



PAIN FREE LIVING

FEBRUARY 2025

Magazine

FIND BALANCE IN
A WORLD OF EMFS:
FLOWW™ PROTECTION

*Anti-Inflammatory
Turmeric-Infused
Sourdough Bread Recipe*

AUTOIMMUNE
SOLUTIONS:
A PRACTICAL GUIDE
FOR OVERCOMING
AUTOIMMUNE
DISEASE

WHOLE BODY HEALING
WITH VAGUS NERVE
STIMULATION



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 February's quiet and contemplative days roll in, it's the perfect time to reflect on love—not just for others but also for yourself! This month, we celebrate self-care, renewal, and the small acts of love that nurture your body and mind. In this spirit, I'm thrilled to welcome you to the February issue of Pain Free Living Magazine.

February is a time of connection, warmth, and transformation, and we're here to support you on your journey to vibrant health. Whether you're managing chronic pain, combating inflammation, grappling with autoimmune disease, or simply seeking ways to feel more energized, our team is dedicated to equipping you with the tools and knowledge to take control of your wellness.

This month's featured blog, ***Feel the Love: 10 Conditions We Treat with Microcurrent Therapy***, dives into how microcurrent therapy addresses a wide array of health challenges. From chronic pain to cosmetic benefits like collagen stimulation, microcurrent therapy continues to transform lives by harmonizing with the body's natural rhythms.

Each month, we stay committed to the same mission: to inspire, inform, and empower you on your journey to better health. Every issue showcases our dedication to delivering innovative, science-backed solutions that make healing natural, accessible, and effective.

In this issue, we'll explore:

- **How to Feel the Love:** Discover the top 10 conditions microcurrent therapy helps treat and why it's a cornerstone of natural medicine.
- **Healing Greens in February:** Seasonal tips for incorporating nutrient-packed kale and collards into your diet.
- **Real Success Stories:** Learn how microcurrent therapy has empowered individuals like you to reclaim their health and independence.
- **EMF Protection Made Simple:** Explore how Floww™ Technology can help you create a safer, healthier environment by harmonizing electromagnetic frequencies.
- **The Hache Protocol™:** A Holistic Approach to Sexual Wellness: Learn how microcurrent therapy and holistic strategies can support hormonal balance, circulation, and emotional well-being for enhanced intimacy and vitality.

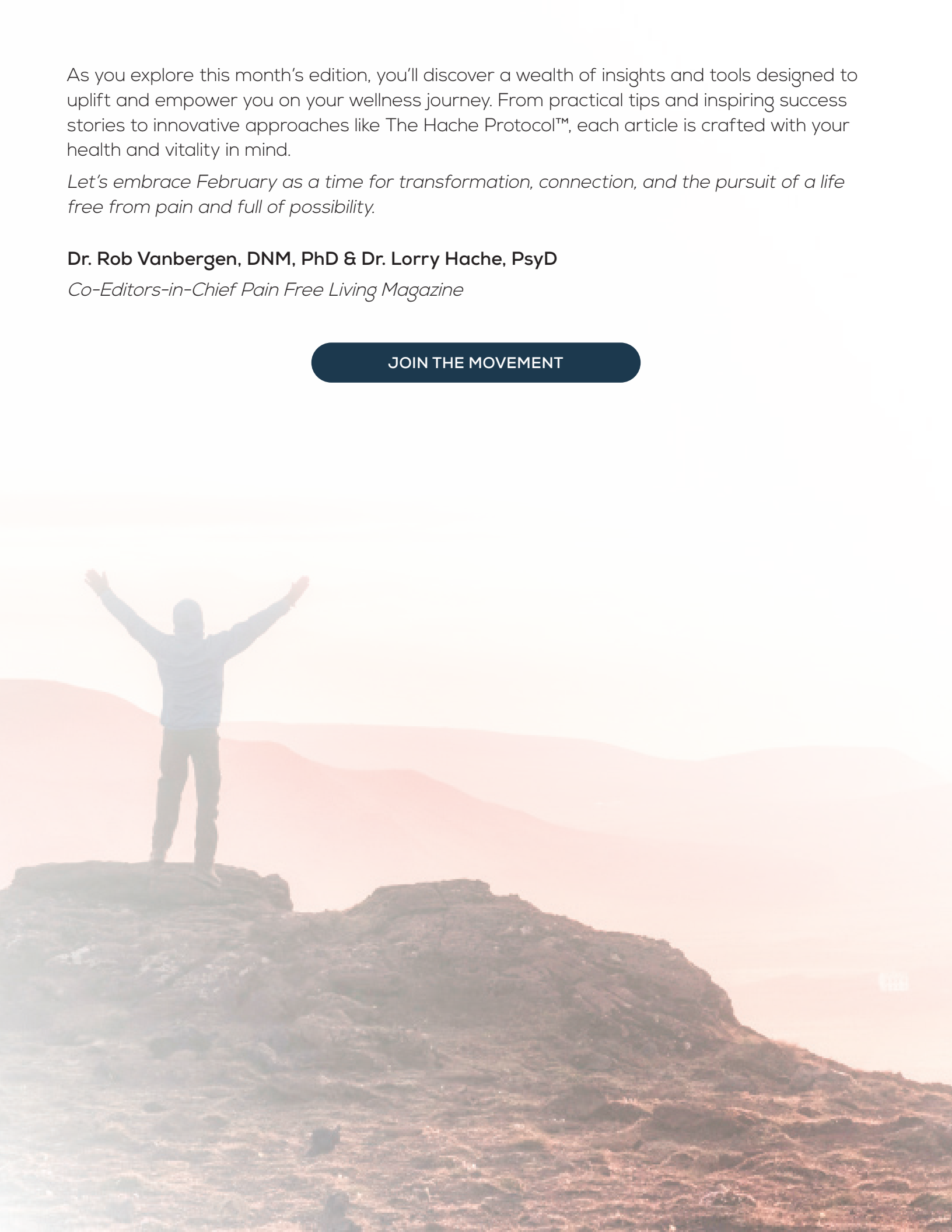
And more!

As you explore this month's edition, you'll discover a wealth of insights and tools designed to uplift and empower you on your wellness journey. From practical tips and inspiring success stories to innovative approaches like The Hache Protocol™, each article is crafted with your health and vitality in mind.

Let's embrace February as a time for transformation, connection, and the pursuit of a life free from pain and full of possibility.

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

JOIN THE MOVEMENT



THE Hache Protocol™

A HOLISTIC APPROACH TO SEXUAL WELLNESS

Sexual wellness is a vital yet often overlooked aspect of overall health—a dynamic blend of physical vitality, emotional connection, and relational harmony. If you’ve been feeling like the spark is missing or craving a deeper sense of balance, The Hache Protocol™ offers an empowering and holistic pathway to reigniting your vitality. By addressing the root causes of pain, stress, and imbalance, this revolutionary approach doesn’t just focus on symptoms—it nurtures a healthier, more fulfilling relationship with your body and your overall well-being.

The Connection Between Sexual Health and Whole-Body Wellness

Sexual health isn’t isolated—it’s intricately connected to everything from circulation and hormones to stress levels and emotional resilience. At its core, **The Hache Protocol™** works to optimize these systems, creating the conditions for vibrant health and intimacy to flourish.

Here’s how **The Hache Protocol™** supports sexual wellness:

- **Stress Reduction:** Chronic stress doesn’t just weigh on your mind—it directly impacts libido and intimacy. The protocol’s use of vagus nerve stimulation and calming techniques helps dial down stress, bringing balance to both body and mind.



- **Improved Circulation:** Blood flow is essential to sexual health, and microcurrent therapy promotes circulation at the cellular level. This enhanced oxygenation of tissues supports everything from energy to recovery, helping your body feel its best.
- **Hormonal Balance:** Hormonal imbalances can derail energy, mood, and libido. The protocol’s nutrition and fitness components help naturally regulate your endocrine system, fostering hormonal health that enhances vitality and emotional equilibrium.
- **Emotional Resilience:** Intimacy begins with emotional connection. Techniques within The Hache Protocol™ support emotional well-being, helping you feel more confident and deeply connected—to yourself and your partner.

A Path to Reconnection and Renewal

The Hache Protocol™ isn’t a quick fix—it’s a compassionate approach to long-term health. By tackling chronic pain, inflammation, and stress, it empowers you to reconnect with your body in ways that naturally enhance sexual wellness.

This is about more than physical intimacy. It’s about cultivating a sense of balance that supports the emotional and relational aspects of your life. When your body feels nourished and supported, your confidence grows, and your vitality shines through in every area of your life.

Discover the Power of Holistic Healing

Whether you’re managing pain, seeking balance, or wanting to reignite the connection to yourself and your partner, **The Hache Protocol™** offers a compassionate, whole-body approach to wellness. This isn’t just about addressing challenges—it’s about thriving in every aspect of life.

Take the first step today. When you nurture your health, everything else has a way of falling into place.

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



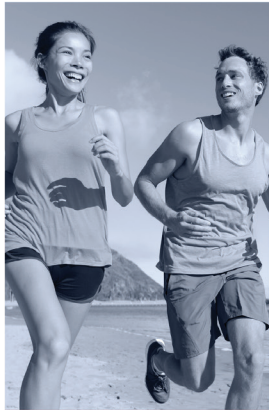
SLEEP



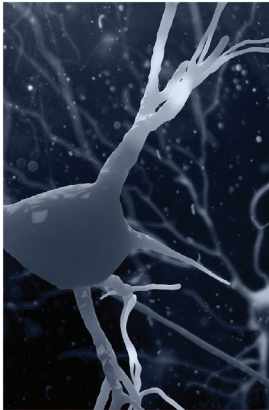
NUTRITION



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



AUTOIMMUNE SOLUTIONS: HOW MICROCURRENT THERAPY CAN HELP

Autoimmune conditions can feel like an uphill battle—complex, relentless, personal, and deeply frustrating. This month, I want to focus on something that’s been a game-changer for so many: microcurrent therapy.

Microcurrent therapy works by aligning with your body’s natural rhythms, addressing the root causes of pain and inflammation in a way that supports healing from the inside out. It doesn’t rely on invasive procedures or medications but instead promotes cellular repair and restores balance to your body’s electrical systems. It’s simple, effective, and works with your body, not against it.

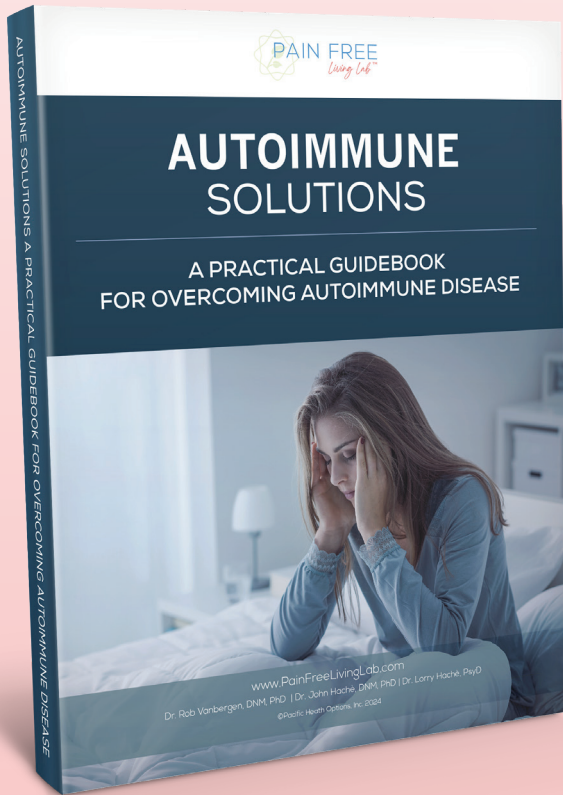
For those living with autoimmune challenges, this matters. These conditions can impact every corner of your life, leaving you drained, discouraged, and searching for answers. Microcurrent therapy offers a powerful yet gentle approach to addressing inflammation and pain at the source, helping your body rediscover its natural ability to heal.

Combined with The Hache Protocol™ for Pain Resolution, it provides a holistic, drug-free framework for long-term wellness and vitality.

Here’s the thing: healing autoimmune is more than just fixing symptoms—it’s about loving and honoring yourself enough to take that first step toward balance. When you support your body with tools like microcurrent therapy and The Hache Protocol™, you’re not just working toward relief; you’re reclaiming the energy, clarity, and joy you might have thought were out of reach.

If you’ve been searching for a way forward, microcurrent therapy could be the answer you’ve been looking for. Healing doesn’t have to be a fight—it can start with a choice to work with your body, one thoughtful step at a time.

Let’s take that step together. Sometimes, all it takes is a little support to remind your body what it’s capable of.



READY TO DIVE IN AND LEARN MORE?

Dive deeper into this cutting-edge solution with our free book **AUTOIMMUNE SOLUTIONS: A PRACTICAL GUIDEBOOK FOR OVERCOMING AUTOIMMUNE DISEASE.**

GET YOUR FREE REPORT

HEAL YOUR HEART: MICROCURRENT THERAPY FOR EMOTIONAL AND PHYSICAL WELLNESS

February is a month that celebrates the heart, but it’s also an opportunity to reflect on the emotional and physical challenges that touch so many lives. At Pain Free Living Magazine, we believe that healing the heart—both figuratively and literally—begins with addressing the deeper causes of pain and imbalance. Microcurrent therapy offers a powerful, holistic approach to managing physical discomfort while building emotional resilience, making it an essential tool for whole-body wellness.



Emotional Wellness: The Power of the Vagus Nerve

The mind-body connection is undeniable. Chronic pain, stress, and trauma can leave you feeling trapped in a cycle of emotional and physical exhaustion. Microcurrent therapy, particularly with its Vagus nerve stimulation capabilities, is a revolutionary way to break free from that cycle. By calming the nervous system, reducing inflammation, and promoting relaxation, microcurrent therapy lays the groundwork for emotional recovery and resilience.

Imagine finding relief from tension headaches, insomnia, or anxiety without relying on medication. Devices like the Avazzia Life Genesis II, Avazzia Life Evolution, and Avazzia Life Pinnacle empower you to take control of your emotional well-being. Whether you’re managing daily stress or addressing burnout’s deeper toll, microcurrent therapy helps restore balance and brings peace into your routine.

Physical Wellness: Supporting Cardiovascular and Joint Health

February also marks Heart Health Month—a perfect time to focus on strengthening your heart and improving circulation. Microcurrent therapy is an excellent ally for cardiovascular wellness, enhancing blood flow, reducing inflammation, and accelerating healing. It supports everything from relieving arthritis pain to recovering from injury by working in harmony with your body’s natural processes.

Devices like the Avazzia Life Evolution and Pinnacle are especially effective for addressing mobility challenges and joint health. By targeting inflammation and stimulating cellular repair, they empower you to move freely, recover faster, and maintain an active lifestyle with confidence.

Bridging Emotional and Physical Healing

What makes microcurrent therapy so unique is its ability to address both emotional and physical pain at the same time. Chronic conditions often come with emotional components, and emotional stress can worsen physical symptoms. By treating the whole person, microcurrent therapy bridges the gap between mental and physical health, providing a truly comprehensive solution.

Parents can use microcurrent therapy to help children recover from injuries while creating a calm, supportive environment at home. Practitioners can offer clients innovative care for managing both chronic pain and emotional stress. And anyone can take charge of their own healing journey, knowing they have a safe, effective tool to support their well-being.

Join the Movement for
Heart-Centered Healing

This February, let’s celebrate the heart in every sense of the word. Microcurrent therapy provides a unique opportunity to reconnect with your body’s natural ability to heal. It’s not just about managing pain; it’s about fostering balance, vitality, and peace in your life.

Whether you’re a practitioner expanding your offerings or someone exploring holistic alternatives for the first time, the Pain Free For Life community is here for you. Together, let’s make this month a celebration of renewal, resilience, and love—starting with how you care for yourself.

Ready to explore the heart-healing potential of microcurrent therapy?

Join us over in the [PAIN FREE LIVING LAB](#) and take the first step toward a healthier, happier you.



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.

February’s 10-Minute Trainings:

- **Week 1:** What is Mitochondrial Recharge, and What Does it Mean for Your Health?
- **Week 2:** How to Enhance Blood Circulation with Microcurrent Therapy, PEMF, and Scalar
- **Week 3:** How to Treat Glaucoma with Microcurrent Therapy
- **Week 4:** Pirogov’s Ring & Sore Throats

JOIN THE SUPPORT GROUP

SEE UPCOMING EVENTS

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

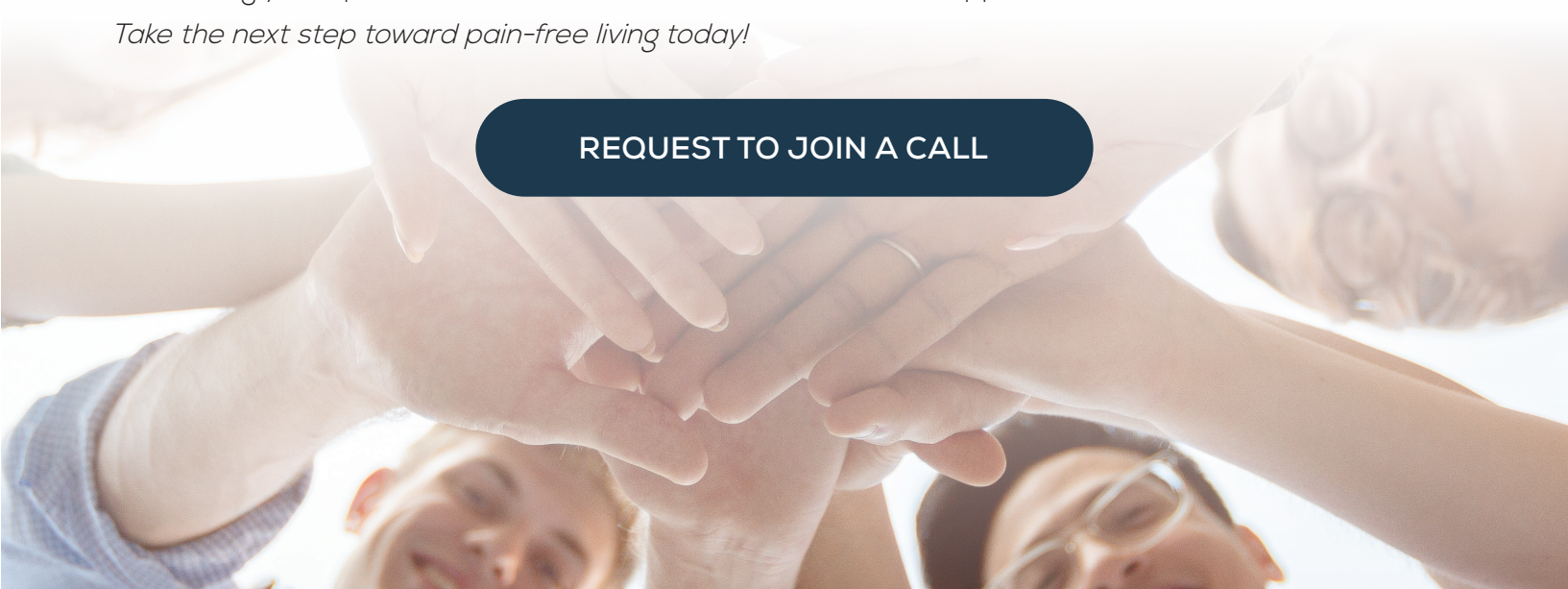
Join a Free Group Consultation:
Personalized Guidance and Support

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



CREATING HARMONY: HOW EMF PROTECTION AND MICROCURRENT THERAPY WORK TOGETHER

In today’s uber-connected world, technology is both a blessing and a challenge. While it brings convenience and innovation, it also introduces electromagnetic fields (EMFs) into our daily lives. These invisible forces, emitted by everything from smartphones to Wi-Fi routers, can disrupt our body’s natural balance, contributing to chronic pain, stress, fatigue, and inflammation. Fortunately, two cutting-edge solutions—Floww™ Technology and microcurrent therapy—are here to help restore harmony and health.

The Impact of EMFs on Your Health

You may not see or feel EMFs, but their effects can be profound. Prolonged exposure has been linked to symptoms such as brain fog, sleep disturbances, heightened stress, and even worsened chronic conditions. As we rely more on devices, our need for effective EMF protection has never been greater.

That’s where Floww™ Technology comes in. Unlike traditional EMF blockers that only attempt to shield, Floww™ transforms disruptive electromagnetic fields into body-friendly frequencies. The result? A more harmonious environment that promotes relaxation reduces stress and enhances your overall well-being.

While Floww™ works to harmonize your environment, microcurrent therapy addresses the internal toll of EMFs on your body. This innovative treatment uses ultra-low electrical currents to reduce inflammation, improve circulation, and promote cellular repair. By targeting the root causes of pain and imbalance, microcurrent therapy empowers your body to heal naturally and effectively.

The Synergy Between Floww™ and Microcurrent Therapy

Addressing both external and internal factors is key to creating a well-rounded approach to health and wellness. By combining Floww™ Technology with microcurrent therapy, you can support your body in managing some of the stressors that come with modern living.

Floww™ Technology is designed to harmonize the effects of electromagnetic fields (EMFs) in your environment, which can contribute to tension and oxidative stress over time. Meanwhile, microcurrent therapy helps calm the nervous system, particularly through vagus nerve stimulation, encouraging a sense of relaxation and balance.



This combination can also play a role in improving sleep quality. Floww™ creates a more harmonized environment by minimizing disruptions from EMFs, while microcurrent therapy supports the body’s natural rhythms, making it easier to settle into a restful night’s sleep.

For those dealing with chronic pain, these two technologies may offer complementary benefits. Floww™ helps reduce environmental triggers that can exacerbate discomfort, and microcurrent therapy focuses on cellular repair and inflammation reduction. Together, they work toward supporting a more comfortable, balanced state.

Energy levels can also benefit from this dual approach. Floww™ helps manage oxidative stress, while microcurrent therapy supports ATP production, which is essential for cellular energy. This combination may help you feel more focused and energized throughout the day.

Integrating Floww™ Technology and microcurrent therapy into your wellness routine offers a

practical way to address both environmental and physical stressors. While no single approach works for everyone, these tools can be valuable in creating a supportive foundation for your health journey.

Integrating Floww™ Technology and microcurrent therapy into your wellness routine doesn’t have to feel overwhelming. These simple, actionable steps can help you get started on a path to greater balance and vitality:

- **Set Up a Supportive Environment:** Start by harmonizing your home or workspace with Floww™ devices like the MobileFloww® or HomeFloww®. These tools work quietly in the background, neutralizing EMFs and creating a space that encourages relaxation and healing.
- **Make Microcurrent a Daily Practice:** Incorporate microcurrent therapy into your self-care routine to address common challenges like pain, inflammation, and stress. For those new to the technology, a user-friendly device like the NEW Avazzia Life Genesis II makes it easy to get started and see results.
- **Enhance Your Routine Holistically:** Pair these technologies with other restorative practices, such as mindfulness, yoga, or a nutrient-rich, anti-inflammatory diet. A well-rounded approach can amplify the benefits and further support your overall well-being.
- **Track What Matters:** Pay attention to how your body responds. Notice changes in your energy, sleep quality, or discomfort levels. The key is consistency—small improvements can lead to meaningful progress over time.

Living Well in a Modern, Connected World

Living in a world surrounded by technology doesn’t mean you have to accept its negative impact on your health. Floww™ Technology and microcurrent therapy offer practical, science-backed ways to support your body while navigating the challenges of modern living.

Start where you are, and take it one step at a time. Explore Floww™ Technology and microcurrent therapy today to create a healthier, more balanced future for yourself and those you care about. Visit the [PAIN FREE LIVING LAB](#) for more insights, tools, and resources to guide you along the way.

“I am so grateful and thankful for this technology and share this information with family and friends! It was a leap of faith, but ultimately, it paid off. Thank you so much.”

– Zorica

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



FEEL THE LOVE: 10 CONDITIONS WE TREAT WITH MICROCURRENT THERAPY

Have you been struggling with pain, inflammation, or other chronic health challenges and wondering if there’s a natural solution? What if the answer isn’t in a prescription bottle but in a treatment that works with your body’s natural healing processes? Microcurrent therapy, an innovative and non-invasive technology, is helping thousands of people worldwide find relief from conditions ranging from back pain to hormonal imbalances and everything in between.

This gentle form of energy medicine mimics the body’s electrical signals, promoting cellular repair, reducing inflammation, and restoring balance to overtaxed systems. Whether you’re managing a sports injury, addressing aging-related concerns, or looking for a holistic way to improve overall wellness, microcurrent therapy can be a powerful act of self-care this winter.

Let’s explore how this transformative therapy addresses the top 10 conditions our clients face:

1. Nerve Troubles

Nerve pain, whether from shingles or age-related neuralgia, can be debilitating and difficult to manage. Microcurrent therapy helps by stimulating cranial and Vagus nerves to reduce pain and inflammation while supporting nerve function. Techniques like **Vagus nerve stimulation** enhance the connection between the nervous system and the body, significantly relieving chronic nerve discomfort.

For chronic pain conditions, **cranial nerve stimulation** provides a targeted approach to reset misfiring pain pathways, making it an invaluable tool for long-term pain management. By addressing the root causes of nerve issues, microcurrent therapy offers a non-invasive solution to restoring your quality of life.



2. Muscle Issues

Muscle pain and stiffness can disrupt your day and leave you feeling drained, especially in the chilly winter months. Microcurrent therapy alleviates muscle strain by enhancing circulation, calming inflammation, and supporting post-activity recovery. This makes it an excellent option for those dealing with soreness from daily activities or long hours at work.

Athletes, in particular, often face injuries and strain that impact performance and recovery. Whether you’re a senior navigating the slopes or a senior enjoying the calm rhythm of snowshoeing, these activities can take a toll on the body. Microcurrent therapy speeds up the healing process by reducing inflammation and boosting tissue repair—helping active folks get back to doing what they love faster.



3. Pain Relief

Chronic pain remains one of the leading reasons individuals turn to microcurrent therapy. Whether it’s persistent back or neck pain caused by poor posture, muscle strain, trauma, or injury, these issues can significantly limit mobility and diminish daily quality of life. Microcurrent therapy works by targeting areas of tension and discomfort, helping to calm inflammation and enhance circulation for lasting relief.

This gentle, noninvasive approach is especially beneficial for addressing neck pain, offering a natural alternative to pain medications or invasive procedures. Incorporating it as a regular treatment not only alleviates discomfort but also supports better alignment, flexibility, and overall comfort by releasing tension in problem areas—empowering you to move with greater ease and confidence.



4. Wound Healing

Recovering from injuries can feel like a slow uphill climb, especially for those managing conditions like diabetes or circulation issues. Microcurrent therapy accelerates wound healing by stimulating cell regeneration and increasing blood flow to the affected area. This is particularly beneficial for diabetic wounds and other slow-healing injuries.

Interestingly, microcurrent therapy is also used in veterinary care. Its effectiveness has been proven to help animals, including dogs and horses, recover from injuries. In equine wound care, it aids recovery from trauma, making it a versatile tool for holistic healing in both humans and animals.

5. Inflammation Management

Chronic inflammation, which is linked to conditions like edema and inflammaging, accelerates cellular aging and contributes to long-term



health issues. Microcurrent therapy addresses inflammation by promoting the body's natural anti-inflammatory responses. This approach supports healthy tissue repair and alleviates the discomfort caused by fluid retention.

Inflammaging, a low-grade inflammation linked to aging, can cause joint pain, fatigue, and other health challenges. By enhancing circulation and stimulating the production of adenosine triphosphate (ATP), microcurrent therapy addresses inflammaging by restoring cellular energy and vitality. This revitalizing approach helps alleviate discomfort and fatigue, making it an effective tool for managing inflammation-related challenges.

6. Joint Health

Joint pain, often felt from arthritis or autoimmune conditions, can limit mobility and negatively impact quality of life. Microcurrent therapy helps people find natural relief by reducing joint stiffness and inflammation, supporting overall joint function and mobility.

When combined with physical therapy, this treatment amplifies recovery outcomes. While physical therapy focuses on building strength and range of motion, microcurrent therapy targets inflammation and pain, creating the perfect conditions for long-term improvements.

7. Eye and Dental Health

Eye strain and vision fatigue are more common than ever in today's digital age. Microcurrent therapy supports eye health by enhancing blood flow and reducing tension around the eyes. This treatment is increasingly recognized as a valuable tool for maintaining good vision.

In dental care, microcurrent therapy addresses tooth sensitivity, gum disease, and oral inflammation. Accelerating gum tissue repair and soothing discomfort is key to holistic dental health.

8. Circulation and Lymph Health

Poor circulation and sluggish lymphatic flow can lead to swelling, fatigue, and an increased risk of infection. Microcurrent therapy helps optimize circulation and promotes lymphatic drainage, which helps the body detoxify and maintain energy levels.

For those recovering from surgery or managing chronic conditions, microcurrent therapy provides essential support by boosting lymph flow, stimulating detoxification, and reducing stagnation. These combined benefits not only enhance vitality but also help prevent infections, making it a valuable tool for recovery and overall well-being.

9. Women's Health

Hormonal imbalances, such as those caused by polycystic ovary syndrome (PCOS), can be frustrating and exhausting. However, microcurrent therapy can help. This therapy supports endocrine health by restoring cellular communication and hormonal balance, relieving symptoms like irregular cycles and fatigue.

This non-invasive approach makes it an excellent option for women looking for a natural way to manage their PCOS symptoms and feel more in control of their health.

10. Bone Health

Supporting strong bones becomes increasingly important as we age, and microcurrent therapy can be an essential part of this process. Stimulating bone cell activity offers a noninvasive way to strengthen bones, reduce fracture risks, and promote healing, making it a vital tool for individuals with osteoporosis or those at higher risk of fractures.

By encouraging bone cell regeneration, microcurrent therapy supports musculoskeletal health, enhances bone density, and reduces fracture risks, making it a valuable part of comprehensive bone care, especially for individuals with osteoporosis.

Feel the Love with Microcurrent Therapy

Microcurrent therapy isn't just about treating health conditions but redefining how we approach healing and wellness. By aligning with the body's natural processes, this therapy offers a path to lasting vitality, comfort, and resilience.

Imagine managing pain, promoting balance, and supporting healing—all without invasive procedures or a dependency on medications. From nerve pain to hormonal imbalances, microcurrent therapy empowers you to take charge of your health, fostering a deeper connection with your body and unlocking its natural healing potential.

Ready to feel the love and experience the benefits of microcurrent therapy for yourself? Explore the Pain Free Living Lab Today!



[PAIN FREE LIVING LAB](#)

TURMERIC-INFUSED SOURDOUGH BREAD

A Delicious Blend of Anti-Inflammatory Power and Gut Health

Note from Dr. Rob: This recipe is a staple in my home and a true family favorite, featuring one of nature’s most potent healing spices: turmeric. Turmeric and its active compound, curcumin, have incredible benefits for anyone dealing with chronic pain or autoimmune conditions. Its potent anti-inflammatory and antioxidant properties make it a game-changer in reducing inflammation—often the ROOT of chronic pain and autoimmune issues. Research shows curcumin can inhibit inflammatory pathways and regulate immune responses, offering relief for symptoms linked to conditions like rheumatoid arthritis, lupus, and fibromyalgia.

Turmeric also supports gut health, which is critical for managing autoimmune challenges. A balanced gut microbiome is essential for overall well-being, and incorporating turmeric into your diet ensures it’s delivered in a biologically available way to maximize its benefits.

When paired with a bread like sourdough, this recipe takes gut health to the next level. Sourdough introduces beneficial gut microbes and may even help reduce food sensitivities—I’ve seen it reverse many a gluten allergy.

This isn’t just bread; it’s a simple, delicious step toward a healthier, happier you. Enjoy!

TURMERIC-INFUSED SOURDOUGH BREAD RECIPE

INGREDIENTS

- 500g (4 cups) bread flour
- 100g (¾ cup) whole wheat flour
- 300g (1¼ cups) water (room temperature)
- 100g (½ cup) active sourdough starter
- 10g (2 teaspoons) salt
- 2 teaspoons ground turmeric
- Optional: sesame or poppy seeds for topping



INSTRUCTIONS

1. Mix the Dough

Combine the bread flour, whole wheat flour, turmeric, and salt in a large bowl. In a separate bowl, dissolve the sourdough starter in the water. Pour the liquid into the dry ingredients and stir until a shaggy dough forms. Cover and let it rest for 30 minutes.

2. Knead the Dough

Knead on a floured surface or use the stretch-and-fold method until the dough is smooth and elastic. If kneading by hand is challenging, a stand mixer on low for 6 minutes works well.

3. First Rise (Bulk Fermentation)

Place the dough in a greased bowl, cover it with a damp cloth, and let it rise for 4–6 hours at room temperature. Perform stretch-and-folds every 30 minutes during the first two hours for better results.

4. Shape the Dough

Turn the dough out onto a lightly floured surface and shape it into a round or oval loaf. Let it rest for 20–30 minutes, then reshape as needed. Place it seam-side up in a floured bread basket or on parchment paper.

5. Final Proof

Cover and let the loaf proof for 2–3 hours at room temperature or overnight in the fridge for deeper flavor.

6. Bake the Bread

Preheat your oven to 450°F (230°C), heating a Dutch oven inside if using one. Score the top of the loaf with a sharp blade, transfer it to the Dutch oven (or a baking sheet), and bake covered for 25 minutes. Remove the lid and bake uncovered for another 20 minutes or until the bread is golden and sounds hollow when tapped.

7. Cool and Enjoy

Let the loaf cool on a wire rack for at least an hour before slicing. The wait is tough, but it ensures the perfect texture!



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, home-grown 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.

Even in February, the potential is endless. With a little creativity and care, you can grow fresh produce year-round to support your health and nurture your body and mind.



FEBRUARY: HEALING GREENS – THRIVE WITH KALE AND COLLARDS IN COOL WEATHER

As February unfolds, hardy greens like kale, collards, and Swiss chard are at their peak. These resilient crops thrive in cool weather and offer an incredible array of health benefits to carry you through the winter months.

Why Focus on Healing Greens?

Healing greens like kale and collard greens are nutritional powerhouses that offer a multitude of health benefits. Kale, one of the most nutrient-dense foods on the planet, is rich in chlorophyll to support detoxification, lutein for eye health, and powerful antioxidants like quercetin that help combat inflammation. Collard greens are equally impressive, boasting high levels of vitamin K to support bone health and blood clotting, glucosinolates to aid liver detoxification and potentially reduce cancer risk, and calcium as a plant-based source for strong bones. Both kale and collards are also packed with fiber, which promotes digestion, keeps you feeling full, and helps stabilize blood sugar levels, making them essential additions to a healthy diet.

SIMPLE RECIPES WITH HEALING GREENS

Garlic-Lemon Sautéed Kale

Ingredients:

- 1 large bunch of kale, stems removed and leaves chopped
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- Pinch of chili flakes (optional)
- Salt and pepper to taste

Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the minced garlic and sauté until fragrant, about 1 minute.
3. Toss in the kale and stir until the leaves are wilted, about 3–4 minutes.
4. Drizzle with lemon juice, sprinkle with chili flakes (if desired), and season with salt and pepper. Serve warm as a side dish or toss into soups and grain bowls.



Collard Green Wraps

Ingredients:

- 6 large collard green leaves
- 1 avocado, sliced
- 1 cup cooked quinoa or rice
- 1 cup shredded carrots
- ½ cup hummus (any flavor)
- Protein of choice: shredded chicken, tofu, or beans

Instructions:

1. Trim the tough stems from the collard greens, blanch the leaves in boiling water for 20–30 seconds to soften, and pat dry.
2. Spread a layer of hummus on each leaf, leaving space at the edges.
3. Add a few slices of avocado, cooked quinoa, shredded carrots, and your protein of choice.
4. Roll the collard leaves tightly, folding the sides inward as you go. Slice in half and serve as a healthy, portable meal.



Gardening Tips for February:

- **Plant for the Cold:** Kale and collards thrive in temperatures as low as 20°F, making them perfect for February gardens.
- **Pot-Friendly Greens:** Grow greens in pots, hydroponic towers, or raised beds for easy access and frost protection. This also lets you bring them closer to the house for quick harvesting.

Growing your own healing greens and incorporating them into simple recipes like these can transform your winter meals into nourishing, inflammation-fighting dishes. Let's embrace February's bounty and keep thriving, one leaf at a time!



THE HEARTS AND MINDS BEHIND PAIN FREE FOR LIFE

Team Member Spotlight

Kelly O'Neil – Entrepreneurial Strategist and Business Visionary

Kelly O'Neil is no stranger to innovation. With over 30 years of brand marketing and business strategy expertise, she has become a thought leader celebrated for her ability to foresee market challenges and create solutions that drive results. Kelly's journey has been shaped by her passion for empowering visionary entrepreneurs to build sustainable, profitable businesses.

As the founder and CEO of a multi-million-dollar conglomerate, Kelly oversees nine organizations and 25 brands, managing over \$100 million in premium assets. Her work focuses on helping businesses targeting affluent clientele not only achieve financial success but also establish themselves as market leaders. This mission-driven approach has earned Kelly prestigious accolades, including Seth Godin's Purple Cow award for her groundbreaking achievements in brand positioning.

Today, Kelly's visionary leadership continues to drive innovation across her entire portfolio of companies. Her mission remains clear: to elevate her clients' businesses to market-leading positions, proving that success is achievable without compromise.

At Pain Free For Life's Sana Institute, Kelly shares her knowledge to help microcurrent practitioners craft standout businesses. Her guidance enables them to grow their practices, differentiate themselves in competitive markets, and achieve long-term success—all while assisting clients to lead healthier, more empowered lives.

Kelly has worked with Pain Free for Life for over 7 years and is the driving force behind our brand and the strategic initiatives that transformed our company from a family run device company into a multi-million dollar movement that is helping tens of thousands of people each year resolve their chronic pain.

–Thank You, Kelly!



[LEARN MORE ABOUT KELLY](#)



HOW ERIC TREATED SKIN CANCER AND RECLAIMED HIS HEALTH

Eric A. + Mycosis Fungoides

Eric, a dedicated soil regenerist from Santa Barbara, CA, has spent decades grappling with a rare, chronic form of skin cancer known as mycosis fungoides. Diagnosed nearly 40 years ago, Eric’s journey has been marked by persistent symptoms such as painful skin lesions, itchy rashes, and swollen nodules that flare up during periods of stress. These outbreaks, often covering significant areas of his body, left him physically and emotionally drained, limiting his quality of life and even causing embarrassment in social settings.

For over 5 years, Eric sought relief through various treatments, but none provided lasting results. When his stress levels peaked, so did the severity of his condition. Determined to break free from this debilitating cycle, Eric turned to Certified Pain Resolution Specialist (CPRS) Miriam Lindbeck who introduced Pain Free For Life’s Cancer Protocol—and his transformation began.

Discovering Microcurrent Therapy

Eric’s introduction to Pain Free For Life came after he had already been a regular client for bodywork sessions. When Miriam completed CPRS training, she recommended microcurrent therapy as part of a specialized Cancer Protocol tailored to his needs. Eric began treatments in October 2024, attending two to three sessions per week, and continues to progress toward recovery.

The Cancer Protocol, grounded in *The Hache Protocol for Pain Resolution™*, utilized advanced tools and techniques, including:

- **Y-Probe for Vagus Nerve Stimulation:** To calm his nervous system and reduce inflammation.
- **Mitochondrial Recharge:** Using electrode pads to revitalize cellular repair and energy production.
- **PEMF Therapy:** Magnetised drinking water to support internal healing.
- **DNA Repair via SANA Qi:** To promote systemic recovery.
- **Immune System and Long Bones Protocols:** These protocols address the root causes of his condition and support white blood cell health.

These holistic treatments targeted Eric’s condition from multiple angles, resulting in steady progress.

Visible Progress and Renewed Hope

After years of living with chronic illness, Eric approached his first microcurrent therapy sessions with understandable skepticism. The idea of true healing felt distant and unattainable. He had lived with mycosis fungoides for so long that hope seemed out of reach. However, his practitioner’s keen eye and methodical approach began to uncover subtle but significant changes after just four days of treatment.

While Eric initially remained doubtful, Miriam was the first to notice the improvements. Patches of hot red lesions began to calm, transitioning to warm orange tones. Beneath these, healthy white skin started to emerge—a sign that the protocol was working.

To illustrate Eric’s remarkable transformation, Miriam documented the process with photos shared. A striking before-and-during treatment comparison reveals the extent of his progress, showing the dramatic reduction in inflammation and the emergence of healthier skin. These photos not only motivated Eric but also were a testament to the efficacy of microcurrent therapy in addressing complex conditions.

Over the following weeks, the improvements continued. Lesions that once caused intense discomfort became dry and itchy, requiring the salve of butter, beeswax, peppermint, and propolis balm to moisturize his skin. The orange patches shrank in size, flattened out, and turned into light peach tones.

This physical progress mirrored more profound emotional breakthroughs. Eric began processing long-held anger, particularly regarding his father and family. He recognized how these emotions had impacted his health, and through this emotional work, he discovered a renewed sense of empowerment.

A New Lease on Life

Eric’s journey with Pain Free For Life has been transformative, not just in terms of his physical condition but also his outlook on life and work. As a soil regenerist expert, Eric’s understanding of the interconnectedness of life has deepened. He now views himself as a unified whole rather than a collection of disconnected parts, appreciating the electric nature of his body, thoughts, and the universe itself.



BEFORE

AFTER

“Pain Free For Life is more than about pain—it’s about regaining life itself.”
—Eric A

This holistic perspective has reinvigorated his passion for his work, motivating him to see the infinite potential in both the environment and his own healing. With his practitioner’s unwavering support, Eric continues his treatments, aiming for lasting health, happiness, and a renewed sense of purpose.

Your Journey to Wellness Starts Today

Eric’s story surrounds the life-changing potential of microcurrent therapy and The Hache Protocol™. Pain Free For Life has given Eric more than healing—it’s been the key to his renewed hope, determination, and inspiration. If you’ve been searching for solutions to chronic conditions with little success, reach out, we’re here to help.

We’re here to support your healing journey and remind you that your health, vitality, confidence, and independence are worth every effort!

FEBRUARY'S FEATURED MICROCURRENT PROTOCOL: WHOLE BODY HEALING WITH VAGUS NERVE STIMULATION

This February, we're highlighting a protocol that's redefining pain relief and inflammation management: **VAGUS NERVE STIMULATION**.

Whether your goal is to reduce chronic stress, ease inflammation, or find relief from persistent pain, this innovative protocol offers a gentle, non-invasive way to restore balance and improve well-being.

The **Vagus Nerve** is a critical part of the parasympathetic nervous system, often called the "rest and digest" system. By stimulating this cranial nerve, microcurrent therapy can help calm the nervous system, regulate immune responses, and support the body's natural healing processes.

Vagus Nerve Stimulation is particularly effective in addressing autoimmune conditions linked to chronic inflammation and stress, such as rheumatoid arthritis, fibromyalgia, and irritable bowel syndrome. This protocol uses microcurrent technology to promote relaxation, reduce pain, and enhance overall wellness—all from the comfort of your own home.

Incorporating Vagus Nerve Stimulation into your microcurrent therapy routine can help your body reset, recharge, and thrive in today's fast-paced, tech-driven world.

Ready to learn how to perform Vagus Nerve Stimulation?
Check out the short training video below!



We'd love to hear how this protocol has worked for you—try Vagus Nerve Stimulation today and let us know how it's helping you feel your best!



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.

February VIP Support Group: 10-Minute Trainings:

Week 1: Controlling Type I Diabetes with Microcurrent, Scalar, and More

Week 2: Solving Dental Problems with Microcurrent

Week 3: Pulsed Electromagnetic Fields Can Stabilize Hashimoto’s Disease

Week 4: How Microcurrent Can Help with Graves Disease

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 FEBRUARY EPISODES



Episode 1: From Overwhelm to Empowered: Sarah’s Microcurrent Transformation

Discover Sarah’s powerful story of overcoming life-threatening EMF sensitivity with the help of microcurrent therapy. Dr. Rob walks listeners through Sarah’s challenges, the moment she found hope, and the life-changing results she experienced. If you’re dealing with a condition that feels insurmountable, this episode will leave you inspired and motivated to take control of your health.

Episode 2: The Ripple Effect of Nutrition and Pain-Free Living

In this episode, Dr. Rob Van Bergen sits down with Jen Beck, CEO and founder of Complete Health Revolution, best-selling author, and award-winning speaker. Jen shares her incredible journey of empowering others to take control of their health through optimal nutrition and stress management. With over 20 years of experience, she has guided thousands to address the root causes of their physical issues, helping them reclaim vitality and feel years younger.

Together, Dr. Rob and Jen dive into how what we eat impacts our pain, with a focus on the effects of preservatives, toxins, and food sensitivities. They explore which foods can trigger or alleviate chronic pain,

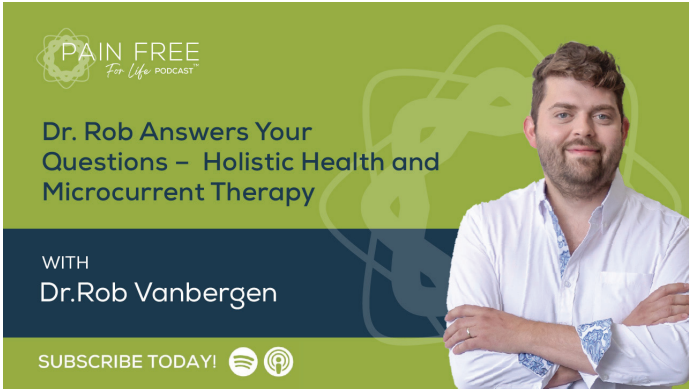
highlighting the role of healthy and unhealthy fats. Jen also shares her perspective on processed meats and foods, outlining what to avoid and what to embrace for those seeking a pain-free life.

This thought-provoking conversation goes beyond individual health, shedding light on how dietary changes can ripple into our families and communities. Whether you’re dealing with autoimmune conditions like MS or simply looking to enhance your well-being, this episode is packed with actionable insights. Don’t miss this enriching discussion on the transformative power of nutrition and wellness.



Episode 3: Dr. Rob Answers Your Questions – Holistic Health and Microcurrent Therapy

Dr. Rob takes the mic solo to answer some of your most pressing questions about holistic health, microcurrent therapy, and The Hache Protocol™. Whether you're wondering how to get started with microcurrent devices or looking for tips on incorporating natural pain relief strategies into your life, this episode is packed with practical advice and expert insights. Don't forget to submit your questions for future episodes at support@painfreeforlife.com.



Episode 4: Lloyd Burrell: Author of The Electric YOU-niverse

In this fascinating episode, Dr. Rob sits down with Lloyd Burrell, a leading expert on EMF sensitivity and author of *The Electric YOU-niverse*. Together, they explore the invisible world of electromagnetic fields, how they impact our health, and what steps we can take to protect ourselves. This is a must-listen for anyone curious about the unseen energy around us and its effects on chronic pain and wellness.

AVAILABLE ON:



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

FIND BALANCE IN A WORLD OF EMFS

FLOWW™ EMF PROTECTION

This February, we're proud to introduce Floww™ Technology, a revolutionary line of products redefining EMF protection and holistic health. In a world where electromagnetic fields (EMFs) are an unavoidable part of daily life, Floww™ Technology provides a groundbreaking solution to help safeguard your well-being while transforming your environment into a sanctuary for healing.

WHAT MAKES FLOWW™ UNIQUE?

Floww™ Technology doesn't just block electromagnetic fields—it works with your body's natural energy to harmonize these disruptive frequencies. Using principles grounded in holistic health, Floww devices transform harmful EMFs into body-friendly vibrations, reducing stress and creating a healthier, more balanced space for you and your family.

How Floww™ Supports Your Health:

- **Transformative Protection:** Converts harmful EMFs into safer, body-friendly frequencies.
- **Improved Well-Being:** Reduces oxidative stress, supports better sleep, and enhances energy levels.
- **Drug-Free Health Solution:** Address symptoms often linked to EMF exposure, including fatigue, inflammation, and cognitive difficulties.

WHO BENEFITS FROM FLOWW™ TECHNOLOGY?

Floww™ Technology is designed for anyone looking to prioritize their health in today's tech-filled world.

- **Everyday Wellness Seekers:** Protect yourself from the invisible yet impactful EMFs emitted by cell phones, Wi-Fi, and other devices.
- **Families:** Ensure your home remains a safe, nurturing environment by neutralizing EMFs for your loved ones.
- **Health Professionals:** From massage therapists to holistic practitioners, Floww devices add value to your practice by offering cutting-edge, science-backed energy solutions.

And more!



Electromagnetic fields (EMFs) are everywhere, emitted by everyday devices like laptops, microwaves, hair dryers, and fitness trackers. While low levels of EMFs are considered safe, prolonged exposure can contribute to symptoms like chronic pain, brain fog, disrupted sleep, and increased inflammation.

Floww™ Technology offers a proactive way to combat these challenges, allowing you to live, work, and heal in an environment that supports—not hinders—your health



READY TO TAKE CONTROL?

From portable options like the MobileFloww® to comprehensive systems like the HomeFloww®, Floww™ Technology delivers EMF protection wherever life takes you.

Empower your health, transform your space, and start feeling the difference today.

LEARN MORE

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: SHIVAN SARNA – CHAMPIONING HOLISTIC GUT HEALTH AND HEALING

ElectricSense: Empowering Health in a World Full of EMFs

This February, we are excited to feature Shivan Sarna, a true pioneer in the field of digestive health and the driving force behind *SIBO SOS*®. As an Amazon bestselling author of *Healing SIBO*, TV host, and creator of transformative health summits and documentaries, Shivan has dedicated her life to empowering individuals to take control of their gut health and overall wellness.

Shivan’s groundbreaking projects include the *SIBO SOS*® Summits and Community, the *Digestion SOS*™ Documentary Series, and a series of influential summits addressing critical topics such as the gut microbiome, liver and gallbladder health, fascia and chronic pain, dental health connections, and more. She is also the founder of *Chronic Condition Research*, a 501(c)(3) non-profit organization advancing research on underfunded medical conditions.

Her journey began with her own lifelong struggle with complex health issues. Frustrated by the lack of understanding and solutions, Shivan embarked on a mission to demystify her own health challenges—and share her findings with others. Her personal mantra, “SOS: Save Our Selves,” has guided her to help thousands of people reclaim their health and improve their quality of life.

At *Pain Free For Life*, we deeply admire Shivan’s commitment to education and advocacy. Her work aligns perfectly with our holistic approach to pain resolution, emphasizing the importance of addressing root causes and empowering individuals to take charge of their health. Together, we’re raising awareness about the vital connection between gut health, chronic pain, and inflammation.

– Thank you, Shivan, for your tireless dedication to empowering others and transforming lives!



[LEARN MORE ABOUT SHIVAN](#)



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.



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

LEARN MORE

"This technology has made it so that I can solve everything my patients throw at me (even if it takes a bit of time). I was worried at first, as patients got fixed and didn't need to come back - 'what does that mean for my business?' I thought... Well, apparently, it only means the word has spread. I have more patients than I can handle, and I continue to fix every one of them."

– Paul Short, M.D., DNM

CAN'T-MISS EVENTS: COMING SOON

NEW: PAIN FREE LABS: ORAL HEALTH EDITION EXCLUSIVE LIVE EVENT

Join us for the inaugural Pain Free Labs event, a 3-hour deep dive into the transformative power of microcurrent therapy for oral health. This exclusive educational session will explore the revolutionary connection between dental pain, organ function, and holistic wellness. Learn directly from Dr. Rob Vanbergen as he shares how microcurrent therapy can support post-dental procedure recovery, reduce inflammation, and optimize your body's natural healing capabilities.



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.



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

2025 MICROCURRENT EYE HEALTH WEBINAR (NEW & IMPROVED GOGGLES) REVOLUTIONIZE YOUR VISION



If you're ready to prioritize your eye health in 2025, this is your moment to shine! Join us for a FREE special training session and unlock an **exclusive offer** for up to **15% off NEW MICROCURRENT GOGGLES AND BUNDLES!**

Here's the best part: this limited-time opportunity is available only to those who register for the training. Don't miss your chance to learn how microcurrent therapy can revolutionize your vision care while enjoying these incredible savings!

Haven't signed up yet? No worries—there's still time!

LEARN MORE

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.

LEARN MORE

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*

