



PAIN FREE LIVING

APRIL 2026

Magazine

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Message from Our Founders

For over 25 years, the dedicated team at Pain Free for Life has pioneered innovative, drug-free approaches to managing chronic pain, inflammation, and autoimmune conditions. Our mission is clear: to empower the over 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 our 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. Lorry Hache

PsyD, ND, HD and TSM

Doctor of Psychology, Homeopathy, & Natural Medicine, and Certified Traditional Chinese Medicine Practitioner

Dr. Rob Vanbergen

BHS, MNM, DHS, DNM, PhD

Board Certified Doctor of Natural Medicine & Doctor of Humanitarian Services



Welcome to Pain Free Living Magazine

Our Mission, Our Vision, Our Values

Welcome to Pain Free Living Magazine – April 2026

Dear Readers,

April often brings a sense of renewal. As the seasons change, many of us feel the urge to clear out what's no longer serving us, in order to make room for healthier routines.

In this issue, we explore the idea of detox in a broader sense, not only for the body, but also for the mind and daily habits that influence how we feel. Sometimes the most meaningful changes begin with small adjustments, stepping back from constant stress, limiting digital overload, or creating space for rest and recovery.

This month, we also revisit the foundations of holistic health. Lifestyle practices such as hydration, supportive nutrition, and restorative sleep are easy to overlook, yet they play a powerful role in the body's repair and regulation. When these basics are supported, tools like microcurrent therapy can work more effectively.

At Pain Free For Life, our goal is to share practical education that helps you make informed decisions about your health. Throughout this issue, you'll find ideas and resources designed to help you refresh your routines, spend more time in nature, and approach healing with patience and consistency.

Spring reminds us that progress often begins with simple steps. With the right tools and steady support, meaningful change becomes possible.

With joy and wellness,

Dr. Rob Vanbergen, DNM, PhD

Dr. Lorry Hache, PsyD

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

[Join the movement](#)

Spring clean your health routine with The Hache Protocol™

Got the itch to clean everything in your house? You're not alone. Many of us use the first warmer days to reset our spaces and lay the groundwork for a great spring and summer.

But spring cleaning doesn't have to stop at your closet or kitchen cabinets. It can also be the perfect time to refresh your health routine and reset the habits that support your well-being.



Spring offers a natural opportunity to let go of what no longer serves you, whether that's old routines, excess stress, or lingering discomfort. Small, intentional changes can make a meaningful difference when they're repeated consistently over time.

At Pain Free For Life, we believe healing starts with the fundamentals. The Hache Protocol for Pain Resolution™ brings together five essential elements: sleep, nutrition, stress regulation, gentle movement, and microcurrent therapy. When these foundations are in place, they work together to support balance, resilience, and steady progress toward better health.

As Hippocrates once said, ***"Healing is a matter of time, but it is sometimes also a matter of opportunity."*** This spring, let's seize the opportunity to prioritize your health and embrace the season of growth and renewal.

Prioritize restorative sleep

Sleep is one of the most powerful tools for healing, yet it's often overlooked in our busy lives. Quality sleep allows your body to repair, regulate, and recharge. It's during sleep that your body performs essential functions like tissue repair, immune system regulation, and memory consolidation.

Nourish your body with healing foods

What you eat has a profound impact on your health. Food is more than fuel; it's information for your body. The nutrients you consume can either support healing or contribute to inflammation and discomfort. This spring, focus on whole, nutrient-dense foods that reduce inflammation and provide the building blocks your body needs to repair and thrive.



Here are a few foods to prioritize this season:



- **Berries:** Packed with antioxidants that support brain function and immune health.
- **Leafy greens:** Spinach, kale, and other greens are loaded with nutrients that reduce inflammation and protect against chronic disease.
- **Nuts and seeds:** Provide healthy fats and protein, making them a great snack option for sustained energy.

Additionally, consider taking a mindful approach to your meals. Slow down, savor each bite, and notice how your body responds to different foods. By prioritizing these healing foods, you're giving your body the tools it needs to feel its best.

Reduce stress to support healing

Stress is a silent saboteur of health. It can disrupt sleep, weaken your immune system, and even contribute to chronic pain. But the good news is that stress is something we can actively manage. This spring, make stress reduction a priority by incorporating simple, effective techniques into your daily routine.

Your sleep environment also plays a crucial role. Keep your bedroom quiet, dark, and comfortable. Small adjustments like these can make a big difference in the quality of your rest and your body's ability to heal.

Here are a few ways to reduce stress and support healing:

- **Deep breathing exercises:** Just a few minutes of focused breathing can lower cortisol levels and help you feel more grounded.
- **Yoga and meditation:** These practices combine movement and mindfulness to promote relaxation, focus, and overall well-being.
- **Microcurrent therapy:** Our favorite way to regulate the nervous system and reduce the physical effects of stress (more on that to come).

By addressing stress head-on, you're creating the conditions your body needs to heal and recover.





Move your body and connect with nature

Spring's longer days and warmer weather naturally invite us outside. It's a great time to move more, breathe fresh air, and reconnect with the rhythms of the season. Regular physical activity can lift your mood, support steady energy, and help your body maintain healthy detoxification processes.

Walking, hiking, and biking are simple ways to stay active while enjoying the changing landscape. For an added wellness boost, some people enjoy grounding by walking barefoot on grass or sand. This practice helps reconnect you with the earth's natural environment and has been associated with improvements in sleep, inflammation balance, and stress levels.

Movement does not need to be intense to be effective. Consistency matters far more than intensity. Choose activities you genuinely enjoy and make them a regular part of your week. Whether it is a morning walk, a gentle evening yoga session, or a weekend hike with friends, each step helps support your overall health and resilience.

Incorporate microcurrent therapy for a pain-free spring

Microcurrent therapy is a cornerstone of The **Hache Protocol™** and a powerful tool for supporting your body's natural healing processes. By using low-level electrical currents, microcurrent therapy helps reduce inflammation, improve cellular energy, and calm the nervous system.



One of the most exciting applications of microcurrent therapy is **Vagus nerve stimulation**. The Vagus nerve acts as a communication superhighway between your brain and major organs, playing a critical role in regulating inflammation, stress responses, digestion, and overall balance in the body. Stimulating the Vagus nerve with microcurrent therapy can help reduce chronic pain, improve mental clarity, and enhance your body's natural healing abilities.

Our line of [Avazzia Life devices](#) is designed to make Vagus nerve stimulation accessible and effective. Devices capable of this powerful function include:

- **Avazzia Life Pinnacle**
- **Avazzia Life Evolution**
- **Avazzia Life Pinnacle Lite**
- **Avazzia Life Genesis II**

Each device offers unique features to suit your needs, whether you're a healthcare practitioner or someone seeking relief from chronic conditions at home. Avazzia Life Genesis II, for example, is a user-friendly, affordable entry-level option that operates within the 7-12 Hz frequency range, aligning with the brain's natural rhythms to promote relaxation, stress management, and deeper sleep.

Remember, **consistency is key**. A simple, sustainable plan that you can stick to will always yield better results than an intense approach that's difficult to maintain. Pair microcurrent therapy with the basics of sleep, nutrition, stress reduction, and movement to create a foundation for long-term wellness.

Welcome to a season of renewal

Spring is a time for fresh starts, and it's a natural moment to refocus on the habits that support your health. By nourishing your body, improving your sleep, reducing stress, staying active, and incorporating microcurrent therapy, you can build a routine that supports steady progress and lasting vitality. Small, consistent changes often create the most meaningful results over time.

At [Pain Free Living Lab](#), our goal is to make reliable education easy to access. The Lab brings together practical trainings, guides, and resources designed to help you understand microcurrent therapy and explore your options at your own pace, without pressure.

[Visit Pain Free Living Lab](#)

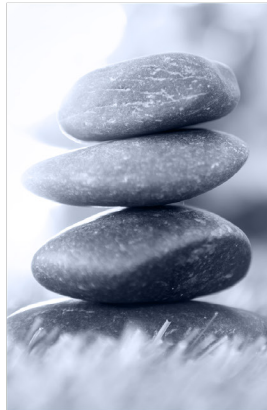
Discover the 5 Interactive Elements of The Hache Protocol for Pain Resolution™



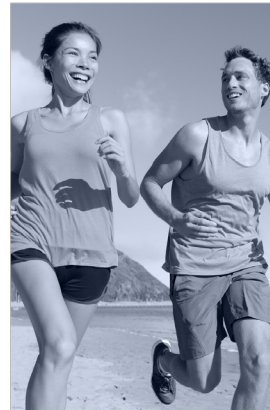
SLEEP



NUTRITION



STRESS



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 profoundly affect 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, reduce inflammation, and restore emotional balance, allowing your body the time it needs to repair itself.

FITNESS: Exercise isn't just for fitness enthusiasts; it's essential to 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 starting small or following a tailored routine, fitness is crucial for enhancing mobility, strength, and overall well-being.

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 primary 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](#)

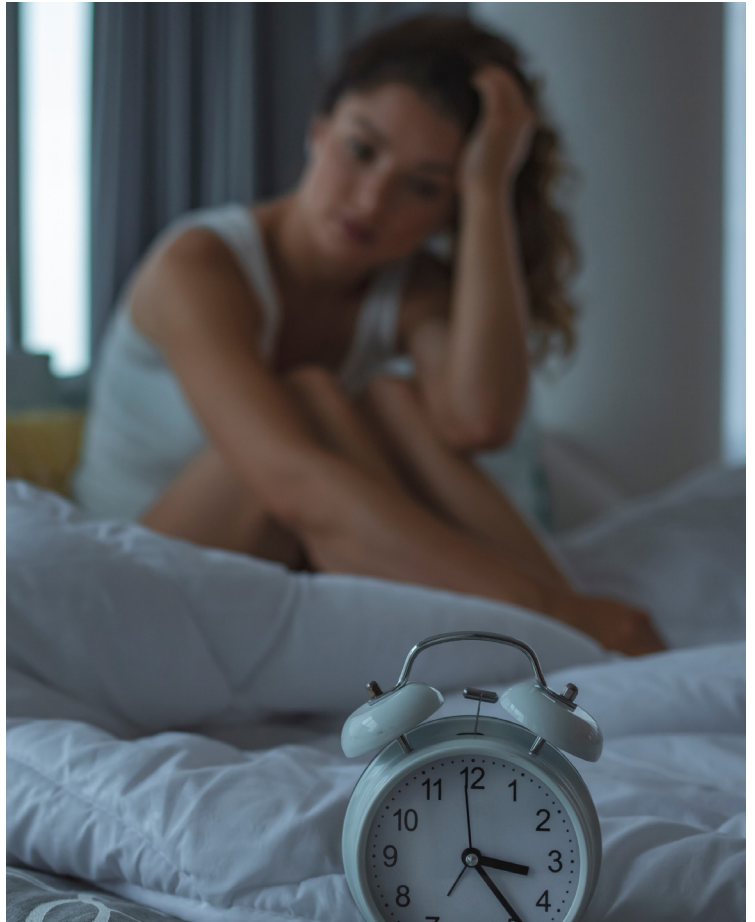


How to support deeper sleep and steadier healing using the Hache Protocol™

Sleep is not a luxury, far from it. In fact, we believe quality sleep is a human right. It's one of the body's most important windows for repair, nervous system regulation, and inflammation balance. When sleep is light or fragmented, pain sensitivity often rises, recovery slows, and the body can feel more reactive than it should.

For many people living with chronic pain, inflammation patterns, or autoimmune conditions, the hardest part is not knowing what to try next. Everyone has advice, but most do not account for a sensitive nervous system, sleep debt, or how stress and inflammation affect the body's ability to settle at night.

Dr. Rob Vanbergen, DMN PhD, approaches sleep enhancement from a whole-body perspective, combining practical lifestyle strategies with supportive technologies like microcurrent, PEMF, and The Hache Protocol™ to help create calmer nights and more consistent recovery.



Ways to support deeper, more restorative sleep using The Hache Protocol™ include:

- Supporting the body's transition into deeper sleep by calming the nervous system and reducing nighttime reactivity
- Reinforcing healthy sleep cycles so the body can move more consistently through restorative stages of rest
- Gently addressing sleep debt over time, allowing the body to recover without overwhelm
- Creating a more supportive sleep environment through balanced temperature, reduced light exposure, and minimal noise disruption
- Lowering overnight stress load by reducing EMF and light exposure where possible
- Using microcurrent and PEMF to support vagus nerve function, relaxation, and overall nervous system regulation

And more.

Why does this matter?

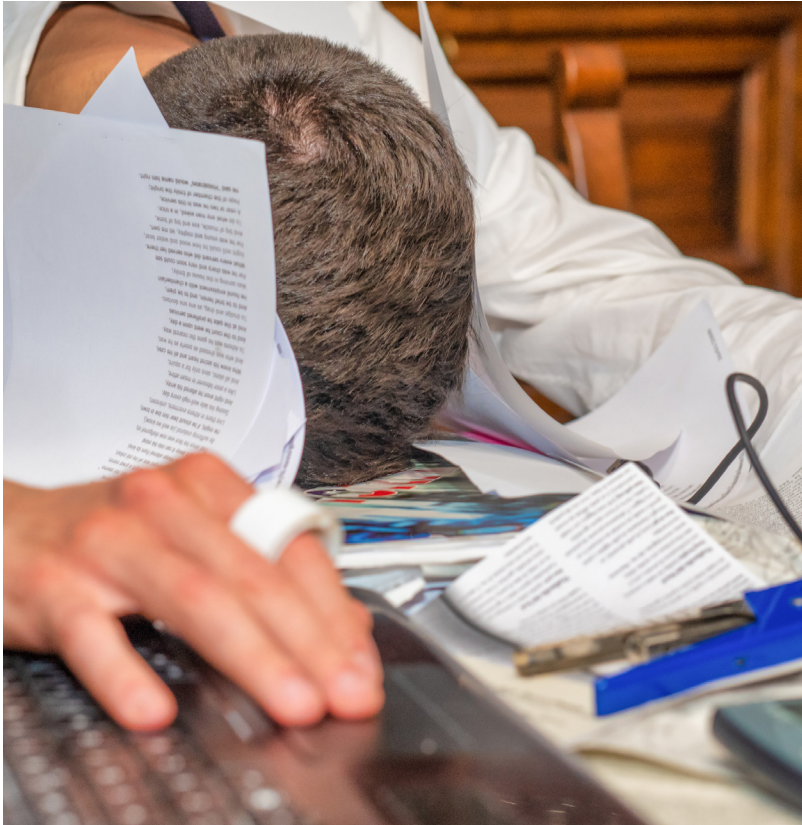
When sleep stays disrupted, the body often stays in protection mode. Pain can feel louder. Stress tolerance drops. Digestion becomes more sensitive. Inflammation tends to rise. This report is designed to help you understand what is happening, then give you a clearer framework for what to do next.

Ready to learn more?

For more tools, insights, and guided support around sleep and recovery, visit the [Pain Free Living Lab](#).



April is Stress Awareness Month: How to Calm Your Mind, Heal Your Body, and Restore Your Health



April is Stress Awareness Month, a time to recognize how stress impacts overall health, especially for those with chronic pain. Unlike acute pain, which signals immediate injury or illness, chronic pain often stems from inflammation, nerve sensitivity, muscle tension, and, most importantly, stress.

Chronic stress doesn't just affect emotions; it keeps the body in a prolonged "fight or flight" state, disrupting rest and healing. This increases inflammation, intensifies pain, and interrupts recovery. To truly heal, reducing stress is essential.

At Pain Free For Life, we see how unmanaged stress disrupts recovery by amplifying inflammation, tension, and disrupted sleep. This month, we're sharing practical ways to calm your nervous system and create a better environment for healing.

How stress impacts pain and healing

Stress is more than a feeling—it's a physical response that releases hormones like cortisol and adrenaline, putting the body on high alert. While helpful in short bursts, chronic stress elevates inflammatory markers such as C-reactive protein (CRP) and TNF-alpha, making pain more persistent. It also causes:

- **Increased inflammation:** Chronic stress can keep inflammation levels elevated, which often makes pain harder for the body to calm.
- **Muscle tension:** Stress often manifests in the body as tight shoulders, jaw tension, and lingering aches.
- **Disrupted sleep:** When the nervous system stays on high alert, falling asleep and staying asleep becomes more difficult, slowing overnight recovery.
- **Heightened pain sensitivity:** Long-term stress can make the nervous system more reactive, meaning pain signals may feel stronger than they otherwise would.

When stress remains constant, the nervous system struggles to shift into "rest and digest" mode, creating a reactive state that makes healing difficult.

Modern stressors: technology, social media, and EMFs

Today's world introduces new stressors, such as technology and electromagnetic fields (EMFs). Constant digital connectivity encourages comparison, overloads the mind, and keeps the nervous system "on." Blue light from screens disrupts sleep, while EMFs from devices and Wi-Fi may increase tension, anxiety, and fatigue for sensitive individuals.

These factors keep the body in a subtle state of stress, making relaxation and healing harder. Managing these new stressors is key to reducing overall stress.



How microcurrent therapy supports healing

Chronic pain often keeps the body stuck in a loop of stress and pain signals. Microcurrent therapy interrupts this cycle by delivering low-level electrical currents that help rebalance the body's communication systems, promoting relaxation and healing.



Here's how microcurrent helps:

- **Vagus Nerve Stimulation:** Gently stimulates the Vagus nerve, shifting the body from "fight or flight" to "rest and digest."
- **Reduces Inflammation:** Enhances cellular communication and boosts energy (ATP) production, reducing inflammation.
- **Breaks the Pain Cycle:** Interrupts the feedback loop between pain and the brain, reducing pain at its source.
- **Relieves Muscle Tension:** Eases tension in common stress-holding areas like the jaw, neck, and shoulders.

Non-invasive and gentle, microcurrent therapy is ideal for sensitive systems, offering real support rather than masking symptoms.

Natural Strategies to Manage Stress

Managing stress often works best when approached from multiple angles. Research shows that consistent sleep, regular physical activity, and periods of digital downtime can significantly support nervous system balance and overall well-being. Even small lifestyle changes can help regulate stress hormones and reduce the inflammatory load that contributes to chronic discomfort.

Here are several simple practices that can make a meaningful difference:

Digital downtime: The **National Sleep Foundation** recommends limiting screen time, especially in the hour before bed, to support healthier sleep cycles and reduce stress-related fatigue.

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Calming herbal tea recipe

This gentle blend helps support relaxation and nourishment; a perfect addition to your evening wind-down routine!

INGREDIENTS:

- 1 tsp dried oatstraw
- 1 tsp dried chamomile flowers
- 1 tsp dried lavender buds
- 2 cups freshly boiled filtered or spring water
- Optional: a drizzle of honey or maple syrup

DIRECTIONS:

- Combine all dried herbs in a tea infuser or teapot.
- Pour hot water over the herbs and cover.
- Allow the tea to steep for at least 10 minutes.
- Strain and enjoy warm. Add sweetener if desired.

According to research published in the Journal of Clinical Trials, long-term chamomile use was found to be safe and significantly reduced moderate-to-severe anxiety symptoms. Oatstraw is valued for its gentle, non-sedating calming effects, making this tea suitable for daily use.



Layering these habits throughout your day reduces stress and creates a better body terrain for healing.

A woman with glasses and a white top is hugging another woman from behind. They are in a community setting with other people in the background.

Find support and connection

Managing stress and chronic pain can feel like a big job to tackle, but you don't have to do it alone. Join our Pain Free For Life Support Group on Facebook to connect with others from all over the world who understand your journey and share tips, encouragement, and advice. We'd love to have you join us!

This Stress Awareness Month, focus is on resilience and balance. By calming your nervous system, you give your body the best chance to heal and thrive.

For more resources and expert support, visit the [Pain Free Living Lab](#) and take your next step toward lasting relief.

[Visit Pain Free Living Lab](#)



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 improve their health naturally. 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 April Events

The Pain Free For Life Online Support Community is a place to learn, ask questions, and stay encouraged alongside others who are on a similar path. Whether you're new to microcurrent therapy or you've been using it for years, you'll always find practical guidance, shared experience, and steady support.

Pain Free For Life Support Group: April 10-minute trainings

- **Week 1: Avazzia Life Pinnacle Benefits: What You Need to Know**

The Avazzia Life Pinnacle is a powerful tool for pain relief, but are you using it to its full potential? In this session, Dr. Rob dives into the specific benefits of this device, explaining how its unique features can support your healing journey and help you get the most out of your treatments.

- **Week 2: Self-Treatment Techniques**

Treating yourself at home is empowering, but technique matters. This training focuses on practical self-treatment strategies that are easy to perform and effective. Learn how to position your device, adjust power levels for comfort, and confidently address your own symptoms without needing constant supervision.

- **Week 3: Treating Eyes WITHOUT Microcurrent Goggles**

Eye health is crucial, but not everyone has access to specialized accessories like microcurrent goggles. In this training, Dr. Rob demonstrates safe, effective ways to treat the eye area with standard microcurrent tools. Discover gentle protocols to support vision health and reduce strain.

- **Week 4: Getting Started with PEMF Therapy**

Pulsed Electromagnetic Field (PEMF) therapy is a fantastic complement to microcurrent, yet it can feel intimidating to start. This session breaks down the basics of PEMF, explaining how it works, when to use it, and how to integrate it seamlessly into your existing pain relief routine for deeper healing.

[Join the Support Group](#)

[See upcoming events](#)

Request for a One-on-One Consultation: Personalized Guidance and Support

Need help choosing the right microcurrent device or learning how to apply The Hache Protocol™? Our free one-on-one consultation is the perfect opportunity to get personalized advice from a Pain Free For Life specialist focused entirely on your needs.

During this call, you'll receive expert guidance on maximizing the benefits of microcurrent therapy and addressing your specific health concerns—all in a supportive, private setting.

Take the next step toward pain-free living today!

[Request to join a call](#)



EMF protection and cellular health

Modern life runs on wireless technology. Smartphones, Wi-Fi routers, smart home devices, laptops, and vehicles all emit electromagnetic fields, commonly called EMFs. These invisible energy fields are created whenever electricity flows or wireless signals transmit information.

Most people encounter EMFs throughout the day without thinking about them. Researchers are continuing to study how long-term exposure to these signals may influence biological systems. Some individuals report symptoms such as fatigue, headaches, brain fog, or sleep disturbances that do not always have an obvious cause. For those already managing chronic pain, inflammation, or autoimmune challenges, additional environmental stressors may make recovery more difficult.

Understanding where EMFs originate and how they interact with the body can help you make practical choices that support a healthier environment.

How EMFs interact with the body

Your body functions through electrical communication. The brain, heart, and nervous system rely on tiny electrical signals to regulate sleep cycles, digestion, mood, and cellular repair.

Researchers often focus on three biological responses...

Cellular Stress

Long-term EMF exposure may contribute to oxidative stress inside cells, increasing free radical activity, DNA damage, and inflammation.

Sleep Disruption

Electronic devices and blue light exposure can suppress melatonin production, which may affect sleep quality and recovery.

Nervous System Stimulation

Continuous wireless signals may keep the body in a low-level alert state, making relaxation and restorative processes more difficult.

Common Sources of EMFs in Everyday Life

Electromagnetic fields are generated by many devices used in modern homes, offices, and vehicles. Because wireless connectivity is built into so much of our technology, EMFs often come from devices we rarely think about.

Common sources in homes and offices include: Wi-Fi routers and mesh networks, smartphones and tablets, laptop and desktop computers, wireless keyboards and mice, smart home hubs and speakers, Bluetooth headphones or earbuds, wireless printers, baby monitors, security cameras, smart TVs, streaming devices, and cordless (DECT) phones.

Common sources in vehicles and travel environments include: Vehicle Wi-Fi hotspots, Bluetooth phone connections, GPS navigation systems, infotainment and touchscreen displays, phones used for navigation, tire pressure monitoring systems, keyless entry systems, dash cameras, wireless charging pads, and the electrical systems used in modern and electric vehicles.

Many of these devices transmit signals continuously, even when not actively in use. Increasing the distance between your body and these devices and reducing nighttime exposure can help lower overall EMF load.

Meet the Floww™ family: EMF protection for everyday spaces

Protecting your health doesn't mean abandoning the technology you rely on. It means becoming more intentional about the environment around you. That's why Dr. Rob Vanbergen trusts Floww™ devices in his own home to help support his family, and even his pets, from everyday EMF exposure.

Here's how several of our favorite Floww™ EMF protection products can help create healthier spaces at home, on the go, and around the technology you use every day:



Personalfloww

This small device is designed to be carried with you throughout the day. Slip it into your pocket or bag, and it creates a portable field of health-supporting frequencies around your personal space. Dr. Rob often carries one while traveling and recommends it for anyone concerned about EMFs at work, school, or during daily errands.

Screenfloww

Attach this discreet unit directly to your phone, tablet, or laptop. It works at the source, helping neutralize EMFs emitted by the electronics you use most often. Whether you're video-calling loved ones or working remotely, ScreenFloww helps create a more comfortable environment during screen time.



Homefloww

Want to harmonize the environment for everyone in your household, including pets? Place a HomeFloww device in a central location of your home. It is designed to generate a biologically supportive field that helps balance EMFs throughout your living space. In Dr. Rob's household, it helps support both restful sleep and overall family well-being.



MobileFloww

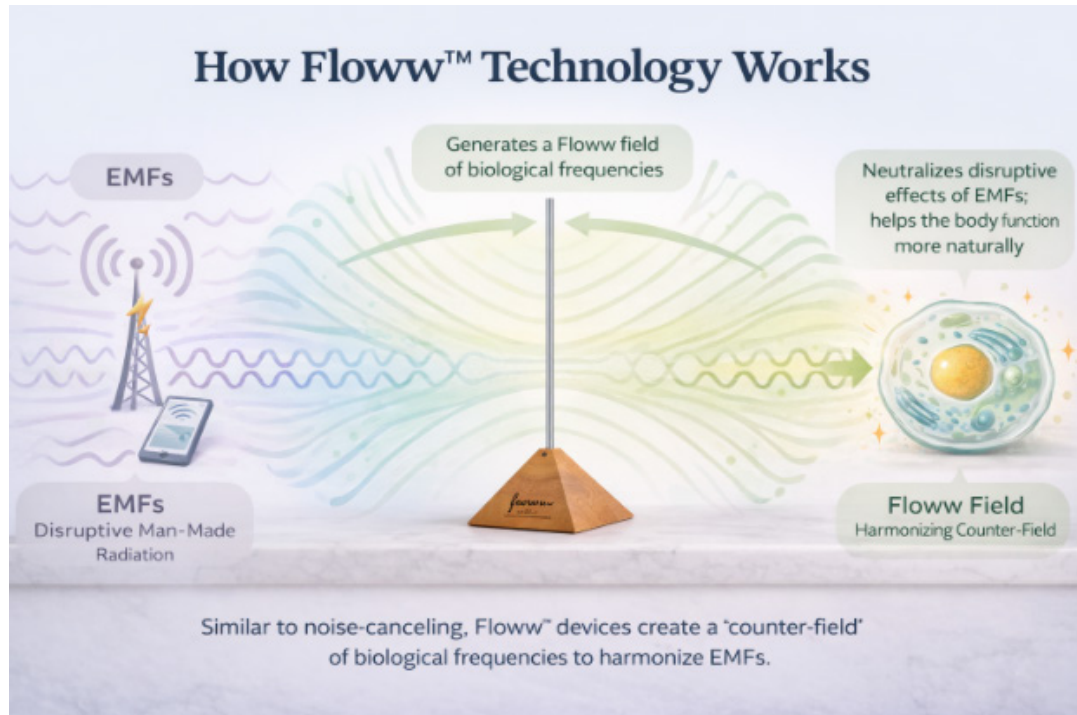
Designed specifically for smartphones, this compact device attaches directly to your mobile phone using a self-adhesive backing. Because mobile phones are one of the most common sources of daily EMF exposure, mobileFloww works right at the source, transforming surrounding electromagnetic radiation into a field of body-friendly frequencies. The result is a protective energy environment extending roughly 50 cm around the phone, supporting healthier phone use throughout the day.



Floww™ technology is designed to give you **peace of mind** by keeping you connected while creating a more supportive environment for your body.

But how does this actually work? Rather than attempting to block electromagnetic fields, which is difficult in a modern world filled with technology, **Floww™ devices transform surrounding EMFs into a harmonizing field of biological frequencies** designed to support natural cellular balance.

The illustration below shows the basic principle behind **Floww™ technology**.



Think of it like noise-canceling headphones. They don't eliminate sound; they create an opposing frequency that neutralizes it. Similarly, Floww™ devices use the energy from surrounding man-made radiation to generate a "counter-field" of biological frequencies. This "Floww field" helps neutralize the disruptive effects of EMFs on your body, allowing your cells to function more harmoniously and naturally.

Four Simple Steps to Reduce Your EMF Load

You don't have to eliminate technology to support your health. Small changes in how and where devices are used can meaningfully reduce your overall EMF exposure. Here are four simple ways to create a healthier daily environment.

- **Create a Sleep Sanctuary:** Your bedroom should be the most restful space in your home. Keep cell phones, Wi-Fi routers, and other wireless electronics away from the bed whenever possible. If you use your phone as an alarm, switch it to airplane mode overnight so it no longer transmits signals. Reducing nighttime EMF exposure may help support deeper, more restorative sleep.
- **Distance Is Your Friend:** One of the simplest ways to reduce EMF exposure is to increase the distance between your body and wireless devices. EMF strength drops rapidly as distance increases, a principle known as the inverse square law. Instead of holding your phone directly against your ear or body, use speakerphone, wired headphones, or an air-tube headset during calls.
- **Unplug at Night:** Many devices continue to emit signals even when they aren't actively used. Turning off your Wi-Fi router and unnecessary electronics overnight can significantly reduce the background electromagnetic environment in your home while you sleep. Some families use simple outlet timers to automate this process.

- **Integrate Floww™ Technology:** While lifestyle changes help reduce exposure, supportive technologies can help create a more balanced environment around the devices we rely on daily. Floww™ devices, such as personalFloww, mobileFloww, or screenFloww, can be used throughout the day to help harmonize EMFs near phones, computers, and other electronics. For broader support, the HomeFloww system is designed to help balance EMFs throughout your living space.

These simple changes can make a meaningful difference in reducing your daily EMF load. For those who want to go deeper, Dr. Rob Vanbergen will be hosting a live educational training to explain the science behind EMFs, how Floww™ technology works, and practical ways to support your cellular health in today's technology-filled world.

Watch the replay: A free live training with Dr. Rob Vanbergen

Join us for a special live event to learn more about safeguarding your cellular health from EMF exposure.

EMF Protection and Cellular Health: A Live Floww™ Training + Q&A

Last Wednesday – April 1, 2026

During this free training, you will discover:

- ✓ The latest research on how EMFs impact inflammation and chronic symptoms.
- ✓ The science behind Floww™ and how it supports your body's natural balance.
- ✓ Actionable strategies to protect yourself and your family.

BONUS: A live Q&A session with Dr. Rob at the end to answer your burning questions.

[Watch the replay now!](#)

As a thank you for joining our community,
we are offering a special discount on all Floww™ products.

Enjoy **15% off your entire Floww™** order from April 1st to April 8th, 2026.

[Shop Floww™ here](#)

Use Code: FLOWW15



Your Treatment Coordinator: A trusted guide to Microcurrent success

A Treatment Coordinator, TC for short, is your guide inside Pain Free For Life. Their job is to help you use microcurrent correctly, safely, and strategically, with a plan you can actually follow.

All of our Treatment Coordinators are also **Certified Pain Resolution Specialists™** through [The Sana Institute](#). That training helps them translate microcurrent education into real-world guidance, including pacing, inflammation patterns, nervous system support, and the practical details that make results easier to repeat.

Most importantly, a TC helps reduce guesswork, not by giving you more to do, but by helping you do the right few things consistently.

The top four ways a treatment coordinator supports you

- 1. Clarity and Direction:** Microcurrent has a lot of possibilities. A TC helps narrow it down to a clear starting point based on your main goal, sensitivity level, and current capacity.
- 2. Placement and Technique Support:** Small changes can matter. A TC can help you troubleshoot placement, positioning, hydration, accessories, and power levels so sessions feel comfortable and effective.
- 3. Pacing and Consistency:** Some people do too much on a good day, then stop when they feel sensitive. A Treatment Coordinator helps you build a repeatable rhythm, especially for chronic pain patterns where low and slow often works better than intensity.
- 4. Coordination When You Need a Deeper Review:** Some questions require a higher-level look. Your TC can help route complex situations to the right person on the team, including Dr. Rob and other clinical support when appropriate.

How to get the most out of your treatment coordinator relationship

Most people don't need perfectly phrased questions. What matters most is reaching out early via email, before multiple variables have been changed, and it becomes difficult to see what is actually helping.

Here are a few simple ways to work effectively with your TC:

- **Ask for a starting focus.** If you feel overwhelmed, ask: *"What should I focus on first?"* One clear goal is often better than five.
- **Share what you're noticing.** Changes in sleep, tension patterns, recovery after activity, flare frequency, or nervous system reactivity often provide more useful information than pain levels alone.
- **Ask for adjustments.** If a session feels too strong, too subtle, or confusing, ask for a pacing adjustment instead of abandoning the routine.
- **Use email when possible.** Many people prefer email because it creates a record you can revisit later while you're learning and allows your TC to send you links to videos to watch or specific steps to follow.



Ready to connect with your treatment coordinator?

Getting access to a Treatment Coordinator is simple. Here are two common paths:

- 1). Purchase a new microcurrent device through [The Sana Shop](#) (excluding Ezzilift cosmetic devices, the MedSport, Pro-Sport Ultra, and Blue Devices).**



Some new devices include a complimentary introductory period to help you get started with clarity, including guidance on basics like placement, pacing, and what to focus on first. If you want continued support after that, you can extend your subscription.

- 2). Join the [Hache Protocol Private Membership](#)**

All proprietary device purchases come with a trial membership to the Hache Protocol Private Membership. You can then elect to continue your membership for ongoing guidance, structured education, and community support. It includes access to an organized library of training videos and protocols as well as help from a Treatment Coordinator. (You must have access to the Hache Protocol Private Membership to work with a Treatment Coordinator.)



Your Treatment Coordinator's mission is straightforward: help you use your Avazzia Life microcurrent device confidently, safely, and effectively, and support you with a plan that feels doable in real life.



Remember, you're not meant to figure this out alone

Chronic pain can train people to second-guess everything. Microcurrent works best when the plan becomes clear, the routine becomes repeatable, and support is available when life or symptoms change. Stay confident and on track with your Treatment Coordinator.



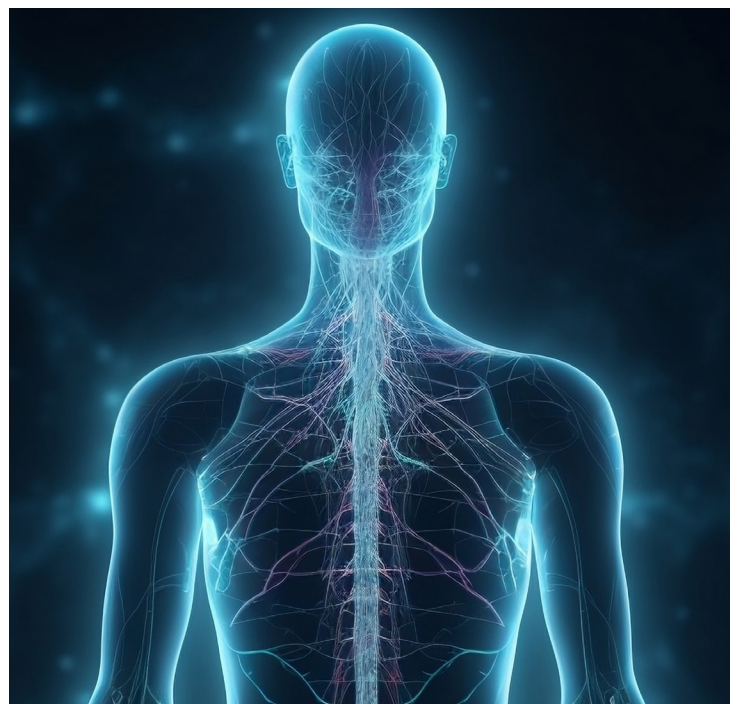
Gentle steps to restorative sleep wellness this spring

For anyone facing chronic pain, inflammation, or autoimmune conditions, getting enough restful sleep is not a luxury; it's the foundation for recovery and balance. If you find yourself waking up tired, achy, or groggy, your body may be calling for extra care and support.

At Pain Free For Life, our entire Care Team knows lasting healing happens when your nervous system feels both safe and supported. This Spring, consider giving yourself the gift of new sleep habits that feel truly sustainable. What follows are practical tips for improving your sleep environment and evening nutrition, plus guidance on leveraging microcurrent therapy. This gentle, evidence-backed method can help restore better rest, naturally.

Unlocking your body's internal blueprint for healing

Sleep is anything but passive. Every stage plays a unique part in cellular repair, reducing inflammation, and recharging your energy. The deepest stage, known as slow-wave or Delta sleep, is when the most powerful healing takes



place. Growth hormones are released, helping to rebuild tissues, and the lymphatic system quietly clears away waste and inflammatory byproducts from your brain.

When deep sleep is cut short or interrupted, inflammation can build up, making pain more difficult to manage. That's why nurturing healthy sleep cycles gives your body a stronger foundation and helps quiet the signals that keep you feeling stuck.

When you protect your sleep, you reclaim your strength night after night, your body restores itself, your mind becomes clearer, and each new sunrise offers a fresh start.

Simple Spring shifts for deeper, more restorative sleep

Sustainable sleep improves most easily through gentle, mindful changes. As the world outside renews itself, allow your routines and sleep environment to reflect this spirit of fresh beginnings.

Create your spring sleep sanctuary: Cultivating an environment for rest and renewal

A comfortable bedroom can become your ally in healing. As days warm up, open your windows for fresh air, switch out heavy bedding, or use calming scents such as lavender or chamomile to soothe both mind and body.

Keep your space cool (ideally 60 to 67°F) and as dark as you can. If morning light wakes you too early, blackout curtains or an eye mask can help maintain restful cycles. Try reducing blue light by limiting screen time for an hour before bed; this single change can support natural melatonin production and promote steadier sleep.

Quick Tips:

- Try an intentional bedtime routine, which may include: Lowering your lights, leaving your devices in another room, and focus on creating a peaceful space to support your sleep quality.
- Notice: Is there something in your sleep environment that is distracting you?



Restorative foods and evening rituals for deeper, pain-free sleep

What you eat in the hours before bed can make a big difference in how easily you drift off and stay asleep. Heavy or sugary late-night meals can keep your system on alert, disrupting the body's natural repair work.

Instead, explore light snacks rich in magnesium or tryptophan, such as almonds, pumpkin seeds, or cottage cheese. Herbal teas like chamomile or lavender offer gentle support for relaxation.

If persistent pain makes sleep elusive, magnesium glycinate or muscle-soothing herbs may help, but always consult your provider before adding supplements.

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Simple mindset shifts for more restful sleep

Busyness and mental chatter can keep your body alert long past bedtime, especially if you're managing pain. Bridge your day and night with grounding rituals, like deep breathing, easy stretching, or a short gratitude practice.

A regular schedule matters. Keeping consistent wake-up and bedtime hours helps your nervous system settle into restful rhythms. If your mind clings to worries, jot them down before bed—permitting yourself to release them for the night.

Your Turn: *What small bedtime ritual might help you welcome peace tonight?*

How microcurrent therapy supports peaceful sleep

Even great sleep habits sometimes need extra support, especially if pain or past stress has set your nervous system on high alert. Frequency-specific microcurrent therapy uses ultra-gentle electrical currents delivered by devices like the Avazzia Life line to promote better cellular communication and restore your body's ability to rest. This safe, drug-free option works beautifully alongside holistic routines.



Harness the Vagus nerve for deeper, restorative sleep

Supporting the vagus nerve can help guide your body from “fight or flight” into a “rest and digest” state. A simple microcurrent protocol, such as a three-minute vagus nerve session before bed, can help you relax and fall asleep. This is a vital part of The Hache Protocol for Pain Resolution™.

Microcurrent frequencies that help guide your body back to healing sleep

Advanced microcurrent tools allow you to target brainwave frequencies for relaxation and sleep. Alpha waves (7–12 Hz) set the stage for ease and less anxiety, while Delta waves (0.5–4 Hz) mimic the restorative patterns of deep sleep. This approach is especially empowering for those juggling chronic pain, stress, or trouble staying asleep.

Microcurrent therapy goes beyond symptom relief; it nurtures cellular recovery and unlocks your natural healing abilities.

them down before bed—permitting yourself to release them for the night.



Rest your way back to healing

True change grows from small, repeatable steps. Whether you tuck away your phone an hour before bed, try a calming herbal tea, or incorporate microcurrent sessions, every effort supports your body’s innate ability to heal.

Each night of restorative rest helps balance inflammation and replenish energy, setting you up for a healthier tomorrow. Remember, you’re not alone—let this season be the one where better sleep lays the foundation for real renewal.

For more guidance, helpful resources, and a community devoted to holistic wellness, [visit the Pain Free Living Lab](#) for fresh inspiration.

Here’s to restful nights, brighter mornings, and a springtime filled with hope and vitality.



Simple, cleansing, and nourishing: Spring green detox soup

As the days grow longer and fresh spring produce begins to appear in markets and gardens, many people naturally start craving lighter, brighter meals. After the heavier foods of winter, spring is an ideal time to bring more fresh vegetables and simple, nourishing dishes back into your routine.

This Spring Green Detox Soup is perfect for those in-between weeks when you want something warm, satisfying, and easy to digest. Made with fresh greens and aromatic vegetables, it's a simple way to support digestion and enjoy the flavors of the season.

The benefits of eating with the seasons

In traditions such as **Traditional Chinese Medicine (TCM) and Ayurveda**, seasonal eating is considered an important way to support balance in the body. These systems recognize that our needs naturally shift throughout the year.

During the spring months, lighter and more cleansing foods are often emphasized to help the body transition out of winter. Fresh greens, herbs, and vegetables can support digestion and help restore energy after a season of heavier meals.

Eating seasonally also means choosing foods that are harvested during their natural growing cycle. These foods tend to be fresher, more flavorful, and often richer in nutrients. Seasonal eating also supports local agriculture and can reduce the environmental impact of transporting food long distances.

Why Gentle Detoxing Can Support Your Body

The word **"detox"** can sometimes be misunderstood. In many cases, it simply refers to giving the body a break from highly processed foods while emphasizing fresh, whole ingredients that naturally support the body's normal detoxification systems.

Seasonal eating can play an important role in this process. Spring vegetables, leafy greens, and fiber-rich foods support digestion and provide nutrients that help the liver and other organs process and eliminate waste.

By focusing on fresh, minimally processed foods during seasonal transitions, many people notice improvements in how their bodies feel and function.

Potential benefits of seasonal, whole-food eating include:

- Improved digestion
- Healthy weight balance
- More stable energy levels
- Stronger immune support
- Clearer skin

Spring green detox soup

INGREDIENTS:

- 2 leeks, white and light green parts, sliced and thoroughly cleaned
- 1 fennel bulb, chopped
- 2 cloves garlic, minced
- 4 cups vegetable or bone broth
- 2 large handfuls of fresh spinach (about 2 cups, packed)
- 1 tbsp olive oil
- Sea salt, to taste
- Black pepper, to taste



INSTRUCTIONS:

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the sliced leeks and chopped fennel. Cook for 5–6 minutes, stirring occasionally, until they become soft and aromatic.
2. Add the minced garlic and cook for another 30 seconds until fragrant, being careful not to let it burn.
3. Pour in the broth and bring the mixture to a gentle boil. Reduce the heat to low, cover, and let it simmer for 15 minutes to allow the flavors to meld together.
4. Stir in the spinach and cook for just 1–2 minutes, until it has fully wilted.
5. Carefully transfer the soup to a blender or use an immersion blender directly in the pot. Blend until the soup is completely smooth and creamy.
6. Season with salt and pepper to your preference and serve warm.

Health benefits

This soup is crafted to support your body's natural detoxification processes in a gentle, effective way. Blended soups are very easy to digest, which frees up metabolic energy your body can then redirect toward healing, repair, and cleansing pathways.

Leeks and fennel are standout ingredients for supporting digestive health and the liver. They help the body process and eliminate metabolic waste, thereby reducing inflammation and feelings of sluggishness. Fennel is especially known for its ability to soothe the digestive tract.

Spinach is a nutritional powerhouse, providing antioxidants, magnesium, and iron. These nutrients are vital for supporting nervous system regulation, easing muscle tension, and boosting energy levels. This recipe is particularly beneficial during seasonal shifts when the body's inflammatory responses can be heightened. It offers a comforting and effective way to nourish yourself, lighten your system, and embrace the fresh start of spring.



Fresh for spring: How asparagus supports energy, detox, and whole-body health



April is the perfect time to turn to some of spring's seasonal produce to boost our health and vitality. One of the true gems of this season is asparagus. This elegant vegetable is one of the first to appear in gardens and markets, making it an ideal food-first strategy to support your transition into spring.

Asparagus is more than a tasty side dish. It's a nutrient-dense vegetable that fits well into a "support the terrain" approach. It brings fiber, minerals, and plant compounds that many people find helpful for steadier energy and more comfortable digestion. It also has a natural diuretic effect, which can be a gentle support when you feel puffy or sluggish, especially in early spring.

In the sections that follow, we'll break down what makes asparagus such a smart April staple and how to use it to support recovery without overcomplicating your meals.

Fun fact: *"Spargelsaison"* in Germany



In Germany, asparagus season is a whole event. You'll often hear it called *Spargelsaison*, and it's celebrated in towns like Bruchsal, Beelitz, and Schwetzingen with asparagus festivals, seasonal menus, and even the crowning of asparagus queens.

White asparagus, pictured above, is often called "white gold" and is traditionally served boiled with Hollandaise.

Why we love fresh asparagus in April

As one of the earliest spring vegetables, asparagus is packed with unique compounds that support energy, recovery, and nervous system balance.

- **Natural diuretic and detox support:** Asparagus contains an amino acid called asparagine, which acts as a natural diuretic. This helps the body flush out excess salt and fluids, supporting kidney function and reducing bloating. It also contains glutathione, a powerful antioxidant known as the “master detoxifier,” which helps the body process and eliminate toxins.
- **Rich in prebiotics for gut health:** Asparagus is an excellent source of inulin, a type of prebiotic fiber that feeds the beneficial bacteria in your gut. A healthy gut microbiome is essential for managing inflammation, supporting your immune system, and even regulating your mood.
- **Packed with folate and B vitamins:** Asparagus is rich in folate (Vitamin B9) and other B vitamins, which are crucial for converting food into energy. They also play a key role in nervous system health and can help combat the mental fog and fatigue that sometimes accompany seasonal changes.
- **Antioxidant and anti-inflammatory power:** This vibrant green vegetable is loaded with antioxidants, including vitamins C and E, and flavonoids like quercetin. These compounds help protect your cells from oxidative stress and support a healthy inflammatory response, which is vital for managing chronic pain and improving recovery.

This simple and elegant recipe highlights the fresh flavor of asparagus. It’s quick to prepare, making it a perfect side dish for a weeknight meal or a healthy addition to a weekend brunch.



Simple roasted asparagus with lemon and garlic

INGREDIENTS:

- 1 bunch fresh asparagus, trimmed
- 1 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 tsp sea salt, or to taste
- Freshly ground black pepper, to taste
- 1 lemon, half sliced into thin rounds, half reserved for juice
- Optional topping: toasted slivered almonds or grated Parmesan cheese (if tolerated)



INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. On a baking sheet, toss the trimmed asparagus with olive oil, minced garlic, salt, and pepper until evenly coated.
3. Arrange the asparagus in a single layer and top with the thin lemon slices.
4. Roast for 10-15 minutes, depending on the thickness of the stalks, until the asparagus is tender-crisp and slightly browned.
5. Remove from the oven, discard the roasted lemon slices, and squeeze fresh lemon juice from the remaining half over the asparagus.
6. Top with toasted almonds or Parmesan cheese, if desired, and serve immediately.

The health benefits of this dish:

This recipe is designed to be both delicious and supportive of your body's needs. Asparagus delivers a wealth of anti-inflammatory compounds and prebiotic fiber for gut health. The healthy fats in olive oil help your body absorb the fat-soluble vitamins A, E, and K found in asparagus.

Garlic adds its own anti-inflammatory and immune-boosting properties, while a fresh squeeze of lemon juice provides a vitamin C boost, further enhancing the meal's antioxidant power. This dish is light, energizing, and perfectly aligned with the body's need for cleansing and renewal in the spring.



Tips for buying, storing, and preparing asparagus

To get the most out of this seasonal treasure, here are a few simple tips for handling it.

Shopping tips

- Look for asparagus stalks that are firm, straight, and smooth, with a rich green color.
- The tips should be closed and compact, not wilted or spreading out. Avoid stalks that look dry or woody at the base.
- Choose stalks that are uniform in thickness to ensure even cooking.

Storage tips

- To keep asparagus fresh, trim about an inch off the bottoms, then stand the bunch upright in a jar filled with an inch of water, like a bouquet of flowers.
- Cover the tops loosely with a plastic bag and store in the refrigerator for up to a week.

Preparation tips

- Wash the asparagus under cool running water just before you plan to cook it.
- To trim the woody ends, hold a stalk at both ends and gently bend it. It will naturally snap where the tender part meets the tough, woody base. You can then use this stalk as a guide to chop the rest of the bunch.

Bonus: zero-waste tip

Don't throw away those woody asparagus ends! While they are too fibrous to eat on their own, they are packed with flavor. Collect the trimmed ends in a bag in your freezer. Once you have a good amount, use them to make a flavorful vegetable broth. Simply simmer them in water with other vegetable scraps (like onion peels and carrot ends) for an hour, then strain. This nutrient-rich broth is perfect for soups like this month's spring green detox soup and comforting risottos.



Meet the team behind Pain Free For Life

At Pain Free For Life, we believe our strength lies not just in our innovative tools and protocols, but in the people who guide you on your healing journey. Our team members are here to answer your questions, help you navigate your next steps, and provide steady support when things feel overwhelming.

This month, we are thrilled to spotlight **Andria, one of our exceptional Microcurrent Therapists & Holistic Practitioners**. As a third-generation holistic healing practitioner, Andria is known for combining Myofascial Release with Microcurrent Therapy to achieve remarkable results for her clients. Her journey into this field was a natural extension of her calling, and she now guides individuals with unparalleled expertise and compassion.

We sat down with Andria to learn more about her story, her daily routines, and the insights she has gained while helping people on their path to a pain-free life.

The Hearts and Minds Behind Pain Free For Life

Andria Seymour

Microcurrent Therapist & Holistic Practitioner

1. What inspired you to be part of Pain Free For Life?

As a 3rd-generation practitioner in holistic healing, I quickly latched on to the idea of incorporating this technology into my clinic and proceeded to soak up the knowledge as fast as I could. My services were then called upon, and I could not turn down the opportunity to take the work I love to a whole new level. I was, and still am, honored to be part of the Pain Free For Life family. I truly believe that this will and should rightfully change the face of modern medicine as we continue to fight the war on chronic pain.



2. What's one piece of advice you'd share with someone new to microcurrent therapy or The Hache Protocol?

Take it seriously and slowly. This is your health, nothing is more important, and there is so much to learn. Microcurrent is something that could change your life! Utilize your Treatment Coordinator to guide you through this learning process. Then share your successes with everyone you know so that they can heal as well.

3. What's your favorite part of your job or daily routine at PFFL?

Getting that email saying, "I feel so much better" or "I am improving and sticking with it." I also love seeing someone on a Zoom meeting where I can physically SEE the difference that the microcurrent is making. The pain that was being felt is now so much less, and it's visible.

4. How do you personally stay balanced or practice self-care?

Self-care is so incredibly important. My daily routine consists of 5 to 10 minutes of intentional stretching before my feet ever touch the floor. Then, I have a glass of water and do my Vagus Nerve Stimulation. Continuing through the day, I drink half my body weight in ounces of water, which I know is a struggle for everyone. So, I try to set a good example.

Supplements come next in my morning, along with my one cup of coffee. I look at that as a reward for all the things that are tough to remember to do for myself. Throughout my workday, I will ground

myself before every session, complete two more Vagus Nerve Stimulation sessions, and do at least four more sets of stretching. Then once I return home, I will do the last session of Vagus Nerve Stimulation, followed by my Alpha Ear Clips session while reading under my Sana blanket. I have been on my healing journey for 8 years, and only the last 4 have been with microcurrent. This changed the game for me very quickly. I am now at a place of maintenance unless a symptom sneaks in.

5. What's one thing about microcurrent or holistic healing that more people would benefit from knowing?

Healing is never linear. This means that every single person in the world will heal differently. If you want to heal, you have to open up fully to the process and commit to the changes that need to happen to reach your goals. As my 14-year-old daughter says, "healing is healthy".

6. What's your favorite healthy meal, snack, or comfort food?

I absolutely love sushi. In my spare time, I occasionally enjoy creating new healthy drinks. My favorite new ingredient is butterfly pea flower tea. It has a mild flavor and a very vivid, deep indigo color. When paired with a great lemonade, it layers perfectly over a bit of ice and can be topped with a mint leaf. Then, when stirred, it creates a beautiful purple (my favorite color) drink that is healthy and very refreshing.

7. What's a quote, mantra, or thought that inspires your work?

One quote that I have gone back to over and over is one by Hippocrates: *"The natural healing force within each one of us is the greatest force in getting well."*

I also believe that having a personalized group of mantras is beneficial in keeping your mind focused and healthy. **My mantra is:** *"I breathe in peace, I breathe out stress; I am stronger than my own excuses; Progression forward does not mean perfection; I am grateful for all that I have, and today, above all else, I choose and radiate Love and Positivity."*

8. What's your favorite "aha" moment from working with a client or community member?

Every time I guide a client to pain relief, I am pleased. I do have one particular event that sticks with me. A client presented with heel pain. Treating it for several days did not resolve the pain, so she went to get imaging to make sure we were not dealing with a bone spur. After the results came back negative, we began digging deeper into the "why" she was feeling this pain.

During a deep one-on-one discussion, it occurred to her out of the blue that she had fallen from her bike as a young child and scraped her knee on the opposite side. I told her how to treat the scarring and bring the brain's attention to that old injury. Then, we treated her heel again. After that treatment, there has never been a return of pain in her lower extremities since. We have been working together to help improve her health for four years now. She is in a completely different place than she was when we started, and continues to improve.



Andria's butterfly pea flower lemonade

A Vibrant, Refreshing Herbal Drink

As she mentioned in her interview, one of Andria's favorite ingredients right now is butterfly pea flower tea. This herbal infusion is known for its naturally vivid indigo color and mild, earthy flavor. When combined with bright and tart lemonade, it creates a beautiful layered drink that transforms from deep blue to shades of purple as it's stirred.

The result is a refreshing beverage that feels both calming and uplifting. It's perfect for hydrating before a microcurrent therapy session, or simply adding a little pop of joy and color to your day.

INGREDIENTS:

- 1 teaspoon dried butterfly pea flowers
- 1 cup hot filtered water
- ½ cup fresh lemonade (homemade or natural store-bought)
- Ice
- Fresh mint leaf and lemon for garnish
- Optional: Honey or maple syrup to taste

INSTRUCTIONS:

1. Place the dried butterfly pea flowers in a tea infuser or teapot.
2. Pour hot water over the flowers and let them steep for 5–7 minutes
3. Allow the tea to cool slightly.
4. Fill a tall glass with ice, then pour in the lemonade.
5. Slowly pour the butterfly pea flower tea over the lemonade to create a layered effect.
6. Garnish with a fresh mint leaf.

When stirred together, the lemonade's natural acidity transforms the drink from blue to a vibrant purple.



Why It's Special: Butterfly pea flower tea contains natural antioxidants called anthocyanins, the same plant compounds that give blueberries and purple cabbage their color. These compounds contribute to the tea's striking hue and make it a popular herbal ingredient in wellness beverages.

Beyond its visual appeal, it's naturally **caffeine-free**, making it a gentle and refreshing option at any time of day.

How Eric treated skin cancer and reclaimed his health

Eric A. + Mycosis Fungoides

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

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

Discovering Microcurrent Therapy

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

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

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

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

Visible Progress and Renewed Hope

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

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

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

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

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



BEFORE

AFTER

A New Lease on Life

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

“

*“Pain Free For Life is more than about pain
—it's about regaining life itself.”*

—Eric A

”

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

Your Journey to Wellness Starts Today

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

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



Protocol spotlight: Acute renal insufficiency (kidney support)

This month's protocol spotlight focuses on kidney health; specifically, how to help your body recover more steadily during acute renal insufficiency. Your kidneys are constantly at work, filtering and eliminating waste from your blood, but when their capacity drops suddenly, even simple tasks can feel overwhelming. This loss of filtration, whether caused by infection, a sudden drop in blood pressure, or other stressors, often leads to significant fatigue, lumbar pain, and a system that struggles to regain balance. As detailed in our Emergency Protocols section of [Current Medicine 3rd Edition](#), the Acute Renal Insufficiency protocol offers a holistic, energy medicine approach designed to support and complement your medical provider's plan of care.

what your kidneys need to recover well

When your kidneys are dealing with acute stress, your body needs a supportive environment to restore balance. In the early stages, the main priority is to calm the nervous system and gently support the organs involved in elimination. When the filtration system becomes overwhelmed, everything else, from managing nausea to sustaining energy, can feel much harder.

By targeting interconnected areas—**such as the celiac plexus, the liver, and the cervico-occipital zone**—you can help your entire system settle enough to rest and repair. This progression matters deeply because pushing too hard during acute stress can keep your body highly reactive.

Treatment Settings:

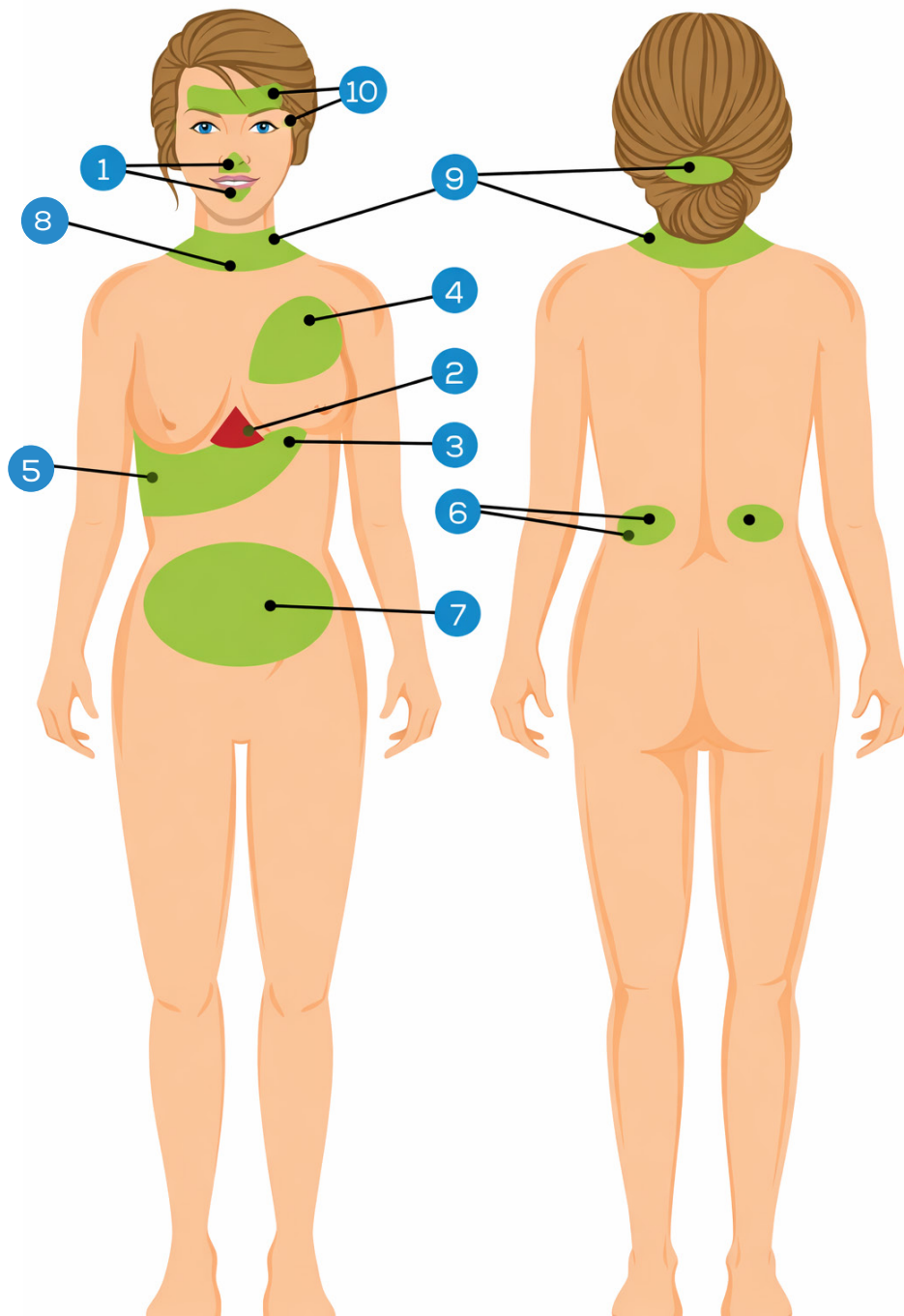
Set your device to **SANA Soft T, 90 Hz**, or **77 Hz** over soft tissue; **BEE Mode** for Resuscitation points.

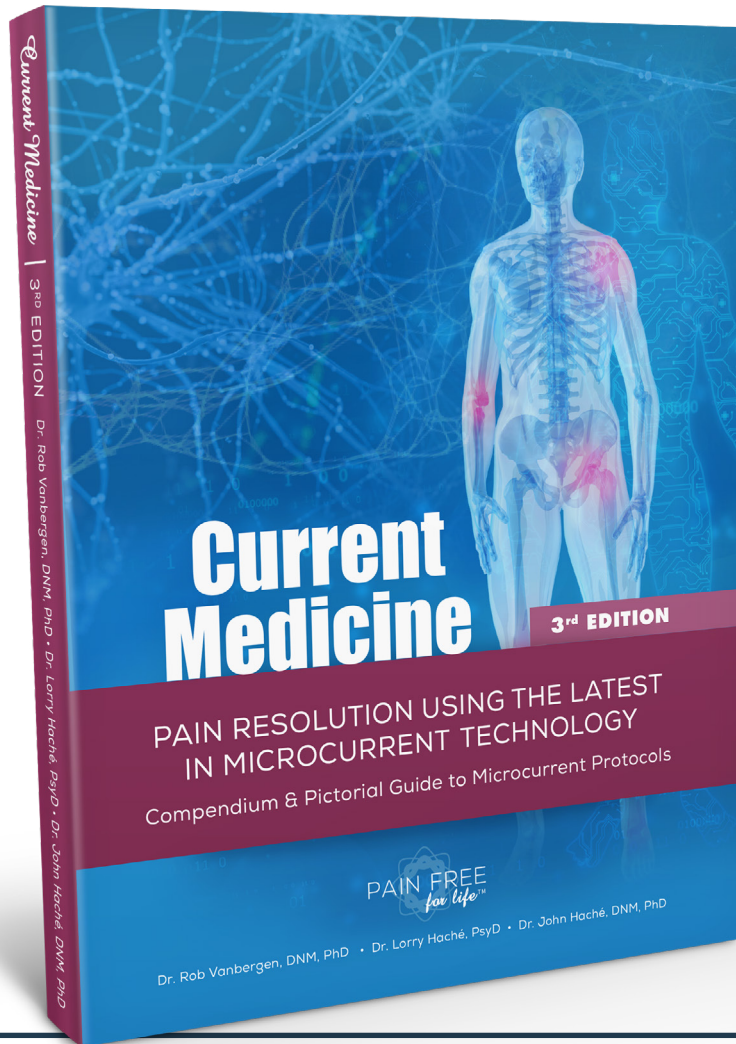
Treatment Areas:

1. Projection of kidneys
2. Adrenal region
3. Urinary bladder
4. Urethra
5. Celiac plexus area
6. Heart area
7. Resuscitation points along the middle line above the upper lip and under the lower lip & tip of the nose

Additional Treatment Areas:

1. Region of liver and pancreas
2. Projection of the intestine
3. Jugular fossa
4. Cervico-occipital zone
5. Forehead area & temples





Keep learning:
Current Medicine 3rd Edition, now 25% off

Ready to Experience It? To go deeper, review the Acute Renal Insufficiency protocol in Chapter 4: Emergency Protocols of **Current Medicine 3rd Edition**, which includes precise placement guidance for all 12 treatment zones.

[Get the book \(25% off\) here](#)





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?

- ✓ **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.
- ✓ **Community of 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. It offers targeted content and unparalleled support to help you on your journey to better health.

VIP Support Group: April 10-minute trainings

Week 1: Supporting Respiratory Health During Springtime

Spring brings beauty, but for many, it also brings respiratory challenges. This VIP session explores how to use frequency therapy to support lung health, reduce inflammation, and navigate seasonal shifts with greater ease. Practitioners will gain actionable techniques to guide clients through respiratory flare-ups and support resilient breathing with frequency-specific protocols.

Week 2: Gentle Energy Medicine for Digestive Discomfort

Digestive issues can disrupt your entire day. In this training, we explore gentle energy medicine techniques to soothe the gut, improve motility, and reduce discomfort, helping you feel lighter and more comfortable. Practitioners will learn targeted frequency protocols and hands-on approaches to address common digestive complaints, equipping them to support clients with sensitive systems and promote lasting digestive wellness.

Week 3: Boosting Motivation and Mood with Frequency Therapy

Pain often drains our emotional reserves. This session focuses on using specific frequencies to uplift your mood, enhance mental clarity, and restore the motivation needed to stick with your healing protocols. Tune in to learn how to select and apply targeted frequencies to help you and/or your clients overcome emotional fatigue, improve focus, and build lasting engagement in their wellness plans.

Week 4: VIP Replay

As always, the last week of the month in the VIP group features a replay of one of our most popular and impactful trainings, giving you a chance to catch up or refresh your knowledge. For practitioners, revisiting these key sessions reinforces essential techniques and supports deeper integration of the concepts into daily practice, ultimately enhancing client outcomes and professional confidence.

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

[Join the VIP Group](#)



The Pain Free For Life Podcast April Episodes

Season 4 of The Pain Free For Life Podcast is all about coming together to heal, learn, and grow as a community. This April, you're invited to pull up a seat at the table with Dr. Rob Vanbergen and a lineup of inspiring guests.

Whether you're tuning in for expert advice, a fresh perspective, or just a heartfelt story that resonates, you'll always find something here to support your journey every step of the way.

April 2026 featured episodes

April 6, 2026

The Empowered Patient: Taking Charge of Your Healing

Picture this: you're sitting across from Dr. Rob, and he's handing you the keys to your own healing journey. In this episode, he opens up about the mindset shifts that turned countless patients into their own best advocates. Through real stories and down-to-earth advice, Dr. Rob inspires you to move from feeling lost in the process to confidently steering your own recovery. If you've ever wished for a guide on embracing your power as a patient, this conversation is your invitation to start.



April 13, 2026

Harmonizing Women's Health: Women's Wellness Across Life Stages (Dr. Rob and the Treatment Coordinator Team)

This week, Dr. Rob is joined by a roundtable of our Treatment Coordinators for a candid conversation about women's wellness. Together, they blend front-line experience, patient stories, and deep knowledge to explore what it really means to navigate the highs and lows of women's health through every chapter of life. You'll hear both honest questions and reassuring answers.

Available on:

Apple



Spotify



Youtube



Subscribe today

April 20, 2026

Nutrition & Pain—Foods That Fuel or Flame Inflammations

Tune in as Dr. Rob explains how what we eat can either turn up the heat on pain or help put out the fire. In this eye-opening episode, he breaks down the myths and confusion around food sensitivities, anti-inflammatory diets, and the search for what truly supports healing. With stories from everyday patients who turned nutrition into a powerful tool for recovery, Dr. Rob offers step-by-step guidance to help you make small, sustainable changes that lead to less pain and more vitality. Whether you're curious about which foods to embrace, which to approach with caution, or just longing for a friendly, clear take on nutrition and relief, this episode will give you the confidence to get started!

PAIN FREE FOR LIFE
PODCAST

EPISODE 131
Nutrition & Pain: Foods That Fuel or Flame Inflammations

WITH YOUR HOST
Dr. Rob Vanbergen

SUBSCRIBE TODAY! 



April 27, 2026

Ask Dr. Rob: Nutritional Therapy & Supplement Tips

For our last week in April, Dr. Rob opens the floor to your most pressing questions about food, supplements, and gut health. This episode features community questions where no topic is too big or too small. Looking for trusted supplement advice or tips to soothe a sensitive stomach? Wondering how to fine-tune your nutrition for real results? Dr. Rob shares straightforward suggestions and actionable tips you can start using right away. Join in for encouragement and clarity, whether you're new to nutritional therapy or looking to take your healing to the next level.

PAIN FREE FOR LIFE
PODCAST

EPISODE 132
Ask Dr. Rob: Nutritional Therapy & Supplement Tips

WITH YOUR HOST
Dr. Rob Vanbergen

SUBSCRIBE TODAY! 



Available On:

Apple



Spotify



Youtube



Stay connected to the conversations that move healing forward

Each episode of the Pain Free For Life Podcast is designed to help you better understand your body, learn how to apply microcurrent therapy more effectively, and hear real experiences from people navigating similar challenges.

If you're looking for practical insights, clearer next steps, and a deeper understanding of what supports lasting progress, this is a good place to keep learning.

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. It includes monthly live sessions hosted by our team of experienced practitioners. These live sessions are part of the program—no extra cost—and provide 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](#)

A strategic approach to healing chronic pain

Does it ever feel like your body is working against you, no matter what you try?



Perhaps you have cycled through appointment after appointment, tried every supplement, diet, and routine, yet pain still lingers, leaving you frustrated and exhausted. If this describes your experience, you are not alone...and there are options and solutions available to you.

The truth is that chronic conditions are very different from acute injuries. When you scrape your knee or sprain your ankle, your body follows a straightforward healing path. Chronic issues are much more complex. They often involve deep regulatory dysfunctions in your nervous system, persistent inflammation, and severely depleted cellular energy.

By now, you may be aware of the healing properties of microcurrent therapy. But did you know that how you apply this therapy matters just as much as the therapy itself? Healing a chronic condition requires a strategic, step-by-step framework. It is not about aggressively attacking the pain. Instead, it is about calming your nervous system, improving cellular energy, and pacing your treatments.

Let us explore a practical roadmap to help you navigate your healing journey. We will show you how to use microcurrent therapy effectively to support your body and reclaim your quality of life.

Understanding the Complex Nature of Chronic Conditions

Chronic conditions are primarily regulatory problems, not just areas of structural damage. Over time, your body adapts to ongoing stress and pain.

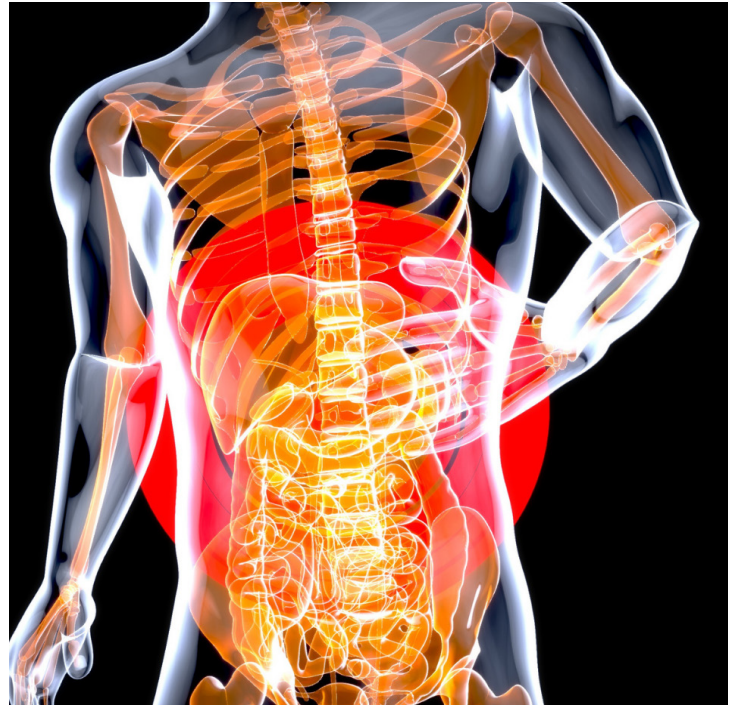
This adaptation can lead to:

- Sensitized pain pathways
- A highly reactive nervous system
- Increased difficulty in breaking free from the pain cycle

Understanding that your experience is more than just a physical injury can help shift your mindset from frustration to empowerment. Recognizing this complexity is the first step toward building a more effective path to healing.

Your chronic patterns might include:

- Ongoing inflammation
- Immune system flare-ups
- Emotional stress



When these elements combine, your body can get stuck in a loop. It is constantly sounding the alarm, draining your energy, and preventing true healing.

Recognizing this complexity is the first step toward lasting relief. You cannot simply spot-treat the localized pain and expect permanent results.

Instead, you need a holistic strategy. You must address the underlying nervous system dysregulation and cellular communication breakdowns. By shifting your focus from “fighting pain” to “supporting regulation,” you open the door to genuine recovery.



Step One: Calm Your Nervous System

The absolute first priority in healing a chronic condition is regulating your nervous system. Are you constantly living in a state of stress or anxiety? When your body is in a “fight-or-flight” sympathetic state, it cannot dedicate resources to healing.

To shift into a healing parasympathetic state, you need to stimulate your vagus nerve. The vagus nerve is a vital communication highway that governs your ability to rest, digest, and repair. Microcurrent devices equipped for Vagus Nerve Stimulation can gently calm your nervous system.

This foundational step prepares your entire system for the deeper work of healing. Without a calm nervous system, other treatments often struggle to take hold.

Step Two: Reduce Inflammation

Before the body can fully repair itself, inflammation must be addressed.

Inflammation is a natural and necessary response, but when it becomes chronic, it can interfere with healing. An inflamed area often lacks the conditions needed for proper repair. Circulation may be restricted, cellular signaling can become disrupted, and tissues may remain in a protective, reactive state.

Microcurrent therapy can help support the body's ability to regulate inflammation by improving communication at the cellular level and encouraging a more balanced response.

Think of this step as creating a stable environment for healing. When inflammation is reduced, the body is better able to respond to the next stages of recovery.



The Power of Quality Sleep

Quality sleep is essential for healing and recovery. You cannot simply “catch up” on lost sleep over the weekend. Your body requires consistent, restful nights to repair damaged tissues and regulate inflammation.

Managing stress and sensory overload through daily relaxation practices complements the calming effects of microcurrent therapy and supports deeper, more restorative sleep.

Step Three: Improve Circulation and Cellular Energy

Healing requires energy. Specifically, it requires a molecule called ATP, which is the primary energy carrier in your cells.

Tissues affected by chronic conditions are often depleted of energy. They lack the resources needed to clear metabolic waste and rebuild healthy structures.

Microcurrent therapy is uniquely positioned to support mitochondrial function and systemic circulation. By following appropriate protocols, ATP production can increase, helping oxygen and vital nutrients reach the affected tissues.

Think of this step as restocking the building materials at a construction site. Your body needs these raw materials to carry out the repair process. Improving cellular energy helps set the stage for resolving more stubborn or localized issues.

Step Four: Address the Primary Complaint Last

Many people are surprised to learn that focusing on their most painful area is not always the best first step. It is natural to want quick relief, but beginning with targeted treatment before calming your system, reducing inflammation, and restoring energy can sometimes make healing more difficult.

Taking time to support the whole body first helps build the foundation needed for lasting results.

A well-regulated and energized body responds more effectively to localized treatment. If you try to treat a highly inflamed, energy-depleted area too early, the body may interpret the treatment as an additional stressor, which can lead to flare-ups.

By addressing your primary concern last, you allow your body to fully receive and utilize the therapy. This sequence helps reduce setbacks and supports more sustainable pain resolution.

Pacing Your Treatments for Best Results

When you are desperate for relief, it is tempting to use your microcurrent device for hours at a time. However, treatment should always be short, consistent, and gentle rather than long and aggressive. Less is truly more when it comes to chronic healing.

For example, Vagus Nerve Stimulation sessions usually last only about 3 minutes. You can repeat these short sessions multiple times throughout the day. Healing involves delayed responses. You will often notice the benefits of a treatment the following day. It requires patience and a commitment to not chase every single symptom.

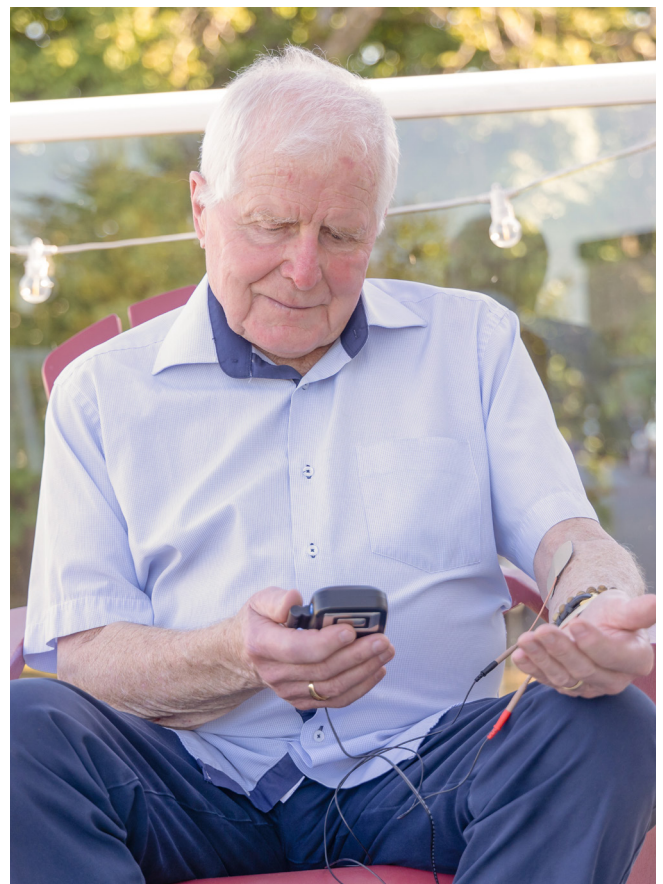
Navigating Nonlinear Healing

Chronic healing is rarely a straight line. Progress often looks like two steps forward and one step back. Do not let these small setbacks discourage you. The goal is steady, directional improvement rather than immediate perfection. Pay attention to key indicators of progress, such as improved function, better sleep, and emotional resilience.

Principles for Sustained Progress

To get the most out of your healing journey, keep these foundational principles in mind:

- **Prioritize regulation over intensity:** Always listen to your body. If your sleep worsens or you feel anxious, reduce your treatment time.
- **Consistency beats force:** Daily gentle sessions are far more effective than sporadic, aggressive treatments. Make microcurrent a simple part of your daily routine.



- **Support foundational health factors:** Hydration, proper nutrition, and gentle movement amplify the benefits of your therapy. Ensure you are drinking enough water and eating foods that support cellular health.
- **Manage your stress:** Emotional trauma and daily stressors directly impact your physical pain. Incorporate mindfulness or gentle stretching to keep your stress load manageable.

The human body is incredibly resilient. Your body is adapted to your circumstances, not broken beyond repair. Microcurrent therapy simply supports your body's innate healing systems.

Healing becomes attainable when nervous system regulation, cellular energy, and steady input align. Remember that managing a chronic condition is a journey that requires structure and patience. There is no instant fix, but there is a clear, proven path forward. Stay consistent, trust the process, and take pride in every small step you make toward a pain-free life.

Are you ready to take the next step?

Discover a wealth of resources in the [Pain Free Living Lab](#). There, you can find guidance, community, and encouragement to help you move forward with confidence. Your journey toward lasting relief can start today.

[Visit Pain Free Living Lab](#)



How to use the Pain Free Living Lab

Your home base for free microcurrent therapy education

Finding reliable information about microcurrent therapy isn't always easy. Many people encounter scattered advice, conflicting explanations, or overly complicated protocols that make it difficult to know where to begin.

The [Pain Free Living Lab](#) was created to solve that problem.

Inside the Lab, we've gathered the resources our community asks for most, organized in one place so you can learn at your own pace. Whether you're brand new to microcurrent therapy or looking to refine your approach, the Lab provides practical education designed to help you understand the "why" behind what you're doing.

Microcurrent therapy itself is often simple. The challenge is learning how to apply it thoughtfully when pain is layered with factors like inflammation, stress patterns, or disrupted sleep. The Lab is designed to help make that process clearer.

What's Inside the Pain Free Living Lab

Free trainings that explain the "why." Microcurrent therapy is gentle by design, which naturally raises questions. Why does it feel so subtle? Why do some results appear hours later? Why do sleep improvements sometimes show up before pain changes? The Lab organizes foundational trainings so you can learn the principles once and return whenever you need a refresher.

Special reports and guides you can actually use. If you're new to microcurrent, you'll find a clear starting point. If you already have experience, you'll gain deeper insight into topics our community asks about most often, including inflammation patterns, nervous system regulation, and recovery.

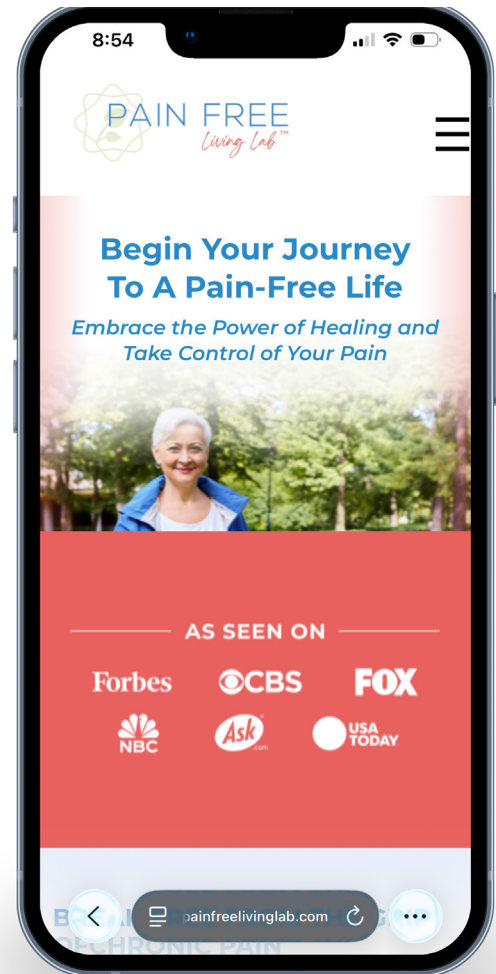
Device and accessory education that reduces confusion. Choosing a microcurrent setup shouldn't feel like guesswork. The Lab helps you understand treatment styles, passive versus active approaches, and how to make your sessions more comfortable and repeatable.

A path to real support, when you want it. Many people find progress easier when they're not navigating the process alone. The Lab explains how support works inside Pain Free For Life, including Treatment Coordinator support and optional ongoing education through membership to The Hache Protocol Private Membership.

Popular Resources in the Lab

- Free training webinar: [The Secret to Becoming Pain Free For Life](#) (Dr. Rob Vanbergen)
- Free special report: [What Is Microcurrent?](#)
- Free special report: [Inflammation: The Hidden Source of Chronic Pain](#)
- Free guidebook: [The Body Electric & Your Oral Health: Dental Guidebook](#)

...and many more resources designed to help you move forward with clarity.



A note about our Treatment Coordinators

A **Treatment Coordinator** helps you use microcurrent therapy correctly, safely, and strategically, with a plan that fits both your goals and your current capacity. Their role is to simplify what may feel overwhelming, troubleshoot when results seem inconsistent, and guide you toward a routine you can realistically maintain.

Our Treatment Coordinators are **Certified Pain Resolution Specialists™** through [The Sana Institute](#) and continue their education through ongoing training. This means the guidance you receive is practical, grounded, and designed for real-life situations. Our Treatment Coordinators work as a team, and in collaboration with Dr. Rob and Dr. Lorry (when needed) to ensure all clients are receiving the best recommendations for treating with microcurrent.



You'll see two common paths people use to get started with Treatment Coordinator guidance:

- New device owners: Every new microcurrent device purchase comes with a trial membership to The Hache Protocol Private Membership to help you start strong and help you apply what you're learning.
- Members who want ongoing help: After the trial period, clients can extend their support with a paid membership to The Hache Protocol Private Membership for ongoing structured education, resources, and continued support, including ongoing access to Treatment Coordinator guidance.

Finding your starting point in the Pain Free Living Lab

If you've spent any time exploring Pain Free For Life, you've probably come across the Pain Free Living Lab. It's simply the place where the core learning lives, including free trainings, downloadable guides, and the entry point into more structured support through the Hache Protocol Private Membership.

What tends to trip people up isn't a lack of information. It's trying to take in too much of it at once. A better place to begin is with a single question. What do you actually want help with right now?

That might be pain patterns that aren't improving, sleep that doesn't feel restorative, a sense of ongoing inflammation, or a nervous system that feels like it never fully settles. It doesn't need to be perfectly defined, but it should feel specific enough that you can recognize it in your day-to-day experience.

From there, the next step is straightforward. Choose one way to move forward. That could be watching a training that speaks directly to what you're dealing with, downloading a guide that helps clarify a concept you've been unsure about, or simply spending time with one topic until it starts to make more sense.

As you continue, the Pain Free Living Lab naturally opens into additional layers of support. Some people spend time with the free material, building understanding at their own pace. Others reach a point where they want more structure, more guidance, or a clearer plan, and that's where the Hache Protocol Private Membership and the Hache Protocol Reset can become a natural next step.

The Lab is meant to be a place you can return to as often as needed, where the next step feels clear enough to take without having to figure everything out all at once.

We hope to see you there!

[Access the Pain Free Living Lab](#)

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 400 (and growing) instructional videos, updated regularly, to master your Avazzia Life microcurrent device and treatments at your own pace.
- **Personalized Treatment Coordinator Support:** Receive a custom Microcurrent Therapy Treatment Plan based on The Hache Protocol™ designed by your very own Certified Treatment Coordinator.
- **Live Q&A Sessions with the Pain-Free for Life Team:** Join our expert team, including Dr. Rob, for quarterly live Q&A sessions 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.
- **Member-Only Discounts:** Enjoy special discounts for events, FREE access to Health Labs, and more!

Who is it for?

This membership is ideal for:

- ✓ Avazzia Life microcurrent device users
- ✓ Clients 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](#)



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



The SANA Institute: April trainings

all trainings take place in the [The Sana Institute Practitioners' Circle](#) group on Facebook.

Week 1: Treating Mast Cell Activation Syndrome

Explore key strategies to calm mast cell activity and identify potential patient triggers. Learn frequency-specific microcurrent protocols and supportive nutrition for managing inflammation and sensitivities. This session is ideal for those with clients who have complex reactivity.

Week 2: What to Do for Mold Toxicity (aka Mycotoxin Illness)

Discover practical ways to support clients affected by mold toxicity, a major concern for those with chronic or unexplained symptoms. We'll cover essential detoxification protocols, symptom management, and frequency-specific microcurrent strategies for calming inflammation. Learn how to help clients assess their environment, educate families on prevention, and coordinate care for optimal recovery.



Week 3: Treating Pediatric Acute-Onset Neuropsychiatric Syndrome (PANDAS)

Explore the complexities of PANDAS, including sudden anxiety, OCD symptoms, or tics in children after infections. This session highlights early identification, gentle frequency-based protocols for calming the nervous system, and collaborative, compassionate care strategies for sensitive young patients. Practitioners will gain practical tools to reduce inflammation and support families as they navigate these dramatic changes.

Week 4: How to Stimulate and Strengthen the Hippocampus and Why

Unlock key insights into the hippocampus, which is vital for learning, memory, and emotional stability. We'll cover how stress, toxins, and inflammation affect this region, along with core frequency-specific and integrative therapies to support recovery and enhance brain resilience. Walk away with accessible

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

[Learn more](#)

"I used microcurrent therapy on my mastectomy scars, and the results were amazing! I'm now using The Hache Protocol for Pain Resolution™ to aid in healing from my cancer treatments by changing my diet, getting proper rest, and focusing on my mental well-being."

—M.B.

The new SANA Institute scholarship

Opening more doors to holistic healing careers

Our Mission: To make holistic education more accessible to passionate individuals who want to heal others—and themselves.

At The SANA Institute (TSI), we recognize that the journey toward becoming a Certified Pain Resolution Specialist™ can be transformative. But for many, financial challenges can make that dream feel out of reach.

That's why we're proud to announce the NEW SANA Institute Scholarship, a need-based program designed to remove barriers and open doors for those called to holistic healing. Because financial limitations should never stand between you and your purpose.



A scholarship for real life

When we set out to design the SANA Institute Scholarship, our goal was to create a program that reflects real-world experiences—and real challenges. This isn't just about funding; it's about empowerment, inclusion, and opportunity.

Who it helps:

- **Low-income students** – including international applicants facing currency disparities.
- **Single parents** – balancing family responsibilities while pursuing professional advancement.
- **Individuals with disabilities** – who often face additional costs and logistical barriers.
- **Military Veterans** – we appreciate military service, it shows great compassion to serve in a country's military. If you have served your country in any military capacity, we welcome you to apply for our scholarship. *All military service welcome.*
- **Rural and international students** – from underserved areas with limited access to specialized education.

The TSI Scholarship helps level the playing field, giving future holistic healthcare professionals the chance to grow, learn, and thrive.

Why this scholarship matters

This scholarship represents more than financial assistance—it's an investment in the future of holistic wellness.

“

“The most effective healers are those who've experienced real-life challenges firsthand.”

– Dr. Rob Vanbergen

”

By supporting individuals who bring empathy, resilience, and lived experience to their work, we're helping to strengthen the next generation of **Certified Pain Resolution Specialists™**.

Recipients also gain access to a community of mentorship, peer support, and lifelong learning—reflecting our belief that true healing happens in connection with others.

Take the next step

If finances have ever held you back from pursuing your passion for holistic healing, this scholarship is for you.

Discover how the **SANA Institute Scholarship** can help you begin—or continue—your journey toward certification and a fulfilling career in holistic healthcare.

[Request information](#)

[Book an admissions call](#)

At The Sana Institute, we believe every dedicated learner deserves access to education, training, and opportunity. We're here to make that happen—supporting you at every step of your healing journey.

SANA Rewards: Earn while you heal

Our special 'Thank You' for trusting The Sana Shop

We love giving back to our incredible worldwide healing community. This month, we're spotlighting SANA Rewards, our loyalty program that thanks you for choosing natural healing tools. It's easy to join, easy to use, and now crystal-clear on how points work.

HOW IT WORKS:

- Earn: 1 point for every \$1 you spend
- Redeem: 100 points = \$1 off at checkout
- Points never expire
- Log in to redeem (guests can earn but must create an account to use points)

Create or log in to your Sana Shop account at thesanashop.com. And simply shop as usual—your points track automatically.

Where to see your points: When logged in, click "SANA Rewards" at the bottom-left of the screen and select "Your Activity."



For example:

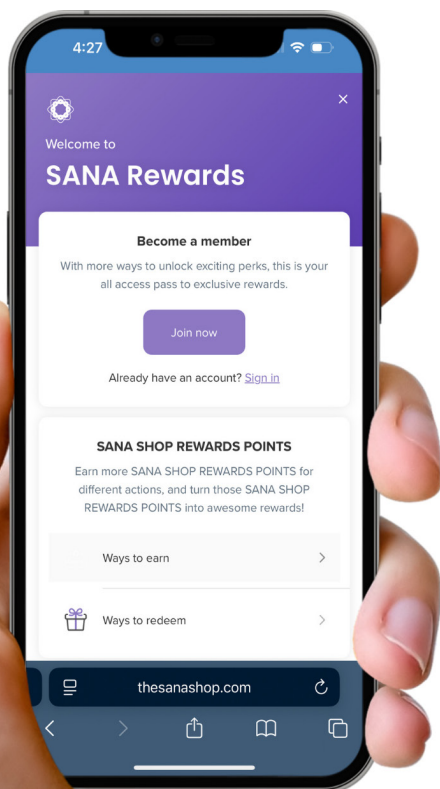
Spend **\$100** – earn **100 points** – worth **\$1** off a future order

Spend **\$4000** – earn **4000 points** – worth **\$40** off a future order

SANA Rewards Terms and Conditions (Exclusions Apply)

Terms and conditions:

- You must have a registered Sana Shop account to redeem points. Guests can earn points, but cannot redeem them until they create an account.
- Points must be applied at checkout. We cannot retroactively apply points to previous or existing purchases.
- Points are earned and redeemable only on purchases made through The Sana Shop. Courses, trainings, CPRS enrollment, and



purchases hosted on other websites (including Pain Free Living Lab) are not eligible.

- If an order is cancelled or a product is returned, points earned from that order will be removed from your rewards balance.
- Points are non-transferable.
- Member levels or promotions may occasionally offer bonus point multipliers. Check your account for current details.

SANA Rewards is our way of saying thank you for trusting us with your wellness. Every order helps you save on the tools that support your healing—microcurrent accessories, PEMF and scalar support, wellness essentials like supplements, and more.

Get started today! Create your free account, start earning with your next order, and watch your savings grow—one step at a time.

[Learn more here](#)



Can't-miss events: Coming soon



The graphic is a blue rectangular banner. On the left, there is a white geometric logo, a green pill-shaped button with the text 'FREE WEBINAR', and the title 'EMF Protection & Cellular Health'. Below the title are icons for a calendar and a clock, followed by the date and time: 'WEDNESDAY | APRIL 1ST, 2026' and 'AT 4:00 PM PDT | 7 PM EDT'. At the bottom left, it says 'IT'S FREE – SEE YOU THERE!' and 'Don't miss your chance, register now.'. On the right, there is a photo of Dr. Rob Vanbergen, a man with a beard wearing a green polo shirt, with his arms crossed. Below the photo is a green pill-shaped button with his name and title: 'Dr. Rob Vanbergen Board Certified Doctor of Natural Medicine'.

Replay Now Available: Enhance and Protect Your Cellular Function

Last Wednesday - April 1, 2026

[Watch the replay](#)

Join us for a live educational event with Dr. Rob Vanbergen exploring how electromagnetic fields (EMFs) may impact cellular health and what you can do to reduce your daily exposure.

During this training, you'll learn how simple environmental adjustments and supportive technologies can help create a calmer biological environment for recovery, sleep, and overall well-being.

You will discover:

- How EMFs may influence inflammation, sleep quality, and nervous system balance
- Why modern technology can place additional stress on sensitive systems
- Practical ways to reduce your EMF load at home, work, and while traveling
- How Floww™ technology supports a healthier energy environment
- Real-world strategies for creating a more restorative sleep space

Special Event Offer:

To celebrate the event, we're offering a limited-time discount on **Floww™ products**.

Sale Dates: April 1 – April 8, 2026

Coupon Code: FLOWW for **15% Off**

[Shop Floww deals here](#)

Free Training Event: Scalar Energy Supporting Cellular Communication and Recovery

Dates: Wednesday, May 6, 2026

Times: 4:00 PM Pacific | 4:00 PM Eastern

Where: Live online (Zoom)

Save your spot here

Join us for a live educational event with Dr. Rob Vanbergen exploring how scalar energy technology may support cellular communication, recovery, and overall biological balance.

During this training, you'll learn how scalar technology works alongside microcurrent and PEMF to create a supportive environment for healing and nervous system regulation.

- You will discover:
- How scalar energy may support cellular communication and overall biological balance
- Why many people pair scalar technology with microcurrent and PEMF therapies
- Practical ways to incorporate scalar support into your daily wellness routine
- How scalar fields may help create a more stable environment for rest and recovery
- Real-world examples of how people are using scalar technology at home

Special Event Offer: To celebrate the event, we're offering a **limited-time discount on Scalar products and bundles** (stay tuned for details via email!)

Find Healing Through Community

Healing doesn't happen in isolation. Connect with others who understand your journey, learn from experts, and explore events, resources, and support designed to help you move forward with confidence.

Join a community built around connection, education, and real progress.

Explore the community

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: 9:00 AM – 5:00 PM (PDT)

Our Team: is a tapestry of wonderful individuals from around the world, including Canada, the Philippines and the Americas. Though small in number, we are united by a shared commitment in helping everyone to live pain-free, naturally. Along with our core team, we work with expert engineers and artisans who handcraft each product specifically to aid in pain relief. Every item is made with your well-being in mind, and this attention to quality takes time.

Please allow 48 business hours for responses to Emails and Voicemails. We truly appreciate your patience and understanding as we work to meet your needs. Your support means the world to us.

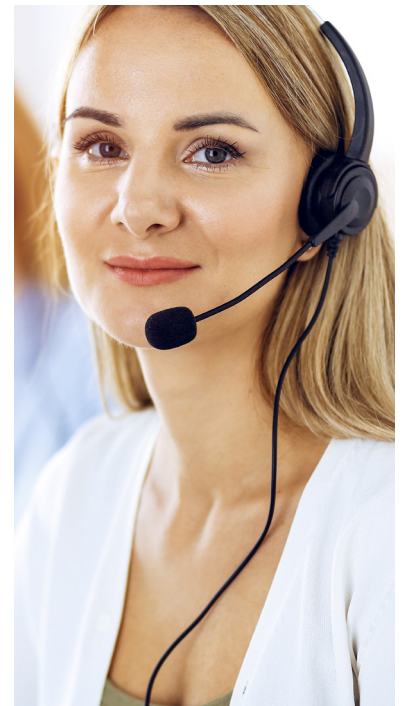
Reach Our Team

Phone: You can speak with a live representative at **1-888-758-0851** (North America) or **250-871-2225** (outside North America) or leave us a voicemail: *Please allow up to 48 business hours for a reply.*

Email: Send us your questions or concerns at support@painfreeforlife.com, and our team will respond within 48 business hours.

Treatment Coordinator Support: We're Here to Help: Already have a microcurrent device but need help connecting with your Treatment Coordinator? Please email us at coordinator@painfreeforlife.com, and we'll connect you to the right person for expert guidance and personalized support within 48 business hours.

Concierge Text Support: On the Go? Stay connected with us by sending a text to **+1 (415) 688-2045**. Our dedicated **Concierge Team** is here to assist with quick questions about current device availability, sales, and pricing. They work closely with our Client Services and Support teams to ensure you receive the best possible guidance.



The support you need

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

Contact Us Today

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