



PAIN FREE LIVING

MAY 2026

Magazine

*Simple, Fresh, and Nourishing:
Herb-Crusted Cod with Lemon Asparagus*

*Revitalize Your Skin and Soothe Your Body
With Microcurrent Therapy*

*The Hidden Link Between Stress,
Pain, and Slower Healing*

Advanced Stress Reset Protocols for True Healing



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 – May 2026

Dear Readers,

May is a month of visible change and beautiful transformation. After months of quiet groundwork, the blooming of spring finally reveals itself. Have you noticed how your own healing journey follows a very similar pattern? This issue is all about recognizing the signs that your dedicated efforts are beginning to bloom. We want to celebrate the progress you have already made and help you foster even more growth in the days ahead.

When you manage chronic pain, it can sometimes feel like progress is hiding just out of sight. But much like a seed taking root under the soil, your body is always working hard to repair and renew. May invites a deep sense of optimism. We want you to feel this hope not through added pressure, but by recognizing the wonderful progress you are already experiencing.

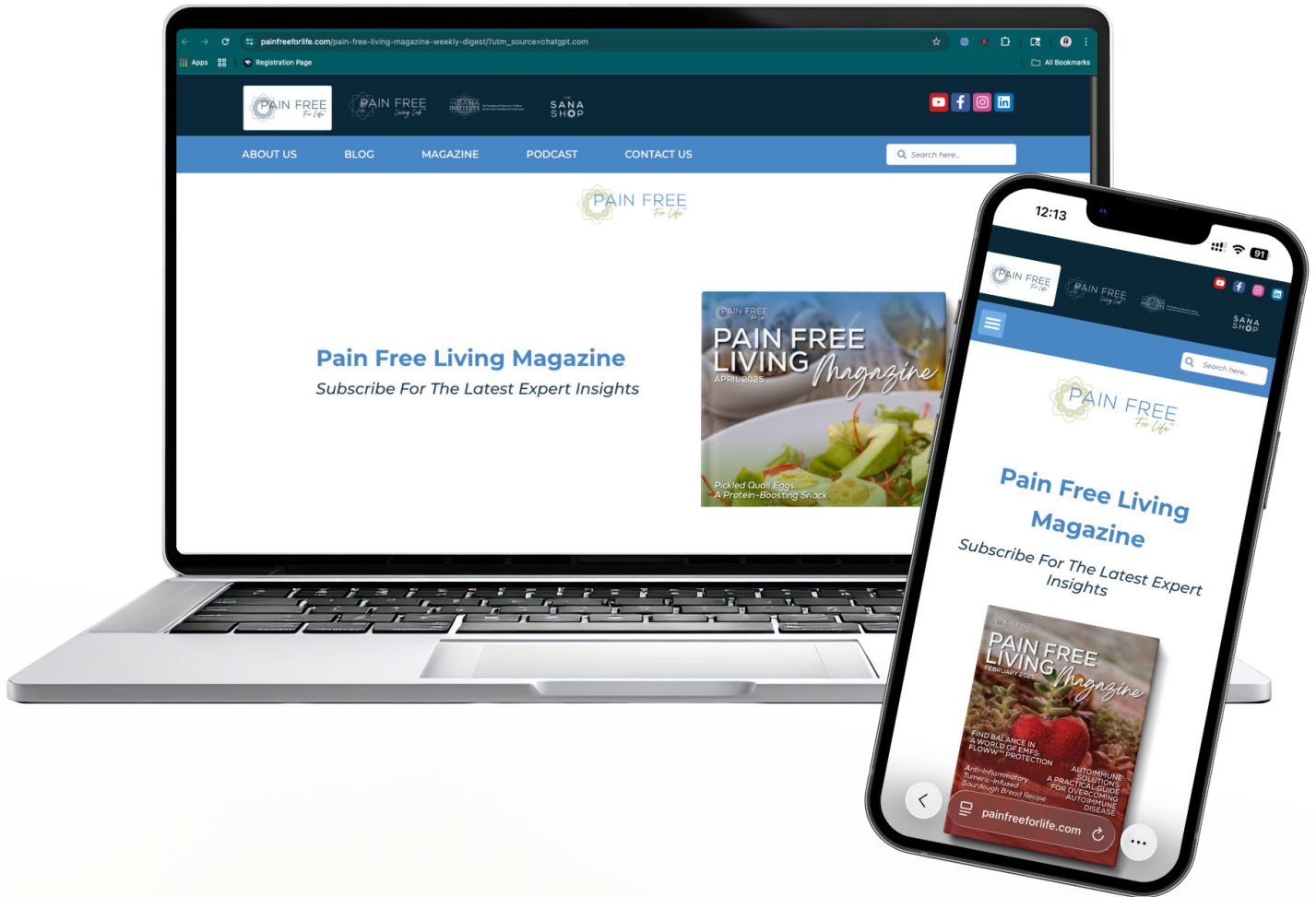
In this issue, we explore how microcurrent therapy supports clearer communication within the body and why that matters for pain relief, facial wellness, circulation, and recovery. We also take a deeper look at stress, pain, and slower healing, including practical ways to help the nervous system feel safer, steadier, and more supported over time. For readers dealing with joint concerns, we broaden the conversation about whole-body inflammation and arthritis, and why a more comprehensive view of healing often leads to a more sustainable path forward.

This month, we also take a closer look at scalar support and how it may help create a more stable healing environment, along with gentle ideas for grounding. Just as importantly, we bring in the role of seasonal nourishment, from fresh spring meals like herb-crust cod with lemon asparagus.

As always, we have seen through the experience of thousands of clients that healing flourishes when you use your tools consistently and in harmony with your natural lifestyle choices. Our hope is that this issue helps you do exactly that, with more clarity, more encouragement, and a stronger sense of what is possible.

Remember, your body knows exactly how to heal, and we are simply here to help you create the right environment for it to blossom.

[Join the movement](#)



Stay Connected to Your Healing Journey

Healing often happens one step at a time, and steady support can make all the difference. Subscribe to Pain Free Living Magazine + the Weekly Digest for practical wellness education, fresh inspiration, and simple ways to support your progress all month long.

[Sign up here](#)

Revitalize your skin with Microcurrent Therapy



For many people, skin changes do not happen in isolation. They often show up alongside stress, poor sleep, chronic pain, and the wear of everyday life. That is one reason microcurrent therapy continues to draw so much interest. It offers a gentler, more whole-body way to think about facial wellness, one that does not stop at the surface.

Rather than chasing a quick fix, many people are looking for tools that support the skin, the underlying muscles, and the body's natural repair processes at the same time. That is where microcurrent can become especially appealing.

What microcurrent is and why it matters for skin

By now, you may know that microcurrent therapy uses gentle, low-level electrical currents designed to work in harmony with the body's own communication systems. Every organ, tissue, and cell relies on subtle electrical signaling. When those signals are disrupted by injury, stress, inflammation, or aging, the body may not function as efficiently as it once did.

That is why microcurrent is often used to support ATP production, circulation, and tissue repair. ATP is the primary energy source for your cells. When the body has more energy available at the cellular



level, it may be better able to support repair, collagen production, and healthy tissue function.

For facial care, that matters. Skin tone, elasticity, puffiness, and overall radiance are all influenced by circulation, cellular energy, and the condition of the tissues underneath the skin.



Dr. Lorry Hache's microcurrent facelift protocol

One of the most exciting applications of microcurrent in the Pain Free For Life world is Dr. Lorry Hache's microcurrent facelift protocol.

Often described as a non-surgical facelift, this protocol is designed to support the muscles and tissues of the face and neck using carefully selected frequencies. It is featured in our book, Cellular Makeover.

With regular use, this type of protocol may help support:

- **Collagen and elastin production**
- **Improved circulation**
- **A firmer, more lifted appearance**
- **The look of smoother skin and softened fine lines**
- **A healthier overall skin tone**

Rather than masking change, the goal is to work with the body's own structure and signaling. In that sense, microcurrent can feel less like a cosmetic shortcut and more like a supportive routine.

A natural option for people who want a different approach

Not everyone feels comfortable with injections or more conventional cosmetic interventions. Many people want something gentler, less invasive, and more aligned with a broader wellness routine.

That is part of what makes microcurrent appealing. It can be used as a beauty tool, but it also fits naturally into a bigger picture that may include stress support, circulation support, nervous system regulation, and overall tissue health.

For someone who wants facial rejuvenation without taking a more aggressive route, microcurrent may feel like a more supportive place to begin.





How to choose the right microcurrent device for your goals

The best device depends on what kind of support you want most. Some people want a simple facial tool they can use at home. Others want a device that can support facial work while also giving them access to broader wellness applications.

If your main goal is facial rejuvenation...

The Avazzia Ezzi-lift® is a strong place to start. It is designed specifically for facial use and is often a good fit for people who want a straightforward at-home tool focused on appearance and skin support.

With regular use, it may help support:

- **The appearance of smoother, firmer-looking skin**
- **A more refreshed, relaxed appearance**
- **The appearance of reduced puffiness and fine lines**

Its simplicity makes it approachable for beginners.

Alternatively, the Evolution, Pinnacle Lite and Pinnacle devices can offer cosmetology benefits as well as full-body holistic healing.

Where expert guidance can help

If you are ready to move beyond experimentation and want more structure, the Sana Therapeutics Cosmetology Course can be a valuable next step.

Created and taught by Dr. Lorry Hache, this on-demand course is designed to help you better understand facial microcurrent applications and build more confidence with the technology. For someone who wants clearer instruction, more



intention in their routine, and a better understanding of how to use these tools well, that kind of guidance can be incredibly helpful.

Face the season with more intention

Investing in your skin is rarely only about appearance. For many people, it reflects something deeper, a desire to feel healthier, more energized, and more confident in their own body.

When supportive tools are used consistently, the effects often reach beyond the mirror. A more intentional routine can help you feel more connected to your own care, more confident in your choices, and more supported in the process.

If you have been wanting to bring more clarity to your facial wellness routine, this is a beautiful season to begin.

A seasonal sale for your self-care routine

Refresh and support your facial wellness routine

Enjoy 15% off select cosmetic devices & accessories from May 22 to May 25, 2026.

Join us for a limited-time seasonal event designed to help you refresh your facial wellness routine with some of our most popular Ezzi-Lift tools, accessories, and educational resources.

Whether you are replacing well-used favorites, upgrading your setup, or exploring new ways to support facial wellness, this sale offers a wonderful opportunity to save on products that help support consistency, circulation, and whole-face care.

During this special event, you'll find:

- **15% off the Ezzi-Lift device and bundles**
- **15% off Ezzi-Lift kits**
- **15% off Face Electrode**
- **15% off Conductive Eye Mask**
- **15% off Conductive Face Mask**
- **15% off Pencil Electrodes**
- **15% off Thumb Electrode**
- **15% off Finger Electrode**
- **15% off Y Probe, 6 Inch**
- **15% off Y Probe, 8 Inch**
- **15% off Cellular Makeover Book**
- **50% off eye-health supplements***

Special Spring Wellness & Cosmetology Refresh Offer: To celebrate the season, we're offering limited-time savings on select facial wellness tools, accessories, and educational resources.

***Link will be active beginning May 22*

[Shop Spring Sale Here](#)

Enjoy 15% off participating products from **May 22 to May 25, 2026.**

*Only clients that are NOT in the United States can currently order supplements due to

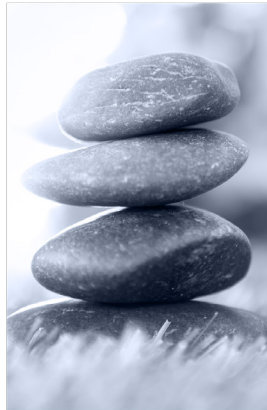
Discover the 5 Interactive Elements of The Hache Protocol for Pain Resolution™



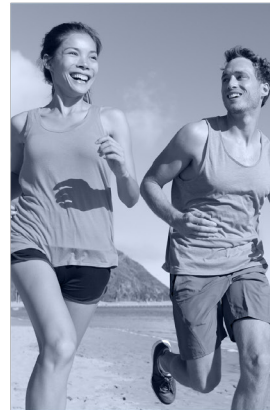
SLEEP



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](#)



The hidden link between stress, pain, and slower healing

Last month, in our article [April Is Stress Awareness Month: How to Calm Your Mind, Heal Your Body, and Restore Your Health](#), we looked at how chronic stress can increase inflammation, disrupt sleep, tighten muscles, and keep the body in a more reactive state. That conversation is worth continuing, because stress not only affects how we feel emotionally. It can also influence how well the body recovers.

For people living with chronic pain, inflammation, fatigue, or complex health issues, stress often becomes part of the healing process itself. It can make symptoms feel more intense, slow recovery, and make it harder to stay consistent with the habits and therapies that support progress over time.

That is one reason stress regulation is such an important part of [The Hache Protocol for Pain Resolution™](#).

Stress affects more than mood

Stress is often talked about as if it lives mainly in the mind, but the body experiences it in very physical ways.

When stress becomes chronic, cortisol and other stress hormones can remain elevated longer than they should. Over time, this can make the internal environment (or the body's terrain) less supportive of repair. Inflammation may become harder to calm. Muscles may stay tense and guarded. Sleep can become lighter and less restorative. Pain signals may feel stronger and harder to settle.

Some research and clinical observations also suggest that prolonged stress may affect the body's ability to produce the anti-inflammatory cells needed for recovery. When that happens, inflammation can linger longer, making healing feel slower and more frustrating than expected.

This helps explain why someone can be trying very hard to do the right things, improving nutrition, prioritizing sleep, adding gentle movement, using supportive therapies, and still feel as though progress is uneven. The body may still be carrying a significant stress load in the background.



Why healing can feel harder when the nervous system stays on high alert

Healing depends on the body's ability to shift into repair mode. But when the nervous system feels overloaded, overextended, or constantly on alert, that shift becomes more difficult.

Instead of settling into restoration, the body keeps leaning toward protection.

That can show up in ways many people know well. Sleep may become inconsistent. Muscles may hold tension in the jaw, neck, shoulders, or back. Pain flares may become more common during stressful seasons. Digestion may feel more sensitive. Energy may feel unreliable, even after rest.



It can also become harder to follow through on treatment plans when the body already feels burdened. Stress does not just add discomfort. It can make everything around healing feel heavier.

That does not mean someone is failing. It often means the system needs more support before deeper repair can take hold.

Why the way we frame healing matters



When people talk about chronic pain or chronic illness, they often use the language of fighting, battling, or waging war. For some people, that language feels empowering. It creates resolve and gives shape to determination.

But for others, it can add more pressure to an already strained system.

A battle suggests a clear winner, a clear loser, and a clear endpoint. Chronic health conditions rarely behave that way. They are often more layered, more persistent, and more individual than people expect. There may be progress, setbacks, course corrections, periods of rest, and long stretches where healing is happening more quietly than dramatically.

That is one reason it can be more supportive to think of healing as a journey rather than a battle.

A journey allows for patience. It makes room for setbacks without turning them into failure. It leaves space to re-evaluate what is working, to change direction when needed, and to keep moving forward without the pressure to prove strength every moment along the way.

For many people, that shift in perspective can reduce some of the emotional strain that builds when healing is slower or less linear than hoped.



Your body is not the enemy

This mindset shift matters because many people living with chronic symptoms begin to feel as though their body is working against them.

But your body is not the enemy. In many cases, symptoms are signs that the body is trying to protect, adapt, or communicate under strain. That does not make symptoms easy, and it certainly does not make them welcome. Still, it can change the tone of the healing process when the goal shifts from force to support.

Managing chronic pain often looks less like conquering the body and more like working with it. It means learning what helps you feel more stable, more rested, more nourished, and more resilient. It means noticing what leaves you feeling depleted, overstimulated, or pushed past your limits, then adjusting accordingly when you can.

This is not about pretending everything is fine. It is about building a relationship with your body that creates better conditions for healing.

Why a layered approach tends to work better

Stress rarely exists in isolation. It affects sleep, digestion, pain sensitivity, energy production, inflammation, and recovery. That is why one-dimensional solutions often fall short.

Within The Hache Protocol for Pain Resolution™, stress support is not treated as a side issue. It is one part of a broader, interconnected healing framework that includes sleep, nutrition, stress regulation, movement, and microcurrent therapy.

Each of these areas influences the others. Poor sleep can raise stress. High stress can increase pain. More pain can reduce movement. Less movement can affect circulation, energy, and mood. What appears to be one symptom is often part of a larger pattern.

That is why healing usually works better when the goal is not perfection in one area, but steadier support across the whole system.

What stress support can look like in everyday life

Stress regulation does not have to be dramatic to be meaningful. In many cases, it begins with simple, repeatable choices that reduce the body's overall load.

That may include:

- Building a more consistent bedtime routine
- Taking breaks from screens and overstimulation
- Practicing slow breathing or other brief relaxation exercises
- Using gentle movement to release built-up tension
- Being more selective about the people, obligations, and environments that leave you depleted
- Giving yourself permission to rest instead of pushing through exhaustion
- Using microcurrent therapy to support nervous system balance and recovery

What matters most is not whether a routine looks impressive on paper. What matters is whether it is realistic enough to support consistently. Healing often responds better to what can be repeated than to what can only be done occasionally.

How microcurrent may help support a stressed system



For people who feel stuck in a cycle of stress, pain, and nervous system overload, microcurrent therapy can be one helpful part of a broader healing plan.

Because microcurrent works with the body's electrical communication systems, it may help support relaxation, circulation, cellular repair, and nervous system balance. Many people also use it to support vagus nerve stimulation, which may help the body shift toward a more regulated, restorative state.

Microcurrent is not meant to replace the other parts of healing. It works best as part of a more complete approach, especially when stress, sleep disruption, and pain sensitivity are all interacting at once.

When used thoughtfully, it can help create a more supportive environment for recovery.

A steadier path is often the more sustainable one

There is a common belief that healing has to feel intense to be effective, or that slow progress must mean a person is not doing enough. But many people living with chronic symptoms are already carrying a heavy load, physically, mentally, and emotionally. More pressure is not always what helps.

A steadier path is not about doing less carelessly. It is about choosing forms of support that are realistic enough to continue, responsive enough to adapt, and gentle enough not to add more strain to an already taxed system.

For many people, healing looks less like forcing the body forward and more like building trust with it over time. That may involve pacing yourself more carefully, protecting your energy more intentionally, resting when needed, and staying open to change as your needs evolve.



Coming soon: The End of Stress: A Natural Resolution Guide

The End of Stress: A Natural Resolution Guide will take a closer look at how stress affects healing, why nervous system regulation matters, and what practical, whole-body stress support can look like in everyday life.

Inside the upcoming guide, readers will explore:

- How chronic stress can influence inflammation, pain, and recovery
- Why stress affects more than mood
- How sleep, movement, and the nervous system work together
- Simple ways to lower stress load without adding overwhelm
- How microcurrent may help support a more balanced healing environment

Coming soon from Pain Free For Life!



How to access your VIP Quarterly Q&A Sessions

Join live, view replays, and find key information with or without Facebook



If you purchased your **Avazzia Life microcurrent device** through [The Sana Shop](#), you now have a new, easier way to access your **VIP Quarterly Q&A sessions**, whether or not you use Facebook.

These live Q&A sessions are for **device owners only** and are hosted by Annie Svensen, Dr. Rob, Robin Yazzie, or a combination of our Care Team members. These events give you a dedicated place to ask questions, learn directly from the team, and receive continued support as you use your device.

In the past, registration details and replays were shared through the **VIP Facebook group**. While that worked well for many members, some people asked for a way to join live sessions and access important information without using Facebook.

To make that easier, we created a new [VIP Quarterly Q&A - Members Hub](#) inside the **Pain Free Living Lab (Hache Membership Library Portal)**.

Where to go for what

You now have more than one way to access the VIP Quarterly Q&A information, depending on your needs. The chart below shows where to go for registration details, schedules, replays, and optional community access.

Platform	What it includes	Link
Pain Free Living Lab (Hache Membership Library Portal)	Your main access point for the VIP Quarterly Q&A sessions. This is where you will find joining instructions, the Zoom registration link, the annual schedule, and ongoing replay access.	VIP Quarterly Q&A - Members Hub
VIP Facebook group	An optional community space where members can also access replays and stay connected with others. (Replays are only available on Facebook for 30 days post-event.)	VIP Facebook group

The best place to start is the **Pain Free Living Lab Hache Membership Library Portal**, since it now serves as the main hub for VIP Quarterly Q&A access.

How to access the VIP Quarterly Q&A

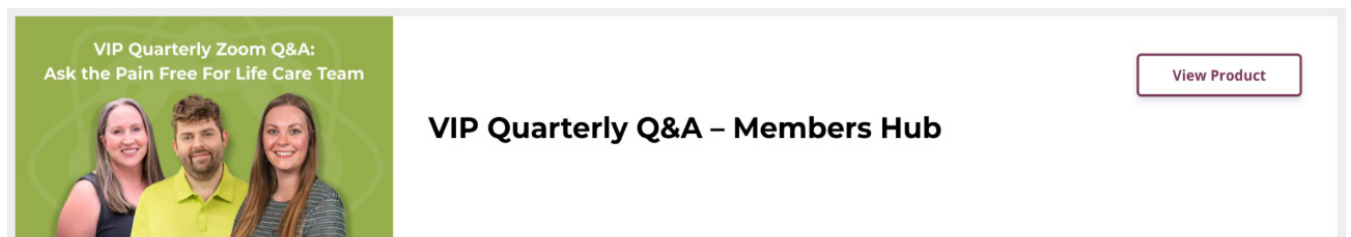
Getting started is simple. Once you log in, you will be able to access the new VIP Quarterly Q&A - Members Hub created specifically for VIP Quarterly Q&A information.

Go to painfreelivinglab.com/login and sign in.

Once you log in, you will see a product called: **VIP Quarterly Q&A - Members Hub**.

Troubleshooting:

- If you login and don't see this product, [please watch this video to learn how to navigate back to the main Virtual Training Portal.](#)



- If you are on the Virtual Training Portal page and do not see the Members Hub, [please watch this video on requesting access to the Members Hub.](#)

What you will find inside the VIP Members Hub

The **VIP Quarterly Q&A - Members Hub** was created to make access more straightforward and less dependent on Facebook. Inside, members will find the key information they need to join live sessions and revisit past content.



Inside the **VIP Quarterly Q&A - Members Hub**, you will find:

- ✓ A **How to Join** section, which gives a clear starting point for new and returning members
- ✓ A welcome video explaining how the new access works and what to expect
- ✓ Written instructions for joining live sessions, so the process is easy to follow step by step
- ✓ The **Zoom registration link**
- ✓ The **full 2026 quarterly Q&A schedule** (upcoming session dates and times)
- ✓ A growing library of session replays, available for convenient review after each event

Once you find these resources, the process for joining live sessions becomes very straightforward! Need help? Please email our Client Services Team at support@painfreeforlife.com





Arthritis Awareness Month: How whole-body inflammation can affect joint pain and recovery

Every May, **Arthritis Awareness Month** draws attention to a condition that is far more common and far more disruptive than many people realize. In the United States, arthritis remains the **most common cause of disability among adults**, affecting everyday movement, function, and quality of life for millions. It is also part of a much larger global pattern. The World Health Organization estimates that musculoskeletal conditions affect **1.71 billion people worldwide, with osteoarthritis alone** affecting about 528 million people globally in 2019

It is also widely misunderstood.

Many people still think of arthritis as something that only affects older adults, or as a problem that begins and ends in the joints. In reality, arthritis often exists within a much bigger picture that may include inflammation, reduced mobility, disrupted sleep, stress, and slower recovery overall.

That bigger picture matters because **joint pain is rarely just a joint problem.**



Why the bigger inflammation picture matters

When a joint becomes painful, stiff, or swollen, it is natural to focus on that one area. But for many people, the joint is only part of the story. Whole-body inflammation can influence how pain is experienced, how quickly tissues recover, and how easy it feels to stay active from one day to the next.

When inflammation remains elevated, joints may feel more irritated, recovery may take longer, and progress may feel less steady. This can be even more frustrating for people who are also dealing with poor sleep, chronic stress, fatigue, weight changes, or other health concerns that place additional strain on the body.

That is one reason our doctors suggest a whole-body view through The Hache Protocol for Pain Resolution™. Rather than focusing solely on the painful joint, the goal is to examine the broader terrain that influences pain, inflammation, and healing over time.

For some people, that broader approach can lead to meaningful changes in daily function. As one Pain Free For Life client, Norma, shared:



Walking Without Medication or a Cane!

"I have been suffering from rheumatoid arthritis for 5 years now, and my knee was hurting all the time. I had even started walking with a cane and a knee replacement surgery was in my future. I heard about microcurrent from a good friend and was told to check out Pain Free for Life. I contacted Rob and he set me up with a treatment plan. As soon as I got my Genesis device I started treatment on my knee and my pain started to drop. I am now off of my methotrexate and my pain levels have reduced enough that I can walk without my cane. I would recommend that anyone in pain get one of these, words can't explain the relief they give."

Norma J.



What stands out in a story like that is not just the reduction in pain. It is the return of **function, confidence, and mobility**. That is often what people are really trying to get back.

Arthritis is not just about age

One of the most persistent myths about arthritis is that it is simply part of getting older. While age can certainly play a role, arthritis affects people across a much wider age range than many assume. Many adults living with arthritis are still working, caring for family members, staying active, or trying to preserve the independence they rely on every day.

That wider lens matters because it changes the conversation. If arthritis is framed only as an age-related decline, people may come to believe that deterioration is inevitable and that their only option is to endure it until it becomes severe enough to justify more drastic intervention.

But if arthritis is viewed through the lens of **inflammation, function, recovery, and support**, different possibilities begin to emerge.

The question becomes less, “How do I suppress this one symptom?” and more, “What is contributing to the strain my body is under, and how can I support it more effectively?”

That shift may sound small, but it changes the tone of the healing process. It opens the door to practical strategies that help people work with their bodies rather than feeling trapped by them.

Why a whole-body approach makes sense for joint pain

A narrow approach to arthritis often leaves people bouncing between symptom management and discouragement. Pain flares, so activity drops. Sleep worsens, so pain feels more intense. Stress rises, which can increase muscle guarding and pain sensitivity. Movement becomes harder, so stiffness builds. Over time, the cycle feeds itself.

That is exactly why the **five interactive elements of The Hache Protocol for Pain Resolution™** matter here.



1. Sleep gives the body time to repair and regulate inflammation.

2. Nutrition helps shape the internal environment in which the body is trying to heal.

3. Stress regulation supports nervous system balance, which can influence pain reactivity and recovery capacity.

4. Movement helps maintain circulation, mobility, and strength around affected joints.

5. Microcurrent therapy offers an additional supportive tool that may help with pain, stiffness, circulation, and cellular recovery.

No one element does all the work on its own. That is the point. Healing is often less about finding one perfect answer and more about creating better conditions across the whole system.

Movement matters, but so does pacing

People with arthritis are often told to move more, and while that advice is not wrong, it is often delivered without enough nuance. When movement already hurts, generic encouragement to exercise can feel dismissive.

The goal is not to force the body to do more than it can handle. The goal is to find movement that is **supportive, repeatable, and realistic.**

That may look like walking, water exercise, gentle stretching, mobility work, or yoga. It may mean shorter sessions, slower progress, and more attention to recovery between efforts. Within **The Hache Protocol™**, movement is not treated like punishment for pain or a test of willpower. It is treated as a way to support the joints, muscles, circulation, and nervous system in a way the body can actually work with.

This distinction matters because many people with arthritis have spent enough time feeling like they are behind, failing, or not doing enough. A good movement plan should reduce fear, build confidence, and help restore function over time. It should not leave someone feeling defeated.

Stress, sleep, and pain often travel together

Joint pain is rarely just structural. Over time, it begins to shape the way a person sleeps, moves, and handles stress. Then those same factors start circling back and influence the pain.

A person who sleeps poorly may wake up stiffer and more sensitive. A person under constant stress may carry more muscle tension and feel more reactive to pain. A person who is exhausted may move less, which can lead to more stiffness and less confidence in the body.

These are not side issues. They are part of the picture of arthritis.

This is also where people often start to realize why a whole-body model feels more realistic. It matches lived experience. When someone says, **“My joints are worse when I am run down,”** or **“Everything flares when I am stressed,”** they are usually describing an interconnected system, not a symptom that lives in isolation.

Where microcurrent fits in holistic arthritis relief

Microcurrent therapy is one part of the broader support picture at Pain Free For Life. It is used to deliver very low levels of electrical current intended to support the body's natural healing processes. For people dealing with arthritis, microcurrent may help support circulation, reduce stiffness, promote cellular repair, and provide pain relief, while also supporting broader nervous system balance.

And what protocol does Dr. Rob Vanbergen return to most often for arthritis support?

Vagus Nerve Stimulation.

*“For arthritis, I always go back to **vagus nerve stimulation** time and time again. This is because it’s so effective at reducing the systemic inflammation in the body, which causes so many arthritic problems.”*

–Dr. Rob Vanbergen, DNM, PhD

That does not mean one protocol solves everything or that one device replaces the need for sleep, movement, or lifestyle support. It means microcurrent can be a meaningful part of a larger plan, especially when the goal is to work with the body's healing systems rather than simply override symptoms for a few hours.

That kind of support can be easier to understand in real life than in theory. A Pain Free For Life client named Susan was facing early retirement from her beloved nursing career after arthritis in her foot made it nearly impossible to keep working.

See what she had to say below:

"After one treatment session, Susan felt great. When she left, she expected the pain to return with a vengeance. This wasn't the case. The pain returned slowly and presented more mildly than before."

–Susan

When pain becomes less intense, less constant, or less disruptive, it can create more room for movement, work, and a greater sense of possibility.

Recovery often starts with the bigger picture

When a joint hurts, it is natural to focus all attention there. But many people find that their most meaningful progress begins when they start looking beyond the joint itself.

Ask yourself:

- ***How is sleep affecting inflammation and recovery?***
- ***How is stress affecting pain sensitivity and muscle tension?***
- ***How much movement feels supportive rather than depleting?***
- ***How much systemic burden is the body carrying overall?***

These questions do not replace joint-specific care. They deepen it. They help explain why someone can be doing all the right things and still struggle, or why small improvements in sleep, movement, stress load, and nervous system support can sometimes lead to changes that go beyond expectations.

That is what makes **Arthritis Awareness Month** such a useful moment for this conversation. It is not only a time to raise awareness of arthritis as a diagnosis. It is also a time to broaden the frame and recognize that joint pain warrants a more comprehensive discussion of inflammation, recovery, and whole-body support.







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 May 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: May 10-minute trainings

- **Week 1: What is microcurrent? What can energy medicine do for your body?**

If you are new to microcurrent or curious about energy medicine, this session is a great place to start. Dr. Rob explains how gentle electrical signals may support pain relief, cellular repair, and nervous system balance. It's a simple, clear introduction to how microcurrent fits into a broader healing approach.

- **Week 2: The benefits of working together: how partnerships promote healing**

Healing is often more effective when you are not doing it alone. In this session, Dr. Rob explores how support, accountability, and shared knowledge can help people stay consistent and make progress. You'll see how the right partnerships can make healing feel more manageable and sustainable.

- **Week 3: Microcurrent for vaccine injury**

This session looks at how microcurrent may support those experiencing lingering symptoms after vaccine injury. Dr. Rob discusses inflammation, nervous system stress, and practical ways to approach recovery. It's especially helpful for those seeking a more personalized, whole-body approach to complex symptoms.

- **Week 4: VIP Only! Gentle approaches for anxiety and nervousness**

This VIP training walks through a gentle, structured approach to supporting anxiety and nervousness. The session uses a clear, slide-based format to make the protocol easy to follow and apply. It's ideal for those who want more confidence and clarity when using these techniques..

[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](#)

What is a scalar device?

Understanding scalar wave healing

Modern life places the body under a constant stream of input. Wireless signals, electrical systems, and environmental noise may feel ordinary, but that does not mean they are neutral. For some people, this background load seems to pass unnoticed. For others, especially those already living with chronic pain, inflammation, fatigue, autoimmune challenges, or a highly sensitive nervous system, it can make healing feel less steady and recovery harder to hold onto.

Most people begin by focusing on what they can change directly: nutrition, movement, sleep, and stress. Those foundations still matter deeply.

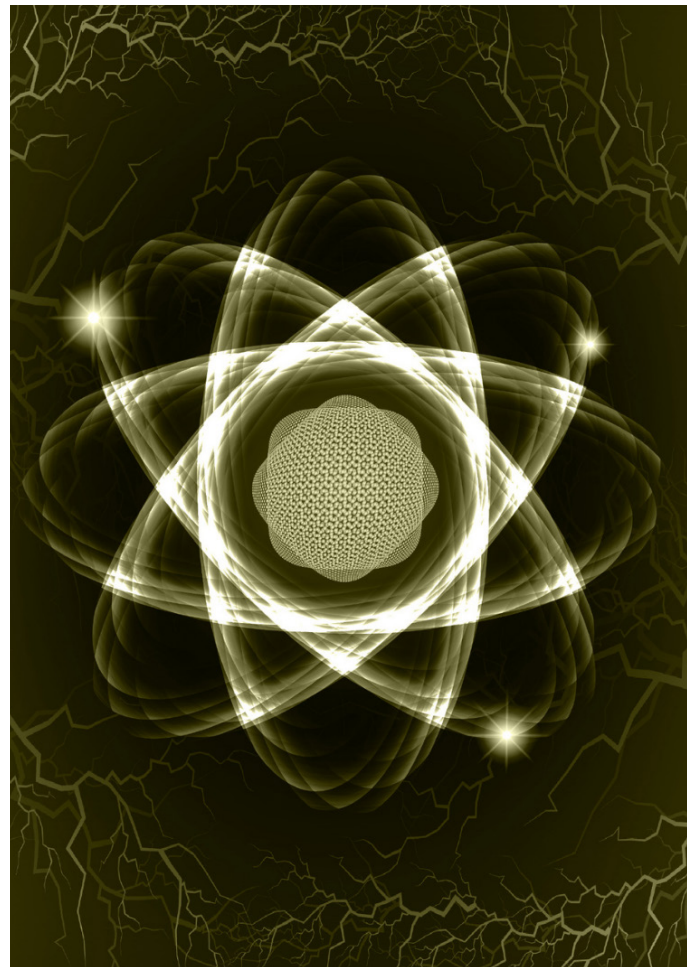
But there are times when even strong habits do not seem to move the needle. Progress stalls. Recovery becomes inconsistent. The body feels as though it is working harder than it should. That is often when the conversation expands beyond the basics and toward the environment, or terrain, the body is trying to heal within.

Understanding scalar wave healing

Scalar energy is often described as supporting the environment the body operates in, rather than directly stimulating the body itself. Instead of adding more input, scalar is used to help create a more stable field around the body, one that may allow the body's natural communication systems to function more clearly.

This is one reason scalar is often explained differently than therapies that work more directly with the body. The goal is not to force a change. The goal is to reduce interference and create conditions that feel calmer, cleaner, and more supportive.

At Pain Free For Life, scalar is sometimes described as helping to wipe the slate clean on a cellular level. In other words, it is often used to help clear some of the background burden that may make healing feel less consistent. That is also why scalar is frequently used as a pre-treatment. When the body is supported with scalar first, whatever comes next, whether that is microcurrent or PEMF, may work more effectively.



Devices such as the Scalar Qi are designed to generate what is often called a zero-point field. Rather than adding another layer of stimulation, scalar is often used to help the body work in a more coherent environment. The same broader principle also applies to the SANA Qi, which combines scalar with other supportive modalities.

That matters because the body depends on subtle electrical signaling for nearly everything it does, including:



- **Cellular repair**
- **Nervous system regulation**
- **Circulation and recovery**
- **Energy production**

When those communication pathways are less burdened, many people notice that the wellness routines they are already following begin to work more consistently. This is why scalar is often used alongside microcurrent, not in place of it.

Microcurrent works more directly with the body's electrical communication. Scalar is intended to support the environment around that communication. Used together, they are often seen as a more complete and supportive approach.

Where scalar fits in your healing plan

At Pain Free For Life, scalar wave healing is not viewed as a standalone solution. It fits into a broader lifestyle approach, **The Hache Protocol for Pain Resolution™**, which includes sleep, nutrition, stress regulation, movement, and microcurrent therapy.

That distinction matters because most people are not looking for one more random accessory. They are looking for something that helps the rest of their routine feel more consistent and effective.

These tools are meant to support **The Hache Protocol™** and are designed to be used alongside the proprietary **Avazzia Life** line of microcurrent devices, including the **new Pinnacle Lite**.

The Scalar Qi and the SANA Qi: Choosing the right fit

Important note: An **Avazzia Life** microcurrent device is required to power both the Scalar Qi and **the SANA Qi**.

Once you understand where scalar fits, the next question is usually which tool makes the most sense for your routine.

Both the **Scalar Qi** and the **SANA Qi** are designed to support the healing environment, but they do so in slightly different ways.

The Scalar Qi is a more focused scalar tool. It is often chosen by people who want dedicated scalar support and prefer a simpler setup. It is frequently brought into routines when an area feels stuck and seems to need a cleaner starting point for recovery.

The SANA Qi is a more layered accessory that combines scalar, PEMF, and light therapy. It tends to make more sense for people who want broader functionality in one tool and are looking for more

comprehensive support for circulation, tissue healing, inflammation, and whole-body recovery.

A simple way to think about it is this:

- Choose [the Scalar Qi](#) if you want a more focused scalar tool
- Choose [the SANA Qi](#) if you want a broader, more layered option in one accessory

If you are not sure which option is the best fit for your needs, our support team is here to help. Reach out to Support@painfreeforlife.com, and we will reply within **48 business hours**.

Curious where scalar fits into your routine?

You're invited: A free live training with Dr. Rob Vanbergen

Join us for a special live event to learn more about healing with scalar wave devices

What Is Scalar, and How to Use It

A Live Training + Q&A with Dr. Rob Vanbergen BHS, MNM, DHS, DNM, PhD

Date: Wednesday, May 6, 2026

Time: 4:00 PM Pacific / 7:00 PM Eastern

Location: Live on Zoom

[Save your spot here](#)

During this session, you'll learn:

- What scalar energy is and how it works
- How the Scalar Qi and the SANA Qi differ
- Why people use scalar alongside microcurrent and PEMF
- Practical ways to use scalar support in daily life
- Real-world examples of how these tools are used at home

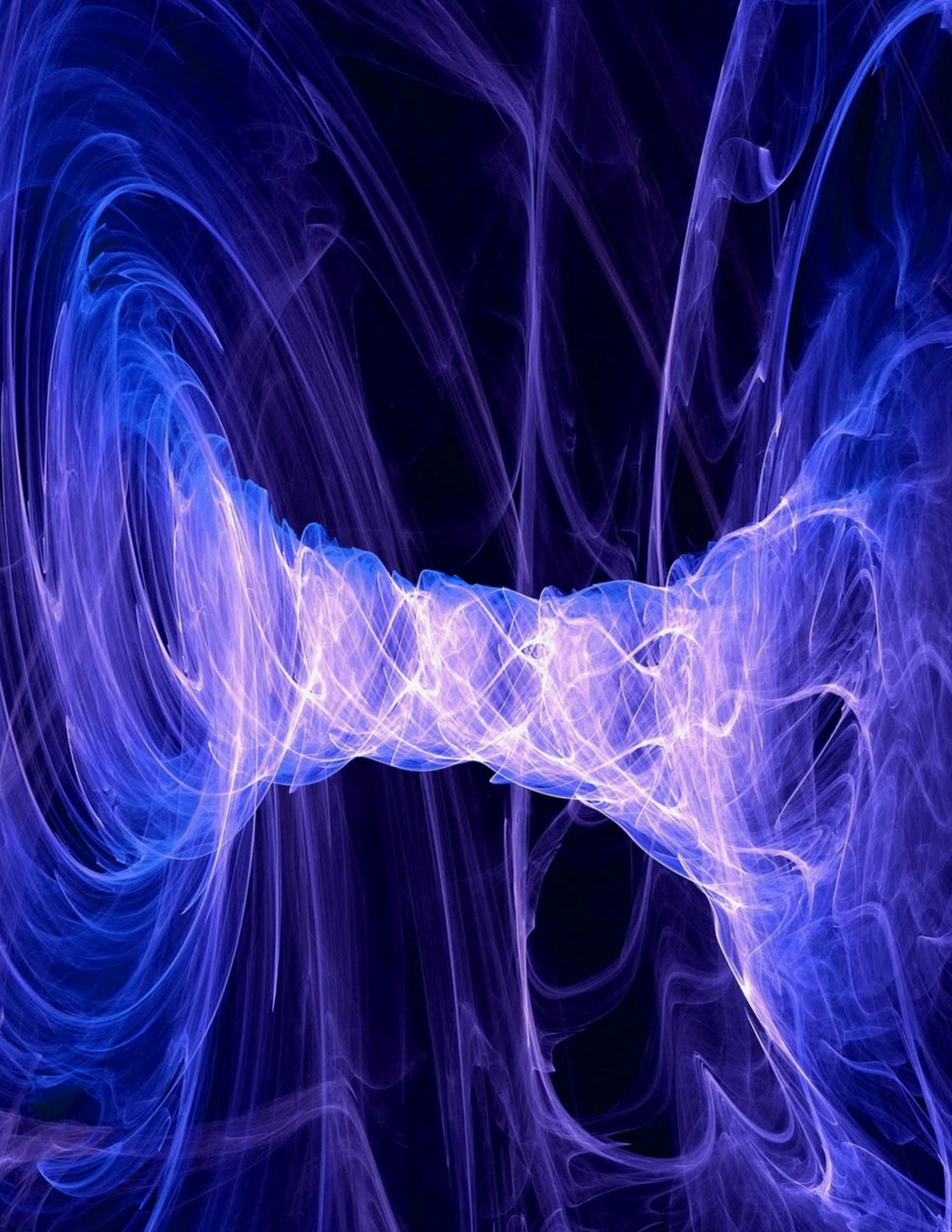
Special Event Offer: To celebrate the event, we're offering a limited-time discount on **scalar healing devices**.

Sale Dates: May 6 – May 13, 2026

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

***Sale Coming Soon May 6*

[Shop scalar deals here](#)



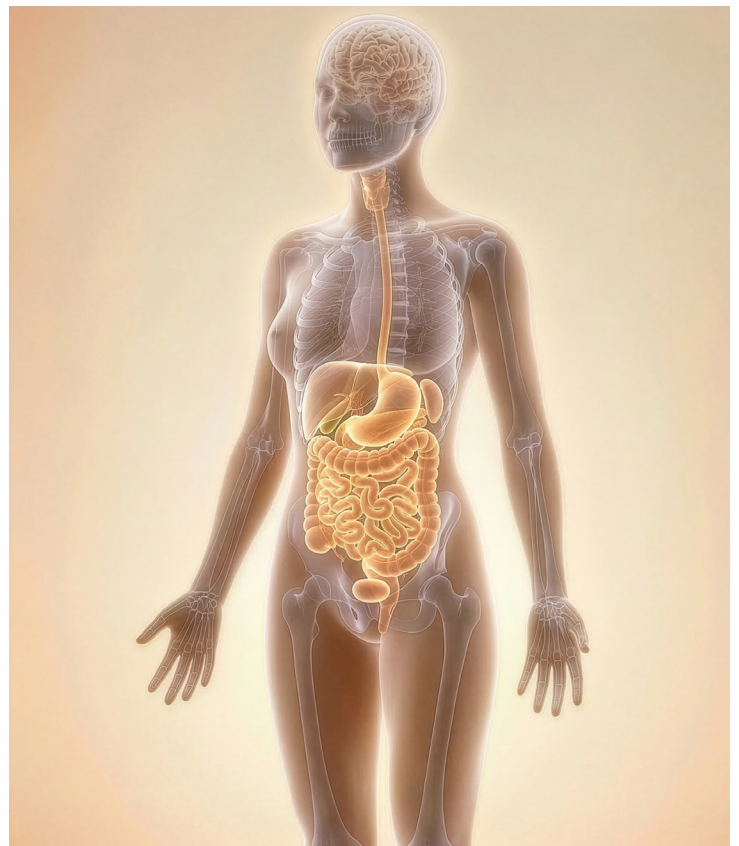


Why healing requires us to embrace change

If you are living with a chronic condition, your body has likely adapted to ongoing stress. Over time, your nervous system can become stuck in a protective „fight or flight“ state. This biological loop keeps inflammation high, disrupts your sleep, and makes your pain pathways incredibly sensitive.

To break free from this cycle, you have to introduce new signals to your body. Doing the same things you have always done will simply yield the same results. Shifting away from pharmaceutical symptom management toward a holistic, root-cause approach requires a willingness to try something unfamiliar.

When we embrace change, we remain open to new possibilities for growth and vitality. We move away from the idea that our bodies are permanently broken. Instead, we begin to provide our cells with the specific support they need to organize a highly efficient healing process.



The hidden barriers to trying something new

Many of us struggle with change, even when we deeply desire relief. Why is it so hard to adopt new habits or try a different therapy? The resistance you feel is a completely normal human response, and understanding it can help you move forward.

First, there is the fear of the unknown. When you have been let down by past treatments, hoping for a different outcome feels risky. You might wonder if a new approach, like microcurrent therapy or an anti-inflammatory diet, will actually work for you.

Second, change requires energy. When chronic pain drains your daily reserves, simply getting through the day takes priority. Learning a new healing protocol can feel overwhelming. You might also worry about giving up comforting habits, like a favorite sugary snack that temporarily boosts your mood but ultimately fuels inflammation.

Finally, we often face cognitive barriers. We might believe that healing is out of our hands, relying entirely on doctors to fix us. Taking personal responsibility for our daily habits requires a significant mental shift. Recognizing these internal roadblocks is the very first step toward overcoming them.

The Beautiful Benefits of Welcoming Change

Learning to embrace change offers incredible benefits for your mind, body, and spirit. It is a powerful catalyst for reclaiming your health and finding genuine joy in your everyday life.

You Build Incredible Resilience

Facing uninvited challenges, like a chronic diagnosis, reveals your inner strength in ways you never imagined. When you actively choose to change your approach to health, you enhance your resilience. You learn how to navigate setbacks gracefully and trust your body's innate wisdom.

You Discover True Relief

Change opens the door to solutions you may have never considered. By now, you may be aware of microcurrent therapy, but perhaps you have hesitated to try it. Stepping into the unfamiliar allows you to experience non-invasive, lasting relief that addresses your pain at its cellular source.

You Cultivate a Wider Perspective

When you try new holistic methods, you begin to see your health from a different angle. You start to understand how your sleep, nutrition, and emotional stress are deeply connected to your physical discomfort. This broadened perspective empowers you to treat your whole body, rather than just chasing isolated symptoms.



5 Gentle Ways to Embrace Change Today

You do not need to overhaul your entire life overnight to see meaningful improvements. Sustainable healing happens through small, steady steps. Here are five practical ways to help you welcome positive change into your wellness routine.



1. Foster a Healing Mindset

Help yourself reframe change as a beautiful opportunity for growth. Instead of focusing on what you are giving up, focus on what you are gaining. Envision the best possible outcomes for your health. Imagine what it will feel like to wake up refreshed, move with greater ease, and engage in the activities you love without hesitation.

2. Set Small, Doable Goals

Large goals can easily overwhelm a sensitive nervous system. Break your healing journey down into tiny, manageable steps. If you want to improve your sleep, start by simply turning off your screens one hour before bed. If you are learning to use an Avazzia Life microcurrent device, commit to just a three-minute vagus nerve stimulation session each morning.

3. Practice Gratitude for Small Wins

Healing is never a perfectly straight line. Celebrate the small victories along the way to reinforce your progress. Did you sleep through the night? Did you notice a slight decrease in your morning stiffness? Acknowledge these moments. Gratitude helps shift your brain away from fear and encourages a positive, hopeful outlook.

4. Accept the Ebb and Flow of Recovery

Acceptance involves letting go of the struggle against things you cannot control. It does not mean giving up; rather, it means conserving the energy you lose through pointless worrying. Understand that flare-ups may occasionally happen. When they do, treat yourself with deep compassion and gently return to your supportive protocols.

5. Lean on Your Community

Connecting with others who understand your journey makes navigating change infinitely easier. Share your experiences, ask questions, and draw inspiration from the success stories of those who have walked this path before you. Surrounding yourself with supportive, like-minded individuals provides a safe environment for your transformation.





Transforming Your Pain Into Potential

Your life does not get better by chance; it gets better by change. Every time you choose to prioritize your rest, nourish your body with wholesome foods, or use your microcurrent device, you are actively participating in your own recovery.

Are you living with chronic pain while also noticing the toll that stress takes on your overall vitality?

You hold the power to change that narrative. By gently shifting your habits and opening your mind to holistic, energy-based therapies, you provide your body with the exact environment it needs to blossom.

We are honored to support your journey toward health and vitality. Remember, your body knows exactly how to heal. Together, let us create a future free from pain and filled with brilliant possibilities.

[Visit Pain Free Living Lab](#)

Grounding for wellness: A natural path to pain relief

Grounding, also called Earthing, is the simple act of physically connecting with the earth, whether by walking barefoot outdoors, tending to plants, or resting your skin against natural surfaces. It may sound almost too simple to matter, but many people find that direct connection with the natural world helps them feel calmer, steadier, and more supported.

In a fast-paced, technology-heavy world, many of us spend our days indoors, disconnected from nature and surrounded by sources of artificial stress. Grounding offers a gentle way to rebalance, calm the nervous system, and restore a sense of physical and emotional steadiness, even for people who cannot get outside as often as they would like.

Stress affects more than mood



Grounding means making direct physical contact with the earth through your feet, your hands, or even by lying on the ground. This practice is often associated with the earth's natural low-frequency rhythms, sometimes called the **Schumann Resonances**, which range from about **7.83 Hz to 33.8 Hz**.

Three ways grounding helps recovery and regeneration

If you live with chronic pain or persistent stress, grounding can sound almost too simple to matter. But it is often explored for three very practical reasons: sleep, stress, and cellular recovery.

1. Better sleep and less stress

One of the most common reasons people explore grounding is to support better sleep. When the nervous system is overstimulated, sleep can become lighter, more fragmented, and less restorative. Grounding is often used as a gentle way to help the body shift out of a constant state of stress.

That matters because poor sleep and chronic stress rarely stay in their own lane. They tend to amplify pain, increase inflammation, and make the nervous system more reactive overall.

2. More efficient cellular energy

Grounding is also discussed in relation to cellular energy and recovery. In simple terms, when the body is less burdened by stress and interference, recovery may feel steadier and less taxing on the system overall.

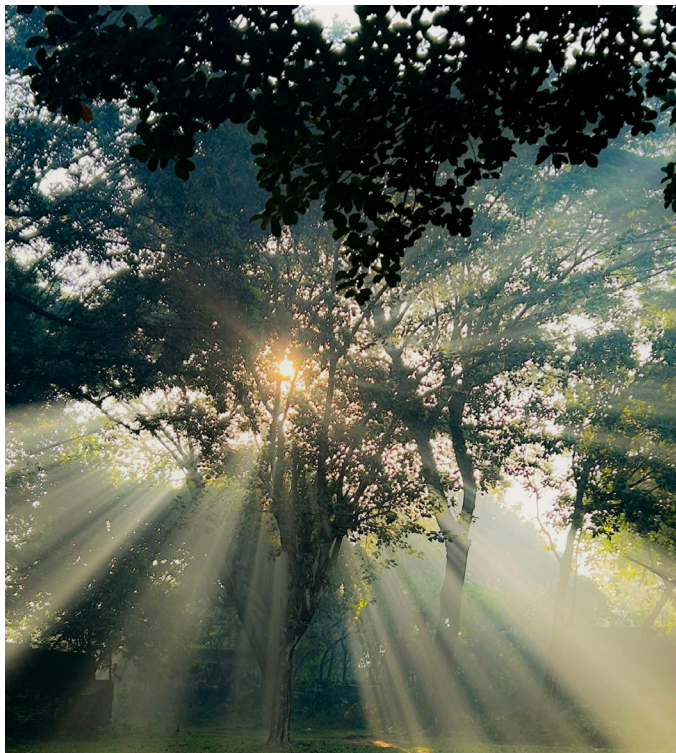
3. Less pain and less reactivity

Grounding is frequently associated with a calmer nervous system, less muscle tension, and a reduced sense of reactivity in the body. For some people, that may show up as better sleep. For others, it may feel less inflamed, less tense, or more emotionally settled.

This does not make grounding a cure-all. It does make it a useful way to lower the overall burden on the body, especially for people who feel "on" all the time and are looking for gentler ways to support healing.

Simple ways to ground yourself

Grounding is simple, accessible, and something almost anyone can try. It begins with **direct skin contact with the earth**. That might mean standing barefoot on grass, walking on the sand, sitting on the ground, lying under a tree, or gardening with your hands in the dirt. Even short periods of contact can help some people feel calmer, more present, and more connected.



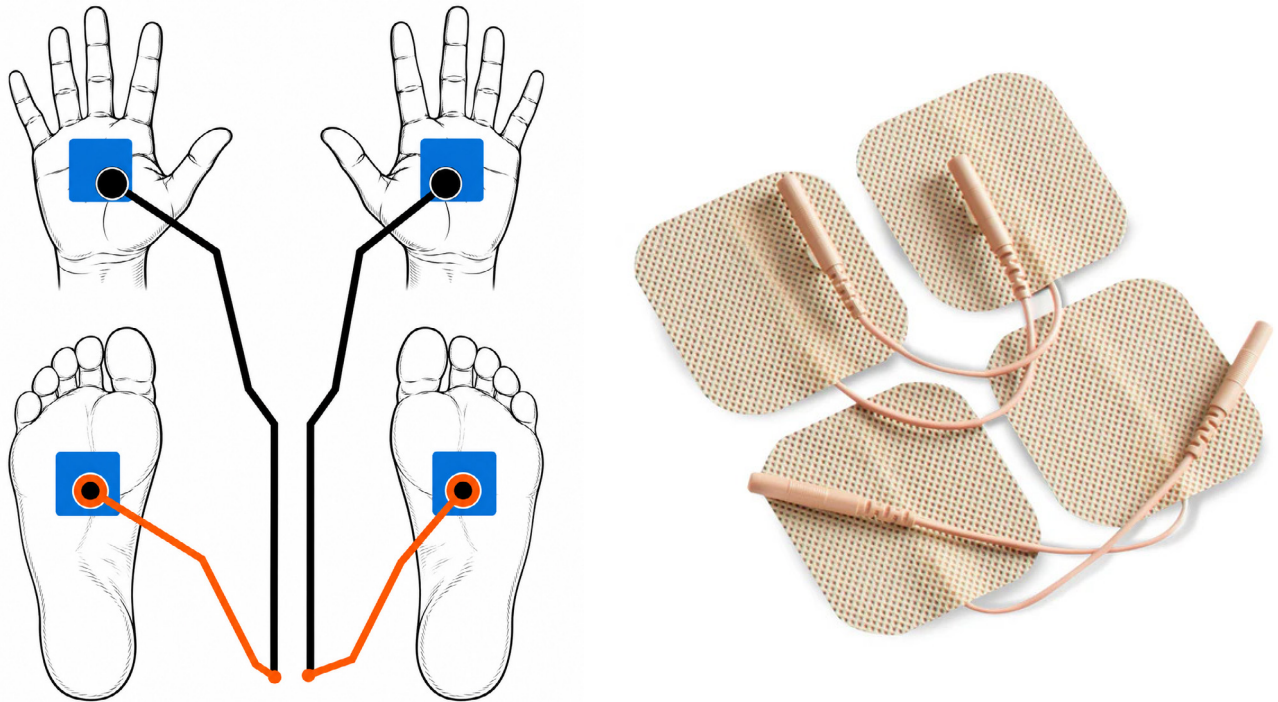
Some of the best places to ground in nature are areas where **water molecules crash** and naturally increase their **negative charge**. Lakeshores, rivers, waterfalls, forests, and beaches can be especially supportive environments for grounding because of the concentration of negative ions created in those settings. Many people find that spending time near moving or crashing water feels deeply settling, both physically and mentally.

Of course, not everyone has easy access to nature every day. You may live in a busy city, have limited time outdoors, or simply be dealing with weather that makes barefoot grounding less appealing. Even so, there are still practical ways to bring grounding into daily life. Standing barefoot on an uncarpeted concrete floor, spending quiet time with indoor plants, or creating small moments of stillness and physical presence can all help support a greater sense of balance.

The microcurrent grounding protocol

If you cannot get out into nature regularly, grounding can also be supported indoors with microcurrent.

This is where the Grounding Protocol can be especially helpful. It is designed to calm the nervous system, reduce feelings of overwhelm, and support the body's natural resilience, even in a busy or EMF-heavy environment. Many people in the Pain Free For Life community have found it especially helpful when stress is high, sleep feels off, or the body seems to have a harder time settling.



1. Set your device to 7-12 Hz
2. Place one conductive pad on the sole of your foot and the other on the palm of your hand on the same side of your body
3. Adjust the power to a comfortable power level
4. Run the program for 30 minutes
5. Switch sides and run it for another 30 minutes

We've had excellent success with the Grounding Protocol when it comes to patients with stress, anxiety, and depression. See what Tammy has to share:

As someone with Fibromyalgia, I was absolutely blown away with my change in attitude, energy, and reduction in pain – how could something as simple as Grounding alter the body in such a drastic way? Living in a city, I think it really shows the impact of the environment on my health. I have continued to do this treatment daily while eating breakfast –It really makes me feel amazing!”

–Tammy B.

Supporting mitochondrial health with the Mitochondrial Recharge Protocol

Grounding is one way to help the body settle. Another important part of recovery is giving the body the energy it needs to repair, adapt, and keep going. That is where mitochondrial support can become especially helpful.

The **Mitochondrial Recharge Protocol** focuses on supporting cellular energy production and recovery. By encouraging healthier **ATP production**, it may help the body maintain the energy needed for physical activity, mental focus, and tissue repair. When cellular energy improves, many people notice that recovery after movement feels easier and that day-to-day fatigue begins to lessen.

For readers who want to explore this more deeply, the **Mitochondrial Recharge Bundle** (seen below) brings together the tools used to support this protocol and makes the process easier to follow at home.



[Shop the bundle here](#)

Please note: The Mitochondrial Recharge Bundle is designed to pair with our line of Avazzia Life microcurrent devices.

Try grounding for your health this spring

If you are feeling disconnected, overwhelmed, or simply in need of a quieter place to begin, grounding can be one of the gentlest ways to support your system.

Whether that means stepping outside barefoot, spending more time in natural spaces, or trying the microcurrent grounding protocol indoors, the goal is the same. You are creating conditions the body can respond to.

That is often where healing begins.

If you would like more guidance on grounding, nervous system support, or using your device more confidently, the Pain Free Living Lab offers practical education, protocols, and tools to help you continue learning at your own pace.

Simple, cleansing, and nourishing: Herb-crusted cod with lemon asparagus

As the days grow longer and routines become more active, many people start craving meals that feel lighter without leaving them unsatisfied. Spring often invites a natural shift toward clean, colorful, and easy-to-digest foods, especially when the goal is to support energy, recovery, and everyday movement.

This **Herb-Crusted Cod with Lemon Asparagus** recipe is a simple example of that balance. With lean protein, fresh herbs, and tender spring asparagus, it brings together ingredients that feel bright and seasonal while offering meaningful nutritional support.

How this bright spring meal supports recovery

Cod is a lean, protein-rich fish that provides the body with important building blocks for **tissue repair** and **muscle maintenance**. It also contains **omega-3 fatty acids**, which may help support a healthy inflammatory response and overall recovery.

Fresh parsley, thyme, and dill bring more than fresh flavor. These herbs contain beneficial plant compounds that help support the body's defenses against **oxidative stress**. Lemon adds a clean, vibrant finish while also supporting **digestion** and **liver function**.

Asparagus adds **fiber**, important nutrients, and gentle support for healthy elimination. It is often appreciated for its natural diuretic properties and prebiotic fibers, which may help support **gut health** and digestive balance.

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:

- Support for tissue repair
- Healthy inflammatory balance
- Improved digestion
- Gentle detoxification support
- Steady energy without heaviness

Herb-crusted cod with lemon asparagus recipe

INGREDIENTS:

- 2 cod fillets
- Fresh parsley, thyme, and dill, chopped
- Zest of 1 lemon
- 1 bunch of asparagus
- Olive oil
- Sea salt
- Black pepper



INSTRUCTIONS:

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Place the cod fillets on the sheet. Drizzle with olive oil and top with the chopped herbs, lemon zest, sea salt, and black pepper.
3. Bake for 12 to 15 minutes, until the fish is opaque and flakes easily with a fork.
4. Toss the asparagus with a little olive oil and roast alongside the cod for 10 to 12 minutes, until tender-crisp.
5. Serve immediately, with extra lemon if desired.



Health benefits

This recipe offers a nourishing combination of protein, fiber, and fresh plant compounds that can support recovery without feeling heavy. Cod helps provide the nutrients needed for repair and resilience, while the herbs and lemon add antioxidant support and digestive brightness. Asparagus rounds out the plate with fiber and gentle whole-body support, making this an easy spring meal to return to when you want something simple, fresh, and naturally restorative.



Fresh-picked for spring: How strawberries support recovery, energy, and whole-body health



As fresh produce shifts with the season, strawberries begin appearing in markets, gardens, and kitchens across many parts of the world. For some, they signal late spring. For others, they are one of early summer's most familiar favorites. However they arrive, strawberries bring more than sweetness to the table. They also provide nutrients and protective plant compounds that may help support recovery, reduce inflammatory stress, and nourish the body in simple, satisfying ways.

How strawberries support your body

Strawberries may feel like an indulgence, but they are remarkably supportive from a nutritional standpoint. They are made up of about 90 percent water, which makes them naturally hydrating and light. They are also rich in vitamin C, an essential nutrient involved in immune health, collagen production, and tissue repair.

Their fiber content may help support digestion and healthy blood sugar balance, while their naturally low calorie density makes them easy to enjoy in everyday meals and snacks. For people looking to support recovery without feeling weighed down, strawberries are a simple seasonal choice.

Benefits of strawberries include:

- Support for a healthy inflammatory balance
- Support for joint and connective tissue health
- Antioxidant protection against oxidative stress
- Hydration and light, steady energy
- Improved digestion and gut support

The compounds that make strawberries special

Part of what makes strawberries so valuable is their natural concentration of beneficial plant compounds.

Anthocyanins help give strawberries their vibrant red color. These pigments are also known for their antioxidant and anti-inflammatory activity, which may help protect cells from oxidative stress and support a healthier inflammatory response.

Ellagic acid is another important compound found in strawberries. It has been studied for its antioxidant and protective effects and may help support cellular health while reducing inflammatory burden.

Quercetin is a naturally occurring flavonoid that has gained attention for its broad biological activity. Like other compounds found in strawberries, it may help support the body's ability to manage inflammation and oxidative stress more effectively.

Strawberries and inflammation support

For people dealing with pain, stiffness, or chronic inflammation, strawberries can be a helpful addition to a regular diet. Their combination of vitamin C, polyphenols, and fiber may support the body in several ways at once.

Research suggests strawberries may also help lower inflammatory markers, support insulin sensitivity, and contribute to cardiovascular health. They may also benefit digestive health, as their fiber acts as a prebiotic and can nourish beneficial gut bacteria.

This matters because digestion, inflammation, and recovery are deeply connected. For individuals managing joint discomfort or overall inflammatory burden, strawberries can be one easy and enjoyable part of a broader anti-inflammatory routine.

How to choose and enjoy strawberries

When shopping, look for strawberries that are firm, plump, and deeply red, without white shoulders or green patches. Because they do not continue to ripen after harvest, color can be a helpful indicator of flavor.

Store strawberries in the refrigerator and enjoy them within several days for the best taste and texture.

They are easy to work into daily life. Add them to yogurt, oatmeal, smoothies, salads, or cottage cheese. Slice them over chia pudding or enjoy them on their own as a naturally sweet snack. They also work beautifully in lighter desserts that feel refreshing as the weather warms.



Strawberry frozen yogurt bark recipe

INGREDIENTS:

- 2 cups plain Greek yogurt
- 1 to 1½ cups fresh strawberries, sliced and dried with a paper towel
- 2 tablespoons chopped walnuts or pecans
- 1 tablespoon chia seeds
- 1 to 2 teaspoons honey, optional



INSTRUCTIONS:

1. Line a small baking sheet, tray, or shallow dish with parchment paper.
2. Spread the Greek yogurt into an even layer, about ¼ to ½ inch thick.
3. Top with sliced strawberries, chopped nuts, and chia seeds.
4. Drizzle with honey if desired.
5. Freeze for 2 to 3 hours, or until firm.
6. Break into pieces and serve straight from the freezer.

This recipe is easy to adapt based on what you have on hand or what is in season. When fresh strawberries are not available, freeze-dried strawberries work beautifully and add a more concentrated berry flavor. You can also make it your own with toppings like cocoa nibs, chopped almonds, pomegranate seeds, raspberries, shredded coconut, or a drizzle of nut butter. It is a simple, flexible treat that feels refreshing, satisfying, and easy to return to throughout the warmer months.

Health benefits

This simple frozen bark offers a satisfying combination of protein, fiber, healthy fats, and antioxidant-rich fruit. Strawberries provide vitamin C and polyphenols that may help support collagen production, immune function, and a balanced inflammatory response. Greek yogurt adds protein to support tissue repair, while nuts and chia seeds contribute nourishing fats and fiber for more steady energy and satiety.

It is a refreshing way to enjoy seasonal fruit while supporting recovery, digestion, and whole-body wellness.



Meet the team behind Pain Free For Life

At Pain Free For Life, healing is supported not only by the tools, education, and protocols we share, but also by the people who walk alongside our community every day. The steady encouragement, thoughtful answers, and behind-the-scenes care our team provides often make just as much of a difference as the technology itself.

This month, we are delighted to spotlight **Caren Sereño**, a valued member of the team who helps support students throughout their [Certified Pain Resolution Specialist™ \(CPRS\) certification at The Sana Institute](#). With a calm, encouraging presence and a deep belief in the power of consistency, Caren helps future practitioners feel more confident as they learn, grow, and prepare to support others.

This month, we sat down with Caren to talk about what makes this work meaningful, the small wellness habits she returns to, and the message she hopes readers will take away.

The Hearts and Minds Behind Pain Free For Life

A conversation with Caren Sereño TSI & Product Fulfillment Assistant

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

When I get to help TSI students with their concerns, it's incredibly fulfilling for me. Being able to guide them and support their CPRS journey reminds me why this work matters.

Every question I answer is an opportunity to help someone move forward in their goal of helping others.

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

Chop suey is my go-to comfort food. I love how it combines a variety of vegetables and flavors into one nourishing meal. It's simple, satisfying, and feels like a healthy reset.

3. What's one thing you've learned about healing or wellness since joining the team?

One thing I've learned is that healing truly takes effort and consistency. It's not about quick fixes, but about showing up for yourself every day. Small, consistent actions really do add up over time.



4. What's your favorite Pain Free For Life product, device, tool, or resource?

My favorite device is the [Avazzia Blue](#). It's simple to use but incredibly powerful in supporting the body's natural healing processes. I love how accessible microcurrent therapy is for so many people, and I've seen clients love this incredible device.

5. How do you personally recharge or practice self-care?

I recharge by going out for walks with my dog. It helps me clear my mind, stay present, and reconnect with myself. Those quiet moments make a big difference in my overall well-being.



6. What's one small thing everyone can do daily to support their wellness?

Drink water. It sounds simple, but it's foundational. Staying hydrated supports nearly every function in the body. It's one of the easiest ways to take care of yourself daily.

It is easy advice to overlook because it sounds so basic, but hydration really is foundational. Water supports circulation, digestion, temperature regulation, energy production, and countless other processes the body relies on every day. When life gets busy, it is often one of the first habits to slip, even though it can make a real difference in how we feel.

7. What's a favorite moment or memory from working with the PFFL community?

One of my favorite moments is witnessing students graduate in their CPRS journey. Seeing their growth, confidence, and commitment to helping others is incredibly rewarding. It reminds me of the impact this community creates.

8. What message would you like to share with our readers this month?

Healing isn't linear, and that's okay. Some days you feel lighter, and other days you don't feel progress at all, but both are part of the process. Stay consistent, be patient with yourself, and trust that your body is always working toward balance.

Thank you, Caren!

Caren's simple infused water

Because hydration is one of Caren's favorite daily wellness habits, this month's featured recipe is a light, refreshing infused water that makes the routine feel a little more special.

INGREDIENTS:

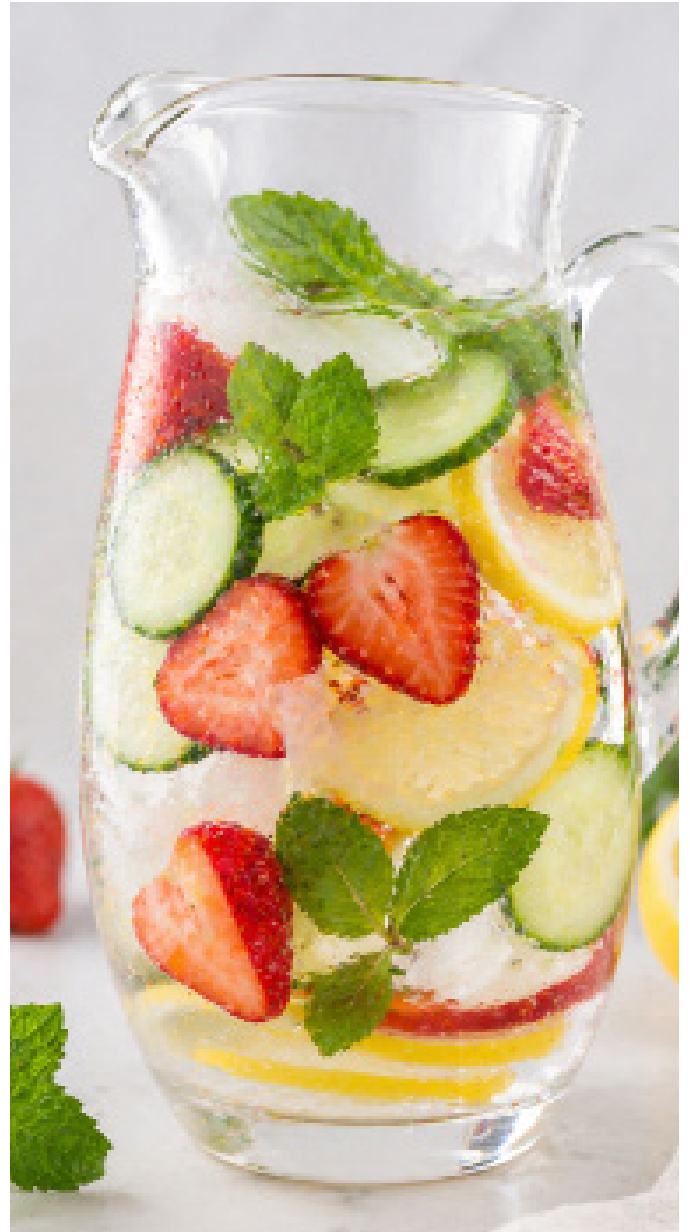
- 4 to 6 cups filtered water or sparkling mineral water
- 4 fresh strawberry slices
- 3 cucumber slices
- 2 lemon slices
- Fresh mint leaves
- Ice, optional

INSTRUCTIONS:

1. Add the strawberries, cucumber, lemon, and mint to a glass or pitcher.
2. Pour in the filtered water.
3. Let it chill in the refrigerator for 15 to 30 minutes so the flavors can infuse.
4. Serve cold, with ice if desired.

This simple infused water adds a little flavor and color to one of the most important daily wellness habits. Strawberry brings a hint of natural sweetness, cucumber adds a crisp, cooling note, lemon brightens the flavor, and mint gives it a clean finish.

It is an easy way to make hydration feel more inviting, especially during warmer weather or on busy days when plain water is easy to forget.



How George used microcurrent to support his cat, Suki, recover from a leg injury



George Measel, Thailand Resident

When **George Measel**, an 83-year-old Pain Free For Life client living in Thailand, saw his 13-year-old cat **Suki** suffer a deep and alarming leg injury, he knew he needed to act quickly.

Suki had somehow received a 3.5-inch cut on the inside of his left rear leg, severe enough to expose ligaments, muscle, and tissue. Fortunately, the wound missed major veins and arteries, but at the initial stage, the veterinary doctors were either unwilling or unable to suture or staple it.

For George, this was more than a stressful moment with a beloved pet. It was a situation that could easily have taken a much worse turn.



The turning point: trying microcurrent therapy

George had already been using his **Avazzia Genesis II** for nearly a year to support a variety of health concerns affecting both himself and his wife. Because he had already seen positive outcomes, he felt hopeful that microcurrent might also help support Suki's recovery.

He also remembered seeing the Avazzia used to help close a serious wound on a horse, which gave him even more reason to believe it could be useful in this situation.

George reached out to his Pain Free For Life Treatment Coordinator, **Andria**, who suggested beginning with **121 Hz** to help address inflammation, followed by **Blue Stimulation** and **7-12 Hz**. He began using those recommendations right away.

Early progress that brought real relief

According to George, improvements began within the first week.

After five days, the veterinary doctors were able to suture and staple Suki's wound. From there, healing continued to progress very well. The staples and sutures were removed after two weeks. The wound closed after another week, and one week later, the area looked remarkably normal.

For George, one of the most meaningful parts of the experience was the reaction from the veterinary doctors themselves. He shared that they were amazed and overjoyed by the healing timeline, especially given how serious the injury first appeared and how badly the situation could have ended.

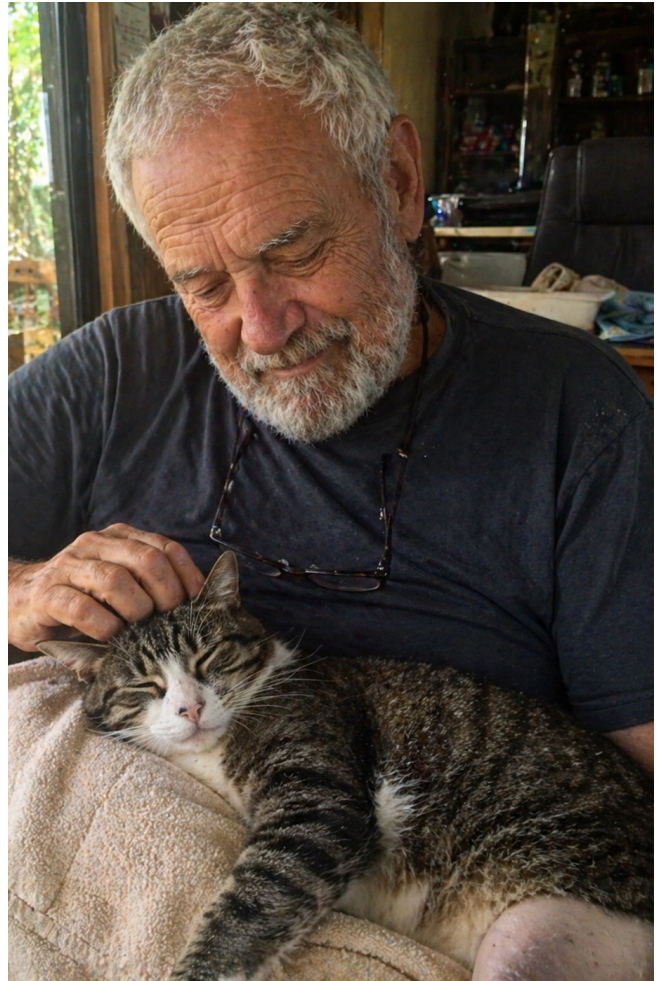
More than one success story

This experience reinforced something larger for George. Pain Free For Life support was already part of his daily life, but seeing that same kind of support help **Suki**, his cat, brought a new level of reassurance.

George shared that he has used Pain Free For Life techniques for a wide range of health challenges, including oral health concerns, Dupuytren contractures, knee, back, and hand sports injuries, arthritis, vagus nerve stimulation, and post-workout inflammation support. Much of that guidance, he noted, came through Andria's help and support.

Living in Thailand, where healthcare can be inconsistent, George sees having the Avazzia Genesis II and related protocols available as a practical source of support, not only for himself but also for his family.

For George, one of the most meaningful parts of the experience was the reaction from the veterinary doctors themselves. He shared that they were amazed and overjoyed by the healing timeline, especially given how serious the injury first appeared and how badly the situation could have ended.



A household that depends on microcurrent therapy

George's wife works hard on their rice and vegetable farm and deals with back, knee, and hand pain, along with menopausal sleep challenges. Their home also includes 10 rescue dogs and 5 rescue cats, making Suki's recovery especially meaningful.

For George, the experience brought comfort, confidence, and a greater sense of preparedness. It showed him that when something urgent happens, he has tools available to support the situation while he seeks appropriate care and next steps.

Beyond expectations

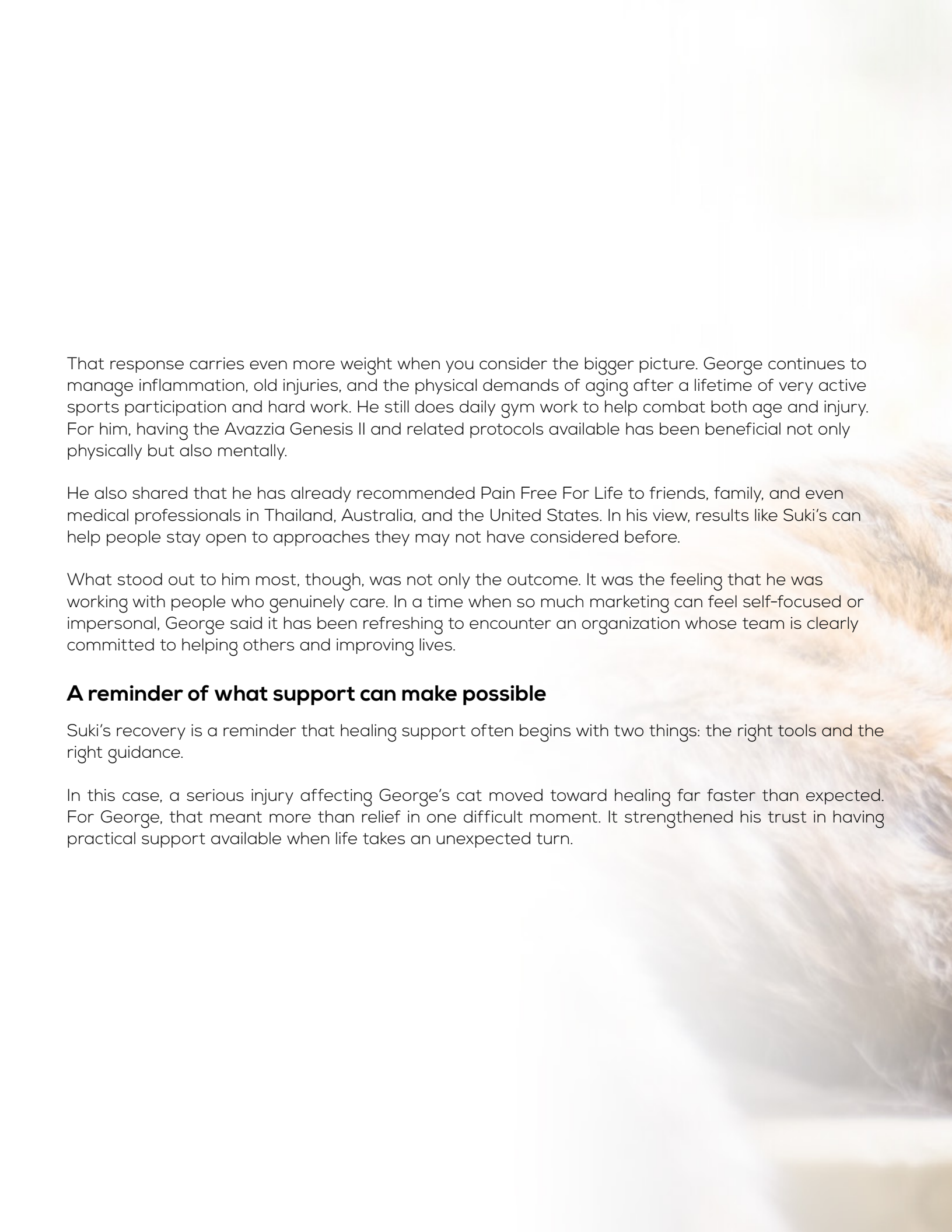
When George reflects on his experience with Pain Free For Life, he keeps coming back to one simple phrase...

“

“Beyond my expectations.”

–George Measel

”



That response carries even more weight when you consider the bigger picture. George continues to manage inflammation, old injuries, and the physical demands of aging after a lifetime of very active sports participation and hard work. He still does daily gym work to help combat both age and injury. For him, having the Avazzia Genesis II and related protocols available has been beneficial not only physically but also mentally.

He also shared that he has already recommended Pain Free For Life to friends, family, and even medical professionals in Thailand, Australia, and the United States. In his view, results like Suki's can help people stay open to approaches they may not have considered before.

What stood out to him most, though, was not only the outcome. It was the feeling that he was working with people who genuinely care. In a time when so much marketing can feel self-focused or impersonal, George said it has been refreshing to encounter an organization whose team is clearly committed to helping others and improving lives.

A reminder of what support can make possible

Suki's recovery is a reminder that healing support often begins with two things: the right tools and the right guidance.

In this case, a serious injury affecting George's cat moved toward healing far faster than expected. For George, that meant more than relief in one difficult moment. It strengthened his trust in having practical support available when life takes an unexpected turn.





Protocol spotlight: Thyroid discharge protocol

This month's protocol spotlight focuses on thyroid support, specifically how to help discharge built-up electromagnetic stress that may contribute to thyroid sensitivity and broader system imbalance. As outlined in [*Current Medicine 3rd Edition*](#), some individuals who are overly sensitive to microcurrent, or who have Electromagnetic Hyper Sensitivity (EHS), may also tend to absorb and store latent EMFs that can later contribute to autoimmune and thyroid-related challenges.

Because the thyroid is considered too volatile to treat directly with microcurrent, this protocol was developed as a simple but effective way to help discharge that build-up, reduce thyroid sensitivity to microcurrent, and support broader treatment for EHS and autoimmune-related concerns.

Treatment Settings:

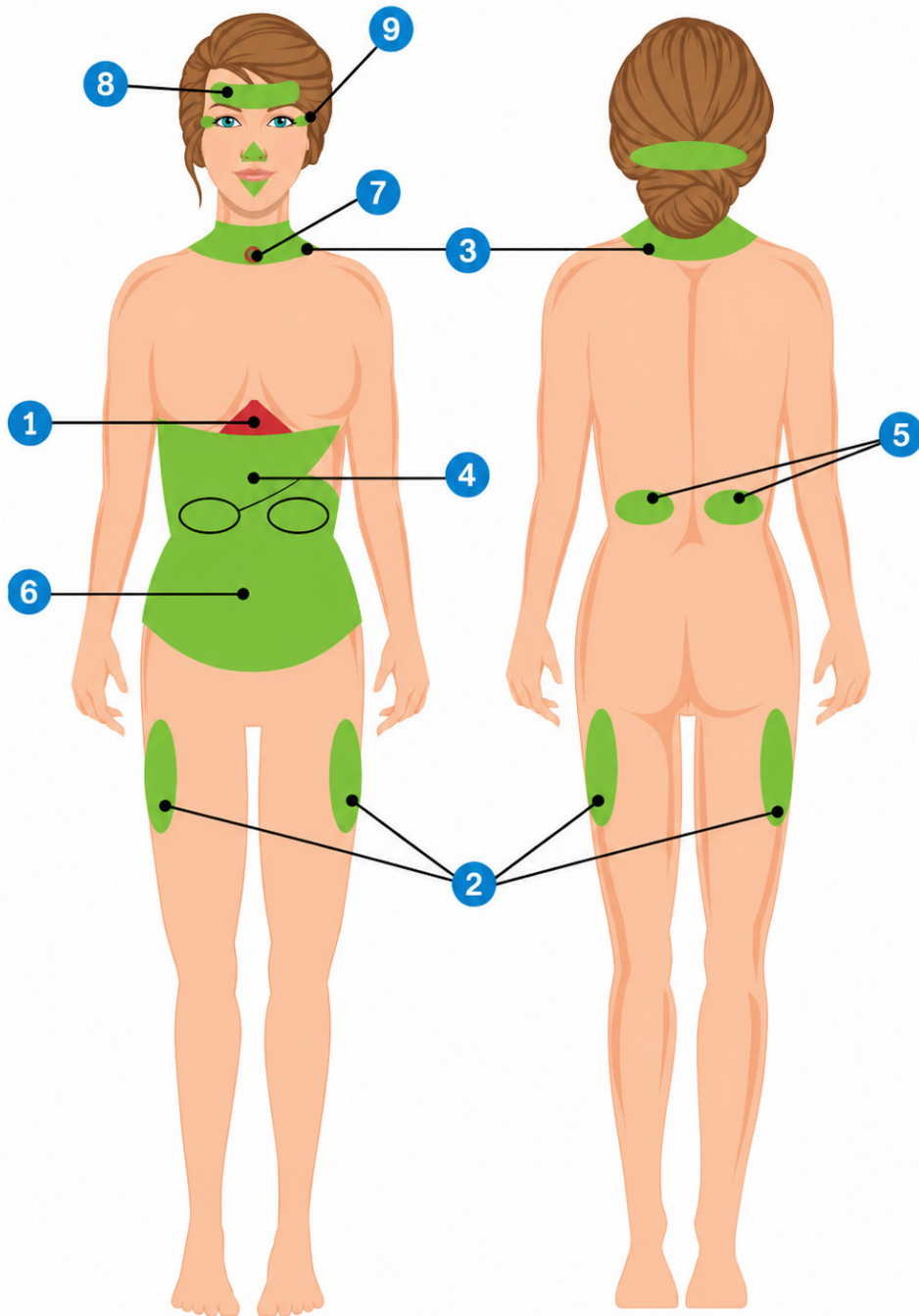
Set your device to **SANA Soft T, 90 Hz**, or **77 Hz** over soft tissue; **BEE Mode** for Resuscitation points.

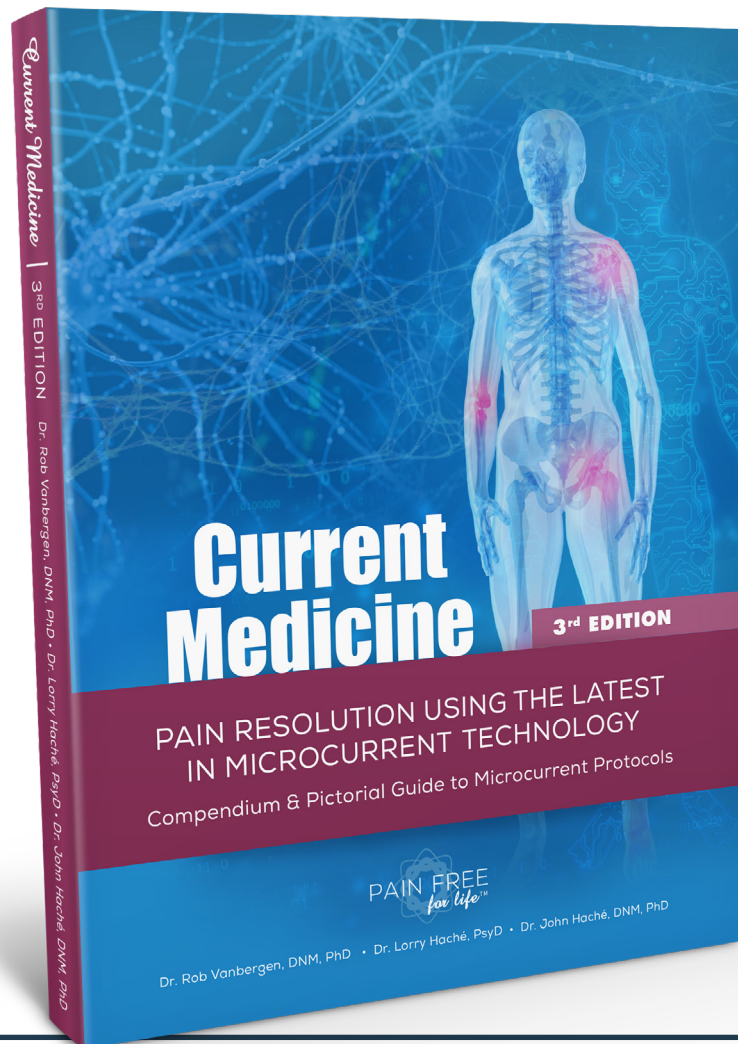
Treatment Areas:

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 explore it more deeply? Review the Thyroid Discharge Protocol in **Chapter 3: Core Techniques** of *Current Medicine, 3rd Edition*, which includes detailed placement guidance and device-specific setup for this and other advanced protocols.

[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: May 10-minute trainings

Week 1: Healing Herniated & Bulging Discs with Microcurrent Therapy (REPLAY)

Learn what happens when spinal discs bulge or herniate, why they can create persistent nerve pain, and how inflammation, muscle tension, posture, injury, dehydration, and degeneration may contribute. This training also covers supportive energy medicine approaches, including microcurrent, PEMF, scar tissue work, and muscle relaxation protocols.

Week 2: Healing Leaky Gut with Energy Medicine (REPLAY)

Explore how a weakened intestinal lining can allow unwanted particles into the bloodstream, triggering inflammation and a wide range of symptoms. This training looks at root causes such as stress, microbiome disruption, immune overload, and energy imbalance, then outlines supportive approaches using scalar therapy, vagus nerve stimulation, acupuncture points, abdominal protocols, and PEMF.

Week 3: Balancing the Autonomic Nervous System for Whole-Body Healing (REPLAY)

Understand how the body shifts between fight-or-flight and rest-digest-repair states, and why this balance is essential for healing, inflammation control, digestion, immune function, and resilience. This training explains practical ways to support nervous system regulation, including breathing, lifestyle changes, nutrition, and vagus nerve stimulation.

Week 4: Gentle approaches for anxiety and nervousness

This month's new VIP 10-minute training is a detailed, slide-based protocol session focused on gentle ways to support anxiety and nervousness. If you learn best when a topic is broken down visually, this training will be especially helpful. It is designed to make the protocol easier to follow, easier to understand, and easier to apply with greater confidence and less guesswork.

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 May Episodes

The Pain Free For Life Podcast is where practical healing conversations come to life. Each episode brings together thoughtful insights, real stories, and grounded education to help you better understand your body and support your recovery journey.

This May, we're exploring the connections between collaborative care, subtle energy, family support, and the mental side of healing. Whether you are looking for new tools, a fresh perspective, or reassurance that progress is still possible, these conversations are here to meet you where you are.



May 2026 featured episodes

May 4, 2026

Integrative Healing: Working With Your Doctor & PFFL

This guest episode highlights a collaborative care success story that blends traditional and natural approaches to healing. Dr. Rob and his guest explore what it can look like when conventional medical care and whole-body support work together instead of in opposition. If you have ever wondered how to build a more integrated path forward, this episode offers both clarity and encouragement.

May 11, 2026

The Energetic Body: Frequencies That Heal

In this solo episode, Dr. Rob explores the role of PEMF, resonance, and subtle energy tools in the healing process. He breaks down these concepts in an approachable, practical way, helping listeners better understand how energy-based support may fit into a broader wellness routine. This is a thoughtful listen for anyone curious about the body's electrical nature and the tools designed to work with it.

Available on:

Apple



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May 18, 2026

A Family's Healing Journey

Healing rarely happens in isolation, and this guest episode brings that truth to life. Through one family's story, Dr. Rob explores the role of encouragement, consistency, and shared commitment in the recovery process. It is a meaningful conversation about what holistic healing can look like when support extends beyond the individual and becomes part of the household.

**PAIN FREE FOR LIFE
PODCAST**

**EPISODE 135
A Family's Healing Journey**

**WITH YOUR HOST
Dr. Rob Vanbergen**

SUBSCRIBE TODAY!   



May 25, 2026

Ask Dr. Rob: Pain Psychology & Progress Plateaus

For the final episode of the month, Dr. Rob takes on a topic many people quietly struggle with: what to do when progress stalls. He explores the mental side of chronic symptoms, the emotional weight of healing plateaus, and how to move through those stuck points without losing hope. If you have ever felt discouraged by slow or uneven progress, this episode offers perspective, validation, and next-step support.

**PAIN FREE FOR LIFE
PODCAST**

**EPISODE 136
Ask Dr. Rob: Pain Psychology
& Progress Plateaus**

**WITH YOUR HOST
Dr. Rob Vanbergen**

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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](#)

Magnetize your water with pemfs for deep cellular healing

"Thousands have lived without love, not one without water."

–W. H. Auden

Water is so ordinary that it is easy to overlook, yet it is one of the body's most essential building blocks. Up to 60% of the adult human body is made of water. The brain and heart are about 73% water, and the lungs are about 83% water. Even the smooth, cushioned movement of your joints depends on water, since synovial fluid helps lubricate and protect them.

That is one reason hydration matters so much to how we feel day to day. When the body starts to lose even a small amount of water, the effects can show up quickly. Research reviews have found that mild dehydration, around a 1 to 2% loss, can impair attention, immediate memory, and overall cognitive performance.

What happens when you magnetize water with PEMF?

When you treat your body with PEMF therapy, the magnetic fields have a direct, positive effect on the water already inside your cells. However, you can also use this same technology to treat the water you drink before you even take a sip.

Subjecting your drinking water to pulsed electromagnetic fields (PEMF) actually alters its molecular composition in a highly beneficial way. This process helps to energize, oxygenate, and alkalize the water. Furthermore, it significantly reduces the fluid's surface tension.

Why does surface tension matter? When water has lower surface tension, it becomes much more hydrating. It is more readily absorbed by your body, making it easier for essential nutrients and elements to pass into your cells. Simultaneously, this highly energized water becomes incredibly efficient at flushing out cellular waste and metabolic byproducts. If you struggle with chronic inflammation, clearing out this cellular waste is an absolutely vital step in finding lasting relief.





The potential health benefits of magnetized water

The concept of magnetizing water might sound futuristic, but it is deeply grounded in scientific research. Treating your water with PEMF acts as an incredible general wellness booster, supporting your body's innate ability to find balance and repair tissue.

Research suggests that drinking magnetically treated water can lead to several remarkable therapeutic effects. Studies have shown a significant reduction in plaque buildup on teeth when people consume magnetized water compared to standard tap or filtered water.

Furthermore, researchers have found that magnetically treated water may help to gently dissolve stones in the urinary and biliary tracts, including painful kidney stones and gallstones. Beyond that, many individuals report notable improvements in gastrointestinal health, better management of hypertension, and fewer chronic skin issues.

When your cells are properly hydrated and energized, your entire system functions more smoothly. Your digestion improves, your immune system finds greater balance, and your body is better equipped to naturally resolve chronic pain patterns.

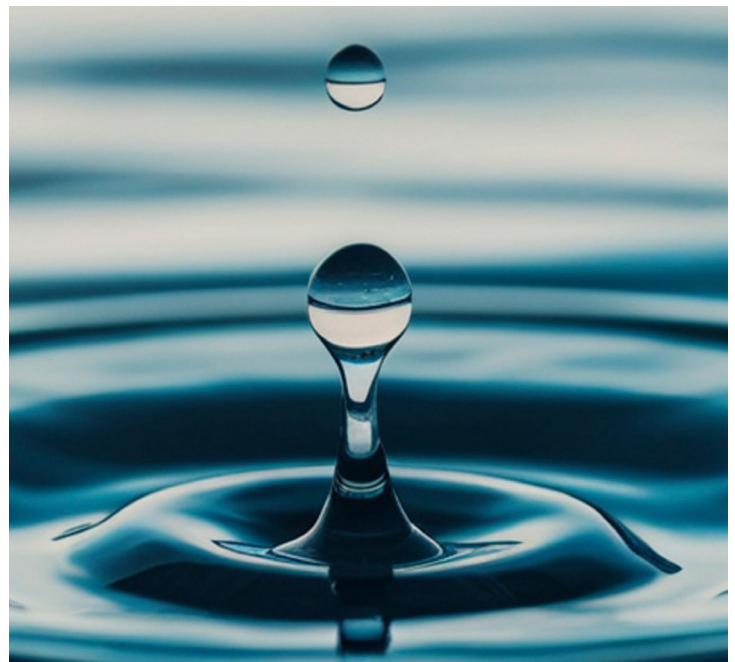
The power of frequencies and water memory

Beyond the general health benefits of drinking oxygenated, alkalized water, we can also look to filling our water with specific frequencies for a targeted purpose.

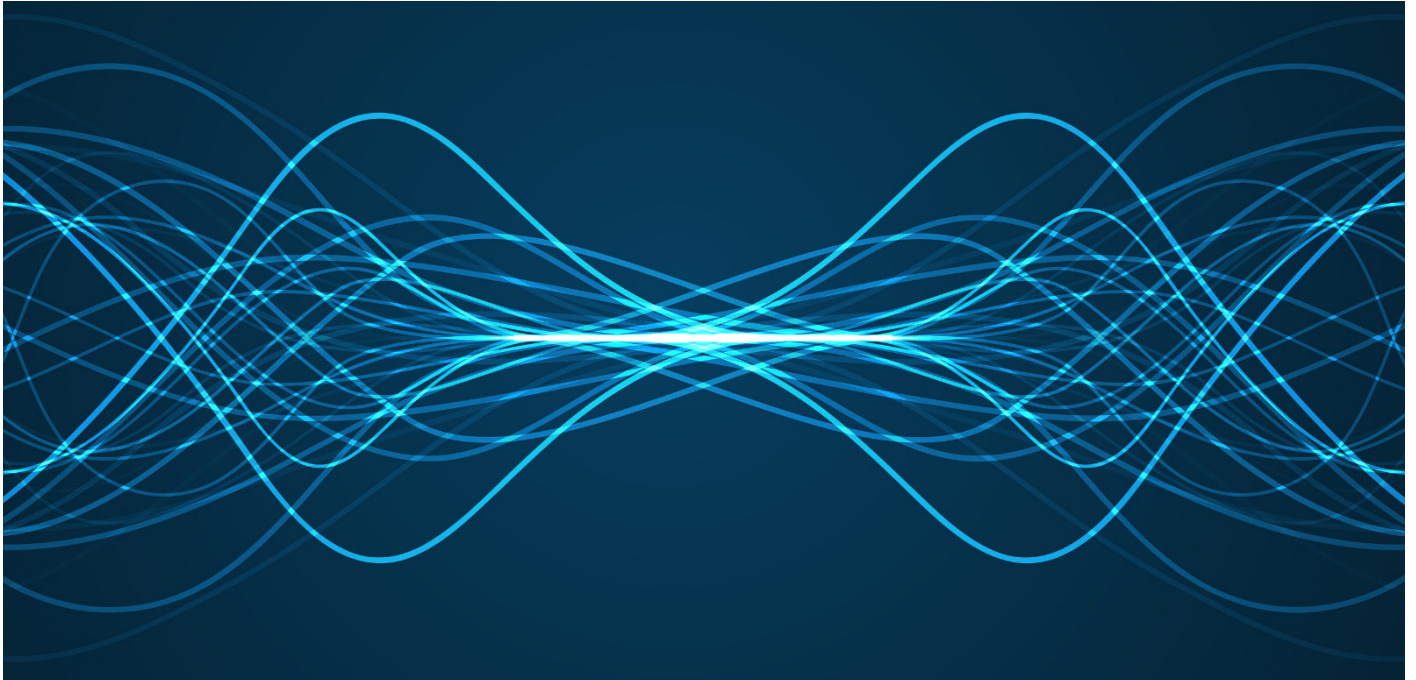
Water has a unique form of memory. It can literally hold the frequencies you introduce into it and continue to resonate with those signals. When you treat fluids with PEMF, the electromagnetic field effects persist for up to several days after the device is removed.

As we often discuss in our community, the concepts of frequency therapy revolve around introducing specific energetic signals into the body. Your body interprets these signals and creates positive changes, such as reducing inflammation, regenerating tissue, or calming a highly stressed nervous system.

By drinking water infused with specific frequencies, those signals are dispersed directly throughout your cells. It provides an extra, deeply internal layer of healing. While water can retain these frequencies for several days, a good benchmark is to consume it within five days. Many people, including Dr. Rob, prefer to simply make a fresh batch each morning to sip on throughout the day.



Choosing the right frequencies for your water



Because you can control the frequencies on your PEMF and microcurrent devices, you can completely tailor this infusion to whatever your body needs on any given day. Here are a few highly recommended frequencies to try infusing into your daily drinking water:

7 to 12 Hz for relaxation and grounding: This is a personal favorite. The 7 to 12 Hz range naturally guides your brain into an Alpha state, promoting deep relaxation and grounding. If you live in a high-tech environment surrounded by artificial signals, this frequency range helps to ground your cells and ease nervous system tension. You truly cannot have too much Alpha!

Blue stimulation for cellular energy: If you find yourself struggling with profound fatigue or brain fog, infusing your water with the Blue stimulation setting can help safely enhance your cellular energy production without the crash associated with caffeine. (This is also the very same mode to use for breaking things up like kidney or gallstones or plaque on the teeth.)

350 Hz or modulate for pain management: If you are actively dealing with a severe pain flare-up, try infusing your water with frequencies designed to modulate pain signals and calm angry nerve pathways.

7 Hz for bone and tissue support: If you are recovering from an injury or looking to support bone regeneration, dialing your device to a steady 7 Hz is a wonderful choice.

How to magnetize your water at home

Creating your own frequency-infused water is incredibly simple. To get started, you will need either a Qi Wave PEMF pad or a Via Qi accessory, connected to your Avazzia microcurrent device (such as the Avazzia Life Pinnacle).

First, select your container. We highly recommend using a glass water bottle, a glass pitcher, or a high-quality stainless steel thermos. It is best to avoid plastic containers when magnetizing water, primarily to prevent any potential chemical leaching into your freshly energized water.

Using the Qi Wave PEMF pad

The Qi Wave pad makes this process exceptionally easy because it offers up to 12 inches of depth penetration.

1. Fill your glass or metal container with filtered drinking water.
2. Place the container directly onto the surface of your Qi Wave PEMF mat. Because the mat covers a wide area, you can easily place multiple bottles or a large pitcher on it at the same time.
3. Set your connected Avazzia device to your desired frequency (such as 7-12 Hz).
4. Increase the power on your device to the maximum comfortable level.

Allow the program to run. Research often recommends 10 to 20 minutes for optimal saturation, though you can achieve great results in just 5 minutes.



Using the Via Qi accessory

If you are using the hand-held Via Qi accessory, the process is just as straightforward.



1. Fill your glass (or a glass bottle or carafe) of water.
2. Place the flat lip of the Via Qi directly against the side of the glass. You can rest both the glass and the Via Qi on a table so they remain in contact.
3. Select your desired frequency on your Avazzia device.
4. Turn the power up to maximum.
5. Run the device for 10 to 20 minutes. Because PEMF pulses, you will get different intensities as the treatment occurs, circulating the frequency beautifully throughout the fluid.

Once your time is up, simply turn off your device and enjoy your water!

We know that managing a chronic condition can feel overwhelming, but supporting your health does not always require complicated routines. Taking a few moments each morning to magnetize your water is a gentle, empowering act of self-care. It is a beautiful way to ensure that every sip you take is actively working to lower inflammation, boost your resilience, and guide you closer to 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.



Advanced Stress Reset Protocols for True Healing

Most of us are not dealing with ordinary stress anymore. We are living in a time when tension, worry, and emotional overload have become part of daily life for millions of people around the world. In Gallup's 2025 State of the World's Emotional Health report, based on interviews with more than 145,000 people across 144 countries and areas, 39% of adults said they worried daily, and **37% said they felt stressed daily**, making them the most commonly reported negative emotions worldwide.

That broader picture matters because chronic stress is not just uncomfortable. It changes the way the body functions. Over time, **the nervous system can become stuck in patterns of hypervigilance, shutdown**, or an exhausting swing between the two. Traditional advice like "just relax," "meditate," or "get more sleep" may help at the surface, but it often does not reach the deeper neurological patterns that keep the body from feeling safe enough to truly heal.

This helps explain why anxiety has become one of the most common mental health challenges in the world. The World Health Organization reports that an estimated 4.4% of the global population, or **359 million people, were living with an anxiety disorder in 2021**. That does not mean every stressed person has an anxiety disorder, but it does highlight how widespread nervous system strain has become.

For many people living with chronic pain, fatigue, inflammation, or nervous system dysregulation, the goal cannot be stress management alone. What is needed is something deeper, a true stress reset. That means creating safety, using repetition, and supporting the body in a way that helps it remember how to regulate again.

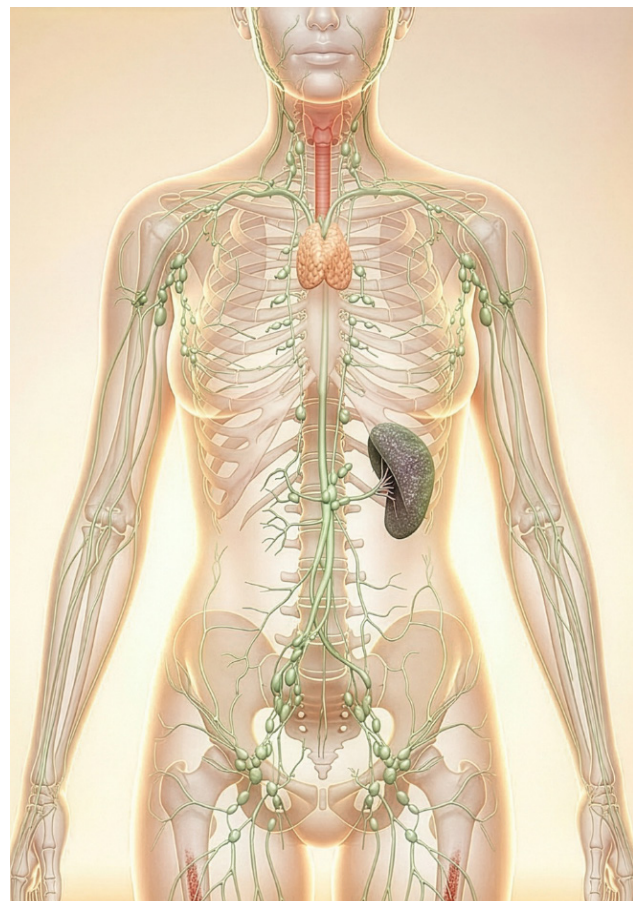
Why chronic stress is more than a moment

Advanced stress work begins with a vital shift in perspective. Stress is not just cortisol, a heavy workload, or emotional pressure. Stress is a learned neurological pattern.

When a stressor remains unresolved, the nervous system adapts. It increases vigilance, tightens your muscles, and alters the way you breathe. It shifts your digestion and changes your blood flow. Over time, your body begins to treat normal, everyday life as a serious threat.

The most important thing to remember is that the nervous system does not reset through logic. You cannot simply think your way out of chronic stress. The nervous system resets through safety and repetition.

This is why stress reset protocols must be rhythmic, predictable, and multi-layered. They must be applied consistently to create new, healthier patterns.



How to recognize a stuck nervous system

Before applying any advanced healing protocol, it helps to identify where the nervous system is currently operating. Three common patterns often show up:

Nervous system pattern	What it may look like	What the body may need most
Sympathetic dominance (fight or flight)	High anxiety, racing thoughts, severe tension in the jaw, neck, and shoulders, poor sleep, digestive urgency, and chronic pain paired with high inflammation	Regulation and strong safety cues
Dorsal vagal shutdown (freeze or collapse)	Extreme fatigue, depression, low motivation, numbness, brain fog, and severe chronic pain, sometimes without large amounts of visible inflammation	Gentle activation before the body can fully relax
Dysregulated oscillation	A chaotic swing between anxiety and exhaustion, shifting from insomnia to hypersomnia, with pain flares often followed by physical collapse	Stability and predictability more than intensity

These patterns may look different on the surface, but they all point to the same underlying truth: the nervous system needs the right kind of support in the right order. That is why advanced stress reset work is best approached in layers, beginning with safety, moving into repatterning, and then supporting long-term integration.

Layer one: establishing sensory safety

Advanced stress reset work should always begin by matching the protocol to the state of the nervous system. At this stage, the foundation is **sensory safety**.

If this first layer is skipped, higher-level techniques often fall short. Before the body can shift more fully into healing, the nervous system has to recognize that it is safe enough to soften, settle, and respond.



This can begin with simple, steady inputs. Slow, rhythmic breathing that is never forced can help. Physical grounding on the Earth may also be supportive, along with the **Microcurrent Grounding Protocol**.

Using **Conductive Ear Clips** with your microcurrent device can be another helpful part of this phase. Ear Clips support the peripheral nervous system and stimulate reflexology points, while the **Alpha** frequency (7-12 Hz) is naturally calming rather than stimulating. The goal is not to push the body, but to teach the nervous system that it is safe to slow down.

Whether you are working with a client in your clinic or supporting yourself at home, daily use of Alpha

frequencies (7-12 Hz) can be a gentle and effective place to begin.

Layer two: repatterning the nervous system

Once a baseline of safety is in place, the next layer is repatterning.

Repatterning works through rhythm, repetition, and predictability. This may include bilateral input, consistent timing, and session lengths that feel steady rather than overwhelming. This is where frequency-based approaches like microcurrent and **Pulsed Electromagnetic Field (PEMF) therapy** can become especially valuable.

For people who have lived with pain for years and tried many approaches without lasting relief, repatterning the nervous system is often a missing piece. At this stage, **consistency matters more than intensity**. Five gentle, three-minute sessions will often do more for the nervous system than one aggressive twenty-minute session. The goal is not to force change. It is to gently retrain the brain and body through repeated, supportive input.

Vagus nerve stimulation is one strong example of repatterning. By regularly stimulating the vagus nerve with **7-12 Hz for 3-5 minutes**, we help the brain shift more easily toward a **rest-and-digest** state rather than returning to a protective stress response.

Layer three: supporting long-term integration

The final layer of an advanced stress reset is where longer-term, more sustainable change begins to take hold. You have established safety, and you have started to repattern the nerves. Now the physical body needs continued support as healing deepens.

This layer often includes sleep-aligned protocols, which is where circadian awareness becomes especially important. For those using a Genesis II or Evolution, 7-12 Hz is often used to support relaxation and help the body settle into sleep more easily. For those using a Pinnacle Lite or Pinnacle, both 7-12 Hz (Alpha) and 0.5-4 Hz (Delta) can be used as part of a more layered sleep-support approach, helping the body first ease into a calmer state and then support deeper, more restorative sleep.

You can also incorporate PEMF therapy before bed to bathe the body in a supportive healing field. Post-session stillness, proper hydration, and adequate mineral intake can all help make this work more effective and more sustainable over time.

Just as important, this stage calls for emotional reframing. If your mindset remains locked in the belief that you will never get better, healing can continue to feel distant, even when progress is happening. Transforming pain into possibility requires a mindset that leaves room for change, patience, and hope.

A more supported path to healing

Whether you are a practitioner supporting a complex case or someone using these tools at home, the path forward is often the same. Create safety first. Support the nervous system with gentle, consistent input. Give the body the rest, nourishment, and repetition it needs to respond.

Healing is rarely about doing everything at once. More often, it is about creating the right conditions and following a plan that is thoughtful, steady, and personalized. That is where your Treatment Coordinator or Care Team can make a meaningful difference. They can help you build a treatment program that incorporates these concepts in a way that fits your needs, then guide you as you move through the process with greater clarity and confidence.

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: May trainings

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

Week 1: How to Use AVA Mode to Extend the Treatment Options in the Pinnacle Lite

Learn how to use AVA Mode to expand the treatment possibilities available with the new Avazzia Pinnacle Lite. This training will help practitioners better understand how to work more flexibly with this device and broaden the ways they support clients in practice.

Week 2: How to Treat Paralysis

This training explores practical microcurrent strategies for working with paralysis. It will cover key considerations, supportive treatment approaches, and ways to navigate these more complex cases with greater clarity and confidence.



Week 3: What to Do if a Client Has a Retinal Tear

Discover important considerations for supporting a client with a retinal tear. This session will review appropriate precautions, treatment strategy, and how to approach this type of case in a thoughtful, informed way.

Week 4: Setting Client Expectations: The Holistic Healing Timeline

Healing is rarely instant or perfectly linear, which is why setting clear expectations matters so much. This detailed training will help you communicate the healing process more clearly, support clients with greater confidence, and reduce confusion around what progress can realistically look like over time.

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:

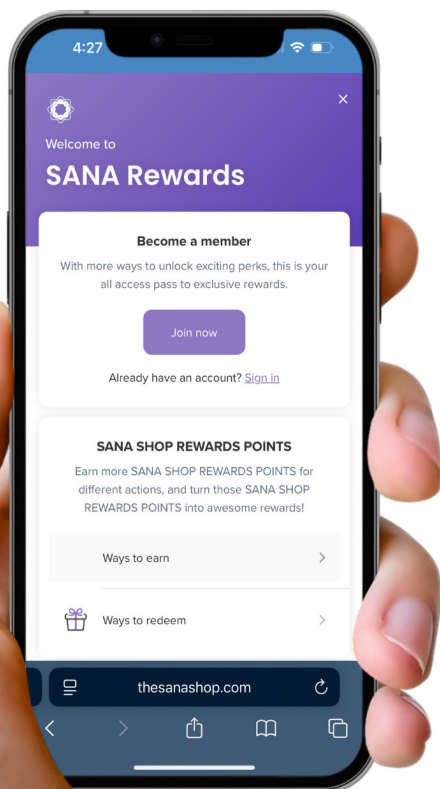
Spend **\$100** – earn **100 points** – worth **\$1** off a future order

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.

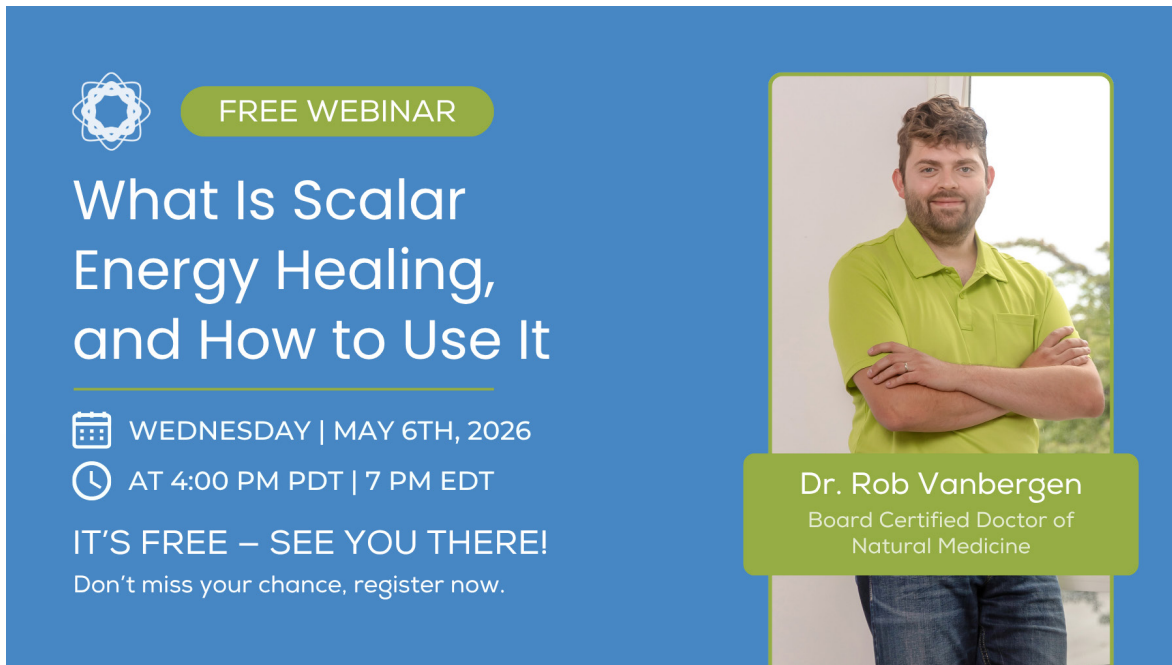
SANA Rewards is our way of saying thank you for trusting us with your wellness. Every order helps you save on the tools that support your healing—microcurrent accessories, PEMF and scalar support, wellness essentials like supplements, and more.

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




FREE WEBINAR

What Is Scalar Energy Healing, and How to Use It

 WEDNESDAY | MAY 6TH, 2026
 AT 4:00 PM PDT | 7 PM EDT

IT'S FREE – SEE YOU THERE!
Don't miss your chance, register now.



Dr. Rob Vanbergen
Board Certified Doctor of
Natural Medicine

Free Training Event: Scalar Energy – Supporting Cellular Communication and Recovery

Date: Wednesday, May 6, 2026

Time: 4:00 PM Pacific

[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!)

Spring Wellness & Cosmetology Refresh: Refresh and Support Your Facial Wellness Routine

Sale Dates: May 22 to May 25, 2026

***Links will be active beginning May 22*

[Shop the sale here](#)

Join us for a limited-time seasonal sale designed to help you refresh your facial wellness routine with some of our most popular cosmetology tools, accessories, and educational resources.

Whether you are looking to upgrade your Ezzi-lift® setup, replace favorite accessories, or explore new tools for facial support, this sale offers a wonderful opportunity to save on products that help support circulation, consistency, and whole-face care.

During this promotion, you can enjoy 15% off:

- ✓ Ezzi-lift® Kits
- ✓ Ezzi-lift® Device and Bundles
- ✓ Face Electrode
- ✓ Conductive Eye Mask
- ✓ Conductive Face Mask
- ✓ Pencil Electrodes
- ✓ Thumb Electrode
- ✓ Finger Electrode
- ✓ Y Probe, 6 Inch
- ✓ Y Probe, 8 Inch
- ✓ Cellular Makeover Book

You can also save **50% on eye-health supplements**. (*This offer applies exclusively to clients outside the United States due to shipping constraints.*)

This seasonal refresh is a simple way to restock, upgrade, or build a more supportive facial care routine as we move into the warmer months.

Special Spring Wellness Refresh Offer:

Celebrate the season with limited-time savings on select cosmetology tools, accessories, and educational resources.

Sale Dates: May 22 to May 25, 2026

15% off the Ezzi-lift® device, bundles, accessories, and the Cellular Makeover Book

50% off eye-health supplements for non-US-based clients only

***Links will be active beginning May 22*

[Shop Spring Wellness & Cosmetology Refresh deals here](#)

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.

**Membership to the Hache Protocol Library is required in order to receive coaching from a Treatment Coordinator.

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.

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



The support you need

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

Contact Us Today

PAIN FREE
LIVING *Magazine*

