



# PAIN FREE LIVING

MAY 2025

*Magazine*

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## 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 we enter May, a month marked by the remembrance and celebration of resilience, we take inspiration from the spirit of Memorial Day to explore the profound ways in which advanced microcurrent therapy is serving diverse health needs, enhancing quality of life, and even nurturing the lives of our beloved pets. This issue shines a light on the top specialty treatments in microcurrent therapy, showcasing the incredible versatility of this approach to healing.

From mental health support to cellular repair and regeneration, microcurrent therapy is making a difference in areas once thought challenging to address naturally. In this issue, you'll find in-depth details on how microcurrent helps individuals navigate anxiety and depression, offers effective treatments for wounds and scar reduction, and even supports bodily repair at a cellular level. This technology goes beyond managing symptoms—it reaches the heart of healing, helping to restore the body's natural balance and resilience.

We're also delighted to spotlight microcurrent therapy's role in cosmetic care and pet health. Whether you're interested in non-invasive facial rejuvenation or looking to provide relief for a pet dealing with pain, our experts share insights into safe, effective protocols for every need. These specialty treatments reflect a commitment to holistic wellness, honoring both human and animal well-being in ways that promote lasting comfort and vitality.

As we take a moment this Memorial Day to reflect on the strength and sacrifices of those who came before us, we hope this issue offers an inspiring look at the advancements in microcurrent therapy that honor that legacy of resilience. Together, let's embrace these therapies with a renewed appreciation for the wellness journeys of ourselves, our families, and even our four-legged companions.

**Dr. Rob Vanbergen, DNM, PhD & Dr. Lorry Hache, PsyD**

*Co-Editors-in-Chief Pain Free Living Magazine*

JOIN THE MOVEMENT

# THE Hache Protocol™

## CALMING STRESS AND REBALANCING YOUR NERVOUS SYSTEM—NATURALLY

It's easy to miss the subtle ways our bodies tell us something is off. Maybe you've been waking up feeling tired, snapping at small things, or struggling to focus the way you used to. These shifts don't always point to one obvious cause—but more often than not, they trace back to a nervous system that's been under too much strain for too long. That's where The Hache Protocol™ comes in. Rather than treating stress as a standalone problem, it helps bring the entire body back into balance—supporting energy, mood, digestion, sleep, and so much more by addressing the core systems that keep us well.

**The Hache Protocol for Pain Resolution™** is our signature five-element system designed to help the body heal naturally. Created by Dr. Lorry Hache and Dr. John Hache, this protocol combines decades of clinical insight into a practical, science-based strategy for relieving pain, reducing inflammation, and restoring overall wellness. The five interactive elements— **hydration, nutrition, stress reduction, movement, and microcurrent therapy**—work together to guide the body back into a state of balance and repair. When applied consistently, they offer a sustainable path out of chronic stress, discomfort, and disconnection from health.





One of the core areas where the Hache Protocol™ shines is nervous system regulation. Chronic stress, emotional trauma, and even daily overstimulation can send the nervous system into a prolonged state of “fight or flight.” Over time, this creates a ripple effect across the entire body, impacting digestion, sleep, immune health, and emotional well-being. Even when the initial stressor is gone, the body can remain stuck in survival mode, unable to fully relax or repair. This is where microcurrent therapy, a central component of the Hache Protocol™, offers powerful support.

Microcurrent therapy delivers gentle electrical impulses to the body that mimic its own natural signals. When applied with intention—especially near the vagus nerve—these signals can help restore balance to the autonomic nervous system. As the body begins to shift out of fight-or-flight mode and into a state of rest and recovery, many people report experiencing deeper sleep, improved digestion, greater emotional stability, and a general sense of calm that may have been missing for years. Unlike medications that suppress symptoms, microcurrent helps the body recalibrate from within. It encourages healing by enhancing circulation, supporting detoxification, and improving communication between the brain and body. And because it’s non-invasive and drug-free, it’s safe to integrate into nearly any wellness routine.

The beauty of the Hache Protocol™ lies in its simplicity. **Supporting the nervous system doesn’t require dramatic changes—just small, consistent actions that allow the body to do what it’s designed to do: heal.** Hydrating well, eating nutrient-dense foods, practicing gentle movement, addressing emotional stress, and using microcurrent regularly can transform how we feel, think, and function on a daily basis. If you’ve been feeling scattered, anxious, or stuck in a cycle of exhaustion, the Hache Protocol™ may be the key to restoring calm and clarity. Healing doesn’t happen overnight—but it can begin the moment we give the body the tools and support it needs.

Ready to explore more? Check out [THE PAIN FREE LIVING LAB](#), where you can access exclusive microcurrent protocols, wellness insights, a community dedicated to natural healing, and so much more. Let’s step into this season stronger, healthier, and more resilient than ever—together!

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



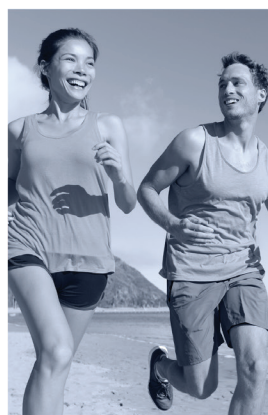
SLEEP



NUTRITION



STRESS  
REDUCTION



FITNESS



MICROCURRENT

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

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

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

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

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

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

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

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

**LEARN MORE**



# THE BODY ELECTRIC & YOUR ORAL HEALTH: A NATURAL APPROACH TO DENTAL CARE

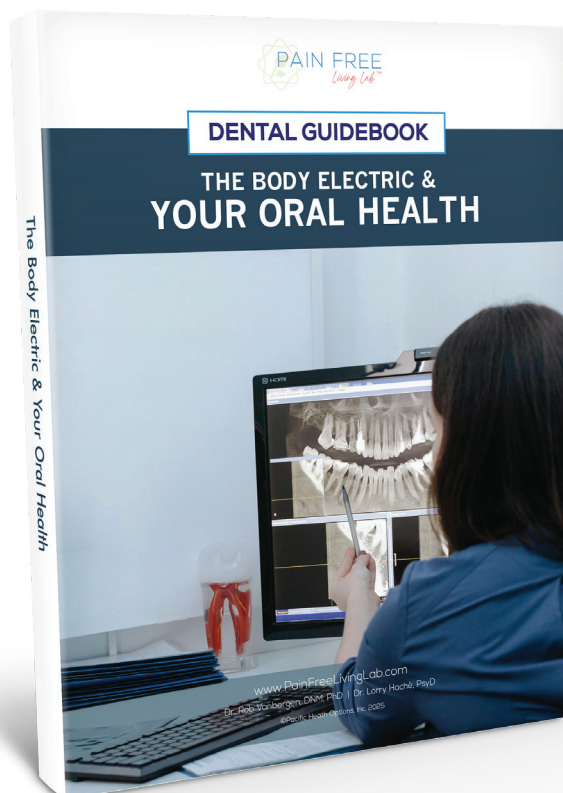
Oral health is about more than just a bright smile—it's a cornerstone of whole-body wellness. The state of your gums, teeth, and jaw directly influences your immune system, heart health, cognitive function, and even energy levels. Yet, traditional dentistry often focuses only on surface-level fixes, leaving the deeper issues unresolved.

Microcurrent therapy offers a new way forward. By working with your body's natural electrical signals, this cutting-edge approach helps reduce inflammation, ease pain, and accelerate tissue repair—all without invasive treatments or harsh chemicals. Instead of merely managing symptoms, microcurrent therapy supports healing at the cellular level, promoting circulation, restoring balance, and optimizing the body's ability to repair itself.

For those struggling with chronic gum issues, TMJ discomfort, post-surgical healing, or dental sensitivity, microcurrent therapy provides a gentle yet effective solution. By stimulating nerve regeneration and enhancing oxygen flow to oral tissues, it fosters faster recovery and long-term resilience.

When combined with The Hache Protocol™ for Pain Resolution, microcurrent therapy becomes even more powerful. This holistic system doesn't just address pain—it helps regulate stress, improve sleep, and support detoxification, ensuring that your oral health aligns with your overall well-being.

The truth is, your body was designed to heal. The challenge lies in removing the barriers that stand in the way. With microcurrent therapy, you can support your body's natural healing abilities, protect your teeth and gums, and embrace a new approach to dental care—one that works with your body, not against it.



## READY TO LEARN MORE?

Take the first step toward better oral health with our free guide, *The Body Electric & Your Oral Health*. This in-depth resource will show you how to integrate microcurrent therapy into your wellness routine, empowering you with the tools to support healing naturally.

GET YOUR FREE GUIDEBOOK



# GROUNDING & MICROCURRENT: RECONNECT, RESET, AND RESTORE

If you've been feeling disconnected, overstimulated, or stressed despite the longer days and fresh air of spring, it might be time to reset—not just your habits, but your body's electrical balance.

Grounding, also known as earthing, is the practice of physically connecting with the Earth to absorb its natural, low-frequency electrical energy. And when paired with microcurrent therapy, it becomes one of the most effective ways to regulate stress, reduce inflammation, and bring the body back into alignment.

## Why Grounding Matters—and Why Spring is the Perfect Time

Grounding isn't a trend—it's a natural process that occurs when the body comes into contact with the Earth's surface. These interactions allow you to absorb the Schumann Resonances, low-frequency electromagnetic pulses (around 7.83 Hz) that help stabilize your nervous system and support healing. Research shows grounding can improve sleep, lower cortisol, ease chronic pain, and help regulate mood.

Spring is an ideal time to recommit to this practice. After months indoors, surrounded by high-frequency electromagnetic fields (EMFs) from electronics, our systems are often overloaded and misaligned. Grounding offers a simple, natural reset. It reconnects the body with its most essential energy source—one that's free, available, and always present beneath our feet.



## How Microcurrent Enhances The Benefits of Grounding

Microcurrent therapy already works by mimicking the body's natural bioelectrical signals to stimulate healing. When you combine this precise technology with grounding, the results can be transformative. Microcurrent prepares the body to receive and respond to subtle energies. Grounding delivers those energies. Together, they help regulate the nervous system, reduce the burden of environmental stress, and restore the body's internal rhythm.

A simple protocol can bring these two healing methods together. To try it at home, set your microcurrent device to 7-12 Hz. Place one conductive pad on the sole of your foot and one on the palm of your hand (same side). Run the session for 30 minutes, then switch sides. This frequency range supports calmness, grounding, and nervous system balance. For many, it also helps improve focus and mood.

## Reconnecting to the Earth—without Leaving Your Home

Walking barefoot on the grass or sitting on a sandy beach are classic grounding methods, but not everyone has access to nature. Fortunately, microcurrent therapy offers a reliable alternative.

For an added boost, try your microcurrent session near an open window, in your backyard, or in a space with natural elements. Pairing nature-based environments with microcurrent grounding protocols can help the body recover faster from stress, inflammation, and fatigue.

## Additional Ways to Support Natural Grounding

- **Prioritize time outside:**  
A short barefoot walk on soil or grass can shift your energy in minutes.
- **Use untreated concrete:**  
If you live in a city, standing barefoot on a concrete patio or basement floor can serve as a conductive alternative.
- **Support your session with hydration:**  
As with all microcurrent work, water helps conduct and move energy throughout the body.
- **Make grounding part of your wind-down routine:**  
Try a microcurrent session paired with grounding before bed to support better sleep and recovery.

## A Practice that Evolves with You

Grounding doesn't require fancy tools or long rituals. It simply requires intention, and when paired with microcurrent, it becomes a highly effective way to regulate the body's bioelectrical system. For those managing chronic pain, emotional stress, or nervous system dysregulation, this protocol can offer a new pathway to resilience and calm.

Whether you're just beginning your microcurrent journey or looking to deepen your healing practice, grounding is a powerful reminder that wellness starts with connection to the Earth, to your body, and yourself.

## Ready to explore microcurrent protocols designed to support grounding, stress recovery, and long-term healing?

Visit the [Pain Free Living Lab](#) to access in-depth tutorials, expert support, and a community dedicated to helping you thrive—naturally.

## WHO IS MICROCURRENT FOR?

This Treatment Is For You If...

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

DISCOVER THE POWER OF MICROCURRENT THERAPY



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

## Join Our Online Support Community and Explore Upcoming Events

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

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

### Pain Free For Life Support Group: May 10-Minute Trainings

- **Week 1: The Difference Between the Scalar Qi and SANA Qi**  
Confused about which scalar device is right for you? Dr. Rob has you covered. This session compares the Scalar Qi and SANA Qi to help you understand their differences, benefits, and how each supports energy balancing, EMF protection, and overall wellness.
- **Week 2: How to Use the Avazzia Life Pinnacle**  
Take your microcurrent practice to the next level with our most advanced microcurrent device offering. Dr. Rob will walk you through the key features of the Avazzia Life Pinnacle and demonstrate how anyone can get started with this professional-grade tool.
- **Week 3: How to Treat Osteoporosis Using Microcurrent Therapy**  
Learn how microcurrent can support bone health, stimulate cellular repair, and complement an integrative osteoporosis treatment plan. This training will focus on gentle yet effective protocols to improve bone density and reduce fracture risk.
- **Week 4: How to Treat Bone Spurs with Microcurrent Therapy**  
Pain from bone spurs can interfere with daily movement. In this session, we'll show you how microcurrent can help reduce inflammation, dissolve calcium deposits, and support long-term tissue healing—without invasive treatments.

JOIN THE SUPPORT GROUP

SEE UPCOMING EVENTS

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## 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

# RADIANT SKIN, NATURALLY: HOW COSMETIC MICROCURRENT THERAPY REDEFINES BEAUTY FROM WITHIN

If you're seeking a gentle, non-invasive way to improve skin tone, reduce signs of aging, and support your skin's natural vibrancy, cosmetic microcurrent therapy offers a breakthrough approach grounded in science and guided by your body's natural energy.

At Pain Free For Life, we've long advocated for microcurrent therapy as a tool for pain relief, nervous system regulation, and recovery from chronic illness. But it's not just a therapeutic modality—it's also a beauty essential. Our skin tells the story of our inner wellness. When energy, circulation, and cellular health improve, the surface of the skin reflects those changes too.

With the right protocols and consistent care, microcurrent therapy can restore tone, encourage collagen and elastin production, and help you look (and feel) more refreshed—no injections, chemicals, or downtime required.

## Natural Lifting & Skin Toning Without Needles or Chemicals

Facial microcurrent treatments are often described as "Pilates for the face." By stimulating muscles and cells using low-level electrical currents that mirror your body's natural energy, these treatments retrain the facial structure, helping to lift, tighten, and smooth over time.

This cellular-level communication is critical for skin regeneration. With each session, microcurrent therapy encourages the production of ATP (your body's cellular fuel), boosts blood flow, and supports lymphatic drainage—all of which enhance your skin's appearance from the inside out.

**Try This:** Use the Facial Rejuvenation Protocol 2–3 times per week to target the forehead, jawline, under-eyes, and neck. When paired with LED light therapy or grounding via the Vagus Nerve Protocol, results are often faster and longer-lasting.

## Soothe Skin Conditions Naturally

Whether you're dealing with breakouts, redness, or sensitive skin, microcurrent can help calm the nervous system and reduce inflammation—two of the most common contributors to skin irritation. That's why microcurrent has also shown promise in supporting people with rosacea, eczema, psoriasis, and acne-prone skin.

This isn't a surface-level fix. Microcurrent therapy helps restore the skin's natural ability to regulate itself, often reducing reactivity over time.

## Supporting Products & Tools:

- **eZZi-Lift™** – Designed for facial use, this portable device supports skin hydration, cellular health, and overall tone.
- **eZZi-Lift™ with Photodynamics** – Adds targeted LED therapy to enhance results, particularly for hyperpigmentation, dullness, and uneven texture.
- **SANA Qi or ViaQi Accessories** – Scalar and PEMF integration offers additional regenerative support and inflammation control.



## Collagen Support & Long-Term Anti-Aging

The gradual loss of collagen and elastin with age is one of the primary reasons skin begins to sag or lose definition. Microcurrent therapy targets this process directly, encouraging collagen remodeling and improving the elasticity of skin and muscles over time.

Unlike short-term solutions that paralyze muscle activity, microcurrent stimulates the underlying systems that maintain firmness naturally.

**Did You Know?** Dr. Lorry Hache, co-founder of Pain Free For Life and a pioneer in cosmetic microcurrent, developed the original Microcurrent Facial protocol after years of research into the body's electrical patterns. Her signature method has helped thousands of people safely reclaim their natural glow—without needles, toxins, or recovery time.

## Which Device is Best for Cosmetic Microcurrent?

- **Avazzia Blue:** A budget-friendly option for beginners focused on surface-level pain and inflammation relief.
- **Avazzia Life Genesis II:** Ideal for gentle at-home use, with easy presets for beginners.
- **Avazzia Life Evolution:** Offers expanded settings, including vagus nerve and cosmetic protocols. It is perfect for those seeking more advanced features.
- **Avazzia Life Pinnacle:** Our most versatile device, used by practitioners for professional-grade facial rejuvenation and body sculpting.
- **eZZi-Lift™ Devices:** Specifically designed for facial applications, with or without photodynamic therapy.

Need help choosing the right device? Book a free consultation or join a Group Call with Dr. Rob Vanbergen to explore your options and ask questions live.



## Radiance is a Reflection of Energy

You don't need to freeze your face or inject harsh chemicals to feel confident in your skin. With microcurrent therapy, you're supporting the body's natural ability to regenerate—not replacing it. Every session you invest in is a step toward long-term skin health, restored balance, and true vitality.

**Want to learn more?** Visit the [Pain Free Living Lab](#) to explore guided facial protocols, connect with experts, and access a growing library of cosmetic training videos.

*As you embark on your microcurrent healing journey, remember the words of Iman:*

***"Beauty is being comfortable and confident in your own skin."***

*Embrace your unique beauty, prioritize your skincare routine, and let microcurrent facials be your secret to radiant, youthful-looking skin.*

# 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 BLUE

*Effortless, Everyday Pain Relief for All*

ORDER NOW

Perfect for first-time users and those seeking a simple solution, the Avazzia Blue delivers effective pain relief through **two powerful preset modes**. Designed with ease in mind, it offers a streamlined introduction to microcurrent therapy—**no training required**.

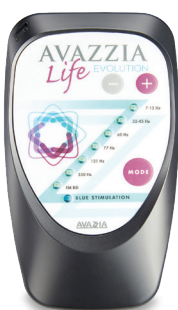


## AVAZZIA LIFE GENESIS II

*Begin Your Healing Journey with Ease*

ORDER NOW

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.



## AVAZZIA LIFE EVOLUTION

*Achieve Comprehensive Pain Management and Enhanced Well-being*

ORDER NOW

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.



## AVAZZIA LIFE PINNACLE

*Achieve Professional-Grade Results at Home*

ORDER NOW

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.

# THE TOP 5 SPECIALTY MICROCURRENT TREATMENTS YOU'VE PROBABLY NEVER TRIED (BUT SHOULD)

## *How to Unlock the Full Potential of Microcurrent with Surprising, Life-Changing Applications*

When most people think about microcurrent therapy, they picture pain relief. And while it's true that pain management is at the core of what microcurrent does best, that's just scratching the surface. This month, we're spotlighting five specialty applications that go far beyond the basics—treatments that surprise even experienced users with their versatility and results.

If you've been wondering what else microcurrent can do, read on. These five applications represent the future of integrative wellness.

### **1. Pets: Gentle Relief for the Ones Who Can't Tell You Where It Hurts.**

If your pet has ever limped, slowed down, or shown signs of chronic discomfort, you know how heartbreaking it can be. What you may not know is that microcurrent therapy offers a non-invasive, gentle, and incredibly effective way to help.

Whether it's joint pain in aging dogs, inflammation from injury, or post-surgical support, microcurrent helps stimulate the healing process through soft tissue repair, increased circulation, and nervous system regulation. Even conditions like arthritis, disc issues, and nerve pain have shown significant improvement with consistent use.

Animals are highly responsive to energy-based therapies. They don't carry the same stress-related resistance humans often do, and their bodies are often quicker to respond. That means shorter treatment times and visible results in days rather than weeks. We recommend starting with short sessions using conductive pads placed along the spine or at key acupoints. Just remember to keep power levels low and observe your pet's response—they'll let you know what works.

It's not just about pain relief, either. Microcurrent can support calm behavior, reduce recovery time after exertion, and help senior pets regain energy and playfulness. We're even seeing veterinarians and animal bodyworkers integrate microcurrent into their practices as a holistic complement to traditional care.



## 2. Cosmetic Applications: Natural Lifting, Smoothing & Skin Support

Let's face it: aging skin is something we all deal with at some point. But for those who want to avoid injections, surgery, or chemicals, microcurrent offers a safe and effective alternative. This technology helps tone the facial muscles, increase collagen production, improve lymphatic drainage, and reduce puffiness and inflammation.

Unlike creams and serums that only work on the surface, microcurrent stimulates the underlying structures of the face. That means it can help with sagging skin, fine lines, and dullness by literally retraining the facial muscles and encouraging healthy tissue regeneration. With consistent use, most people notice lifted cheekbones, smoother jawlines, and more vibrant skin tone.

This isn't about changing how you look—it's about restoring what's already there. And it's completely non-invasive. Just a few minutes several times a week can lead to cumulative results.

## 3. Eye-Related Treatments: Seeing Beyond Symptoms

The eyes are one of the most delicate and electrically responsive areas of the body, which makes them ideal candidates for microcurrent treatment. Whether you're struggling with screen-related fatigue, eye strain, dry eye, or even more serious conditions like macular degeneration, microcurrent may help.

By gently stimulating the tissues surrounding the eyes—especially the optic nerve, cranial nerves, and lymphatic channels—we can reduce inflammation, improve oxygenation, and support regeneration. Many users report improved focus, reduced dryness, and less eye tension after sessions that last as little as 10–15 minutes.

One of the most exciting developments is the use of microcurrent to support healthy aging of the eyes. While nothing replaces medical care for serious conditions, adding microcurrent to your routine may slow progression and offer daily comfort to those dealing with ocular stress.

## 4. Scalar Energy & Microcurrent: Resetting the Field for Deeper Healing

Scalar wave therapy is a specialty modality that's generating a lot of buzz—and for good reason. Unlike traditional energy therapies, scalar waves create a unique zero-point field, a state of equilibrium that helps the body reboot at a cellular level.

When paired with microcurrent therapy, scalar energy helps clear the “energetic noise” that may be blocking healing. Think of it as hitting the reset button on the body's electrical system. This is especially helpful for people dealing with nerve pain, insomnia, fatigue, or long-term stress.

One of the most powerful tools we use is the Scalar Qi. It connects to your Avazzia Life device and works by removing residual energetic debris that accumulates around injury sites. It doesn't stimulate or sedate—it neutralizes, resets, and allows for natural healing to re-engage.

Patients using scalar microcurrent protocols often report better energy, clearer thinking, and more balanced emotional states. It's subtle, but the effects are real—and cumulative.





## 5. Emotional Wellness & Trauma: Treating the Nervous System, Not Just the Symptoms

While not always classified as a “specialty” use, emotional wellness is an area where microcurrent therapy shines—especially when it comes to addressing trauma, anxiety, and burnout. That’s because microcurrent doesn’t just work on muscles and tissues. It influences the autonomic nervous system, helping bring the body back into parasympathetic rest-and-repair mode.

Vagus nerve stimulation is a key part of this. Using gentle microcurrent on the neck or ear area, you can influence heart rate variability, stress hormone production, and even mood. It’s one of the most effective tools we have for addressing what we call “stuck states”—those moments when the body and mind feel frozen, reactive, or fatigued beyond words.

In our clinic and community, we’ve seen incredible shifts when clients incorporate microcurrent into their emotional healing work. Whether it’s grief, anxiety, trauma recovery, or general overwhelm, this treatment helps regulate the body so it can process more effectively and feel safe again.

### The Takeaway: Think Beyond Pain Relief

Microcurrent is often the go-to for backaches and joint pain, but it has so much more to offer. From skin to emotions, from pets to energy fields, this technology has wide-reaching potential to support the whole person (and even the furry members of your family).

This month, we invite you to explore these specialty treatments and experiment with how microcurrent can meet your unique needs.

Want to go deeper? Check out our full archive of treatment protocols and monthly trainings inside the [Pain Free Living Lab](#), your one-stop resource for learning, support, and healing.

You might just find your new favorite use for microcurrent therapy.

Not sure which is right for you?

Reach out to [support@painfreeforlife.com](mailto:support@painfreeforlife.com) today, and we’ll help you decide.

# BAKED SWEET POTATO TACOS: A HEART-HEALTHY, ANTI-INFLAMMATORY MEAL

Sweet potatoes are a powerhouse of nutrition and offer numerous health benefits. Rich in fiber, they support digestive health by promoting regularity and providing fuel for healthy gut bacteria.

They're also packed with essential vitamins, especially vitamin A in the form of beta-carotene, which is important for eye health, immune function, and skin health. The high levels of antioxidants in sweet potatoes, particularly in the vibrant orange and purple varieties, help protect cells from damage and reduce inflammation. They also contain vitamin C, potassium, and manganese, supporting heart health, muscle function, and bone strength.

As a complex carbohydrate, sweet potatoes provide long-lasting energy, making them a nutritious addition to a balanced diet that helps to maintain steady blood sugar levels – not to mention they are often easy to grow throughout the Americas, allowing a low effort harvest without the use of pesticides and toxins.

## BAKED SWEET POTATO TACOS RECIPE

### INGREDIENTS

#### For the Sweet Potatoes:

- 4 medium sweet potatoes
- Olive oil, for drizzling
- Salt and pepper, to taste

#### For the Taco Filling:

- 1/2 lb ground beef, turkey, or black beans (for a vegetarian option)
- 1/2 small onion, diced
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste

#### Optional Toppings:

- Shredded cheese
- Diced tomatoes
- Diced avocado or guacamole



- Chopped fresh cilantro
- Sliced jalapeños
- Sour cream or Greek yogurt
- Fresh lime wedges

## INSTRUCTIONS

### 1. Bake the Sweet Potatoes.

Preheat the oven to 450°F (230°C). Wash and scrub sweet potatoes and pat them dry.

Poke several holes in each sweet potato using a fork and place on a baking sheet.

Bake for 25 minutes, flip, then drizzle lightly with olive oil and season with salt and pepper. Continue baking for another 25 minutes, or until soft and tender.

### 2. Prepare the Taco Filling.

While sweet potatoes bake, heat a skillet over medium heat. Add your preferred protein and cook through. Add diced onion and garlic, cooking until softened (about 3 minutes). Stir in chili powder, cumin, smoked paprika, salt, and pepper. Cook for an additional 2–3 minutes, then remove from heat.

### 3. Slice and Fill.

Once sweet potatoes are cool enough to handle, slice each one lengthwise.

Squeeze gently on both ends to open the center, creating a pocket.

Spoon the taco filling into each sweet potato.

### 4. Add Toppings.

Top with your favorites: tomatoes, avocado, cilantro, cheese, or a dollop of Greek yogurt or sour cream. Finish with a squeeze of fresh lime juice.

### 5. Serve.

These vibrant, nutrient-rich tacos are perfect for lunch or dinner and make great leftovers. Store in the refrigerator for up to 3 days and reheat before serving.



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

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

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

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

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



## MAY: ROOTED IN WELLNESS – THE BENEFITS OF BEETS AND RADISHES

If you're looking to support detoxification, improve circulation, and add a bold pop of color to your meals, beets and radishes are the ultimate May harvest heroes. These root vegetables are rich in fiber, antioxidants, and essential minerals that help reduce inflammation, support liver function, and nourish the gut microbiome. They're also quick to grow—ideal for gardeners who want fast, rewarding results.

### Why Focus on Beets and Radishes?

These underground powerhouses thrive in early spring soil and can be harvested in just a few weeks. Their vibrant colors hint at their antioxidant richness, and their earthy or peppery flavors bring life to everything from salads to soups. Plus, both are known to support detox pathways, making them ideal companions to microcurrent therapy and energy healing practices.

### Beets: Circulation-Boosting & Liver-Supporting

Beets are loaded with natural nitrates, which the body converts to nitric oxide—a compound that improves blood flow and supports cardiovascular health. They're also high in betaine, a nutrient that supports healthy liver function and digestion.

#### Health Benefits of Beets:

- **Supports Detoxification:** Helps cleanse the liver and support methylation.
- **Improves Circulation:** Natural nitrates boost blood flow and oxygen delivery.
- **Rich in Folate & Antioxidants:** Helps fight inflammation and supports cell repair.

### Radishes: Crunchy, Cooling, and Gut-Friendly

Radishes are often overlooked, but they're a digestive powerhouse. Their natural spice helps stimulate bile production, aiding digestion and supporting liver health. They're also hydrating and rich in vitamin C, making them perfect for skin and immune health.

#### Health Benefits of Radishes:

- **Supports Detoxification:** Helps cleanse the liver and support methylation.
- **Improves Circulation:** Natural nitrates boost blood flow and oxygen delivery.
- **Rich in Folate & Antioxidants:** Helps fight inflammation and supports cell repair.



# A FRESH WAY TO ENJOY YOUR SPRING ROOT VEGGIES

## Roasted Beet and Radish Salad

### INGREDIENTS

- 2 medium beets, peeled and cubed
- 6–8 radishes, sliced or halved
- 2 cups mixed greens or arugula
- ¼ cup crumbled goat cheese or feta
- ¼ cup toasted walnuts or pumpkin seeds
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste



### INSTRUCTIONS

1. Preheat the oven to 400°F. Toss beets and radishes in olive oil, salt, and pepper.
2. Spread on a baking sheet and roast for 20–25 minutes, until tender.
3. In a serving bowl, layer greens with roasted veggies, goat cheese, and walnuts.
4. Drizzle with balsamic vinegar before serving.

This salad is a perfect balance of grounding, nourishing, and energizing—an ideal support to any microcurrent or wellness protocol.

### TIPS FOR GROWING BEETS & RADISHES IN MAY

- **Start from Seed:** Direct sow in well-drained soil with plenty of sunlight.
- **Thin Early:** Ensure proper spacing to avoid crowding and promote root development.
- **Harvest Young:** Radishes mature in 3–4 weeks, beets in 6–8—don't let them get woody!
- **Use the Greens:** Beet and radish greens are edible and loaded with nutrients—sauté or juice them!

*Whether you're looking to cleanse, nourish, or simply add more vibrancy to your meals, these root vegetables are a delicious and healing addition to your May menu.*





# THE HEARTS AND MINDS BEHIND PAIN FREE FOR LIFE

## *Team Member Spotlight*

### **Caren Sereño – Operations Virtual Assistant**

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Caren Sereño is a vital part of the Pacific Health Options and Pain Free For Life team, serving as our Operations Virtual Assistant. Since joining us in June 2024, Caren has brought exceptional organization, thoughtful coordination, and a warm, service-oriented approach to her work, ensuring that patients, caregivers, and our internal team members receive the structured support they need.

Caren's background in customer service and healthcare administration makes her uniquely qualified for her role. With over two years of experience in healthcare service coordination, payroll, and project administration, she knows how to keep things running smoothly behind the scenes. Her calm, capable presence allows our team to focus on delivering transformational healing experiences, while she ensures that the operational details are always handled with precision.

Before joining Pain Free For Life, Caren worked as a Customer Service Representative where she developed her signature style of clear communication and client-focused problem-solving. She also served as a Project Administrative Aide, supporting critical logistics.

Caren holds a Bachelor's degree in Business Administration, graduating magna cum laude. Her academic achievements are matched by her professional excellence—she's known across the team for her reliability, resourcefulness, and dedication to high-quality service.

Beyond her professional life, Caren values family, simplicity, and continuous learning. She approaches each task with focus and heart, embodying the spirit of Pain Free For Life in every interaction. Whether she's helping a new client navigate their device setup or coordinating the behind-the-scenes flow of a major project, Caren does it all with grace and a genuine desire to help others.

We are deeply grateful for the skill, care, and positivity Caren brings to our community. Her friendly and consistent support is a cornerstone of what makes the Pain Free For Life experience so exceptional for our worldwide community.

*—Thank You, Caren!*



# VIENNA'S BREAKTHROUGH: A HOLISTIC PATH TO HEALING AND MOTHERHOOD



## Vienna I. + Thyroid Dysfunction, SIBO, Liver Challenges & a Healthy Postpartum Recovery

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Vienna Ivezaj of San Diego, California, knows what it means to fight for her health—and for her dreams. For over five years, she lived with a complex web of chronic illnesses: thyroid dysfunction, SIBO-related gastrointestinal pain, liver challenges, mast cell activation syndrome, and rib subluxation. Her symptoms were exhausting, painful, and at times, overwhelming. Her deepest desire—to become a healthy, vibrant mother—seemed more and more distant.

But today, she's 12 weeks postpartum with a thriving, healthy baby boy in the 99th percentile of growth, no feeding or sleeping issues, and a mom who feels stronger and more confident than ever.

So what changed?

Let's explore together...

### A Journey Rooted in Determination

Vienna's health story began with exposure to environmental toxins in 2011. Over time, she developed a cascade of autoimmune conditions—Sjogren's, lupus, dysautonomia, liver failure—and experienced years of severe food sensitivity, nutrient malabsorption, chronic pain, and debilitating fatigue. She was even placed on feeding tubes for four years.

Despite trying countless therapies and supplements, Vienna felt stuck. Nothing seemed to offer lasting relief or restore her sense of agency—until she discovered Pain Free For Life in 2020, during a health crisis that brought her to the brink of liver failure.

*"I wanted with all my heart to heal and have a healthy baby," she says. "I found Pain Free For Life, and my Evolution device gave me back the power toxins had stolen."*

### From Desperation to Daily Relief

Starting with the Avazzia Life Evolution, Vienna began using microcurrent therapy to support her recovery. She incorporated the Y probe, ear clips, and conductive pads, and after just four months, added the Scalar Qi to deepen her healing. Eventually, she also introduced Floww® EMF protection into her home.

*"Within the first week," she says, "I noticed improvements."*

Pain began to ease. Her digestion improved. Her hormones stabilized. Slowly but surely, her labs began showing signs of progress for the first time in over a decade.

## Postpartum Healing

Twelve weeks after giving birth, Vienna reports that her pain is minimal, her hormones are more balanced than they've been in 14 years, and her energy is returning. The healing hasn't stopped—it's just evolved.

## Key Protocols That Made a Difference

Vienna credits several microcurrent and scalar protocols with transforming her health:

- Mitochondrial Recharge
- Immune Support Protocols
- Elimination & Constipation Protocols
- Cleanse & Detox Protocols
- Vagus Nerve Stimulation
- C7 Dosing & Liver Pain Relief Protocols
- Realignment & Scar Tissue Release
- Cosmetology & Facial Wellness
- Scalar Qi Before Microcurrent for energy field clearing



Each tool, she explains, helped peel back another layer of dysfunction—restoring balance and rebuilding her capacity to heal.

## Living Without Limits

*"I can eat high-histamine and high-oxalate foods now—without disabling symptoms," Vienna shares. "Some days, I feel no pain at all. I've come so far and am now the capable, whole mommy I always dreamed I'd be."*

But beyond symptom relief, she describes a deeper transformation:

*"For years, I felt powerless and broken. But with these tools, I now believe and know my body is capable of healing—no matter the toxin, infection, or injury I face."*

– Vienna I.

## A Grateful Heart and a Message of Hope

Vienna's healing journey is one of perseverance, hope, and unwavering commitment to wellness. And she didn't do it alone.

*"I'm so thankful for the Pain Free For Life Team," she says. "You helped make my wellness dreams come true. Lori and Annie—you're my microcurrent angels. Your encouragement and love have carried me through."*

# MAY'S FEATURED MICROCURRENT PROTOCOL: VAGUS NERVE STIMULATION FOR PETS

This month, we're showcasing a gentle and effective treatment that brings the benefits of microcurrent therapy to our four-legged companions: VAGUS NERVE STIMULATION FOR PETS.

Just like in humans, the vagus nerve plays a vital role in regulating the nervous system, digestion, heart rate, and immune response in animals. When properly stimulated, it can help calm anxiety, reduce inflammation, and support overall health and healing—making it an essential therapy for pets experiencing stress, pain, or chronic conditions.

The Vagus Nerve Stimulation protocol for pets works by gently activating the parasympathetic nervous system to promote a rest-and-repair state, reducing symptoms related to anxiety, inflammation, and trauma. This protocol is especially helpful for pets recovering from surgery, suffering from digestive upset, or exhibiting signs of nervous system dysregulation.



Dr. Rob will demonstrate this month's treatment using his Beagle, Tasha! This demonstration will show just how simple it is to apply microcurrent safely and effectively to pets using the same approach we use for people.

Dr. Rob will demonstrate this month's treatment using his Beagle, Tasha! This demonstration will show just how simple it is to apply microcurrent safely and effectively to pets using the same approach we use for people.

**This calming and restorative technique can support:**

- Anxiety relief and behavioral support
- Post-operative recovery
- Digestive function and gut healing
- Pain management for conditions like arthritis or injury
- Overall systemic balance and resilience

As always, be sure to use low power settings when working with animals, observe their reactions closely, and adjust your technique accordingly. Pets often respond quickly to microcurrent because they carry less resistance than humans and are naturally receptive to energy therapies.

**Want to learn how to apply Vagus Nerve Stimulation for your pet?  
Watch this month's featured video to see the step-by-step process in action.**



**10-MINUTE TRAINING**

**Vagus Nerve  
Stimulation For Pets**

Dr. Rob Vanbergen  
Board Certified Doctor of Natural Medicine

**PAIN FREE**  
*For Life™*

We love seeing your progress—if you try Vagus Nerve Stimulation for your pet, let us know how it goes! This protocol is a beautiful way to extend the benefits of healing beyond your own body and into the lives of the animals you love.



# OWN A DEVICE? JOIN OUR VIP SUPPORT GROUP

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

## WHY JOIN THE VIP GROUP?

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

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

### VIP Support Group: May 10-Minute Trainings

#### **Week 1: Microcurrent for Pets – Gentle Healing for Dogs, Cats, Horses & More**

*Discover safe, effective ways to use microcurrent therapy with your furry companions. This session covers practical treatment tips for common pet concerns—from joint pain and anxiety to post-surgical care—tailored for dogs, cats, horses, and more.*

#### **Week 2: Migraine Relief Protocol – Hope for Headaches at the Source**

*Learn how to use microcurrent therapy to address migraines and chronic headaches. We'll walk you through protocols that reduce inflammation, regulate nerve signals, and offer lasting relief when nothing else works.*

#### **Week 3: PTSD and Energy Medicine – A New Path to Emotional Healing**

*Can microcurrent therapy support emotional recovery? In this session, we explore how energy medicine calms the nervous system, helps release trauma responses, and offers hope for those navigating PTSD and chronic stress.*

#### **Week 4: Natural Facial Rejuvenation – Microcurrent Cosmetic Therapy with Dr. Lorry**

*Skip the Botox needles and discover how microcurrent therapy can lift, tone, and refresh your skin. Dr. Lorry guides you through her favorite techniques to improve facial muscle tone, reduce puffiness, and enhance skin radiance—naturally.*

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

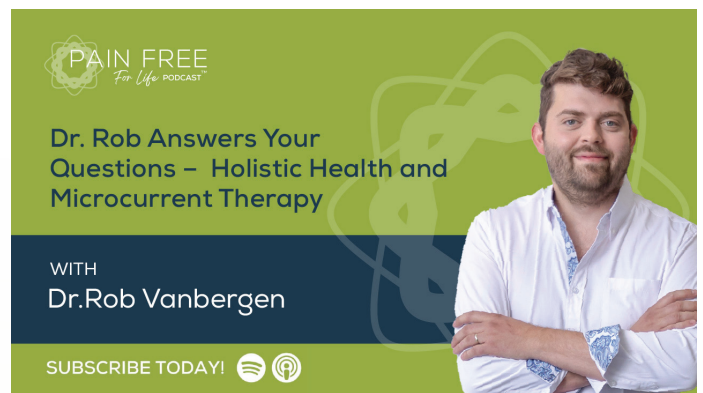
[JOIN VIP GROUP](#)

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



## Week 1: Ask Dr. Rob – Your Microcurrent Questions Answered

Dr. Rob returns for another listener Q&A episode, tackling your most pressing questions about microcurrent therapy and whole-body healing. From scar tissue protocols to EMF protection, tune in for practical guidance that will help you troubleshoot and refine your daily routine. Whether you're brand-new or an experienced user, this episode will deepen your confidence and clarity. Want your question answered in a future episode? Email us at [support@painfreeforlife.com](mailto:support@painfreeforlife.com).



## Week 2: Healing from the Inside Out – Ancient Wisdom Meets Modern Science with Jacob Moya

What happens when ancient healing traditions meet the cutting edge of microcurrent therapy? Jacob Moya joins Dr. Rob for a powerful conversation about energy, intention, and cellular healing. Drawing from his extensive background in indigenous wellness practices, Jacob shares how blending traditional wisdom with technology has helped clients experience deeper and more lasting transformation.

### AVAILABLE ON:

Apple



Spotify



Youtube



SUBSCRIBE TODAY

### Week 3: Reset Your Cells, Clear Scar Tissue, and Address Pain—All for Under \$400

In this solo episode, Dr. Rob introduces a game-changing approach to healing that's affordable, accessible, and effective. Learn how to combine our newest device—the AvazziaBlue—with powerful protocols that support tissue repair, inflammation reduction, and nervous system regulation. If you've been waiting for an entry point into energy medicine, this is the episode for you.

### Week 4: Healing SIBO & Gut Imbalance – A Conversation with Shivan Sarna

Digestive issues like SIBO (Small Intestinal Bacterial Overgrowth) can wreak havoc on the body, but there is a path forward. Join Dr. Rob and guest Shivan Sarna, founder of SIBO SOS®, as they explore how to resolve chronic gut issues using a holistic framework that includes diet, lifestyle, and microcurrent therapy. You'll walk away with practical strategies and renewed hope for restoring gut balance naturally.



**AVAILABLE ON:**

Apple



Spotify



Youtube



#### 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

# TRANSFORM YOUR ENVIRONMENT—AND YOUR WELLNESS SCALAR ENERGY HEALING WITH THE SCALAR Qi & SANA Qi



If your wellness journey feels like it's missing something—even with the right diet, supplements, and microcurrent protocols—there may be one area you haven't fully addressed: the energy field around you. Our bodies are electrical by nature, and when that electrical system becomes disrupted by chronic pain, EMFs, or stress, healing can stall. That's where Scalar Wave Healing steps in.

The Scalar Qi and SANA Qi devices offer a new dimension of support—quietly working in the background to clear the energetic “noise” that can interfere with your body's natural healing processes. These tools are a must-have for anyone looking to elevate their microcurrent results, manage stress and pain, and promote healing at the cellular level.

## HOW SCALAR ENERGY WORKS

Scalar energy is not a new concept—it's a naturally occurring field first described by Nikola Tesla and later studied for its healing properties. The Scalar Qi works by generating a “Zero Point Field” using two internal Tesla coils. This field helps neutralize chaotic electrical activity in the body, clear lingering inflammation, and restore energetic harmony.

What makes this technology so effective is its subtlety. Scalar energy doesn't stimulate or sedate—it resets. By creating an environment where the body feels safe and supported, Scalar Qi allows your internal healing systems to do what they're meant to do—without interference.



### **Scalar Qi:**

A plug-and-play accessory that connects to your Avazzia microcurrent device. It delivers pure scalar wave therapy through the same lead wires used for microcurrent—no additional power source needed. Ideal for those who already have a microcurrent device and want to deepen their healing.

### **SANA Qi:**

Our most advanced energy medicine tool. The SANA Qi combines Scalar, PEMF (Pulsed Electromagnetic Field), and Light Therapy in a single, elegant device. It's a standalone unit powered by a rechargeable battery, offering flexibility and versatility at home or in a clinical setting. Perfect for those looking for an all-in-one solution.

Whether you're recovering from chronic pain, navigating emotional trauma, or seeking better energy and focus, scalar wave therapy offers a layer of support that other tools can't reach.

### Key Benefits of Scalar Energy Therapy:

- Clears energetic debris that may block healing
- Neutralizes EMF-related stress and environmental interference
- Supports nervous system regulation and emotional balance
- Enhances microcurrent and PEMF effectiveness
- Promotes cellular detoxification and regeneration
- Encourages a deep sense of calm and restfulness

Users frequently report improved sleep, less pain, mental clarity, and faster recovery times. Even pets and children respond well to scalar therapy, making these devices a gentle, effective tool for the whole family.

### Who Should Use Scalar Qi or SANA Qi?

Scalar therapy is especially helpful for:

- Individuals with chronic pain, inflammation, or fatigue
- Sensitive systems that don't tolerate higher-intensity modalities
- Those experiencing burnout, anxiety, or nervous system dysregulation
- Anyone exposed to high levels of EMFs from tech-heavy environments
- People seeking to optimize their microcurrent or PEMF results
- Practitioners looking to offer more comprehensive support to clients

### Scalar: Simple to Use. Deeply Transformative.

Both the Scalar Qi and SANA Qi are designed to integrate effortlessly into your wellness routine. Use during meditation, sleep, or alongside any microcurrent protocol. There are no complicated settings—just plug in, relax, and allow your body to reset from the inside out.

Whether you're just beginning your healing journey or are already well-versed in energy medicine, these devices offer an unmatched opportunity to connect more deeply with your body's own intelligence.



*Explore the Scalar Qi and SANA Qi today and discover how energy medicine can elevate your healing from the inside out:*

THE SANA SHOP

# ACCELERATE YOUR HEALING WITH THE HACHE PROTOCOL PRIVATE MEMBERSHIP™

## WHAT THE MEMBERSHIP OFFERS

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



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

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

## THIS MEMBERSHIP IS IDEAL FOR:

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

## JOIN US TODAY

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

EXPLORE PRIVATE MEMBERSHIP OPTIONS





## Partner With Us to Transform Lives

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

### WHY BECOME A PAIN FREE FOR LIFE PARTNER?

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

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

### READY TO JOIN THE MOVEMENT?

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

[JOIN HERE](#)

# CHART YOUR COURSE TO EXCELLENCE WITH THE SANA INSTITUTE

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

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

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

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

## WHO IS THE SANA INSTITUTE FOR?

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



## The Sana Institute: May Trainings

### Week 1: Energy Medicine & PTSD – A New Clinical Approach to Trauma Recovery

Explore how microcurrent therapy supports patients with PTSD by regulating the nervous system, calming overactive stress responses, and restoring a sense of safety in the body. This session offers practical insight into one of the most promising emerging applications of energy medicine.

### Week 2: Microcurrent for Animals – How Pet Treatment Can Grow Your Practice

Ready to expand your offerings? This training dives into clinical applications of microcurrent therapy for pets and explores how integrating animal care can open new business opportunities in holistic health settings.

### Week 3: The Microcurrent Face Lift – Build a Cosmetic Practice That Works

Facial rejuvenation isn't just for aesthetics—it's a growing wellness trend. Learn how to turn microcurrent cosmetic therapy into a profitable business model, with protocols, client retention tips, and practical implementation strategies.

### Week 4: Reopening Circulation – How to Restore Blood Flow to Limbs with Microcurrent

Circulation issues are common in patients with chronic pain, inflammation, or mobility limitations. This session focuses on targeted microcurrent techniques that improve blood flow, reduce numbness, and support healing in the arms and legs.



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

[LEARN MORE](#)

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

*—M.B.*

# CAN'T-MISS EVENTS: COMING SOON

## FREE TRAINING WEBINAR: SCALAR WAVE HEALING WITH SANA Qi & SCALAR Qi

**When:** Wednesday, May 14, 2025

**Time:** 7 PM EST | 4 PM PST

**Where:** LIVE on Zoom—FREE for all attendees

Whether you're dealing with chronic pain, fatigue, EMF sensitivity, or long-standing inflammation, Scalar Energy Healing may offer the reset your body needs.

**Join Dr. Rob Vanbergen** for a FREE live training where you'll learn how Scalar Wave Therapy can help restore balance, enhance detoxification, and amplify your microcurrent results.

### ***What You'll Learn:***

- How scalar energy interacts with your body's biofield for healing
- The role of scalar waves in detox, regeneration, and EMF protection
- The difference between Scalar Qi and SANA Qi—and how to use each effectively
- How to combine scalar energy with microcurrent for advanced healing outcomes
- And more!

[LEARN MORE](#)

**Bonus for Attendees:** Stay until the end for an exclusive special offer available only during the live session.

Know someone struggling with chronic health issues or energy sensitivity? Invite them to join you—this session could be a game changer.



## COMING SOON: THE PET LAB – A LIVE 3-HOUR TRAINING EVENT

**Date:** June 2025

**Tuition:** \$397

**Now Open for Pre-Registration**

If you've ever wanted to treat pets using microcurrent, PEMF, and scalar energy—this course is for you.

Join us for The Pet Lab, a 3-hour crash course designed to teach you how to safely and effectively support the animals in your life using holistic, non-invasive tools. This comprehensive training will cover protocols for dogs, cats, horses, and more, helping you become confident in treating issues like inflammation, pain, trauma recovery, anxiety, and wound healing.

Led by Dr. Rob Vanbergen, this expert-level event is perfect for pet owners, practitioners, and animal caregivers ready to take their skills to the next level.

**Spaces are limited. Pre-register now to save your seat.**

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

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

Q&A WITH  
DR. ROB  
VANBERGEN



LEARN MORE

## FIND OUT ABOUT UPCOMING EVENTS

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

LEARN MORE

## EXCLUSIVE SCALAR TRAINING EVENT SALE COMING SOON!

A special offer is coming your way—exclusively for those who attend the Scalar Wave Healing Training Webinar on May 14th!

Join us live to explore how Scalar Energy, paired with the SANA Qi and Scalar Qi, can help reset your body, reduce inflammation, and amplify your healing results. This is your chance to dive deep into one of the most powerful tools in energy medicine—and access an attendee-only discount that won't be available anywhere else.

If you've been waiting to explore scalar energy—or upgrade your healing toolkit—this is the event you've been waiting for.

Watch your inbox for the official event announcement and registration link.



SAVE YOUR SPOT NOW

# MEMORIAL DAY SALE – 15% OFF STOREWIDE + DOUBLE SANA REWARDS POINTS

*Celebrate with our biggest savings of the season!*

**From Friday, May 23 through Monday, May 26, enjoy 15% off your entire purchase—plus earn double rewards points on everything you buy.**

It's the perfect time to stock up on accessories, upgrade your device, or try something new. Whether you're focused on pain relief, immune support, or holistic wellness, this limited-time offer makes it easier than ever to invest in your health.

*Mark your calendar and get ready!*



## 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*

