by our team of experienced practitioners. These live sessions are part of the program—no extra cost—providing guidance and support as you implement strategies at your own pace. With lifetime access to Q&A recordings and practical resources, the Reset program offers a structured yet flexible way to explore natural methods for managing pain and improving overall well-being.

Join the thousands worldwide who have reclaimed their lives.



LEARN MORE
ABOUT THE RESET

BASIC/INTERMEDIATE MICROCURRENT TRAINING

Lay the groundwork for success with our popular microcurrent training package, now updated to feature the Avazzia Life Pinnacle. This comprehensive course covers essential protocols such as scar tissue treatment, vagus nerve stimulation, and much more—all supported by an easy-to-follow workbook and digital resources. Whether you're new to microcurrent therapy or fine-tuning your skills, this training is designed to help you unlock the full potential of your Avazzia Life device with confidence and clarity.



EXPLORE BASIC/
INTERMEDIATE TRAINING

ADVANCED MICROCURRENT TRAINING

This comprehensive course empowers you with cutting-edge techniques like needle-free acupuncture, meridian treatments, and specialized protocols for managing specific conditions. Dive deeper into advanced diagnostic capabilities, including face mapping and analysis, and discover how to integrate the Five Elements of Chinese Medicine into the equation.

With detailed guidance on utilizing the Avazzia Life Pinnacle, this updated training unlocks the full potential of microcurrent therapy. You'll learn to tailor treatments with precision, addressing complex health challenges while achieving transformative outcomes for yourself or your clients. Whether you're a healthcare practitioner, an experienced microcurrent user, or navigating intricate health needs, this program is your pathway to mastery.



MASTER ADVANCED
MICROCURRENT TECHNIQUES

BLANKET YOURSELF IN WELLNESS & RELAXATION

THE SANA THERAPEUTICS HEALTH BLANKET

Your body does its most profound healing while you rest, but if sleep is disrupted by stress, pain, or environmental factors, your body may struggle to recover fully. The Sana Therapeutics Health Blanket is designed to optimize your sleep environment, helping you wake up feeling refreshed, restored, and ready to take on the day.

Developed using principles inspired by space technology, the Sana Health Blanket is more than just a cozy addition to your home. Its unique reflective design works in harmony with your body's natural energy, supporting relaxation, restoration, and overall well-being. Whether you're looking to enhance your nightly routine, improve relaxation, or support your body's recovery process, this therapeutic blanket is a simple yet powerful tool for wellness.



HOW THE SANA THERAPEUTICS HEALTH BLANKET WORKS

The innovation behind the Sana Health Blanket stems from research conducted by the Russian Space Program. Scientists sought ways to reduce stress and improve vitality for cosmonauts in space, leading to the use of advanced reflective materials in spacesuit design. The Sana Health Blanket incorporates similar technology, reflecting the body's natural warmth and energy back toward you while you rest.

This process enhances the body's "energetic portrait," promoting better circulation, relaxation, and balance. By optimizing your sleep environment, the Sana Health Blanket helps support your body's ability to recover, leaving you feeling revitalized each morning.

The Benefits of the Sana Therapeutics Health Blanket

With its simple, no-fuss design, the Sana Health Blanket is an easy way to integrate therapeutic benefits into your everyday life.

- Enhances relaxation by promoting a soothing sleep environment
- Encourages the body's natural healing and recovery processes
- Helps alleviate stress and tension for deeper, more restorative rest
- Inspired by space technology to support overall vitality
- Portable, durable, and does not require electricity
- Available in multiple sizes to fit your needs, including crib, queen, and king

The Sana Health Blanket is a great addition to any wellness routine and is particularly beneficial for those recovering from illness, surgery, or periods of high stress. Its therapeutic design makes it an excellent tool for individuals looking to improve sleep quality, reduce daily stress, or support general well-being.

The Sana Health Blanket seamlessly integrates into your daily routine. Whether you're at home, traveling, or in a clinical or spa setting, simply drape the blanket over you while you rest, work, or relax. No setup is required—just use it like a regular blanket and let its benefits unfold naturally.

Try the Sana Therapeutics Health Blanket today and experience the power of restorative sleep for yourself.

Explore and learn more about the Sana Health Blanket by visiting

THE SANA SHOP



ACCELERATE YOUR HEALING WITH THE HACHE PROTOCOL PRIVATE MEMBERSHIP™

WHAT THE MEMBERSHIP OFFERS

The Hache Protocol Private Membership is your gateway to a world of unparalleled support in overcoming chronic pain.



WHEN YOU JOIN, HERE'S WHAT YOU'LL GAIN:

- **Unlimited Access to Training Videos:** Dive into a library of over 200 (and growing) instructional videos, updated regularly, to master your microcurrent device and treatments at your own pace.
- **Personalized Treatment Coordinator Support:** Get a custom Microcurrent Therapy Treatment Plan based on The Hache Protocol™ designed by your very own Treatment Coordinator.
- **Live Q&A Sessions with the Pain-Free for Life Team:** Participate in monthly and quarterly live Q&A sessions with our expert team, including Dr. Rob, to get answers to your questions and personalized guidance.
- **Exclusive Access to a Private Community:** Join a vibrant network of like-minded members for resources, discussions, and shared healing experiences.
- **Early Access to New Products and Beta Testing:** Be the first to explore groundbreaking innovations and play a role in shaping the future of pain resolution.
- **Member-Only Discounts:** Enjoy special pricing on devices, products, and upgrades at The Sana Shop as our token of appreciation.

THIS MEMBERSHIP IS IDEAL FOR:

- Patients committed to at-home, drug-free healing and pain resolution.
- Practitioners aiming to enhance their knowledge and services.
- Anyone ready to embrace holistic health with the support of cutting-edge microcurrent technology.

JOIN US TODAY

Unlock the best tools, resources, and community support to guide your journey toward a pain-free life. Let's transform your healing experience together!

EXPLORE PRIVATE MEMBERSHIP OPTIONS

PARTNER OF THE MONTH: JANE HOGAN – THE WELLNESS ENGINEER

This month, we are honored to spotlight Jane Hogan, a visionary in holistic healing who blends cutting-edge science with ancient wisdom to help individuals break free from chronic pain. Through her personal journey of reversing crippling rheumatoid arthritis using natural methods, Jane has become a powerful advocate for pain relief through the mind, body, and breath.

Jane's battle with chronic pain began in 2016 when rheumatoid arthritis struck suddenly, leaving her struggling with even the most basic movements. Faced with the possibility of a life ruled by pain, she made a defining decision: to reclaim her health naturally.

Drawing on her background as an engineer, Jane approached healing with a systematic mindset—tracking symptoms, researching extensively, and experimenting with functional medicine, mind-body techniques, and stress-management strategies. Over time, she experienced a profound transformation, eliminating pain, regaining mobility, and restoring energy—all without medication.

Inspired by her success, Jane left her 30-year engineering career to become a **Functional Medicine Certified Health Coach, Certified Yoga Teacher, speaker, and wellness educator**. She has since helped thousands of people reduce inflammation and pain naturally, guiding them toward a life of freedom and vitality. She is also the host of the Wellness by Design podcast, the creator of the Becoming Pain-Free online summits, and a contributing author to multiple best-selling books. Her work has been featured in Thrive Global and Elephant Journal and shared across numerous podcasts and summits.



At **Pain Free For Life**, we celebrate Jane's dedication to empowering individuals with the knowledge and tools they need to take control of their health. Her mission aligns with our philosophy of addressing root causes and promoting natural, non-invasive healing solutions.

– Thank you, Jane, for your passion, commitment, and for inspiring others on their journey to pain-free living!

[LEARN MORE ABOUT JANE HOGAN](#)



Partner With Us to Transform Lives

We're on a mission—a revolution, really—against the traditional ways pain is treated. For decades, our team has been committed to freeing thousands of people from the chains of chronic pain and restoring their passion for life through groundbreaking, natural solutions. Now, with the Pain Free For Life Partner Program, we invite YOU to join us on this journey.

WHY BECOME A PAIN FREE FOR LIFE PARTNER?

- ✓ **Make an Impact and Earn Rewards:** Share our life-changing microcurrent therapy solutions from TheSanaShop.com and earn revenue while doing good.
- ✓ **Empower Others with Holistic Solutions:** Introduce your friends, colleagues, and patients to treatments that truly work.
- ✓ **Access Unmatched Support:** From personalized referral codes to professional marketing materials, we give you everything you need to succeed.
- ✓ **Join a Like-Minded Community:** Link up with others as passionate about health, wellness, and financial prosperity as you are.

Whether you're a healthcare provider, a social media influencer, or someone who believes in our cause, there's a place for you in the partner program.

READY TO JOIN THE MOVEMENT?

Take the first step today and become part of a growing community dedicated to changing lives.

[JOIN HERE](#)

CHART YOUR COURSE TO EXCELLENCE WITH THE SANA INSTITUTE

Your Path to Becoming a Certified Pain Resolution Specialist™ Starts Here.

Are you ready to take your skills to the next level and join the ranks of elite natural health practitioners? At The Sana Institute, we don't just teach—you learn, grow, and thrive alongside the top 1% in holistic health.

We're leading a revolution in natural healthcare, blending innovative techniques with the proven wisdom of time-tested healing traditions. Whether you're looking to amplify your expertise, elevate your career, or create life-changing results for your clients, The Sana Institute provides the tools, community, and mentorship you need to succeed.

Your future in holistic excellence begins here—are you ready to make your mark?

WHO IS THE SANA INSTITUTE FOR?

- ✓ **Healthcare Professionals Seeking Excellence:** Expand your practice with advanced tools, techniques, and a third-party-backed, nationally accredited curriculum that sets you apart from the crowd in a deeply underserved market. (CEUs available!)
- ✓ **Aspiring Practitioners Looking for Change:** Step confidently into the world of natural health with certifications that empower you to excel.
- ✓ **Visionaries Who Want to Stand Out:** Build a lasting legacy with groundbreaking programs found nowhere else in the world.



The Sana Institute: April Trainings

Week 1: Functional vs. Conventional Medicine – A New Approach to Healing

Explore the key differences between functional and conventional medicine and discover how microcurrent therapy bridges the gap. Learn how this innovative approach supports the body's natural healing processes by addressing root causes rather than just symptoms.

Week 2: Three Pathways & Six Points – Can One Treatment Unlock Whole-Body Healing?

Uncover the science behind the Three Pathways & Six Points Protocol—a microcurrent technique designed to restore nervous system balance, reduce pain, and enhance circulation. Learn how to apply this method to identify and treat hidden dysfunction throughout the body.

Week 3: Dental Meridians – How Treating the Mouth Can Heal the Body

Did you know that oral health impacts every system in your body? This session explores the dental meridian system and how microcurrent therapy can help address chronic pain, systemic inflammation, and hidden infections linked to dental issues.

Week 4: Little Wings – The Key to Circulation, Muscle Release & Relaxation

Master the Little Wings Protocol, a technique that targets the sphenoid bone to improve posture, relieve neck and shoulder tension, and enhance circulation throughout the body. Learn how this quick and powerful approach can promote deep relaxation and restore natural alignment.



Discover how The Sana Institute can transform your life and career with world-class certifications and certification programs.

[LEARN MORE](#)

"In 4 years of using microcurrent, it has opened my eyes to a whole new avenue of treatment that actually "I used microcurrent therapy on my mastectomy scars, and the results were amazing! I'm now using The Hache Protocol™ to aid in healing from my cancer treatments by changing my diet, getting proper rest, and focusing on my mental well-being."

—M.B.

CAN'T-MISS EVENTS: COMING SOON

FREE TRAINING WEBINAR: EMF PROTECTION & CELLULAR HEALTH WITH FLOWW™ TECHNOLOGY

When: Wednesday, April 9th, 2025

Time: 7 PM EST | 4 PM PST

Where: LIVE on Zoom—FREE for all attendees

Electromagnetic fields (EMFs) are everywhere, but you don't have to live unprotected. Join this exclusive training session to learn how to safeguard your health from EMF exposure and support optimal cellular function with cutting-edge solutions.

Led by Dr. Rob Vanbergen, this live webinar will cover:

- The latest research on EMFs and their impact on your health
- How microcurrent therapy and Floww™ EMF protection products can help reduce exposure
- Practical steps to integrate EMF protection into your daily life

And more!

This is a must-attend event for anyone looking to enhance their wellness and minimize the effects of environmental stressors. Space is limited—reserve your spot today!

[LEARN MORE](#)

ASK DR. ROB: GET EXPERT ANSWERS TO YOUR PAIN RELIEF AND WELLNESS QUESTIONS

Join us for a FREE live Q&A with Dr. Rob Vanbergen, a leading expert in microcurrent therapy and holistic pain management. This session goes beyond traditional pain relief, focusing on innovative approaches to address the root causes of chronic pain. Dr. Rob will answer your questions, share expert insights, and provide actionable advice to help you take control of your health journey.

Q&A WITH
DR. ROB
VANBERGEN



[LEARN MORE](#)

FIND OUT ABOUT UPCOMING EVENTS

Check out all the details on our latest events and training opportunities. Don't miss your chance to take the next step toward feeling your best!

[LEARN MORE](#)



EXCLUSIVE FLOWW EVENT SALE COMING SOON!

A special offer is on the way for those who attend the Floww Training Webinar on April 9th!

Join us for this exclusive event to learn how to protect your health from EMFs and optimize cellular function with Floww Technology™. Plus, attendees will unlock a secret, limited-time discount to help take their wellness to the next level.

Don't miss out—secure your spot today and be the first to access this special offer when it goes live!

[SAVE YOUR SPOT NOW](#)

STAY IN THE LOOP: SALES, PROMOTIONS & DEALS

Stay connected and never miss an opportunity to save on tools that support your health journey. Explore all current sales, exclusive promotions, and exciting events in one convenient place.

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WE'RE HERE TO HELP



At Pain Free for Life, we believe that personalized care and compassionate guidance are key to achieving lasting pain relief. Our dedicated team is here to ensure you feel supported every step of the way on your journey to health and wellness.

Whether you have questions about microcurrent therapy, need help selecting the right device, or require guidance on using your treatments effectively, we're just a call or message away.

Our knowledgeable specialists are available during the following hours to assist you:

Monday to Friday: 8:00 AM – 6:00 PM (PST)

REACH OUR TEAM

Phone: Speak with a live representative at **1-888-758-0851 (North America)** or **250-871-2225 (outside North America)**.

Email: Send us your questions or concerns at **support@painfreeforlife.com**, and our team will get back to you as soon as we can.

Treatment Coordinator Support: We're Here to Help:

Already have a microcurrent device but not sure how to contact your Treatment Coordinator? Email us at **coordinator@painfreeforlife.com**, and we'll connect you to the right person for expert guidance and personalized support.

Online Chat: Visit our website to connect with a team member in real time during business hours.

Your Treatment Coordinator is your go-to resource for maximizing the benefits of your device—reach out today!



THE SUPPORT YOU NEED

Your journey to better health and lasting relief from chronic pain starts here!

CONTACT US TODAY

PAIN FREE LIVING *Magazine*

