



PAIN FREE LIVING

JANUARY 2025

Magazine

IMMUNE-BOOSTING
FIRE CIDER RECIPE

WHAT IS
MICROCURRENT?

SANA QI:
MEET THE
ULTIMATE ENERGY
MEDICINE DEVICE

MITOCHONDRIAL
RECHARGE PROTOCOL



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 crisp winter air settles in—bringing both serene beauty and seasonal challenges—I'm thrilled to welcome you to the inaugural issue of Pain Free Living Magazine. This marks the beginning of a journey toward health, renewal, and empowerment, and we're honored to have you join us.

Winter can be a season of reflection and growth, but it also often amplifies chronic pain, stiffness, and fatigue. The colder temperatures and shorter days leave many searching for ways to reclaim vitality and comfort. That's why this month, we're shining a light on the transformative potential of microcurrent therapy—a gentle, non-invasive method designed to work in harmony with your body's natural rhythms.

At Pain Free Living Magazine, we aim to do more than share information. Our mission is to create a community where you feel supported, informed, and inspired to transform your wellness journey. Each page is thoughtfully crafted to provide tools, insights, and real stories to help you on your path to reclaiming control over your health.

In this issue, we'll explore:

- The science behind microcurrent therapy and why it's a cornerstone of natural medicine.
- Practical winter wellness strategies to address seasonal challenges like joint pain, inflammation, and low energy.
- An inspiring story from a client who embraced microcurrent therapy to overcome arthritis and osteoarthritis.

At the heart of our work are values that matter deeply: *Innovation with Heart, Wellness for the Whole You, Stories That Stick, and Empathy First*. We know pain can feel isolating, but here, you're never alone.

So, as you settle into your favorite cozy spot, I invite you to dive into this issue and discover how microcurrent therapy can help you thrive this winter. Together, let's embrace a season of warmth, healing, and renewal—because you deserve a life where pain doesn't dictate your story.

Here's to transformation, empowerment, and reclaiming your health.

Yours in Health,

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
PAIN MANAGEMENT

The **Hache Protocol™ for Pain Resolution**, created by Dr. John Hache, DNM, PhD, and Dr. Lorry Hache, PsyD, represents a groundbreaking shift in pain management. With over 70 years of combined clinical practice behind its development, this revolutionary approach empowers you to regain control of your health—naturally and holistically. By addressing the root causes of pain rather than simply masking symptoms, the Hache Protocol™ has transformed thousands of lives, and it can do the same for you.

At the heart of the **Hache Protocol™** is its unique focus on the interconnected systems of the body. It is built on **interactive elements** that work together to target the underlying causes of pain, inflammation, and illness. These elements are carefully designed to complement each other, enhancing their individual effects while amplifying their collective benefits.

Unlike conventional treatments that rely heavily on medications or invasive procedures, the Hache Protocol™ takes a gentler, more effective approach. It works with your body’s natural processes to restore balance and promote healing from within. Instead of addressing symptoms in isolation, this protocol views the body as a whole, considering the relationships between stress, nutrition, movement, sleep, and cellular repair.


But the benefits of the Hache Protocol™ extend well beyond pain relief. As you integrate its principles into your life, you may notice improvements in your **energy levels, mental clarity, and emotional resilience**.



This shift from reactive “sick care” to proactive “well care” transforms not just your physical health but your overall quality of life. It’s a holistic approach to wellness that helps you feel like the best version of yourself—vital, balanced, and free.

Are you ready to move beyond masking symptoms and address the root causes of pain? The **Hache Protocol™** offers a proven, comprehensive pathway to overcoming chronic pain and unlocking your full potential. Take the first step toward a healthier, pain-free life today and experience the difference that holistic, natural healing can make. Welcome to The Hache Protocol™—a new chapter in your wellness journey awaits!

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



WHAT IS MICROCURRENT?

In this issue of Pain Free Living Magazine, we're thrilled to focus on one of the most groundbreaking tools in the world of natural pain relief: microcurrent therapy. This cutting-edge healing modality harnesses your body's natural electrical signals to reduce inflammation, accelerate healing, and resolve chronic pain—and so much more—all without invasive procedures, medication, or long recovery periods.

Don't worry, it won't hurt! Microcurrent therapy works gently at the cellular level, restoring balance and promoting healing in a way that feels almost effortless. It's non-invasive, drug-free, non-addictive, and designed to align with your body's natural rhythms.

Why did we choose this topic for our first issue? Because understanding this solution can be life-changing. When combined with The Hache Protocol™ for Pain Resolution, microcurrent therapy becomes a powerful ally on your journey to living pain-free. It's a tool that everyone deserves to know about and consider in their path to better health and wellness.



READY TO DIVE IN AND LEARN MORE?

Download our FREE "What Is Microcurrent?" Report for an in-depth look at how this incredible technology works, why it's so effective, and how it's changing lives worldwide.

GET YOUR FREE REPORT

MICROCURRENT THERAPY: A HEALING TOOL FOR EVERYONE, EVERYWHERE

At Pain Free For Life, we believe that the future of healthcare is accessible, personalized, and empowering. Microcurrent therapy, with its ability to support natural healing processes, represents the intersection of cutting-edge science and everyday practicality. Whether you're a parent managing your family's wellness at home, a practitioner offering transformative care, or someone looking to take control of chronic pain, these devices adapt to meet your unique needs.

The Home User's Advantage

Imagine a world where taking charge of your health doesn't require constant doctor's visits or invasive procedures. Microcurrent therapy turns that vision into reality—a gentle, drug-free solution that helps you address pain, reduce inflammation, manage stress, and more, all from the comfort of your home.



The **Avazzia Life Genesis II** is an ideal choice for beginners or anyone seeking simplicity without compromising results. Designed with user-friendly settings, it empowers you to tackle stubborn scars, manage chronic pain, and even support recovery from injuries. And for those looking to reduce stress or improve sleep, all our devices now feature Vagus nerve stimulation settings—a powerful tool to calm the nervous system and promote mental well-being, making it easier than ever to take control of your health.

This isn't just technology—it's empowerment. Microcurrent therapy can give you the tools and confidence to take control of your health in a way that's simple, approachable, and effective. And if you ever find yourself needing support, we're here for you. Our dedicated team is just an email away, and the incredible Pain Free For Life Support Group on Facebook is filled with knowledgeable and compassionate microcurrent users, ready to share their insights and encouragement whenever needed.

A Practitioner's Secret Weapon

For professionals, microcurrent therapy is more than just a tool—it's a gateway to deeper, more effective care. Whether you're a physical therapist, esthetician, veterinarian, or alternative medicine practitioner, the versatility of these devices allows you to expand your offerings and deliver results that set you apart.

Take the **Avazzia Life Evolution**, for example. Designed for home and clinical use, it brings advanced features like anti-inflammatory protocols and systemic neurofeedback to the forefront. This is an essential tool for treating complex conditions, improving recovery times, and offering patients effective alternatives to traditional approaches.

For those who require professional-grade precision, the **Avazzia Life Pinnacle** stands at the top of its class. Its diagnostic tools, including meridian mapping and evaluation modes, allow practitioners to assess tissue responses in real-time, tailoring treatments to each individual. Whether you're managing chronic conditions or offering non-invasive needle-free acupuncture, the Pinnacle provides unmatched control and flexibility.

Bridging The Gap: Microcurrent for Everyone

The true brilliance of microcurrent therapy lies in its versatility. These devices are not confined to one setting—they effortlessly transition between home and clinical environments. A parent treating their child's sprained ankle, a therapist addressing post-surgical recovery, or a professional managing their own stress can all rely on the same device to deliver tailored care.

Microcurrent therapy isn't just about fixing what's broken—it's about optimizing health at every stage. These tools are designed for the modern world, where people need solutions that fit into their lives without compromise.

Microcurrent therapy bridges the gap between scientific innovation and everyday practicality, making advanced, drug-free healing accessible to anyone. It's a chance to explore a new, science-backed way to feel better.

Remember, we're here to guide you at every step. Whether you're new to microcurrent therapy or looking to elevate your practice, you'll find the support, training, and resources you need to succeed in the **Pain Free Living Lab**.

Ready to discover how microcurrent therapy can transform your approach to health and wellness? Join us in the **Pain Free Living Lab** today!



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

Discover a welcoming space designed just for you! Our **Pain Free For Life Online Support Community** is here to connect you with like-minded individuals on their journey to better health. Whether you're new to microcurrent therapy or a seasoned practitioner, you'll find expert advice, shared experiences, and ongoing encouragement.

Be sure to check out our **Upcoming Events**—tailored to help new members get the most out of their healing journey. From live Q&A sessions to exclusive training, there's always something happening to support your wellness goals.

[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](#)

HOW TO CHOOSE THE RIGHT MICROCURRENT DEVICE FOR YOU

Let's take the guesswork out of choosing your first—or next—microcurrent device. Whether you're new to this transformative therapy or looking to elevate your treatments, there's a device that aligns perfectly with your goals and lifestyle. Picking the right one doesn't have to feel overwhelming, and I'm here to guide you through it step by step.

First, think about what you're hoping to achieve. Are you dealing with chronic pain or inflammation? Hoping to heal stubborn scar tissue or reduce stress with Vagus nerve stimulation? Maybe you're looking for an all-in-one solution to boost overall wellness or address more specific challenges like joint pain, sleep, or anxiety. Whatever your goal, there's a microcurrent device designed to support it.

If you're just starting out, the **Avazzia Life Genesis II** is an ideal choice. It's simple to use yet incredibly versatile. The Genesis II features Vagus nerve stimulation, making it easy to treat pain, inflammation, and scar tissue without a steep learning curve. With built-in biofeedback, you can ensure that every treatment is tailored to your body's needs. It's perfect for beginners or anyone looking for straightforward, effective results.

If you're looking for a device with more versatility for advanced treatments, the **Avazzia Life Evolution** might be the right fit. Designed to support a wide range of health needs, it's equipped with specialized programs for reducing inflammation, addressing scar tissue, and incorporating Vagus nerve stimulation—an essential feature for managing stress, improving sleep, and supporting overall mental and physical well-being.

The Evolution bridges the gap between professional-grade functionality and home use, making it an accessible option for those seeking a more comprehensive approach to their health.

For those ready to dive deep or practitioners looking for precision, the **Avazzia Life Pinnacle** is the gold standard. This device comes equipped with custom-designed programs to address everything from chronic pain and nerve troubles to deep scarring and new trauma. It even includes an evaluation mode, allowing you to assess tissue health in seconds. If you want the ultimate flexibility and control, whether for personal or professional use, the Pinnacle is unmatched.





No matter which device you choose, it's important to consider how it will fit into your life. Are you looking for a device that's easy to use daily? Or do you need something with advanced capabilities to address complex health challenges? And, of course, your budget matters too. The Genesis II provides incredible value, while the Evolution and Pinnacle offer expanded options for those looking for more.

What sets Avazzia devices apart isn't just the technology—it's the support that comes with them. When you purchase through Pain Free For Life, you're gaining access to a team of experts who are here to help you make the most of your investment. From step-by-step training to ongoing resources, you'll feel confident every step of the way.

Remember, every device we offer integrates seamlessly into The Hache Protocol for Pain Resolution™, our proven system for natural, non-invasive healing. Whether you're easing into microcurrent therapy or refining your expertise, you're not just buying a device—you're joining a community committed to your wellness.

Reach out to us today—we're always glad to help.

“

"I saw improvement in the first treatment... With the devices that we've been working with, I've seen changes that give me more hope for the future."

– Anthony Bing

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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

A BEGINNER’S GUIDE TO MICROCURRENT THERAPY: HOW IT WORKS AND WHY YOU NEED IT THIS WINTER

Winter is here—bringing its charm of snowy landscapes and cozy evenings with loved ones. But alongside these joys come the inevitable challenges: joint pain, fatigue, Seasonal Affective Disorder (SAD), and a weakened immune system. These seasonal struggles can make winter feel like an uphill battle. What if there was a better way to face the colder months—one that doesn’t rely on medications or invasive treatments? Microcurrent therapy offers a revolutionary, natural solution to keep you healthy and energized throughout the season.

Let’s dive into how winter affects your body and explore how microcurrent therapy, along with innovative tools like the **Sana Qi**, can transform your health and help you thrive.

Why Winter Challenges Our Health

As the days grow shorter and temperatures drop, your body undergoes several changes. Reduced sunlight interferes with your circadian rhythm, disrupting sleep and energy levels. Colder weather contributes to inflammation, joint stiffness, and a higher risk of respiratory infections. Add the stress of holiday preparations and end-of-year deadlines, and it’s no wonder health issues often spike during this season.

Joint pain is one of the most common complaints in winter. Cold weather can worsen arthritis symptoms by causing muscles to tighten and joints to stiffen. SAD, which affects millions, triggers feelings of depression and fatigue due to hormonal imbalances caused by a lack of sunlight. Winter also weakens the immune system, leaving many vulnerable to colds and the flu. Recognizing these challenges is the first step in building a defense.



The Microcurrent Advantage: Your Winter Wellness Ally

Microcurrent therapy is a revolutionary approach to addressing the underlying causes of common winter health struggles, offering more than just temporary symptom relief. This non-invasive treatment uses gentle, low-level electrical currents to stimulate and support your body’s natural healing mechanisms at a cellular level.

At its core, microcurrent therapy works by improving cellular energy production. It helps increase the production of ATP (adenosine triphosphate)—your body’s energy currency—which fuels cellular repair and regeneration. This is particularly important in winter when factors like reduced sunlight, cold temperatures, and stress can deplete your energy reserves and leave you feeling fatigued.



Microcurrent therapy also excels at reducing inflammation, a key factor in managing joint pain, arthritis, and other chronic conditions that often worsen during colder months. By calming inflamed tissues and boosting circulation, it addresses the root cause of discomfort rather than masking it, as many medications do. Improved circulation ensures that oxygen and nutrients reach affected areas, accelerating the healing process and promoting better overall health.

Beyond physical symptoms, microcurrent therapy offers unique benefits for mental health challenges, such as Seasonal Affective Disorder (SAD) and stress. Techniques like Vagus Nerve Stimulation (VNS) help regulate the nervous system, reducing anxiety, improving mood, and fostering a sense of calm and balance.

In essence, microcurrent therapy is not just a quick fix—it’s a comprehensive tool that empowers your body to heal itself, making it an ideal solution for the physical and emotional challenges of winter.



Grounding Protocols and the Power of the Sana Qi

For those dealing with chronic stress, **microcurrent grounding protocols** can be transformative. By using conductive pads or accessories like **Scalar Qi**, you can mimic the natural grounding effects of connecting with the Earth—without leaving the warmth of your home. These techniques help calm the nervous system and restore balance, countering the emotional toll winter can take.

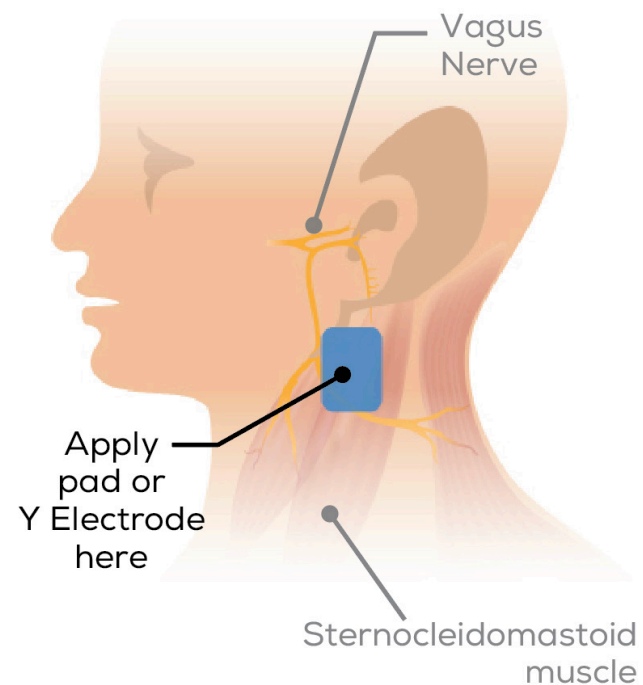
Alternatively, consider the new **Sana Qi**, a cutting-edge energy medicine device that merges **Scalar waves**, **PEMF (Pulsed Electromagnetic Fields) therapy**, and **Light Therapy** into one unparalleled healing experience. The Sana Qi is designed to optimize mental and physical wellness, making it an invaluable tool for combatting stress, improving sleep, and revitalizing energy during winter. Incorporating these advanced tools into your routine provides a mental reset, helping you stay centered through the colder months.



Boosting Immunity and Energy

A strong immune system is crucial during winter, especially as cold and flu season peaks. Microcurrent therapy regulates your body's inflammatory responses, a key factor in fighting off infections. Techniques like **Vagus Nerve Stimulation** strengthen immune function by reducing stress and enhancing communication between your brain and body. Pair this with immune-boosting nutrients like Nanosized Vitamin C and zinc for even better results.

Fatigue is another common winter complaint. Shorter days disrupt sleep patterns, leaving many feeling sluggish. The Mitochondrial Recharge Protocol, a microcurrent therapy approach, enhances your cells' ability to produce ATP, your body's energy currency. This improves energy levels and sharpens focus, helping you power through your day without relying on caffeine or stimulants. Pair this protocol with hydration and light movement to maximize your energy reserves.



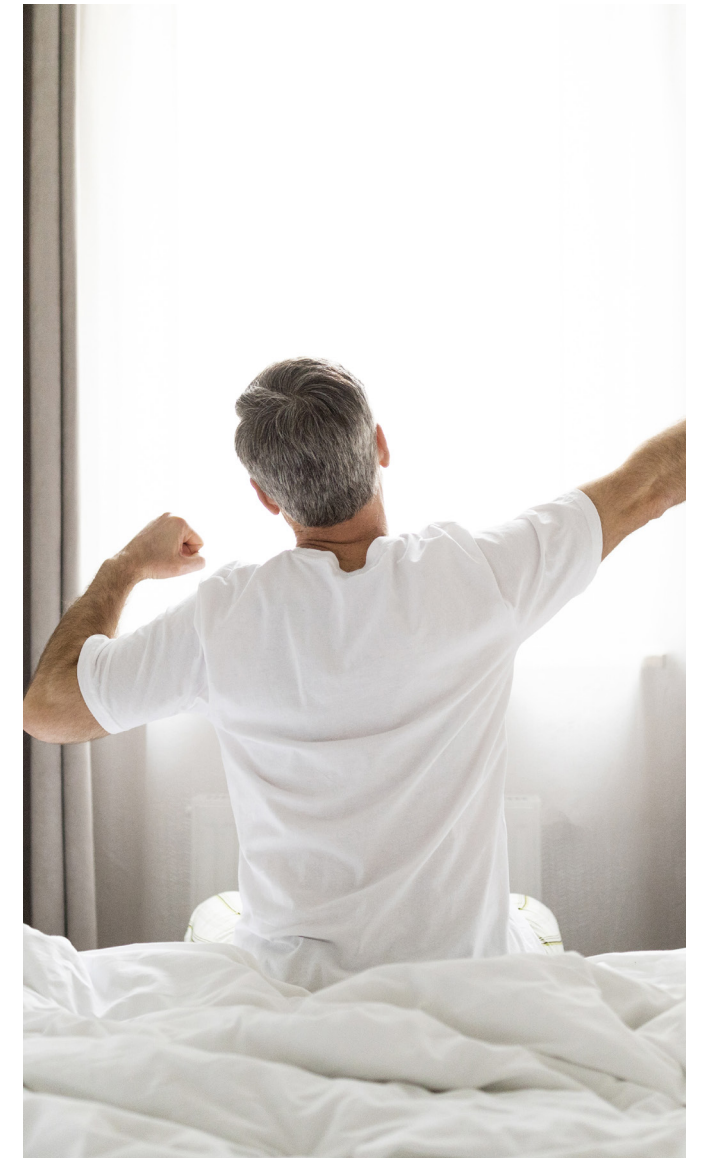
Microcurrent Therapy for Mental Wellness

Winter's impact on mental health is profound, but microcurrent therapy provides targeted solutions to manage stress, anxiety, and depression. For those struggling with SAD, microcurrent therapy can stimulate the trigeminal nerve, directly supporting mood regulation and alleviating feelings of sadness. This gentle stimulation calms overactive neural pathways, helping you feel more balanced and in control.

Accessories like Scalar Qi or the Sana Qi are particularly effective for grounding and stress relief. These tools mimic the natural harmonizing effects of connecting with the Earth, offering a holistic way to combat winter blues. By incorporating these into your routine, you create a powerful defense against the mental challenges winter can bring.

Restoring Sleep with Microcurrent Therapy

Sleep is the foundation of health, but winter often disrupts natural sleep cycles. Microcurrent therapy can help reset your body's internal clock, encouraging deeper and more restorative sleep. For example, running a microcurrent program at 7-12 Hz before bed with ear clips calms the nervous system and prepares your body for rest. Pair this with habits like limiting screen time and maintaining a consistent bedtime to amplify the benefits.



A Comprehensive Winter Wellness Strategy

To maximize the benefits of microcurrent therapy, consider integrating it with other elements of the **Hache Protocol™**, such as stress reduction, physical activity, and a nutrient-rich diet. Grounding practices, whether through conductive pads or accessories like the Scalar Qi, balance your body's electrical potential and enhance microcurrent results. Probiotic-rich foods like yogurt and kimchi further support immunity and mood stability, creating a holistic approach to winter wellness.

Embrace Your Healthiest Winter Ever

Winter doesn't have to mean battling aches, fatigue, or low mood. By incorporating microcurrent therapy and advanced tools like the **Sana Qi**, you can transform the season into one of renewal and vitality. Whether it's relieving joint pain, boosting your immune system, or improving mental health, microcurrent therapy empowers you to take control of your well-being.

Need help picking the perfect microcurrent device? Click below to get help!

PAIN FREE LIVING LAB

FIRE UP YOUR IMMUNITY AND BEAT COLDS WITH THIS SPICY FIRE CIDER

Fire Cider is a potent herbal tonic celebrated for its incredible health benefits. With ingredients like raw, unfiltered apple cider vinegar, garlic, ginger, and horseradish, this zesty elixir is packed with anti-inflammatory, antimicrobial, and antioxidant properties. It's my go-to immune booster, especially during cold and flu season, and it works wonders for reducing chronic pain by tackling inflammation head-on.

Trust me, this is a must-have in your wellness toolkit!

Beyond immune support, Fire Cider can help stimulate digestion, alleviate sinus congestion, and promote circulation. Plus, adding raw honey sweetens the blend and soothes a sore throat. Even if you catch a cold, you'll bounce back faster with this remedy in your arsenal.

Ready to make your own? Here's my simple, tried-and-true recipe...

DR. ROB'S IMMUNE-BOOSTING FIRE CIDER RECIPE

INGREDIENTS

- 1 quart (4 cups) raw, unfiltered apple cider vinegar (with the mother)
- 1 medium onion, chopped
- 1 head of garlic, peeled and minced
- 1-2 inches fresh ginger root, peeled and grated
- 1-2 inches fresh horseradish root, peeled and grated (or 1-2 tablespoons prepared horseradish)
- 1-2 fresh chili peppers (e.g., jalapeño or cayenne), chopped (adjust to your heat preference)
- 1 lemon (or lime), sliced
- 2 tablespoons raw honey (optional)
- Additional herbs/spices (optional): turmeric, rosemary, or black peppercorns (I highly recommend turmeric!)



INSTRUCTIONS

1. Prepare the Ingredients:

Chop the onion, mince the garlic, grate the ginger and horseradish, and slice the lemon. If using fresh chili peppers, chop them, too.

2. Combine Ingredients:

In a large glass jar, combine all the prepared ingredients and any optional herbs or spices.

3. Add Vinegar:

Pour the apple cider vinegar over the mixture until fully submerged. Leave some space at the top for expansion.

4. Seal and Store:

Seal the jar tightly and shake gently. Store in a cool, dark place (like a pantry) for 2–4 weeks, shaking daily. I recommend the full 4 weeks for the best infusion.

5. Strain and Sweeten:

After fermenting, strain the mixture through a fine sieve or cheesecloth into a clean jar—press solids to extract all the liquid. Sweeten with local honey or maple syrup to taste.

6. Store:

Keep your Fire Cider in a sealed container in the refrigerator—it will stay fresh for months.

Dosage:

Take 1–2 tablespoons daily for immune support, or use it as a salad dressing, marinade, or in hot water for a warming drink.

Enjoy the warmth and health benefits of your homemade Fire Cider during the colder months!



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

Growing your own food is one of the most powerful ways to achieve lasting health and wellness. When you cultivate fruits, vegetables, and herbs at home, you ensure nutrient-rich produce that supports a balanced, vibrant lifestyle. Growing your own food gives you full control over its quality and purity—you know it’s free from pesticides and packed with the essential nutrients often lost in store-bought options. Plus, freshly harvested produce delivers peak vitamin and mineral content, not to mention unparalleled flavor.

For me, gardening is about much more than just growing food—it’s a way to reduce stress, stay active, and create a meaningful connection with the foods that nourish us. I started growing my own food on a tiny balcony garden, and I can confidently say that ANYONE, even with the smallest space, can take health into their own hands. Gardening is a simple yet profound approach to caring for both your body and mind in a natural, holistic way.

I want to challenge you to see the possibilities: food can be grown year-round! No matter the season, there are ways to cultivate your own produce, and I’m here to guide you on where to focus to achieve the most success for your health. Let’s grow together and nourish not only our bodies but our spirits, too!



January: Rooted in Health – Unlocking the Power of Winter Root Vegetables

Winter may bring shorter, colder days, but it also offers a perfect opportunity to embrace the hearty, nutrient-packed benefits of root vegetables. Carrots, beets, and parsnips are the unsung heroes of the season, brimming with essential vitamins, minerals, and fiber that keep us nourished and healthy when we need it most.

Why Root Vegetables?

These winter gems are a nutritional powerhouse:

- **Carrots** deliver beta-carotene, a precursor to vitamin A that supports eye health, immune function, and glowing skin. Their fiber helps balance blood sugar and aids digestion.
- **Beets** are rich in folate, manganese, and betalains antioxidants that reduce inflammation and support liver detoxification. They also boost nitric oxide production, improving circulation and cardiovascular health (and even enhancing sexual health!).
- **Parsnips** are high in potassium and fiber, promoting heart health, regulating blood pressure, and supporting digestion. Their vitamin C content bolsters immunity during the colder months.

Roasted Winter Root Vegetable Medley

Ingredients:

- 3 large carrots, peeled and cut into sticks
- 2 medium beets, peeled and cubed
- 2 parsnips, peeled and sliced into rounds
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon fresh rosemary, chopped (or 1/2 teaspoon dried)

Optional: A drizzle of honey or balsamic glaze for added sweetness

Instructions:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the carrots, beets, and parsnips. Drizzle with olive oil and toss to coat evenly.
3. Sprinkle the vegetables with salt, pepper, and rosemary. Mix well to ensure the seasonings are distributed.
4. Spread the vegetables in a single layer on the prepared baking sheet.
5. Roast in the oven for 30–35 minutes, stirring halfway through, until the vegetables are tender and slightly caramelized.
6. For an extra touch of flavor, drizzle the roasted vegetables with honey or balsamic glaze before serving.



This medley is perfect as a side dish for any winter meal or as a hearty topping for salads and grain bowls. It’s simple, nutritious, and packed with the natural sweetness and earthy flavor of root vegetables.

Tips for Gardening in Winter:

If you’re lucky enough to have a cold frame or insulated garden bed, you can extend the growing season for root vegetables. Otherwise, harvest them before the first frost and store them in a cool, dark place to enjoy their benefits all season long (carrots store best in sand!).

A Healthier Start to the Year:

Root vegetables are more than a filling comfort food—they’re a powerful ally in promoting digestion, supporting cardiovascular health, and boosting immunity. Start your year rooted in health by incorporating these versatile vegetables into your winter meals. Whether roasted, pureed, or added to soups and stews, they’ll bring warmth, flavor, and nourishment to your plate.



THE HEARTS AND MINDS BEHIND PAIN FREE FOR LIFE

Team Member Spotlight

Annie Svensen – Lead Microcurrent Treatment Coordinator

Annie Svensen’s journey into health and wellness began as a teenager during her time as a competitive athlete. While undergoing physical therapy for a debilitating injury, she discovered her passion for understanding the human body and helping others overcome physical challenges. This interest led her to study kinesiology in college and pursue a career as a massage therapist, where she further honed her skills in supporting others’ well-being.

After stepping away from the industry for several years, Annie’s enthusiasm for learning and her dedication to health never waned. Her own experiences with chronic pain reignited her passion and inspired her to become a certified holistic nutritionist. In this role, she coached others navigating their pain journeys, providing tools and strategies to improve their quality of life.

During this time, Annie crossed paths with Dr. Rob Vanbergen and discovered microcurrent therapy and The Hache Protocol For Pain Resolution™. It wasn’t long before she recognized how transformative this technology could be—not only for her clients but for others seeking natural, effective solutions for pain management. Annie joined Pain Free For Life as the company’s first Treatment Coordinator, determined to help others access the healing potential of microcurrent therapy.

Today, Annie leads our entire team of Treatment Coordinators, ensuring every Hache Protocol Private Membership™ client receives a personalized treatment plan, expert guidance, and ongoing support to succeed.

Her dedication to empowering others through education, compassion, and innovation has made her an essential part of the Pain Free For Life team.

– Thank You, Annie!



HOW SWAMINI OVERCAME CHRONIC PAIN AND RECLAIMED HER LIFE



Swamini B. + Rheumatoid Arthritis and Osteoarthritis

Swamini, a vibrant resident of Santa Barbara, CA, faced years of her light being dulled by debilitating pain. After having a surgically implanted pain pump removed, her chronic pain and swelling persisted. Diagnosed with both rheumatoid arthritis and osteoarthritis, she struggled with constant joint pain, swelling, water retention, and even loss of sensation in her legs and feet (neuralgia). When her ankles began to turn black, it became clear she was running out of options.

For over five years, Swamini tried everything—hot and cold compresses, physical therapy, dietary supplements, essential oils, and restorative yoga. Despite her efforts, the relief was fleeting, and her mobility continued to decline. Her turning point came when a palliative care doctor introduced her to microcurrent therapy and the Pain Free For Life team.

Swamini Discovers Microcurrent Therapy

Swamini's journey with Pain Free For Life began at a critical moment. After years of debilitating pain and countless treatments that provided little relief, she was introduced to microcurrent therapy as a last resort. With the help of her dedicated Treatment Coordinator, a customized plan was crafted specifically for her unique challenges, all centered around using the Avazzia Life Pinnacle—Pain Free For Life's professional-grade, top-of-the-line microcurrent device.

Her personalized, holistic treatment plan, grounded in The Hache Protocol for Pain Resolution™, combined cutting-edge microcurrent therapy technology, training, guidance, and techniques to target her pain and inflammation at the root.

Each component played a vital role in her recovery; here are some highlights:

- Vagus Nerve Stimulation calmed her overactive nervous system, helping to regulate systemic inflammation that had plagued her for years.
- Mitochondrial Recharge supported cellular repair and energy production, revitalizing her body from the inside out.
- PEMF Therapy via QiWave, placed beneath her pillow nightly, promoted deep relaxation and healing while she slept.
- Grounding Protocols, combined with specialized settings like Sana Pain and Bio 24, directly addressed the chronic pain and inflammation in her joints and muscles.

For Swamini, the transformation began almost immediately. Within the first month, she started noticing remarkable improvements—tangible signs that her life was finally on a new path to healing.

A Remarkable Transformation

The Hache Protocol™ and Microcurrent therapy didn't just alleviate Swamini's pain—it gave her a renewed sense of purpose and vitality. The swelling in her legs subsided, sensation returned to her feet, and she no longer needed her walker or wheelchair. Using walking poles for support, Swamini

now enjoys walking for 90 minutes to two hours daily, a significant improvement that has restored her independence.

Her sleep improved dramatically, too. Before starting microcurrent therapy, Swamini struggled to get 2–4 hours of rest each night. Now, she sleeps peacefully for 6–8 hours, waking up refreshed and ready to embrace her day. This newfound energy contributed to an extraordinary milestone—Swamini lost 125 pounds, significantly boosting her overall health and well-being.

The mental clarity Swamini regained was equally transformative. For years, chronic pain had clouded her mind, making it difficult to focus or complete projects she cared about deeply. With the fog lifted, she found the clarity to finish a book she had been working on for years and even completed a collection of poems—creative achievements that symbolized her journey back to herself.

Most importantly, Swamini experienced emotional renewal. Free from the constant grip of pain, she now feels calm, happy, and in control of her life. Microcurrent therapy didn't just manage her symptoms; it empowered her to reclaim her independence, creativity, and joy.

A New Perspective on Health

Swamini describes her experience with Pain Free For Life as nothing short of “life-changing.” After years of feeling dependent on others for support, she has finally reclaimed her independence and rediscovered her strength.



“

“I don't know what shape I'd be in if I hadn't started using microcurrent. I now understand that I have to take responsibility for my health rather than expecting someone else to fix it.”

—Swamini B

”

Her journey is a testament to the power of resilience, determination, and the right tools to support healing. It serves as a powerful reminder that even the most overwhelming health challenges can be overcome with the right approach.

Your Success Story Starts Today

Swamini's story is not just about overcoming chronic pain—it's about reclaiming her life and getting back to what she loves most, like writing poetry. If you've been searching for solutions where other treatments have failed, microcurrent therapy and The Hache Protocol™ might be the breakthrough you've been searching for.

We're here to guide and support you every step of the way. Remember, your health, independence, vibrance, and happiness are worth fighting for!

JANUARY'S FEATURED MICROCURRENT PROTOCOL: MITOCHONDRIAL RECHARGE

There's no better time than the new year to focus on revitalizing your energy and health. This January, we're shining the spotlight on a protocol that's designed to power up your cells, improve stamina, and boost overall well-being: **The Mitochondrial Recharge Protocol**.

Whether your 2025 resolution is to enhance fitness, increase mental clarity, decrease pain, or simply feel more energized, this protocol offers a powerful way to start on the right note.

Your mitochondria are the "batteries" that fuel your body. These tiny but mighty organelles produce ATP, the energy your cells need to function effectively. When mitochondria aren't performing optimally, fatigue, brain fog, and slower recovery times can creep in.

The Mitochondrial Recharge Protocol is specifically designed to recharge these cellular batteries, giving your body the energy it needs to thrive. By supporting mitochondrial health, you're not just boosting energy—you're enhancing your body's ability to heal, recover, and prevent illness.

By incorporating this protocol into your routine, you're giving your body the tools it needs to function at its best—today and all year long.

Curious to see the Mitochondrial Recharge Protocol in action?
Check out the short training video below!



We'd love to hear about your experience—try it today and let us know how it makes a difference in your journey to feeling your best.





OWN A DEVICE? JOIN OUR VIP SUPPORT GROUP

If you already 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 specialized, device-owner-focused experience.

WHY JOIN THE VIP GROUP?

- ✓ **Monthly Microcurrent Training Videos:** Access 10-minute focused trainings every month, created to help you get the most out of your device.
- ✓ **Exclusive Tools and Resources:** Enjoy free materials and benefits tailored specifically for VIP members, not available in the general support group.
- ✓ **Personalized Guidance:** Receive expert advice to optimize your treatments and health journey.
- ✓ **A Community for Device Owners:** Connect with like-minded individuals dedicated to microcurrent therapy and holistic healing.

The VIP Support Group is **exclusively for Avazzia Life device owners**, offering more targeted content and a higher level of support than our previous group.

If you're still only part of the general support group, click below to get started and take advantage of everything the Pain Free For Life VIP Group has to offer.

JOIN VIP GROUP

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



Episode 1: Behind the Scenes with Annie Svensen: Season 3 Kick-Off!

Join us for an inspiring kick-off to Season 3 of the Pain Free For Life Podcast as we sit down with Annie Svensen, our Lead Microcurrent Treatment Coordinator. Listen to Annie's journey into health and wellness, which began during her time as a competitive athlete, where she developed a passion for helping others overcome physical challenges.



From her early career as a massage therapist to becoming a certified holistic nutritionist, Annie's dedication to empowering others has only grown. After discovering microcurrent therapy and The Hache Protocol for Pain Resolution™, she joined Pain Free For Life as our first Treatment Coordinator, bringing her expertise and compassion to clients worldwide.

Now, as the leader of our Treatment Coordinator team, Annie shares her story, insights on microcurrent therapy, and how personalized treatment plans are transforming lives. Don't miss this episode!



Episode 2: Holistic Health Q&A with Dr. Rob: Your Burning Questions Answered

Dr. Rob is back with answers to some of the most pressing questions from our community!

From understanding how microcurrent therapy works to diving deeper into The Hache Protocol™ and holistic wellness, this episode is packed with insights you won't want to miss.

Have a burning question of your own? Dr. Rob invites you to submit it to support@painfreeforlife.com for a chance to be featured in a future episode.

Episode 3: Avazzia Life Genesis II:
Effortless & Affordable Microcurrent
Vagus Nerve Healing

In this engaging solo episode, Dr. Rob introduces the latest breakthrough in microcurrent therapy: the Avazzia Life Genesis II. Designed to make advanced vagus nerve stimulation more accessible than ever, this device is poised to transform the way we approach healing. Dr. Rob dives into the inspiration behind its development, the cutting-edge engineering that drives its performance, and the remarkable benefits it offers for both new and experienced users. If you've been searching for an affordable yet powerful tool to support your health and well-being, this episode is a must-listen.



Episode 4: Electro-Acupuncture for Chronic Disease: A Conversation with
Dr. Laura Christensen

Get ready for an eye-opening chat as Dr. Rob sits down with the incredible Dr. Laura Christensen to talk all things electro-acupuncture. In this episode, they dive into the real-life stories of how this innovative technique is helping people with chronic diseases finally find relief and long-term healing. Dr. Christensen breaks down the ancient science behind acupuncture in a way that's easy to understand and shares some fantastic stories about just how powerful it can be. Whether you're curious about alternative therapies or looking for new ways to tackle a chronic health condition, this is one episode you don't want to miss!

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

THE ULTIMATE ENERGY MEDICINE DEVICE

SANA QI

This month, we're proud to showcase one of our latest and greatest innovations in energy medicine. Meet the SANA Qi, a revolutionary energy medicine device combining Scalar Waves, PEMF Therapy, Microcurrent Technology, and Advanced Light Therapy into one cutting-edge tool.

WHAT CAN SANA QI DO?

- **Rebalance Energy Systems:** Scalar Waves support cellular detoxification and harmonize energy flow.
- **Boost Cellular Repair:** PEMF Therapy penetrates deep to improve circulation, enhances repair, and revitalizes nutrient absorption.
- **Relieve Pain Naturally:** Infrared, red, and blue Light Therapy supports recovery pain relief and provides anti-aging benefits.
- **Accelerate Healing:** Sana Qi stimulates ATP production and reduces inflammation for optimal recovery.

And more.

SANA QI IS IDEAL FOR:

If pain, fatigue, or inflammation have been running the show, it's time to take a new approach. The SANA Qi works with your body, not against it, to calm inflammation, boost circulation, and help your cells do what they're designed to do: heal. Whether you're managing chronic pain or just looking to move and feel better, this device is like giving your body a much-needed reset.

For athletes and fitness enthusiasts, the SANA Qi is your secret weapon for faster recovery and peak performance. It's designed to support your body's natural healing systems so you can push harder, recover quicker, and feel stronger every step of the way.

If you're a doctor, energy worker, massage therapist, or esthetician, this device takes your practice to the next level. You'll be able to offer your clients effective, science-backed treatments for pain relief, energy balancing, and anti-aging—treatments that leave them feeling deeply cared for and truly seen.

Check out the SANA Qi and put the power of advanced energy medicine to work for you.



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!

LEARN MORE

EXPLORE PRIVATE MEMBERSHIP OPTIONS

PARTNER OF THE MONTH: MEET LLOYD BURRELL

ElectricSense: Empowering Health in a World Full of EMFs

This month, we are thrilled to spotlight our partner, Lloyd Burrell, the founder of **ElectricSense.com** and a pioneering voice in the fight against the unnecessary health challenges posed by electromagnetic fields (EMFs). With decades of dedicated research and advocacy, Lloyd has become a storehouse of knowledge, empowering countless individuals worldwide to take control of their health amidst the increasing prevalence of harmful EMF exposure.

Burrell's journey began with his own personal struggles. After experiencing mysterious health issues linked to EMFs, he became determined to uncover solutions that balance modern technology with human well-being. Through ElectricSense.com, he offers valuable resources, actionable tips, and cutting-edge solutions to minimize EMF exposure and its impact on health.

At Pain Free For Life, we share Burrell's commitment to addressing environmental challenges that affect our well-being. That's why we've partnered with him to highlight how energy-based technologies, including microcurrent therapy, can counteract the adverse effects of EMFs. Together, we aim to educate and empower people to reclaim their health naturally and effectively.

Explore Lloyd's extensive library of resources and discover how our microcurrent devices complement his innovative strategies for EMF health. Together, we're paving the way for a brighter, healthier future.

– Thank you, Lloyd!

LEARN MORE ABOUT LLOYD



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

HACHE PROTOCOL RESET

Take control of your chronic pain with the 90-day Hache Protocol Reset. This transformative program now features live webinars led by Annie and Dr. Rob, offering unparalleled opportunities to learn directly from the experts. Whether you prefer self-paced lessons, guided options, or a combination of both, this program is designed to meet your needs.

Gain lifetime access to Q&A recordings, practical resources, and monthly live sessions to discover natural, effective strategies for managing pain and enhancing your well-being. Already part of the Reset? Great news—you can access the updated program as well!



LEARN MORE

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.

As a Hache Protocol member, you'll enjoy early registration discounts and special content tailored to your wellness journey. Ready to participate? Contact your Treatment Coordinator today to secure your spot and take advantage of early pricing!



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

YOUR 2025 HOLIDAY GIFT GUIDE BONUS: STACK YOUR SAVINGS THIS JANUARY



If you've already downloaded our 2025 Gift Guide, you're ahead of the game! Your exclusive additional 10% off coupon code for this month is ready to use—and here's the best part: This January only, you can stack your savings up to 30% off! Don't miss this limited-time opportunity to make holistic health even more accessible.

Haven't grabbed the gift guide yet? No worries—there's still time!

GET THE GIFT GUIDE HERE

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*

