



# PAIN FREE LIVING

JUNE 2026

*Magazine*

*Herb-Crusted Cod with Lemon Asparagus*

*A Complete Guide to Inflammation:  
Understanding Its Causes, Symptoms, and  
Treatment Options*

*Free Report: Autoimmune Solutions  
A Practical Guidebook for Overcoming  
Autoimmune Disease*

*Arthritis, Inflammation,  
and Light Therapy: What to Know*



# 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 – June 2026

**Dear Readers,**

June arrives with longer light, fuller days, and sometimes the pressure to do more than your body may be ready for. The **Summer Solstice, on June 21 this year**, serves as a useful reminder that healing is not only about momentum. It is also about balance, timing, and knowing how to support the body as the season shifts.

This month's issue explores that idea from several angles. We look at **inflammation** and how it can shape pain, energy, digestion, and recovery. We share our **FREE Autoimmune Solutions** report to help you better understand the larger patterns behind autoimmune symptoms. We explore **arthritis, light therapy, and microcurrent**, along with the role of **protein, hydration, and nourishing food** in helping the body rebuild. You will also find guidance on **headaches, posture, eye health, stress, and summer recovery**, all through the lens of practical, whole-body support.

Across every article, a powerful message keeps rising to the surface: healing is rarely about one symptom, one habit, or one tool. It is about creating conditions the body can respond to more easily, with steadier support, clearer rhythms, and less unnecessary strain.

As summer unfolds, we hope this issue helps you listen more closely to what your body has been asking for and gives you thoughtful ways to respond.

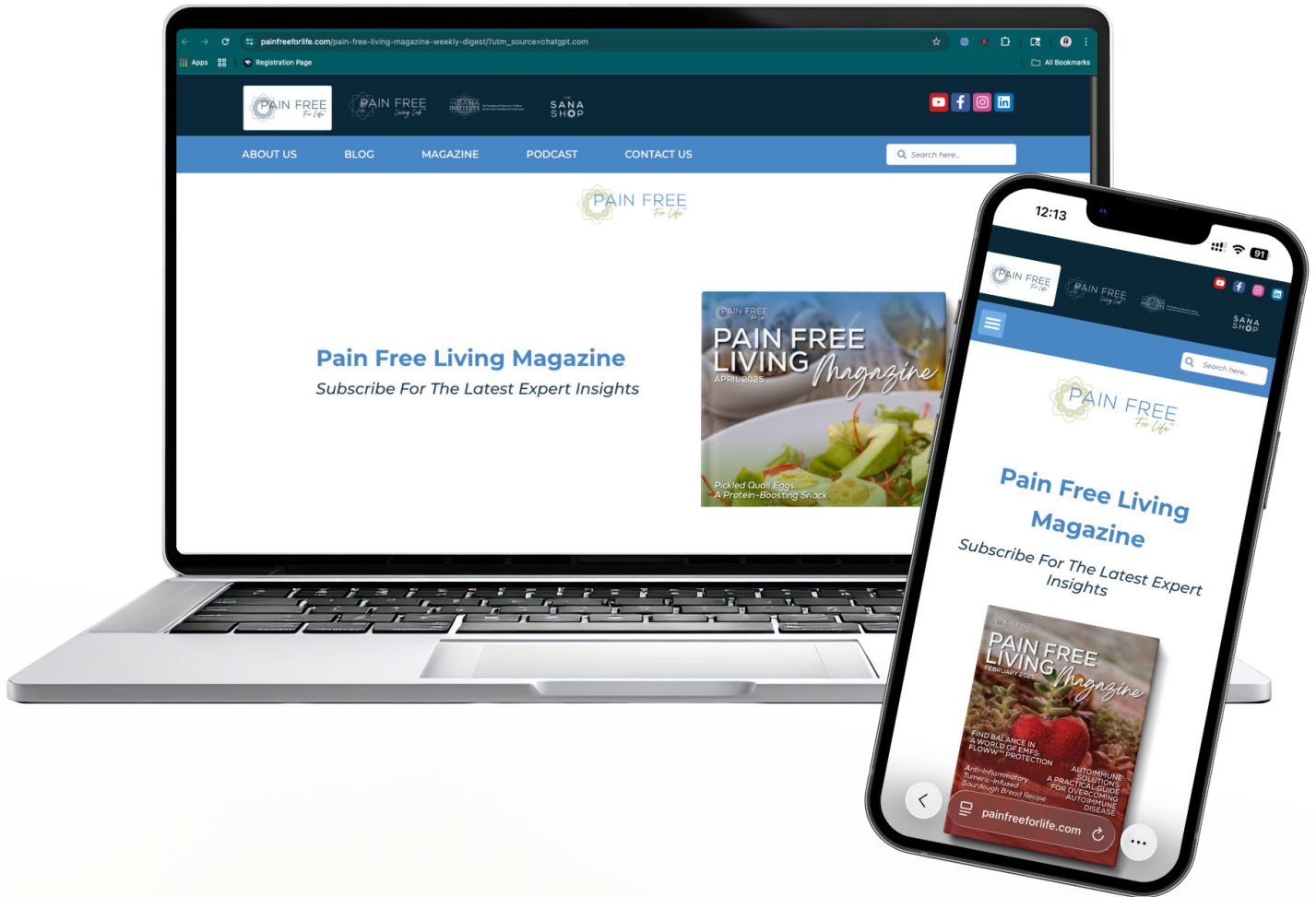
With joy and wellness,

**Dr. Rob Vanbergen, BHS, MNM, DHS, DNM, PhD**

**Dr. Lorry Hache, PsyD, ND, HD, and TCM**

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

[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](#)

# A complete guide to inflammation: Understanding Its Causes, Symptoms, and Treatment Options



Inflammation has become one of the most familiar words in health, but it is also one of the easiest to misunderstand.

Many people hear the word and immediately think of pain, swelling, stiffness, or disease. In reality, **inflammation is not the enemy**. It is one of the body's built-in protection systems, and when it works properly, it helps keep us alive.

If you cut your finger, sprain an ankle, fight an infection, or strain a muscle, inflammation helps direct blood flow, immune activity, and repair resources to the area that needs attention. That short-term response is intelligent. It is focused. It is part of healing.

The problem begins when the body fails to receive the **message to stand down**.

When inflammation remains active in the background, even at a low level, it can begin to alter the **internal environment** the body is trying to heal. Pain may become more persistent. Recovery may take longer. Sleep may feel less restorative. Digestion, energy, mood, and immune balance may all become less steady.

This is where many people get frustrated. They are not dealing with one isolated symptom. They are dealing with a body that has been carrying too much for too long.

At Pain Free For Life, we often come back to one important question: **What is the body responding**

**to?** Chronic inflammation is rarely random. It is usually a sign that the body is trying to protect, adapt, or repair itself under conditions that have become difficult to sustain.



## Inflammation 101

Inflammation is the immune system's response to stress, injury, infection, or irritation. In its short-term form, often called **acute inflammation**, the process is usually clear. An area becomes warm, swollen, red, tender, or stiff because the body is sending support where it is needed.

Once healing is underway, that response should gradually settle.

**Chronic inflammation** is different. It does not always announce itself with obvious redness or swelling. It can remain quiet, low-grade, and persistent, sometimes for months or years. Instead of helping the body move through a temporary challenge, it becomes part of the daily terrain.

## Why Inflammation Stays Active

There is rarely one single cause of chronic inflammation. More often, it develops from the total load placed on the body over time.

Poor sleep can reduce the body's ability to repair. Chronic stress can keep the nervous system in a protective state. Highly processed foods, excess sugar, smoking, alcohol, environmental exposure, blood sugar swings, infections, food sensitivities, and old injuries can all add pressure over time. So can sitting too much, moving too little, or pushing the body hard without giving it enough recovery.

Modern life makes this even more complicated. Many people are surrounded by constant stimulation, long workdays, screens, rushed meals, irregular sleep, and very little true downtime. The body can compensate for a while, but it was not designed to live indefinitely in a state of alert.

When the immune system, nervous system, and repair systems are repeatedly asked to respond without enough time to reset, inflammation can become part of the body's ongoing survival strategy.



That does not mean the body is broken. It means the body is trying to manage conditions that are no longer supportive enough for healing.

## How Inflammation Can Show Up

Chronic inflammation does not look the same for everyone.

For one person, it may feel like aching joints and morning stiffness. For another, it may appear as digestive discomfort, skin flare-ups, poor sleep, headaches, mood changes, or exhaustion after ordinary activity. Some people feel it in one area. Others feel as though their **whole system is more sensitive** than it used to be.

Common patterns may include:

- Joint pain, stiffness, swelling, or warmth
- Muscle aches or increased sensitivity to pain
- Fatigue that does not fully improve with rest
- Brain fog, poor focus, irritability, or mood changes
- Digestive discomfort, reflux, constipation, or diarrhea
- Slower recovery after activity, illness, or stress

These symptoms do not prove that inflammation is the only issue, and they should not replace an appropriate medical evaluation. But they can be useful clues. When several of these patterns appear together, it may be time to look beyond one symptom and consider the larger environment the body is operating in.

## Why the Gut Belongs in the Conversation

The gut plays a major role in **inflammatory balance** because it is deeply connected to digestion, immune function, nutrient absorption, and the microbiome.

When the gut environment is healthy, it helps the body break down food, absorb nutrients, maintain immune balance, and eliminate waste. When that environment becomes disrupted, the immune system may become more reactive. Over time, this can create a loop: inflammation affects the gut, and gut imbalance adds more inflammatory stress back into the body.

This is one reason nutrition is not just about calories, weight, or willpower.

**Food is information.** It gives the body signals. Some foods help create a more stable internal terrain, while others may add to the burden, especially when the body is already under stress.

Whole foods rich in fiber, minerals, antioxidants, healthy fats, and quality protein can help the body repair and regulate. Fermented foods with live cultures may also support gut health for some people when well-tolerated. On the other hand, excess sugar, highly processed snacks, fried foods, and alcohol can make it harder for the body to calm an inflammatory response.

The goal is not perfection. The goal is to give the body more signals that say it is safe enough to repair.



## Treatment Options for Inflammation

There is **no single treatment path** that fits every person.

Conventional care may include medication, physical therapy, testing, or targeted treatment for an underlying condition. These tools can be important, especially when inflammation is severe, acute, or associated with a diagnosed medical condition.

A holistic approach does not reject appropriate care. It simply asks a wider set of questions. How is the person sleeping? What is their stress load? Is the gut under strain? Is movement helping or aggravating symptoms? Is the nervous system stuck in protection mode? Does the body have the raw materials it needs to repair?

### Helpful options may include:

- Anti-inflammatory nutrition and hydration
- Sleep support and nervous system regulation
- Gentle movement, mobility work, and pacing
- Massage, acupuncture, light therapy, heat therapy, or cold therapy
- PEMF, scalar support, or other wellness tools
- Microcurrent therapy as part of a whole-body healing plan (The Hache Protocol™)

The strongest plans are usually layered. One tool rarely does everything because the body does not heal through a single pathway.

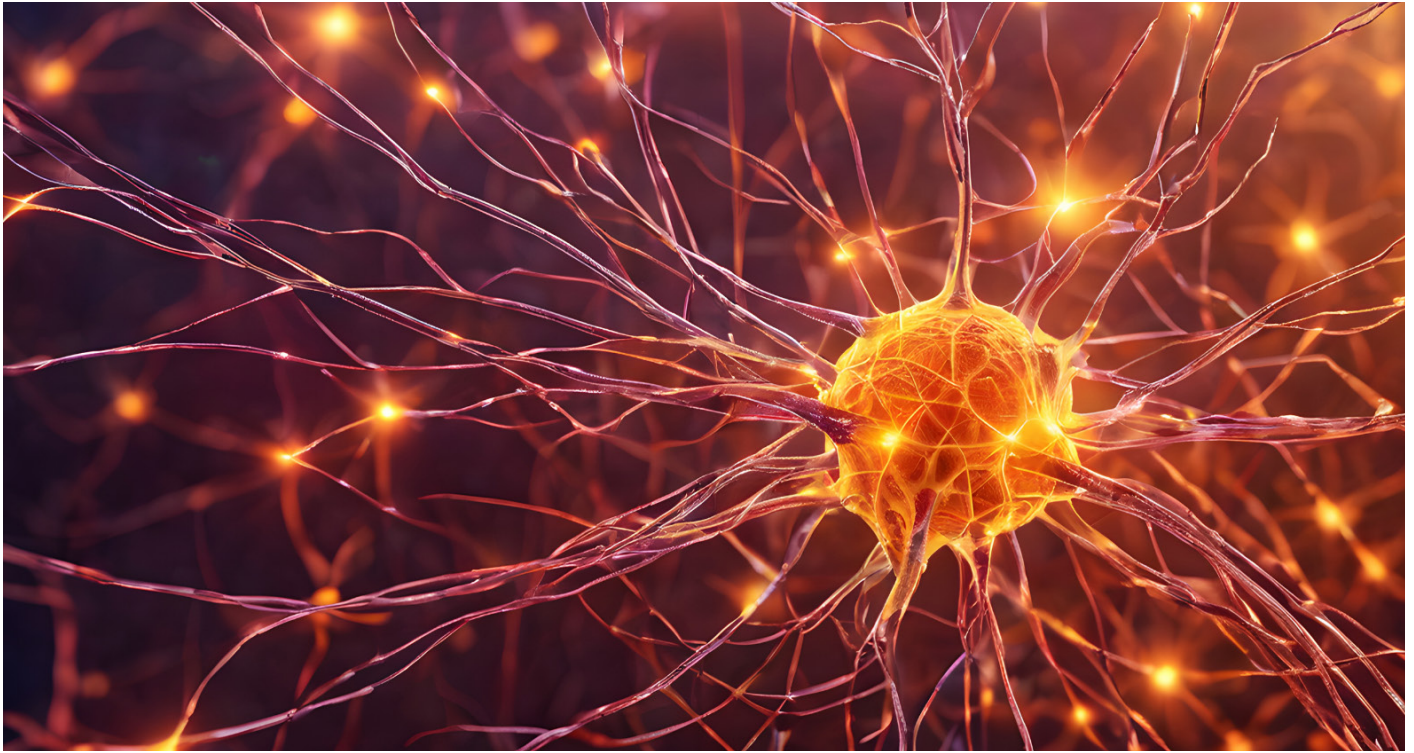
## Microcurrent Therapy

Microcurrent therapy fits naturally into this conversation because **the body is bioelectric**.

Every cell depends on subtle electrical communication. These signals help coordinate repair, circulation, tissue function, nervous system regulation, and energy production. When tissue is injured, inflamed, stressed, or depleted, that communication may become less efficient.

Microcurrent therapy uses very low-level electrical signals designed to work with the body's own communication systems. Rather than forcing a response, the goal is to help the body organize itself more effectively.





For people dealing with chronic pain, inflammation, nerve irritation, old injuries, scar tissue, or slow recovery, microcurrent may offer another layer of support. Many people also use it to **support vagus nerve stimulation**, which can be especially helpful when the nervous system is in a high-alert state.

This is important because healing is not only about the painful area. It is also about the system around that pain.

If the nervous system is calmer, sleep may improve. If sleep improves, repair may become easier. If circulation improves, tissues may receive better support. When cellular communication becomes clearer, the body may be better able to do what it was designed to do.



## The Hache Protocol™ for Pain Resolution

The **Hache Protocol™** brings these pieces together through five interactive elements: stress reduction, nutrition, quality sleep, fitness, and microcurrent therapy.

Each one influences the others.

Better sleep gives the body more time to repair. Nutrition provides the raw materials needed for healing. Stress reduction helps calm the immune and nervous systems. Gentle movement supports circulation, mobility, and strength. Microcurrent therapy supports the body's electrical communication and repair processes.

This is why a **layered approach** often works better

than chasing one symptom at a time.

When inflammation has been active for a long period, the body usually needs more than one message. It needs safety. It needs nourishment. It needs movement that does not create more strain. It needs sleep. It needs steady support at the cellular level.

The goal is not to overpower the body. The goal is to help it remember how to **regulate, repair, and recover.**

## A More Sustainable Path Forward

Inflammation can feel overwhelming when it affects several parts of life at once. It may change how you move, how you sleep, how clearly you think, and how much energy you have for the day ahead.

Still, progress does not have to begin with a complete overhaul.

It can begin with one more supportive meal. One earlier bedtime. One gentle walk. One quieter morning. One microcurrent protocol used consistently. One decision to stop treating the body like an enemy and start asking what it needs.

Small steps matter because they can be repeated. Over time, repetition becomes rhythm, and rhythm begins to change the body's internal environment.

Understanding inflammation does not solve everything on its own, but it can change the way you respond. It gives you a clearer lens, a steadier plan, and more trust in the body's ability to heal when it is given the right conditions.

For more practical guidance, the [Pain Free Living Lab](#) offers education, protocols, and tools, easy ideas to help you build a healing routine that works in real life.

You do not have to figure everything out at once. With the right support, progress becomes easier to understand, easier to repeat, and easier to trust.



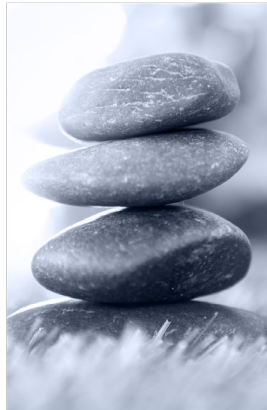
## Discover the 5 Interactive Elements of The Hache Protocol for Pain Resolution™



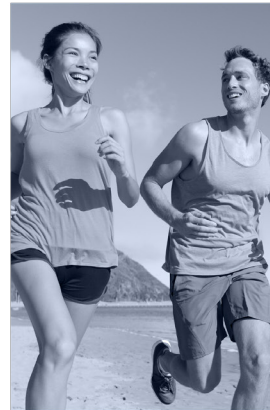
**SLEEP**



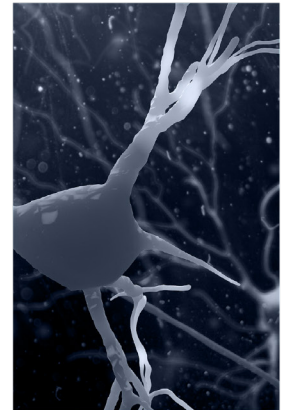
**NUTRITION**



**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](#)



# Free report: Autoimmune solutions

## A practical guidebook for overcoming autoimmune disease

### ***How to better understand your symptoms, support your body, and take the next step toward lasting relief***

Autoimmune illness can feel confusing, exhausting, and deeply personal. One day, your symptoms may feel manageable. Next, fatigue, pain, digestive issues, brain fog, or inflammation may make even ordinary routines feel harder than they should.

Part of what makes autoimmune disease so frustrating is that it rarely affects just one area of life. It can touch your energy, sleep, stress levels, mood, digestion, mobility, and confidence all at once.

That is why we created **Autoimmune Solutions: A Practical Guidebook for Overcoming Autoimmune Disease**.

In this free report, Dr. Rob Vanbergen, BHS, MNM, DHS, DNM, PhD, shares a whole-body approach to autoimmune wellness based on decades of experience helping people manage chronic pain, inflammation, and autoimmune conditions naturally. Rather than focusing solely on symptoms, this guide helps you understand the deeper patterns that may keep the body stuck in a cycle of stress, inflammation, and slow recovery.

### **Inside this report, you'll learn:**

**What autoimmune disease really is** and why the immune system may begin attacking healthy tissue

- ✓ How stress, pain, and autoimmune symptoms can feed each other, creating a cycle that makes healing feel harder
- ✓ Why gut health matters so much, including how digestion, nutrient absorption, and the microbiome influence immune balance
- ✓ How nutrition, hydration, and whole foods can support your body, especially when inflammation and fatigue are part of the picture
- ✓ Why gentle movement and quality sleep are essential, and how they can help calm inflammation and improve resilience
- ✓ How The Hache Protocol™ brings the pieces together through stress reduction, nutrition, fitness, sleep, and microcurrent therapy
- ✓ How microcurrent therapy may support autoimmune healing by helping restore healthier electrical communication throughout the body

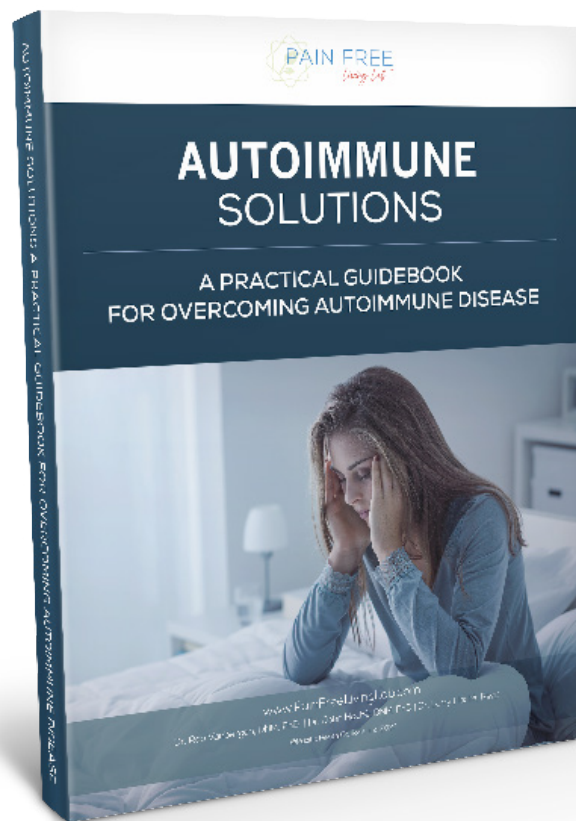
## Why autoimmune healing requires a whole-body approach

Autoimmune symptoms can feel like they are coming from everywhere at once. Pain may affect one area, digestion another, and fatigue may influence everything in between. That is why a narrow approach often leaves people feeling stuck.

At Pain Free For Life, we look at the body as an interconnected system. Stress affects sleep. Sleep affects inflammation. Gut health affects immune balance. Movement affects circulation and recovery. Microcurrent therapy helps support the body's electrical communication, which is central to how cells, nerves, organs, and tissues work together.

This is the foundation of **The Hache Protocol™**.

The goal is not to chase symptoms one by one. The goal is to help create an environment where the body can begin to regulate, repair, and heal more effectively.



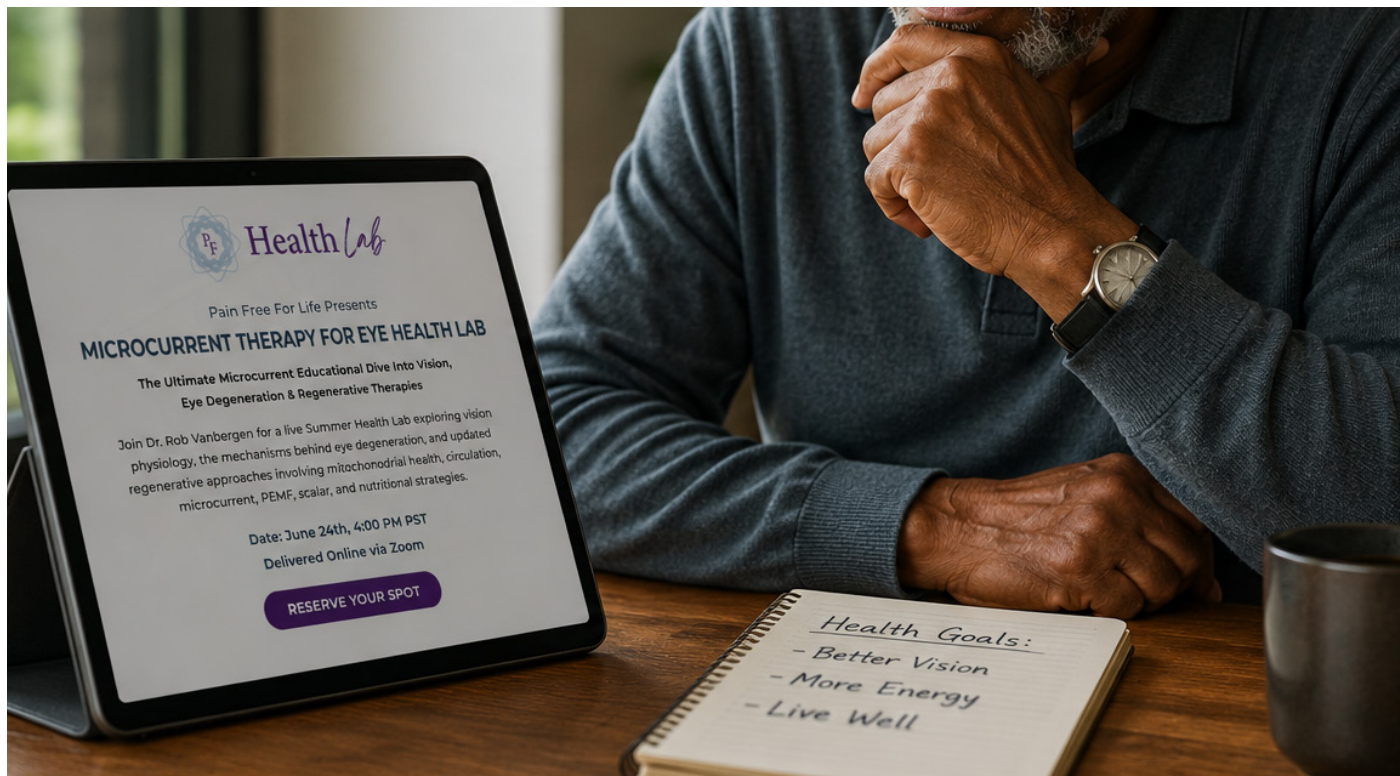
### Ready to learn more?

***Autoimmune Solutions*** gives you a practical starting point for understanding autoimmune illness from a holistic, whole-body perspective. Inside, you'll find education, lifestyle strategies, and supportive next steps designed to help you feel more informed, more empowered, and less alone on your healing journey.

[Download Autoimmune Solutions for free](#)

# Microcurrent Eye Health Lab

## *Our most comprehensive eye-health lab ever!*



**Wednesday, June 24, 2026**

**Hosted By: Dr. Robert vanbergen**

*Board Certified Doctor of Natural Medicine & Doctor of Humanitarian Services*

[Save your spot here](#)

There are some areas of healing that feel especially personal. For many people, the eyes are one of them.

When vision starts to change, it can affect far more than sight alone. Reading becomes harder. Driving can feel less certain. Screens become more tiring. Depth perception, comfort, confidence, and independence can all begin to shift at once. And for many people, the most frustrating part is not only the condition itself. It is the feeling that they still do not fully understand what is happening or what the eyes actually need in order to stay supported.

**That is exactly why we created the Microcurrent for Eye Support Health Lab.**

This live training is designed to go deeper than we ever have before into the physiology of vision, the mechanisms behind degeneration, and the layered strategies that may help support healthier eye function. As with all of our Health Labs, the goal is not only to teach protocols. It is to help you

understand the deeper terrain beneath the symptoms, so the tools you use make more sense and can be applied more effectively.

## Why this Health Lab matters

Eye health is often discussed in fragments. One conversation focuses on symptoms. Another focuses on diagnosis. Another focuses only on the latest device, protocol, or treatment path. What is often missing is the bigger picture: a clearer understanding of how vision works, why degeneration happens, and what the eyes may actually need to heal and stay resilient over time.

**This Health Lab was created to bring those pieces together.**

Rather than focusing only on the how-to side of eye support, we will take a deeper look at the physiology of vision and the internal conditions that shape how the eyes function. That includes circulation and oxygenation, as well as mitochondrial activity, nervous system signaling, inflammation balance, and healthy cellular communication.

## What you will learn

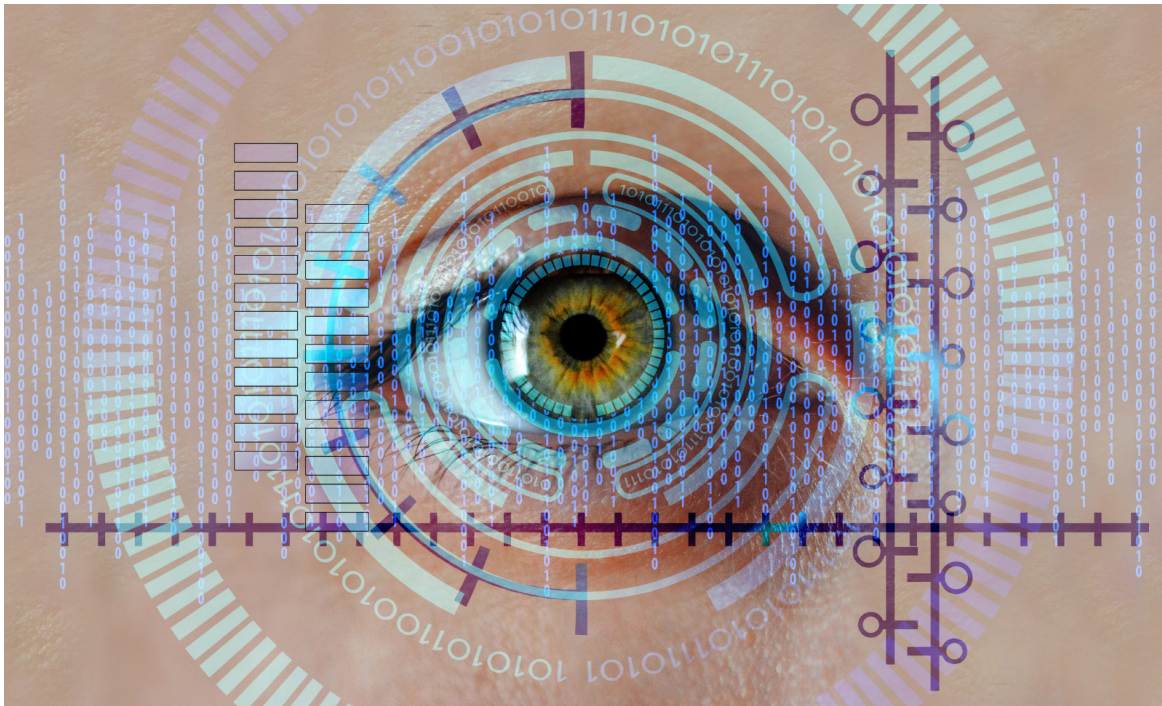
Inside the **Microcurrent for Eye Support Health Lab**, Dr. Rob will explore:

- ✓ **Why** people continue to struggle with eye conditions despite other approaches
- ✓ **How** vision depends on oxygen, circulation, mitochondrial activity, nervous system signaling, inflammation balance, and healthy cellular communication
- ✓ **What** may be happening beneath conditions such as **macular degeneration, glaucoma, cataracts, diabetic retinopathy, floaters, and dry eye**
- ✓ **Which** deeper contributors may be involved, including **inflammation, toxicity, blood sugar imbalance, oxidative stress, EMFs, and mitochondrial dysfunction**
- ✓ **How** updated support strategies may include **microcurrent, scalar, PEMF, nutrition, and refined eye-health protocols**
- ✓ **What** has changed in our current eye-health protocols, including where new layers and refinements may help

And so much more...



**This will be our deepest educational dive yet into vision, eye degeneration, and regenerative support.**



## Event details

**Date:** LIVE Wednesday, June 24, 2026, at 4 PM PDT, 7 PM EDT (with replay access available to registrants)

**Format:** Live on Zoom

**Hosted By:** Dr. Robert Vanbergen

*Board Certified Doctor of Natural Medicine & Doctor of Humanitarian Services*

## Important note for Hache Protocol Private Members

The **Microcurrent for Eye Support Health Lab** is included at no additional cost for clients with an active **Hache Protocol Private Membership**. Members will find the full live-event details and Zoom link inside the new **IMPORTANT Start Here** lesson in the Kajabi course as soon as they log in.

If you are not yet a member and would like to learn more about the [Hache Protocol Private Membership, click here.](#)

## Pricing for non-members

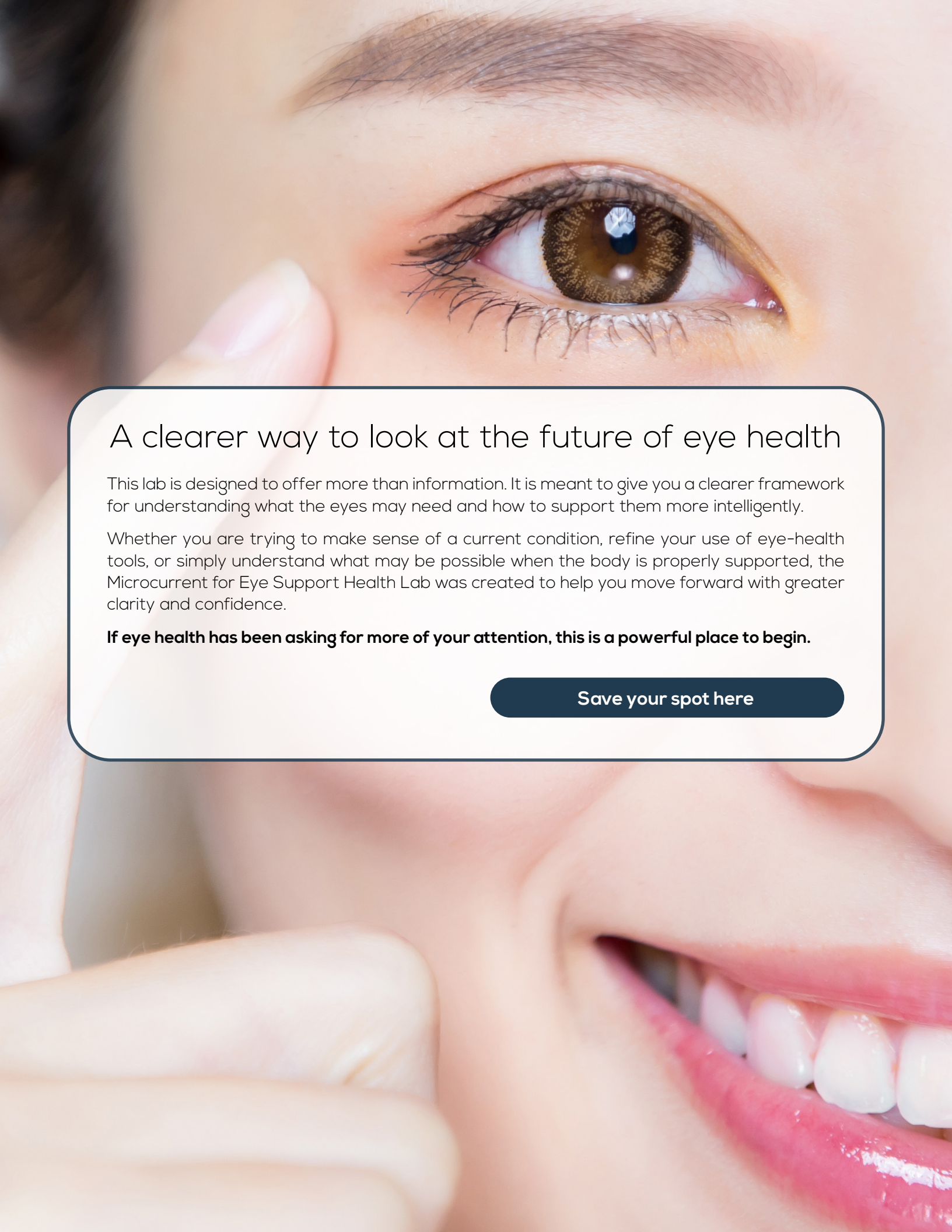
**Early Bird:** \$397, available June 1 through June 24

**Regular Price:** \$497, beginning June 25

## Sneak Peek Event Offers

On June 24th, Dr. Rob Vanbergen will also share special event offers in The Sana Shop, including:

- **A deep discount on our Microcurrent Goggles**
- **Avazzia Evolution Classic and Deluxe device bundles with free goggles (save up to \$595 on select bundles)**

A close-up photograph of a person's face, focusing on their brown eye and a bright smile showing white teeth. The person's hand is visible near their eye, with fingers slightly curled. The background is softly blurred.

## A clearer way to look at the future of eye health

This lab is designed to offer more than information. It is meant to give you a clearer framework for understanding what the eyes may need and how to support them more intelligently.

Whether you are trying to make sense of a current condition, refine your use of eye-health tools, or simply understand what may be possible when the body is properly supported, the Microcurrent for Eye Support Health Lab was created to help you move forward with greater clarity and confidence.

**If eye health has been asking for more of your attention, this is a powerful place to begin.**

[Save your spot here](#)



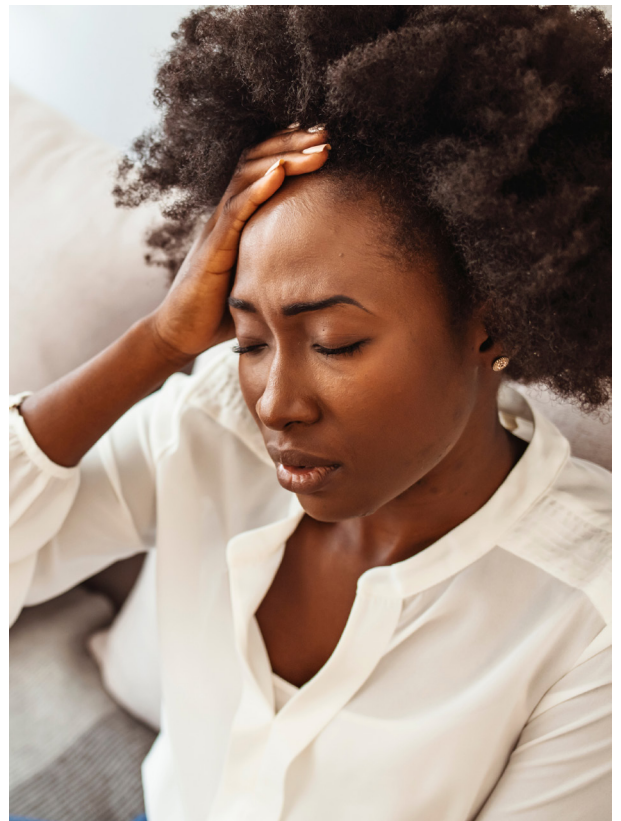
## June is Headache Awareness Month: Why posture, neck pain, and tension may be part of the problem

Every June, Headache Awareness Month brings more attention to a form of pain many people try to push through on their own. From the outside, a headache can seem minor or familiar. In real life, recurring head pain can affect **concentration, sleep, mood, work, and everyday routines** in ways that others may miss.

If you deal with frequent headaches, you already know how disruptive they can be. They can interrupt a workday, drain your energy, make it harder to be present with your family, and turn even simple tasks into something that feels heavier than it should. That experience is real, and it deserves more than being brushed off.

At Pain Free For Life, we often come back to a simple question: **what is the body trying to communicate?** That matters with headaches because the pain may be felt in the head while part of the pattern is building somewhere else.

For many people, that pattern involves the **neck, shoulders, jaw, and upper back**. Hours spent looking



down at a phone, leaning toward a laptop, driving, clenching the jaw, or carrying stress through the shoulders can gradually create strain that the body stops tolerating well.

According to the Cleveland Clinic, poor posture is one lifestyle factor that can trigger primary headaches. That does not mean posture explains every headache. It does mean **posture deserves more attention** than it often gets.

## The neck-headache connection is real

When a headache starts, most people focus on the head first. That makes sense. The pain is there, and relief is usually the immediate goal.

Still, **the neck is often part of the picture.**

Tension headaches are commonly associated with pressure, tightness, and muscle tension in the head, neck, and shoulders. In some cases, the neck itself may help drive the pain. Cervicogenic headaches, for example, begin with neck issues and are often aggravated by certain neck movements or positions.

Neck pain can also show up as part of a migraine pattern rather than acting as the sole cause. That distinction matters because recurring headaches are not always simple. Sometimes the neck is contributing to the pain. Sometimes migraine includes neck pain as part of the event. Sometimes both are present at the same time and keep reinforcing each other.



When the neck is chronically **tight, overworked, inflamed, or stuck in a forward-head posture pattern**, it makes sense to include that area in the conversation.

## Modern posture habits add up over time

The head places a real demand on the neck and shoulders, especially when it stays angled forward for long periods. The muscles at the back of the neck and around the shoulders have to work harder to support that position. Over time, that can contribute to **tension, fatigue, stiffness, and pain** that begins lower down and travels upward.

This helps explain why so many people notice headaches after a long workday at the computer, an evening spent scrolling on the couch, reading in bed with the head pushed forward, or stressful days when the shoulders stay tight and elevated.

What feels insignificant in the moment can become meaningful through repetition. The body often responds not to one dramatic event, but to **small strains repeated often enough.**

That is why people so often say they thought they had a headache, but their neck had been bothering them all day, too. **The body usually leaves clues before the pattern becomes harder to ignore.**

## Not every headache is about posture

Cleveland Clinic explains that a positional headache gets worse when sitting or standing upright and improves when lying down. A pattern like that can point to issues beyond ordinary muscle tension and deserves proper medical evaluation.

So if a headache clearly changes with body position in that way, it is important not to dismiss it as simple screen strain or text neck.

At the same time, there is also a broader everyday reality. Many headaches are influenced by how we hold our bodies, **how long we stay in that position, and how much tension the neck and upper back are carrying.** That makes posture a practical and often overlooked place to intervene.

## Stress makes the pattern harder to ignore

Stress can change breathing, muscle tone, sleep quality, and nervous system reactivity. When the body is under pressure, the jaw may clench more easily, the shoulders may rise, the neck may tighten, and the whole system may become more sensitive to pain.

What feels like a posture problem may actually be a layered pattern that includes **screen-related forward head posture, neck and shoulder tension, poor sleep, dehydration, stress overload, and a nervous system that is no longer settling well.**

**If that sounds familiar, you are not imagining it, and you are not overreacting.** For many people, headaches are not random at all. They are the result of several stressors stacking up until the body has less room to compensate.

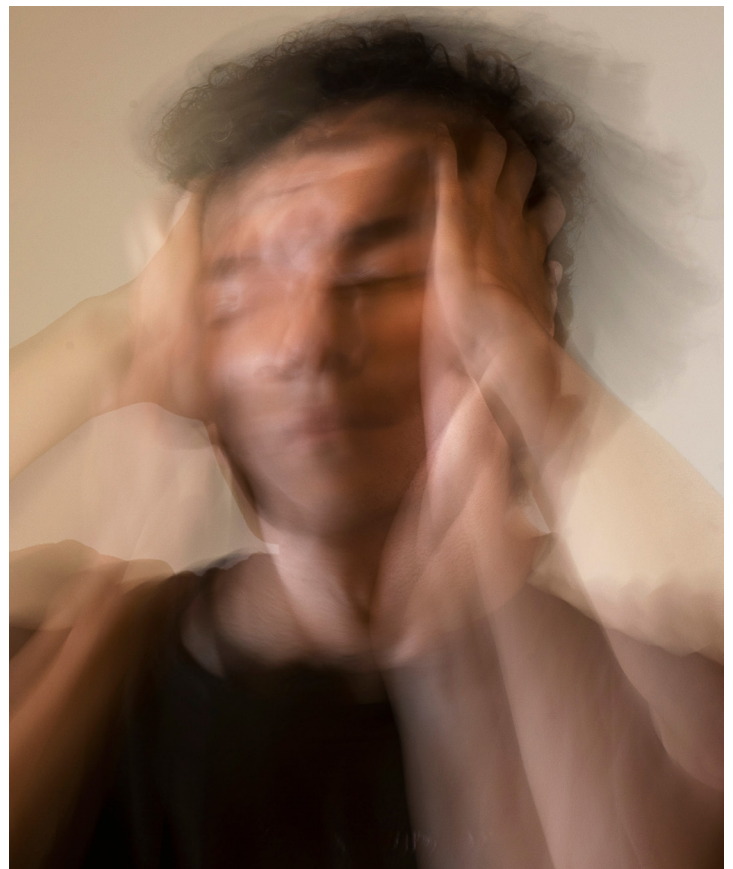
## A more useful question to ask

When headaches keep returning, people often want a single clear explanation and a quick fix. Usually, the body is telling a more layered story than that.

A more useful question is this: ***what keeps irritating this area over and over again?***

Sometimes the answer includes workstation setup or phone habits. Sometimes it includes stress, sleep, hydration, hormones, jaw tension, old injuries, or time spent driving. Sometimes migraine is part of the picture as well.

That does not mean relief has to become complicated. It means the body often responds best when



support is repeated consistently and approached from **several directions at once**.

## Where microcurrent therapy can fit

This is where microcurrent therapy may become especially useful within a broader supportive routine.

Microcurrent works with the body's own communication systems. For readers who notice that their headaches often accompany **neck tightness, shoulder tension, jaw strain, long-screen days, or stress-related muscle pain**, a neck-focused approach may make sense.

That is part of what makes a hands-free accessory like the [Conductive Adjustable Neck Wrap](#) so popular with our clients. It allows anyone to bring hands-free microcurrent treatment to the neck area with ease.

The wrap is not a standalone device. It is used with a compatible Avazzia Life microcurrent device and connected with standard lead wires. The device provides the microcurrent, while the wrap helps make neck-focused support easier to apply.

That ease matters. When you're already tired, overloaded, or in pain, complicated self-care is usually the first thing to slip. **We've found that the easier it is to use, the more likely you are to keep using it.**

## Dr. Rob's tips for a more headache-friendly workspace

If your headaches tend to build during the workday, your workspace may be part of the pattern. Small setup changes can reduce strain on the neck, shoulders, eyes, and upper back, which may help lower one more source of tension.

**Note about this product:** Cancelling an order that has NOT shipped is subject to a 3.5% processing fee. You may learn more about our Refund/Return policy by clicking [here](#).

Please note, this garment/accessory is not manufactured by Avazzia and therefore is not considered a manufacturer-certified garment/accessory when used with any Avazzia device.

For the adjustable neck wrap, you will spray down the inside of it (the side that touches your body) with water before you put it on to increase conductivity and comfort. Then you wrap it around your neck and run the modes you want to treat with through it. You will use the 2-pin lead wire.

### Try these simple workspace habits:

- ✓ **Bring your screen to eye level** so your head is not constantly tipping forward
- ✓ Sit so your **feet rest flat on the floor** and your arms can relax comfortably at your desk
- ✓ Keep your **keyboard and mouse close** so you are not reaching and tightening through the shoulders



- ✓ Take short movement and stretch breaks to prevent stiffness from building up
- ✓ Use the **20-20-20 rule** for eye strain: every 20 minutes, look 20 feet away for 20 seconds
- ✓ If neck tension is a recurring issue, consider a **neck-focused microcurrent routine** to support the area more consistently

A workspace does not have to be perfect to help. In many cases, a few thoughtful adjustments can make the body feel more supported, especially during long hours at a desk.



## Microcurrent protocol to try: the Little Wings Protocol

If neck tension, posture strain, or text neck seem to be part of your headache pattern, the Little Wings Protocol is one microcurrent technique to explore.

If you are new to this protocol, it may help to watch a quick demonstration first. You can see the Little Wings Protocol demonstrated by Dr. Rob Vanbergen here:



This Pain Free For Life protocol supports the neck, shoulders, trapezius, and upper back, especially when tension has been building from device use, posture habits, or long hours in the same position. It is often associated with neck pain, shoulder tension, and tension headaches that seem to travel up from

the neck.

### You will need:

- An [Avazzia Life microcurrent device](#), like the Avazzia Life Pinnacle shown above, which is available at [TheSanaShop.com](#)
- The [Y-Electrode](#), shown above, is available at [TheSanaShop.com](#)

## How to perform the Little Wings Protocol

1. **Set your Avazzia Life microcurrent device to 121 Hz.**
2. Place the Y-Electrode on the shoulder and adjust the power to a comfortable level.

**Important:** You will lose control of the shoulder muscles during this protocol and may feel a slight pulling sensation in the arm. The Little Wings Protocol is not harmful, but the sensation can feel surprising if you are not expecting it.

3. Place the electrode behind the ear and bring it down along the sternocleidomastoid muscle to



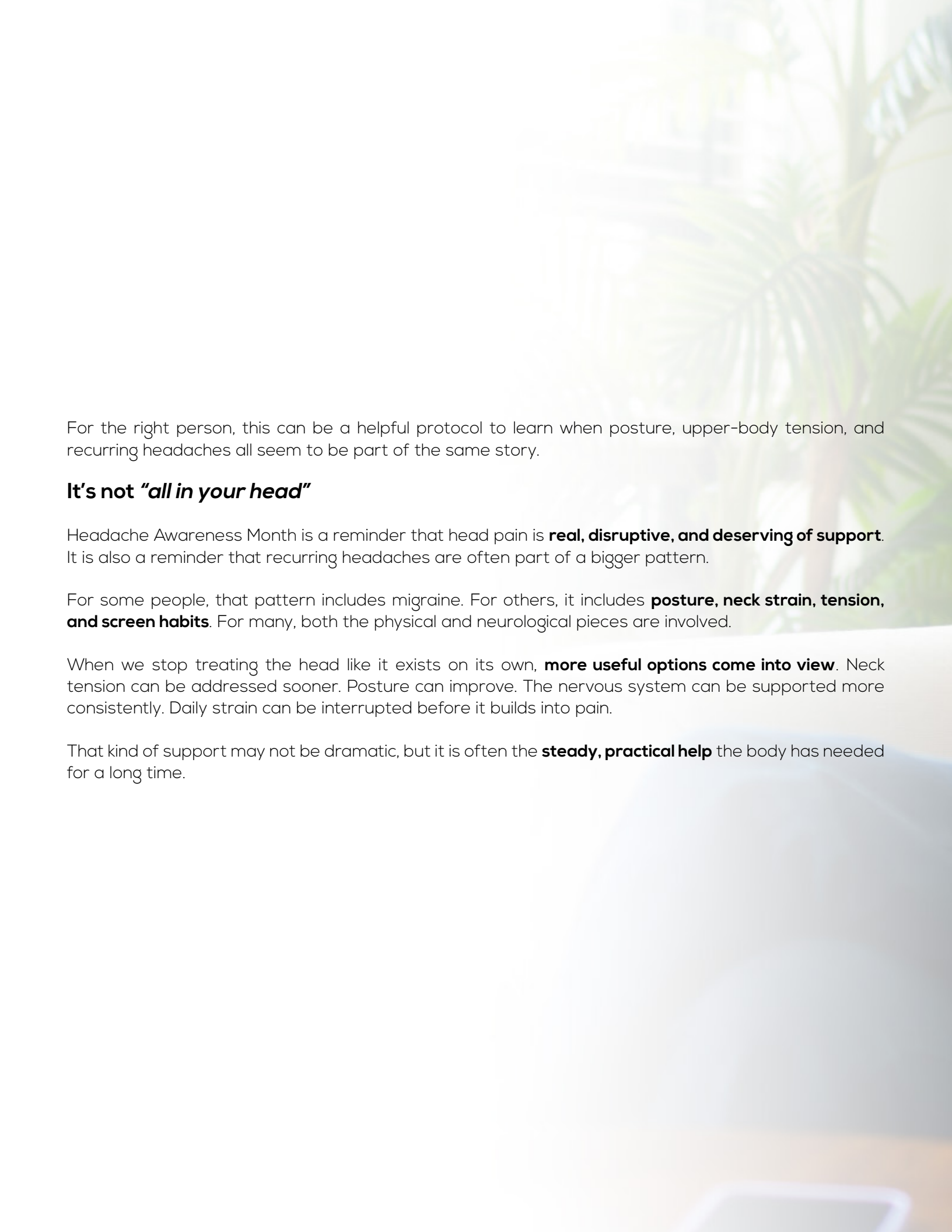
where the neck meets the shoulder. You should begin to feel a flutter or tug in the shoulder. The muscle will contract for a few seconds and then release. That is one flap.

**If you feel the sensation but do not get the pulling you need, increase the power on your device** until you can see or feel the tugging or flap on the shoulder.

4. Allow the shoulder to flap 5 times, then remove the electrode from the skin.
5. Treat the other side of the neck the same way for another 5 flaps.

You're done.

**Important safety note:** Little Wings is not appropriate for people with fused neck vertebrae or a history of a broken neck.

The background of the page is a soft-focus photograph. On the right side, there is a large, green palm tree with its fronds extending towards the top right. In the lower right corner, the top edge of a light-colored laptop is visible, resting on a wooden surface. The overall lighting is bright and natural, suggesting an indoor setting with large windows.

For the right person, this can be a helpful protocol to learn when posture, upper-body tension, and recurring headaches all seem to be part of the same story.

### **It's not *"all in your head"***

Headache Awareness Month is a reminder that head pain is **real, disruptive, and deserving of support**. It is also a reminder that recurring headaches are often part of a bigger pattern.

For some people, that pattern includes migraine. For others, it includes **posture, neck strain, tension, and screen habits**. For many, both the physical and neurological pieces are involved.

When we stop treating the head like it exists on its own, **more useful options come into view**. Neck tension can be addressed sooner. Posture can improve. The nervous system can be supported more consistently. Daily strain can be interrupted before it builds into pain.

That kind of support may not be dramatic, but it is often the **steady, practical help** the body has needed for a long time.





## 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 June 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: June 10-minute trainings

- **Week 1: Treating cellulite with microcurrent**

This training explores how microcurrent may support areas affected by cellulite through circulation, tissue health, and lymphatic flow. Dr. Rob explains the topic in a simple and approachable way through the Pain Free For Life lens. It is a great introduction for anyone interested in adding microcurrent to their wellness routine.

- **Week 2: Dr. Rob Unveils The Power of Microcurrent for Eye Health**

Discover how microcurrent therapy may support healthy vision, circulation, and overall eye wellness. Dr. Rob demonstrates practical ways to use microcurrent as part of a proactive approach to eye health.

- **Week 3: What is a Certified Pain Resolution Specialist? The Sana Institute's advanced program explained**

This training explains what a Certified Pain Resolution Specialist (CPRS) is and what the advanced program through The Sana Institute includes. Dr. Rob will also share why this level of training matters for better, more informed support. It is a helpful introduction for anyone curious about professional training within Pain Free For Life.

- **Week 4: VIP Only! Thoracic Outlet**

Thoracic outlet syndrome can cause pain, numbness, tingling, and weakness that radiates through the neck, shoulder, arm, and hand. In this training, Dr. Rob explains the underlying mechanisms behind TOS and shares supportive microcurrent strategies designed to help reduce compression, improve function, and support recovery.

---

[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](#)



# Seeing the Bigger Picture: Why your eye health deserves another look

We rely on our eyes for almost everything. They help us read, drive, work, recognize faces, move safely through the world, and enjoy the moments that make life feel rich and familiar. Because vision is woven into so much of daily life, even subtle changes in eye health can affect **comfort, confidence, energy, and independence** in ways people do not always expect.

For many people, eye concerns do not begin with one dramatic moment. They tend to build over time. Eyes may feel more tired at the end of the day. Screens may become harder to tolerate. Dryness, irritation, blurry vision, or a sense of strain may start showing up more frequently. In some cases, those changes are signs that the eyes are under more stress. In others, they may be part of a deeper pattern involving **circulation, inflammation, aging, or long-term wear and tear**.

That is one reason eye health deserves a more proactive conversation.

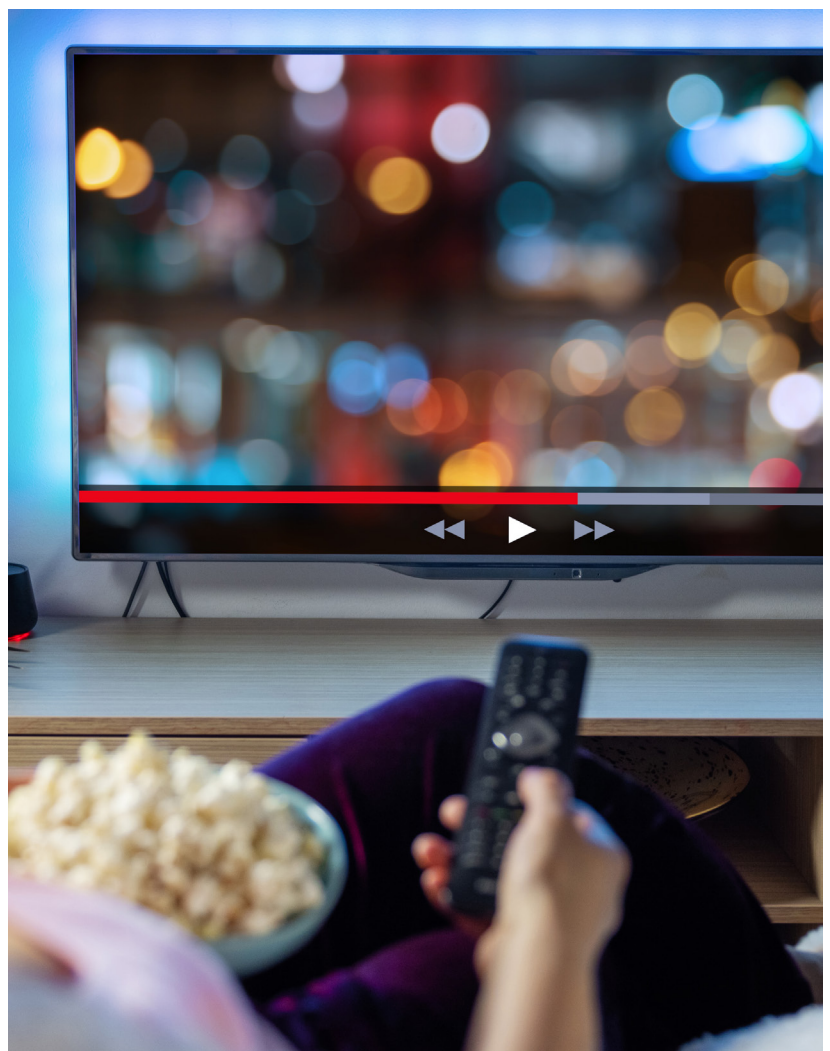
At Pain Free For Life, we often look at the body through a broader lens. Rather than focusing only on symptoms, we ask what a system may need in order to function more smoothly and feel better supported over time. That way of thinking matters for eye health, too.

## Why modern life can be hard on the eyes

Today's eyes do a lot. Many people spend long hours looking at computers, phones, tablets, and televisions. Add in artificial lighting, dry indoor air, environmental stress, aging, inflammation, poor sleep, and long workdays, and it is easy to see why the eyes can begin to feel overworked.

Sometimes that strain stays in the background. Other times, it starts to affect the way a person moves through the day. Reading may feel more tiring. Driving may take more effort. Visual focus may seem less sharp. The eyes may burn, water, ache, or feel unusually tired by evening.

These experiences are common, but they should not be brushed aside. The eyes are living tissue. They need **circulation, nourishment, hydration, and healthy cellular function** just like the rest of the body.



## Looking beyond symptom management

Traditional care can absolutely play an important role in protecting eye health. At the same time, many people are also looking for ways to support their vision more broadly, especially when they want a more holistic, non-invasive approach alongside whatever other care they are receiving.

This is where microcurrent therapy is catching attention.

As we've mentioned throughout this magazine, microcurrent therapy uses very low-level electrical signals designed to work with the body's own communication systems. Within the Pain Free For Life framework, it is often discussed as a way to support the body's natural repair processes, circulation, and electrical balance. When applied to eye health, that conversation becomes especially interesting because the eyes depend on healthy blood flow, tissue nourishment, and efficient cellular communication.

In other words, eye health is not only about what a person sees. It is also about how well the tissues involved in vision are being supported.

## The Trinity of Eye Health

**The Trinity of Eye Health**

THREE ESSENTIAL ELEMENTS WORK TOGETHER TO SUPPORT HEALTHY EYES AND LONG-TERM VISION.

- NUTRITION**  
A steady supply of essential nutrients helps maintain the structure and function of eye tissues.
- BLOOD FLOW**  
Healthy circulation delivers oxygen and key nutrients to the eyes, supporting repair, resilience, and long-term function.
- ELECTRICAL POTENTIAL**  
The body is inherently electrical. Healthy signaling helps cells communicate, function, and recover more efficiently.

When **nutrition, blood flow, and electrical potential** are in balance, your eyes have the best environment to function, adapt, and thrive—today and for years to come.

One of the clearest ways to understand this topic is through what we describe as the **Trinity of Eye Health**:

- **Nutrition**
- **Blood flow**
- **Electrical potential**

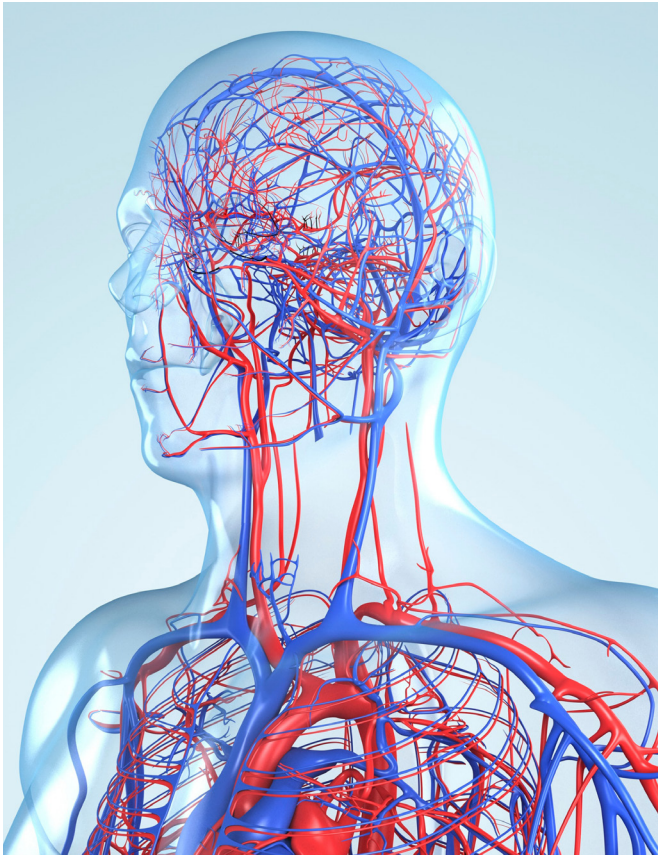
This framework is useful because it shifts the conversation away from a narrow, one-dimensional view of eye concerns.

**Nutrition** matters because the eyes require a steady supply of supportive nutrients to maintain structure and function over time.

**Bloodflow** matters because circulation helps deliver oxygen and key nutrients while supporting repair and resilience.

**Electrical potential** matters because the body is inherently electrical. When healthy signaling is disrupted, tissues may not function or recover as efficiently as they could.

Taken together, these three elements offer a fuller picture of what eye support can look like.



## Why circulation and inflammation matter so much

When people think about eye health, they do not always think first about circulation. Yet blood flow plays a major role in delivering oxygen and nutrients to tissues.

This matters not only for day-to-day comfort, but also for long-term support. Eyes under stress may also be affected by inflammatory load, poor tissue nutrition, or reduced repair efficiency. That is one reason broader health habits still matter here. **Sleep, hydration, nervous system regulation, inflammation balance, and nutrition** all shape the environment in which the eyes are functioning.

That is why a whole-body perspective can be so valuable.

Microcurrent is appealing to many people because it offers a gentle, non-invasive option. Rather than forcing the body, it is designed to work with the body's own electrical nature.

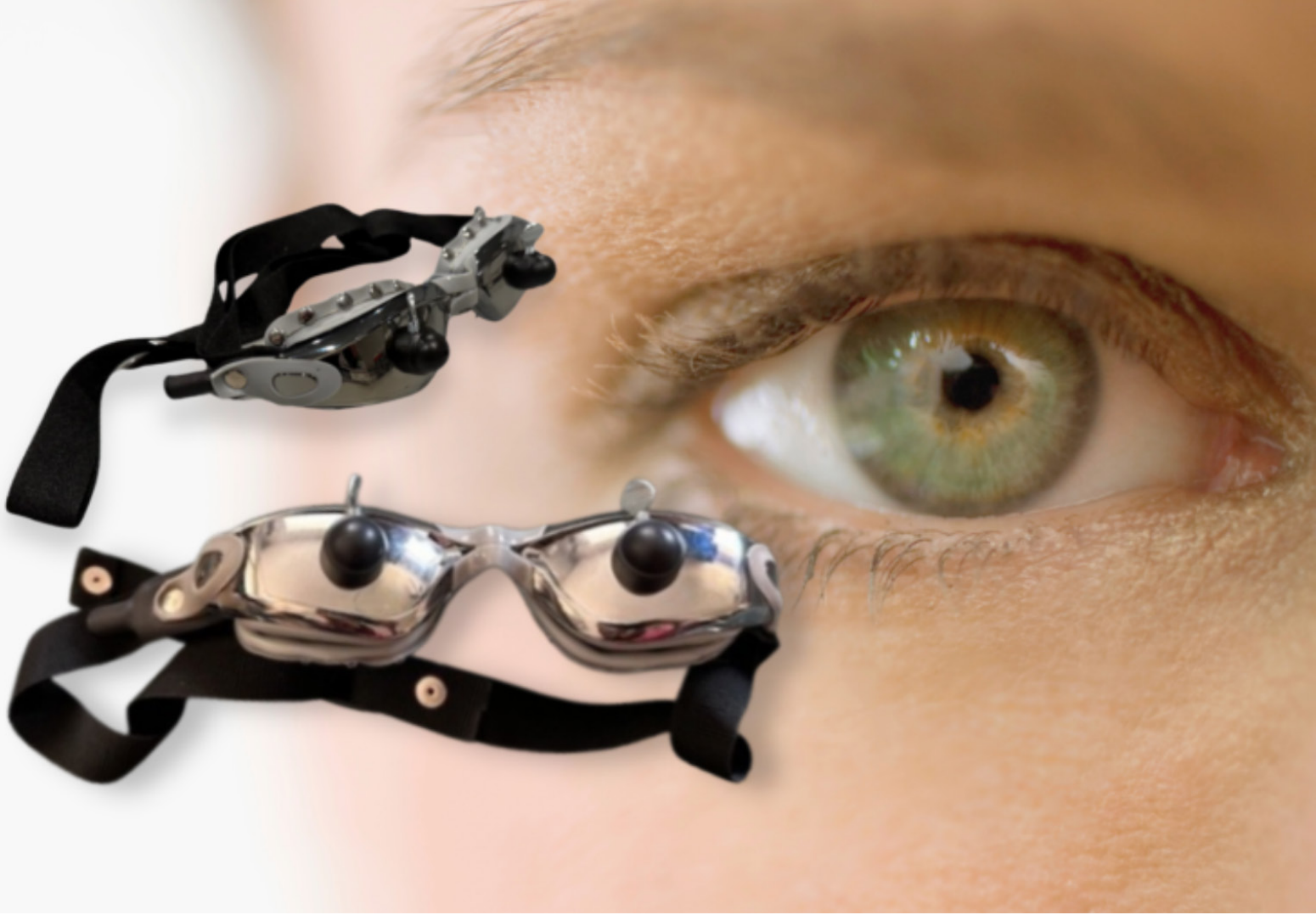
Within the eye-health conversation, microcurrent is often discussed in relation to supporting:

- **Circulation**
- **Cellular repair**
- **Inflammation balance**
- **Healthy electrical communication**

That does not mean it is a magic fix, nor does it replace appropriate medical care. What it can offer is another layer of support for people who want to care for their eyes more proactively and comprehensively.

For many readers, that will be the most helpful takeaway. Eye health support does not have to begin only when a problem becomes urgent. It can also begin with **learning, consistency, and giving the body better support before strain builds further.**





## **A more supportive tool for eye-focused care**

One reason this topic is gaining traction is the development of tools specifically designed for the eye area, such as Microcurrent Goggles (pictured above).

The appeal of a tool like this is practical. It is designed to make eye-focused microcurrent support more precise, comfortable, and easier to repeat consistently. That matters because even the most promising tool has limited value if it feels too awkward or difficult to use regularly.

When support is more comfortable and more accessible, people are more likely to stay with it long enough to understand how it fits into their routine.

And that is often where real progress begins, not in intensity, but in consistency.

## **Eye health is part of whole-body health**

Another important piece of this conversation is that eye health rarely exists in isolation. The same broader factors that affect other parts of the body can affect the eyes, too.

Inflammation can matter. Sleep can matter. Stress can matter. Circulation can matter. Nutrient status can matter. Aging can matter. Even daily habits like screen use, environment, and recovery time can shape how the eyes feel and function.

That can sound overwhelming at first, but it is actually encouraging. It means there is more than one place to begin.

Sometimes support starts with better sleep. Sometimes it starts with reducing strain. Sometimes it starts with learning how a tool like microcurrent may fit into the bigger picture. The goal is not perfection. The goal is to give the body and the eyes a more supportive environment.

## **Why this conversation matters now**

If this topic speaks to you, the The Ultimate Microcurrent Eye Health Lab is designed to go deeper.

This upcoming training will explore how microcurrent fits into the eye-health conversation, why the Trinity of Eye Health matters, and how supportive tools and daily habits may help people care for their vision more intentionally.

For anyone who wants to understand better circulation, eye strain, inflammation, long-term support, and the role of microcurrent in a practical way, it offers a chance to learn in a more focused setting.

Because when it comes to vision, more understanding is never wasted.

Your eyes do a great deal for you every day. Supporting them well is not extra. It is part of caring for your overall health.



*A deeper look at vision, degeneration, and life-long eye support*

# THE ULTIMATE MICROCURRENT EYE HEALTH LAB

Wednesday, June 24, 2026, at 4 pm pst, 7 pm est

Live on Zoom (recording available within 48 hours for event registrants)

**Hosted By: Dr. Robert Vanbergen**

*Board Certified Doctor of Natural Medicine & Doctor of Humanitarian Services*

Join us for a live training designed to help you better understand what the eyes may actually need in order to stay healthy and supported over time.

The Microcurrent for Eye Support Health Lab will be our deepest educational dive yet into vision, eye degeneration, and layered support for the eyes. Dr. Rob Vanbergen will explore the physiology of vision, the mechanisms behind common eye conditions, and the deeper factors that may be contributing to decline, including inflammation, toxicity, blood sugar imbalance, oxidative stress, EMFs, and mitochondrial dysfunction.

During this live Health Lab, you'll learn about:

- ✓ **How** vision depends on circulation, oxygen, mitochondrial activity, nervous system signaling, inflammation balance, and healthy cellular communication
- ✓ **What** may be happening beneath conditions such as macular degeneration, glaucoma, cataracts, diabetic retinopathy, floaters, and dry eye
- ✓ **How** updated strategies may include microcurrent, scalar, PEMF, nutrition, and refined eye-health protocols

And so much more.

### **Pricing for non-members:**

**Early Bird:** \$397 through June 24 | **Regular Price:** \$497 beginning June 25

Important note for Hache Protocol Private Members:

This Health Lab is included at no additional cost for active **Hache Protocol Private Members**. Members can find the full event details and Zoom link inside the new **IMPORTANT Start Here** lesson in Kajabi.

**Save your seat:**

**Microcurrent for Eye Support Health Lab**



# A summer solstice reset for pain, energy, and whole-body healing

In 2026, the summer solstice falls on **Sunday, June 21**, marking the longest day of the year and the official beginning of astronomical summer in the Northern Hemisphere. For many people, it arrives with a sense of relief. The days are longer, the air is warmer, and life begins to move outward again. But for those living with chronic pain, fatigue, inflammation, poor sleep, or nervous system overload, summer does not always feel as restorative as it looks. What is supposed to feel freeing can sometimes feel destabilizing instead.

That contrast is worth noticing. More daylight may lift the mood while also making sleep less reliable. Warm weather may make movement more inviting, but it can leave the body depleted more quickly than expected. Travel, yard work, social plans, allergies, and looser routines can all place extra demands on a system that may already be working hard to stay steady.

That is why a summer reset is most helpful when understood not as a reinvention but as a return to what best supports healing. At Pain Free For Life, this is where **The Hache Protocol for Pain Resolution™** becomes especially useful. Its five interactive elements, **stress reduction, nutrition, fitness, sleep, and microcurrent therapy**, offer a practical framework for supporting pain, energy, and whole-body healing without turning summer into another self-improvement project.

## What can summer change in the body?

When summer starts throwing the body off, the problem is not usually the season itself. More often, it is the way longer days, heat, added activity, and less predictable routines begin to affect the systems that keep pain and energy more stable.

- **Sleep** often becomes lighter or less consistent as evenings stay brighter and routines shift.
- **Hydration** becomes easier to neglect once heat, travel, and activity increase.
- **Pain and inflammation** may become less predictable when the body is under more cumulative stress.
- **Energy** can feel less reliable when longer days tempt people to do more than the body can comfortably sustain.
- **The nervous system** may have a harder time settling when stimulation increases and recovery time decreases.



Seen that way, a summer reset is not about forcing better habits. It is about noticing where the season is creating extra strain and responding with more support, not more pressure.

## Summer has its own kind of pressure

People often speak about summer as though it is naturally restful, but the season carries its own forms of strain. **There can be more social obligations, more travel, more heat, more physical activity, and more subtle pressure to make the most of every good day.** Even when those demands are pleasant, they are still demands.

This matters because the body does not sort stress into neat emotional categories. It responds to load. For someone already living with pain or fatigue, a season filled with added activity can begin to feel stimulating in a way that is not entirely restorative. Restlessness, poor sleep, headaches, shallow breathing, digestive changes, and that unsettled feeling of being tired without being able to settle often become more noticeable during this time of year.

In Traditional Chinese Medicine, summer is associated with the **Fire element**, along with warmth, circulation, joy, and outward energy. That framework is useful because it captures something many people already know from experience. Summer tends to draw energy outward. When the body is doing well, that can feel enlivening. When the body is already taxed, it can feel like too much.

A good summer reset begins with accepting this reality rather than resisting it. The goal is not to keep pace with the season at all costs. **The goal is to let the season support healing without asking the body to perform beyond what it can sustain.**

## Nutrition and hydration need to change with the season



Summer usually changes appetite on its own. Many people find that heavy meals become less appealing, while lighter, fresher, and more hydrating foods start to sound better. This seasonal shift can be helpful, provided it is guided by what supports the body rather than by vague ideas of eating lightly for its own sake.



Traditional Chinese Medicine often emphasizes foods in summer that feel cooling and moistening. **Cucumbers, berries, melons, leafy greens, herbs, citrus,** and other water-rich foods fit naturally within that pattern. Some people also find that fish or lighter proteins are easier to digest than heavier meals during hotter months. Even so, the real question is not whether a meal looks summery. It is whether it leaves you feeling steadier afterward.

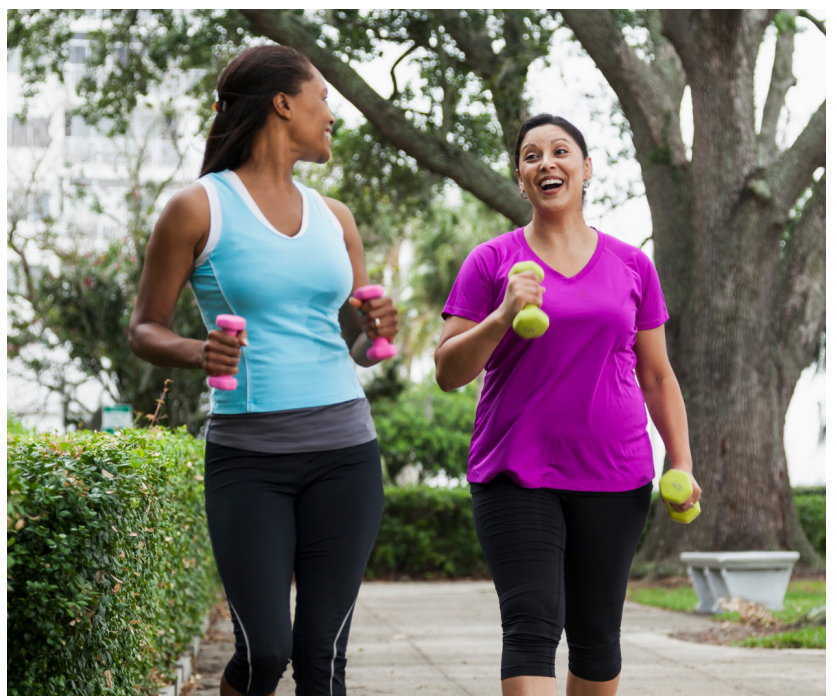
Hydration also becomes more important than people often realize. Once temperatures rise, it becomes easier to fall behind, especially when there is more sweating, more time outdoors, and more movement built into the day. For those already dealing with headaches, fatigue, inflammation, or pain, even mild dehydration can change how the entire system feels. When hydration slips, people often notice it not only in thirst but in energy, headache frequency, and how well the body recovers from heat, activity, and long days.

Water matters, of course, but it is not the only support. Herbal teas, citrus, cucumber, berries, greens, mineral-rich foods, and gentle electrolyte support can all contribute to a steadier internal environment.

## **Movement is most helpful when it remains in conversation with the body**

Summer can make getting active feel more possible. Walking sounds better. Gardens need tending. Being outside may feel far more inviting than it did a season ago. But when someone is living with pain, the familiar advice to simply move more is often too blunt to be useful.

Within **The Hache Protocol™**, fitness is not framed as punishment or proof of discipline. It is a way to support circulation, lymph flow, mood, mobility, and a more trusting relationship with the body. The goal is not to override symptoms with determination. The goal is to choose forms of movement that help the body function better without



exacting a cost it will have to pay for later.

In practice, that may mean walking earlier in the day before the heat sets in, stretching in the evening, trying water exercise, doing gentle yoga, gardening in shorter intervals, or choosing mobility work on days when more strenuous activity would be too much. The most supportive movement is rarely the most impressive.

## Sleep is sacred during the brightest part of the year

One of the quieter difficulties of summer is that it becomes easier to treat sleep as negotiable. The sun stays up later. Social plans stretch into the evening. Travel interrupts routine. Bedrooms get warmer. Screens stay on longer.

For anyone living with chronic pain, this matters quickly. Sleep is one of the main conditions in which repair becomes possible. When sleep becomes fragmented or irregular, pain often feels sharper, emotional resilience drops, and inflammation has more opportunity to linger.

A summer sleep reset does not need to be elaborate. It often begins with a few deliberate choices that help restore rhythm: cooling the bedroom before bed, dimming lights earlier, using blackout curtains or a sleep mask, turning off screens sooner, or keeping bedtime more consistent even when the evening still feels young.

What matters most is reliability. The body responds well to rhythm.



## Microcurrent therapy can help create steadier support

Microcurrent therapy fits naturally into a summer reset because it supports the body at a foundational level. The body is electrical by nature. Cells, nerves, tissues, and organs all rely on subtle electrical communication to coordinate repair, circulation, energy production, and nervous system regulation. When the body is dealing with stress, inflammation, pain, fatigue, or injury, that communication can become less efficient.

Rather than forcing an outcome, microcurrent therapy aims to support better regulation, organization, and recovery. In a season when routines are less predictable, that kind of support can be especially useful.

Summer often brings variability. More travel, more activity, less sleep, more heat, more allergies, and more opportunity to overdo it can all make the body feel less steady. In that context, **consistent microcurrent support can help the body stay steadier through those shifts.**

Microcurrent tends to work best when it is part of a broader support plan. Better sleep. Better hydration. Gentler pacing. Food that actually nourishes. This is part of what makes **The Hache Protocol™** so practical.

It recognizes that healing rarely depends on a single lever.

## Healing is shaped by the environment, too

One of summer's overlooked gifts is that it can make it easier to improve the healing environment. A few minutes outside can shift the way the body feels in ways that are both subtle and immediate. Sitting under a tree, walking without a phone, standing barefoot in the grass, spending time near water, or simply stepping out of indoor urgency for a little while can all help soften the body's sense of strain.

This matters because healing does not happen only through treatment. It also happens through context. A walk outdoors may support both movement and stress reduction at once. A lighter evening meal may support digestion and sleep. A calmer mood before bed may make other supportive practices more effective simply because the body is less wound up when they begin.



Summer also brings its own environmental burdens. Allergies, poor air quality, sinus pressure, itchy eyes, and heat-related fatigue all add to the total load. For people already managing pain or inflammation, these factors can be enough to push the body past its comfortable threshold.

## A summer reset does not need to be dramatic to matter



People often resist the idea of a reset because they imagine it requires an overhaul. They picture stricter meals, a new exercise plan, flawless sleep habits, perfect consistency with their device, and a level of personal discipline that feels exhausting before it has even begun.

In reality, the resets that last are usually much quieter than that.

Often, it begins with something smaller. Drinking more water in the morning. Going to bed twenty minutes earlier. Taking a short walk before the hottest part of the day. Choosing one meal that feels more supportive. Saying no to one thing that would have left you depleted. These choices may not look transformative in isolation, but repeated choices have a way of becoming rhythm, and rhythm is often what the body responds to best.

The summer solstice is useful for that reason. It is not a demand for reinvention. It is a moment to notice whether the way you are living is supporting healing or subtly working against it.



## Keep learning and support your healing

If you are ready to use this season more intentionally, the [Pain Free Living Lab](#) is a meaningful place to continue learning. Inside, you will find practical education, protocols, and support designed to help you better understand your body and apply The Hache Protocol™ in real life.

The longest day of the year does not ask you to change everything at once. It simply offers a pause, and with it, a chance to notice what your body has been asking for. Sometimes healing begins there, in paying better attention and responding with steadier care.

[Visit Pain Free Living Lab](#)

# Cooling cucumber mint quinoa bowl for summer hydration and energy



As temperatures rise and routines shift in the summer months, many people begin to crave meals that feel lighter, more hydrating, and easy to prepare. Cooling, fresh ingredients can help support digestion and energy without feeling heavy, especially when the body is adapting to heat and increased activity.

This **Cooling Cucumber Mint Quinoa Bowl** offers a refreshing balance of plant-based protein, hydrating vegetables, and healthy fats. With crisp cucumber, fresh herbs, and a light citrus dressing, it brings together ingredients that feel clean, satisfying, and supportive of whole-body function.

## How this cooling meal supports recovery

Quinoa is a complete protein that provides essential amino acids needed for tissue **repair and muscle maintenance**. It also contains magnesium, which plays a role in nerve signaling and **energy production**, making it a strong base for sustained energy.

Cucumber and fresh mint are naturally cooling and hydrating. They help support **fluid balance and digestion**, which can be especially helpful during warmer months when the body may be more prone to dehydration and heat-related fatigue.

Olive oil contributes healthy fats that support **cellular health and reduce oxidative stress**, while lemon juice adds brightness and supports **digestive function**.

## Potential benefits of this light, cooling meal may include:

- Support for hydration and electrolyte balance
- Gentle digestive support
- Sustained energy without heaviness
- Support for muscle function and recovery
- Cooling support for heat-related stress

# Cooling cucumber mint quinoa bowl recipe

## INGREDIENTS:

- 1 cup cooked quinoa, cooled
- 1 cucumber, diced
- Fresh mint and parsley, chopped
- 2 tbsp olive oil
- Juice of ½ lemon
- Optional: grilled chicken or chickpeas



## INSTRUCTIONS:

1. Allow cooked quinoa to cool fully, and spread it on a plate to cool faster if needed.
2. Combine quinoa, cucumber, and herbs in a bowl.
3. Drizzle with olive oil and lemon juice, then toss gently until evenly coated.
4. Add protein if desired and serve chilled or at room temperature.



## Health benefits

This recipe offers a nourishing combination of hydration, protein, and healthy fats. Quinoa provides complete protein and key minerals that support **muscle function and energy production**. Cucumber and mint help cool and hydrate the body, while olive oil supports **cellular integrity and helps reduce oxidative stress**.

Altogether, this dish supports **digestion, hydration, and mineral balance**, making it an easy, refreshing option when you want something simple, supportive, and aligned with seasonal needs.



# Fresh and protein-packed: How peas support energy, digestion, and whole-body health



As summer begins, many people start reaching for foods that feel lighter, brighter, and easier to enjoy throughout the day. Fresh peas fit beautifully into that seasonal rhythm, especially as **home gardens begin to produce tender green pods** and local markets fill with early-summer produce. They bring natural sweetness, vibrant color, and a surprising amount of nourishment in a small, simple package.

Peas are often treated like vegetables, but they are technically **legumes**, placing them in the same family as lentils, chickpeas, beans, and peanuts. That makes them especially useful in plant-forward meals because they offer a blend of **fiber, protein, minerals, and antioxidants** that support digestion, energy, and overall wellness.

This fresh pea hummus is a lighter twist on traditional chickpea hummus. It is creamy, bright, and slightly sweet, with tahini, lemon, olive oil, garlic, and cumin bringing balance and depth. Serve it with crisp vegetables, spread it on warm pita, or enjoy it as a cooling summer snack when you want something simple but still satisfying.

## How peas support your body

Peas may be small, but they bring a lot to the table. They offer **plant-based protein**, which helps support muscle repair, tissue maintenance, immune function, and steady energy. This makes them a helpful addition for anyone trying to build more protein into meals without relying only on animal-based sources.

Peas are also rich in **fiber**, including insoluble fiber, which supports digestive regularity and helps the body feel fuller for longer. When paired with tahini and olive oil, the result is a snack that feels light but

still has enough staying power to be useful between meals.

Their bright green color also points to the presence of beneficial plant compounds, including antioxidants and carotenoids such as **lutein and zeaxanthin**, which are often discussed for their role in supporting eye and skin health. Peas also provide minerals such as magnesium, potassium, zinc, and iron, as well as folate, vitamin C, and vitamin K.

Because peas contain both protein and fiber, they can also help support **steadier blood sugar** compared with snacks that are high in refined carbohydrates and low in nutrients.

Potential benefits of this seasonal recipe may include:

- Support for digestive health and regularity
- Plant-based protein for tissue repair and steady energy
- Antioxidant support for inflammation balance
- Eye and skin support from lutein and zeaxanthin
- Heart and muscle support from minerals such as magnesium and potassium

One helpful note: peas are naturally high in fiber, so people who are sensitive to legumes may want to start with a smaller serving. Blanching the peas, as this recipe does, helps soften their texture, preserve their color, and make them easier to blend.

---

## Fresh pea hummus recipe

### INGREDIENTS:

- 2 cups fresh peas, or frozen peas, thawed
- ¼ cup tahini, stirred well before using
- 2 tbsp extra virgin olive oil, or any neutral oil
- 1 small garlic clove, minced
- ½ tsp salt, adjusted to taste
- ¼ tsp ground cumin, toasted for extra flavor if desired
- 2 tbsp freshly squeezed lemon juice



## INSTRUCTIONS:



1. Bring a pot of water to a boil. Blanch the fresh peas for 2 minutes, then immediately transfer them to an ice bath to preserve their bright green color.
2. In a food processor, combine the blanched peas, tahini, olive oil, minced garlic, salt, and cumin—process for about 1 minute, or until the mixture begins to come together.
3. Add the lemon juice and continue processing, scraping down the sides as needed, until the hummus becomes smooth and creamy. This should take about 2 minutes.
4. With the processor running, gradually add water, 1 tablespoon at a time, until the hummus reaches your desired consistency. The hummus will thicken slightly once chilled.
5. Taste and adjust with more salt, lemon juice, or cumin if needed. For an even creamier texture, process for an additional minute.
6. Transfer the hummus to a serving bowl and chill for at least 30 minutes before serving. Drizzle with olive oil and sprinkle with smoked paprika if desired.

## Serving ideas

Fresh pea hummus is wonderfully versatile. Serve it with sliced cucumber, carrots, bell peppers, celery, or snap peas for a crisp, refreshing snack. It also works beautifully with warm pita, seeded crackers, toast, or as a spread in a wrap with greens and grilled chicken or chickpeas.

For a summer gathering, spoon it into a shallow bowl, swirl the top with olive oil, and finish with fresh herbs, lemon zest, or a pinch of smoked paprika.

## Health benefits

This recipe offers a nourishing combination of **protein, fiber, healthy fats, and antioxidant-rich plant compounds**. Peas provide plant-based protein and fiber to support digestion, steadier energy, and muscle maintenance. Tahini and olive oil add healthy fats that help make the hummus more satisfying, while lemon juice, garlic, and cumin bring brightness, flavor, and digestive support.

Altogether, this fresh pea hummus is a simple seasonal recipe that supports **energy, digestion, and whole-body nourishment** while still feeling light enough for warmer days. It is a refreshing way to enjoy the sweetness of peas in a creamy, comforting, and easy-to-share form.



## 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 by the people who help bring that work to life each day. From editing and encouragement to thoughtful communication and behind-the-scenes care, every person on our team plays a role in making this mission feel more human, more accessible, and more hopeful.

This month, we are glad to spotlight **Randyll Deligero**, whose work helps shape how education reaches our community. As a video editor, Randyll spends time with Dr. Rob's teachings in a very hands-on way, helping turn meaningful insights into practical resources people can return to again and again.

This month, we sat down with Randyll to talk about what inspires the work, what healing has taught him, and the small wellness habits that help him stay grounded.

# *The Hearts and Minds* Behind Pain Free For Life

## **A conversation with Randylle Deligero** Marketing Coordinator

---

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

Reading testimonials. I love reading them because they are inspiring and serve as a powerful reminder that healing from pain is possible.

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

Coconut juice. It is hydrating, refreshing, and naturally rich in potassium, electrolytes, and antioxidants. It is something I always enjoy after a run or a workout at the gym.

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

I have learned that healing is often easier and more sustainable when it happens in community. Having people around you who offer support, encouragement, and guidance can make a real difference.



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

Dr. Rob's 10-Minute Trainings and podcasts. As the video editor, I have learned so much from the topics he covers, and I appreciate how practical and insightful those resources are.

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

I journal regularly, run, work out at the gym, and play pickleball. Those activities help me stay active, clear my mind, and keep moving in a way that feels good.

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

Take a short walk outside, even if it is only for five or ten minutes. That small break can do a lot for both physical and mental well-being. I would also say journaling is worth making time for. Our mental wellness matters too, and writing things down can help us stay more aware of how we are really doing.



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

Seeing community members help one another by answering questions and offering support alongside our Treatment Coordinators. It is encouraging to watch that kind of care and connection happen naturally.

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

One of my favorite quotes is "Sic parvis magna," often understood as greatness from small beginnings. It reminds me that progress does not have to be dramatic to matter. Every meaningful change starts with one step.

I hope that idea encourages our readers to keep going. Small victories count. Small shifts matter. Over time, those small steps can lead to real progress toward a more pain-free life and a stronger version of yourself.

***Thank you, Randylle!***



# Randylle's coconut-lime recovery cooler



## *Randylle's* Coconut-Lime Recovery Cooler

- 1 cup coconut water or coconut juice
- 1/2 cup chilled pineapple chunks
- Juice of 1/2 lime
- A few fresh mint leaves
- Ice, as needed

Because coconut juice is one of Randylle's favorite ways to recharge, we wanted to include a simple drink inspired by that choice. Light, fresh, and easy to make, this cooler is especially nice after a workout, a walk, or a warm summer afternoon when hydration needs a little extra attention.

### **INGREDIENTS:**

- 1 cup coconut water or coconut juice
- 1/2 cup chilled pineapple chunks
- Juice of 1/2 lime
- A few fresh mint leaves
- Ice, as needed

### **INSTRUCTIONS:**

1. Add the coconut water, pineapple, lime juice, and mint leaves to a blender.
2. Blend until smooth.
3. Pour over ice and serve right away.

For a simpler version, skip the blender and stir together coconut water, fresh lime juice, and mint over ice for a quick, refreshing drink.

# How annie fought back against pain and cataracts—and won

## **Annie C. + Vision Restoration and Chronic Pain Relief**

---

Annie C., a vibrant 71-year-old from San Francisco, California, once faced a daunting future: cataract surgery loomed, and chronic pain from a pinched nerve kept her on edge.

For years, Annie endured debilitating discomfort in her neck and upper back—pain so severe that, at one point, she flew across the Pacific to receive prolotherapy. Although effective for a time, the relief didn't last, leaving her in fear of the next painful episode.

At the same time, her eyesight began to deteriorate, threatening her independence and her ability to pass the DMV eye exam. It seemed like her body was betraying her, but Annie was not ready to give in.

When she learned about Pain Free For Life, Annie felt a spark of hope. After attending a webinar with Dr. Keith Scott-Mumby and Dr. Rob Vanbergen, she discovered microcurrent therapy and decided to take a leap of faith.

### **A journey toward healing and renewal**

Annie began her healing journey with the Avazzia Life Evolution microcurrent device, complete with eye goggles and Qi Pad accessories. Initially skeptical, she committed to using the goggles 2–3 times per week, focusing on improving her eyesight.

Within a month, Annie experienced her first breakthrough: during her annual check-up, her ophthalmologist was stunned by the results. Not only had her cataracts stopped progressing, but her astigmatism was also improving—a rare and remarkable achievement.

The transformation didn't stop there. Annie's chronic nerve pain, once a constant worry, became a thing of the past. With targeted **Vagus Nerve stimulation** and the Little Wings technique, she learned to recognize and stop flare-ups before they could take hold.

*"I haven't had a single pinched nerve episode since 2020," she says with relief.*



## Addressing Challenges Holistically

Microcurrent therapy didn't just improve Annie's eyesight and nerve pain—it became a powerful tool for tackling other health issues. When a painful gum infection flared up, Annie applied the **Tooth Protocol alongside the Scalar Qi**. Within days, the swelling and pain were gone, avoiding the need for antibiotics or invasive dental treatments.

Even an old roller-skating injury, which had left her tailbone sensitive for nearly 30 years, yielded to the soothing effects of the **Qi Wave PEMF Pad**. *"I used the pad for two nights while watching TV, and the pain never returned,"* she shares.

## Reclaiming confidence and joy

Annie's results have been life-changing—not just physically but emotionally. Thanks to microcurrent therapy, her vision is sharper, her pain is gone, and even her facial appearance has improved. *"I use the **Ezzi-Lift with Photodynamics** a few times a week to keep my skin firm and youthful,"* she says. *"Looking better makes me feel better—without the need for surgery."*

The fear of dependency on doctors and surgeries is now a distant memory. *"I no longer feel like I'm spiraling toward endless medical procedures,"* Annie explains. *"Microcurrent therapy has given me control over my health, and it's empowering."*

“

***"It's Like Having a Hospital in My Hand"***

**– Annie C.**

”

Today, Annie describes her experience with Pain Free For Life as nothing short of transformative. *"It's wonderful, supportive, and effective,"* she says. *"Everyone at Pain Free For Life is truly invested in helping people heal."*

Her message to others is simple: *"If you're struggling with pain or chronic conditions, give microcurrent therapy a chance. It works."*

Annie's story is a testament to the power of holistic healing and the remarkable potential of microcurrent therapy. Through consistent use, she has reclaimed her health, independence, and optimism for the future, without relying on invasive procedures or medication.

## Your journey to wellness starts today

If Annie's story inspires you, know that a life with less pain and greater confidence may be possible. The Pain Free For Life team is here to help you take the first step toward healing and transformation. Let Annie's experience remind you that it's never too late to rewrite your story.



## Protocol spotlight: Emergency cardiac support

This month's protocol spotlight focuses on **emergency cardiac support**, specifically how microcurrent may be used as a supportive protocol in situations involving cardiac arrest or acute cardiac distress. As outlined in [\*Current Medicine, 3rd Edition\*](#), this protocol is designed for urgent use. It includes treatment guidance for the **cardiac area, key resuscitation points**, and additional support areas that may help address broader systemic response during a cardiac emergency.

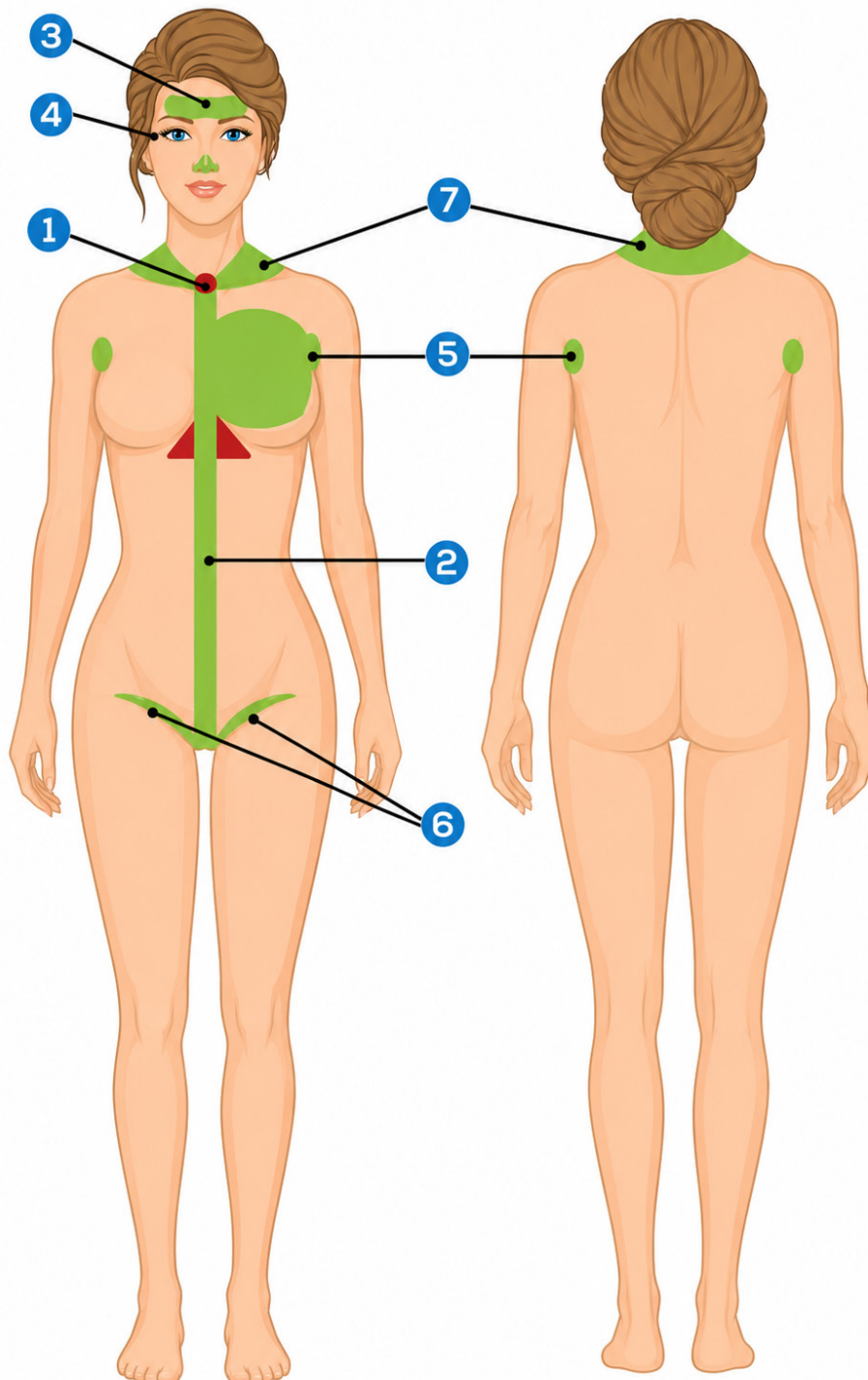
Because cardiac arrest is a true medical emergency, this protocol should **never replace immediate professional medical care**. Instead, it was developed as a structured way to provide supportive microcurrent application while emergency services are being contacted and while trained medical personnel are on the way. It also includes additional treatment zones, such as the **jugular fossa, main vessels projection, forehead, temporal area, axillary spaces, inguinal area, and cervico-occipital zone**, along with device settings used in this protocol.

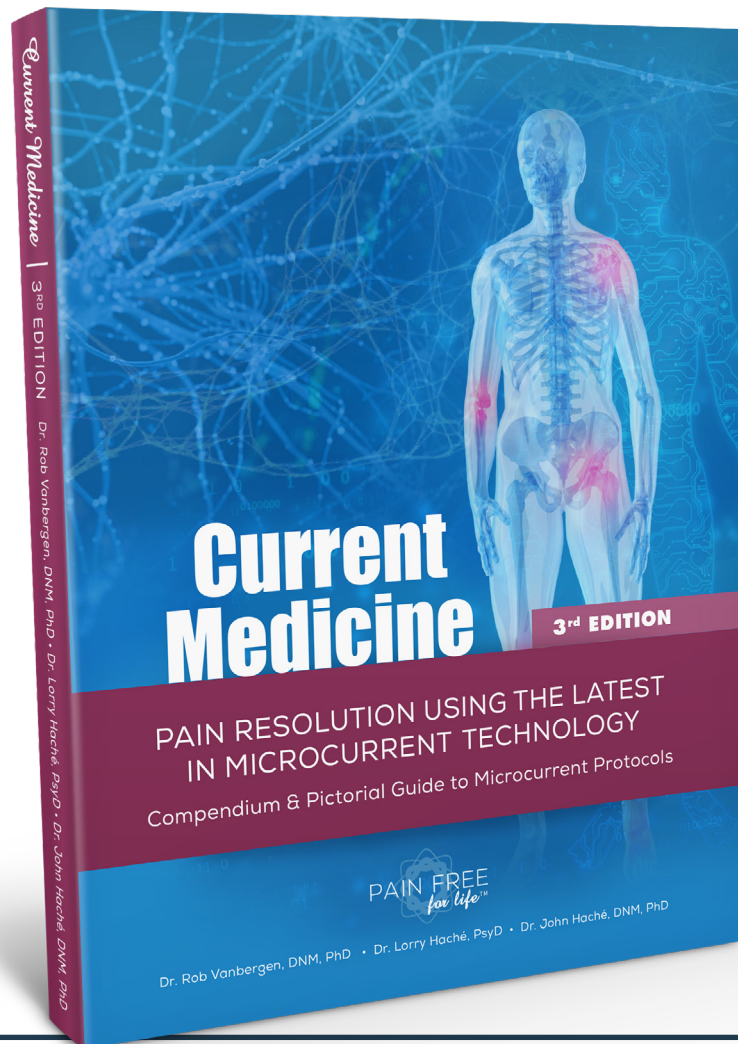
## Treatment Areas:

- Cardiac Area (SANA Soft T, 90 Hz, or 77 Hz)  
From 10 to 15 minutes using modulation 1:1 or BEE.
- Resuscitation Points: Upper lip, point of chin or point of nose to be treated using BEE Mode.
- After the restoration of cardiac activity—place device under left arm pit HT1—modulation (3:1) **90 Hz**

## Additional Treatment Areas:

1. Jugular fossa
2. Main vessels projection
3. Forehead area
4. Temporal area
5. Axillary spaces
6. Inguinal area
7. Cervico-occipital zone





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

Ready to explore it more deeply? Review the **Cardiac Arrest Protocol** in *Current Medicine, 3rd Edition*, which includes treatment areas, resuscitation point guidance, and device-specific setup for this and other advanced protocols.

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





# Do you own an Avazzia Life 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: June 10-minute trainings

#### **Week 1: Releasing Emotional Trauma Stored in the Body (REPLAY)**

Discover how unresolved stress, grief, fear, and chronic pain can become stored in the body and contribute to ongoing physical and emotional symptoms. Dr. Rob shares simple strategies, including breathwork, grounding, movement, and frequency-based support, to help encourage emotional release and nervous system regulation.

#### **Week 2: Supporting Healthy Aging with Microcurrent Therapy (REPLAY)**

Explore healthy aging through the lens of cellular energy and electrical communication. Dr. Rob explains how microcurrent, PEMF, fascia support, and vagus nerve stimulation may help maintain vitality, cognitive function, tissue repair, and overall wellness as we age.

#### **Week 3: How to Reduce Stress with Microcurrent (REPLAY)**

Learn what polymyalgia rheumatica is, why it commonly affects the shoulders and hips, and how inflammation can impact mobility and quality of life. This training also covers practical microcurrent strategies to help calm inflammation, support recovery, and improve daily function.

#### **Week 4: Thoracic Outlet**

Thoracic outlet syndrome can cause pain, numbness, tingling, and weakness that radiates through the neck, shoulder, arm, and hand. In this training, Dr. Rob explains the underlying mechanisms behind TOS and shares supportive microcurrent strategies designed to help reduce compression, improve function, and support recovery.

#### **Week 5: Pulsed Electromagnetic Fields Can Stabilize Hashimoto's Disease (REPLAY)**

Hashimoto's disease affects far more than the thyroid. In this training, Dr. Rob explores how PEMF therapy may help support nervous system balance, reduce inflammation, and promote healthier cellular communication. Discover how this gentle technology can complement a holistic approach to thyroid and immune health.

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 June 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 June, we are exploring the many ways healing can be supported, from movement and joint pain to global stories of recovery and reflection on what this season of the podcast has taught us. Whether you are looking for fresh insight, reassurance that progress is still possible, or a new perspective on pain resolution, these conversations are here to meet you where you are.



## June 2026 featured episodes

**June 1, 2026**

### **The Inner Bonding Path to Physical, Emotional, and Spiritual Health**

In this guest episode, I am joined by Dr. Margaret Paul. Margaret and I discuss the three pillars of health and discuss the healing power of learning to love yourself, as well as what this idea actually means. We also discuss the ways people abandon themselves, and discover the two secrets to at-will spiritual connection.

---

**June 8, 2026**

### **Neuroplasticity, Hormesis, and circadian lifestyle with Eleanor Stein, MD**

In this episode Dr. Rob is joined by Dr. Eleanor Stein. Together, we discuss the concept of neuroplasticity and how it contributes to chronic disease. We also unravel the concepts of hormesis and how it can aid in healing, as well as the true power of a healthy circadian lifestyle.

---

**Available on:**

Apple



Spotify



Youtube



---

**Subscribe today**

**June 15, 2026**

## **Community Healing: Stories from Around the World**

This episode highlights a global collection of client stories and healing journeys from the Pain Free For Life community. Dr. Rob shares case-study-style reflections that reveal how healing can look different from person to person while still following meaningful patterns of progress. It is an encouraging listen for anyone who benefits from hearing how others have navigated pain, setbacks, and recovery in real life.household.

### **PAIN FREE FOR LIFE PODCAST**

**EPISODE 138**  
**Community Healing:  
Stories from Around the World**

**WITH YOUR HOST**  
**Dr. Rob Vanbergen**

**SUBSCRIBE TODAY!**   



**June 22, 2026**

## **Season 4 Wrap-Up: What We've Learned, Where We're Headed**

In this solo wrap-up for Season 4, Dr. Rob reflects on the lessons that have shaped this season and previews what is ahead. It is a chance to revisit the bigger themes that have emerged across recent episodes, from practical healing strategies to the deeper mindset shifts that often support real progress. If you have been following along this season, this episode offers a thoughtful close and a look at what is coming next.

### **PAIN FREE FOR LIFE PODCAST**

**EPISODE 139**  
**Season 4 Wrap-Up: What We've  
Learned, Where We're Headed**

**WITH YOUR HOST**  
**Dr. Rob Vanbergen**

**SUBSCRIBE TODAY!**   



**Available On:**

Apple



Spotify



Youtube



## **Stay connected to the conversations that move healing forward**

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

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

**Subscribe today**



# Your Gateway to Effective Pain Management

## Hache Protocol Reset

The Hache Protocol Reset is a 90-day program designed to help you address chronic pain through self-paced lessons. It includes monthly live sessions hosted by our team of experienced practitioners. These live sessions are part of the program—no extra cost—and provide guidance and support as you implement strategies at your own pace. With lifetime access to Q&A recordings and practical resources, the Reset program offers a structured yet flexible way to explore natural methods for managing pain and improving overall well-being.

*Join the thousands worldwide who have reclaimed their lives.*



[Learn more about the Reset](#)

## Basic - Intermediate Microcurrent Training

Lay the groundwork for success with our popular microcurrent training package, now updated to feature the Avazzia Life Pinnacle. This comprehensive course covers essential protocols such as scar tissue treatment, vagus nerve stimulation, and much more, all supported by an easy-to-follow workbook and digital resources. Whether you're new to microcurrent therapy or fine-tuning your skills, this training is designed to help you unlock the full potential of your Avazzia Life device with confidence and clarity.



[Explore Basic - Intermediate Training](#)

## Advanced Microcurrent Training

This comprehensive course empowers you with cutting-edge techniques like needle-free acupuncture, meridian treatments, and specialized protocols for managing specific conditions. Dive deeper into advanced diagnostic capabilities, including face mapping and analysis, and discover how to integrate the Five Elements of Chinese Medicine into the equation.

With detailed guidance on utilizing the Avazzia Life Pinnacle, this updated training unlocks the full potential of microcurrent therapy. You'll learn to tailor treatments with precision, addressing complex health challenges while achieving transformative outcomes for yourself or your clients. Whether you're a healthcare practitioner, an experienced microcurrent user, or navigating intricate health needs, this program is your pathway to mastery.



[Master Advanced Microcurrent Techniques](#)

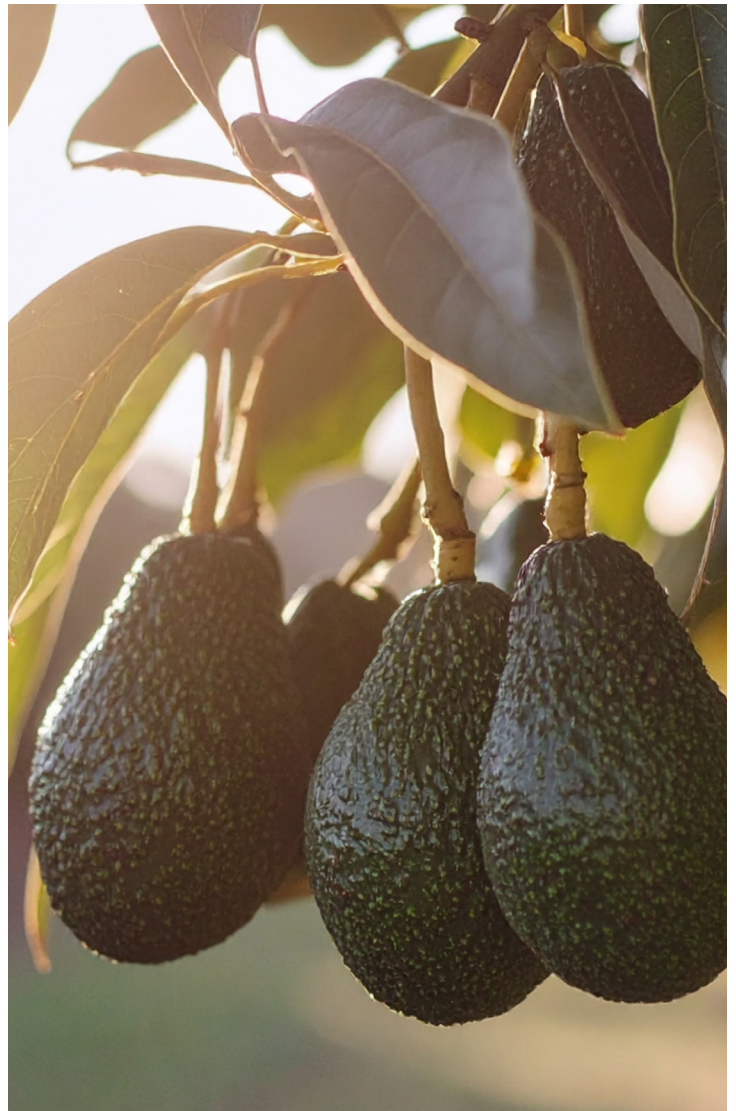
# Can eating more protein help with chronic pain recovery?

Lately, **protein seems to be everywhere**. It is showing up in bars, chips, pasta, frozen meals, and all kinds of foods that would not have been marketed this way a few years ago. That does not mean those foods, or their more conventional counterparts, are somehow off-limits. It does suggest, though, that protein has moved well beyond the gym and into the center of everyday health culture.

That shift makes sense. Protein is now tied not only to muscle health, but also to **satiety, steadier energy, healthier aging, blood sugar support, and recovery**. If you are living with chronic pain, that growing interest is worth paying attention to for a more meaningful reason. Protein is often discussed in the context of fitness, but its role goes far beyond building muscle. It helps repair tissue, maintain strength, support steady energy, and provide the raw materials your body uses to make important hormones and brain chemicals.

When pain has made it harder to move, sleep, and recover well, protein becomes more than a wellness buzzword. It becomes part of the foundation your body depends on to heal.

So where does protein fit into a pain-relief lifestyle, and how can you use it in a way that feels simple, realistic, and supportive?



## Why protein matters when you live with chronic pain

When pain lingers, it does more than create discomfort. It can reduce activity, interrupt sleep, raise stress levels, and make recovery feel slow. Over time, that can lead to muscle loss, weakness, and a body that feels less resilient than it once did.

This is where protein becomes so important. Protein is made up of amino acids, and amino acids are the building blocks your body uses to repair and maintain muscles, cartilage, connective tissue, and other structures that support movement. If chronic pain has made it harder to stay active, getting enough protein may help protect against further muscle loss and support rebuilding over time.

That is only part of the story. Your body also uses amino acids to produce compounds involved in pain response, mood, energy, and stress regulation. These include endorphins, serotonin, dopamine, insulin, and thyroid hormones. In other words, protein does not just support your muscles. It also supports some of the internal systems that influence how you feel, function, and recover.

## The connection between protein and pain relief

Protein is not a cure for chronic pain, and it should never be framed as a magic fix. It can, however, support recovery and help reduce some of the factors that make pain harder to manage.

One reason is that protein helps rebuild what pain tends to break down. Chronic pain often leads to less movement, and less movement can mean reduced muscle strength. When muscles become weaker, joints and surrounding tissues may carry more strain, creating a frustrating cycle in which pain leads to weakness and weakness makes pain harder to manage. A protein-rich diet helps provide the materials your body needs to maintain and rebuild muscle tissue. That matters if you are recovering from injury, dealing with soreness, or trying to regain strength after a long stretch of inactivity.

Protein may also help support a steadier internal environment. If pain tends to feel worse when you are exhausted, shaky, or running on empty, you are not imagining it. Protein can help support more stable blood sugar when eaten with meals and snacks. Since sharp rises and drops in blood sugar can leave you feeling fatigued, irritable, weak, or more vulnerable to a flare, pairing protein with carbohydrates can create a steadier energy response and a calmer day overall.

And not all protein sources are equal. Some offer protein along with anti-inflammatory nutrients, while others come packaged with added sugar, refined oils, and heavy processing that may work against your goals.

## Best protein sources for chronic pain recovery

A helpful goal is to focus on **high-quality, minimally processed protein sources** that nourish your body without adding unnecessary inflammatory stress.

### Animal-based protein options

These foods provide complete protein, meaning they contain all the essential amino acids your body needs:

- Salmon, sardines, and mackerel
- Eggs
- Chicken and turkey
- Lean beef or bison
- Greek yogurt or cottage cheese, if tolerated
- Bone broth as a supportive add-on, not a sole protein source

Fatty fish deserve special attention because they offer both protein and omega-3s. If inflammation is part of your pain picture, this can be a smart place to start.

### Plant-based protein options

If you prefer more plant-based meals, you still have excellent options:

- Tofu
- Tempeh
- Edamame
- Lentils
- Beans
- Soy protein
- Pea protein

Soy and pea protein are especially useful choices because they offer a stronger amino acid profile than many other plant proteins. They can work well in smoothies, soups, or quick recovery meals.

## Protein sources to limit

A common mistake is assuming that because a food is marketed as **high in protein**, it is automatically a healthy choice. That is not always the case. In 2026, protein is being added to more and more packaged foods, including bars, chips, pasta, frozen meals, sweets, and other highly processed products. While those foods, or their more conventional counterparts, do not need to be off-limits, they may not be the most supportive place to get your protein if recovery is the goal.

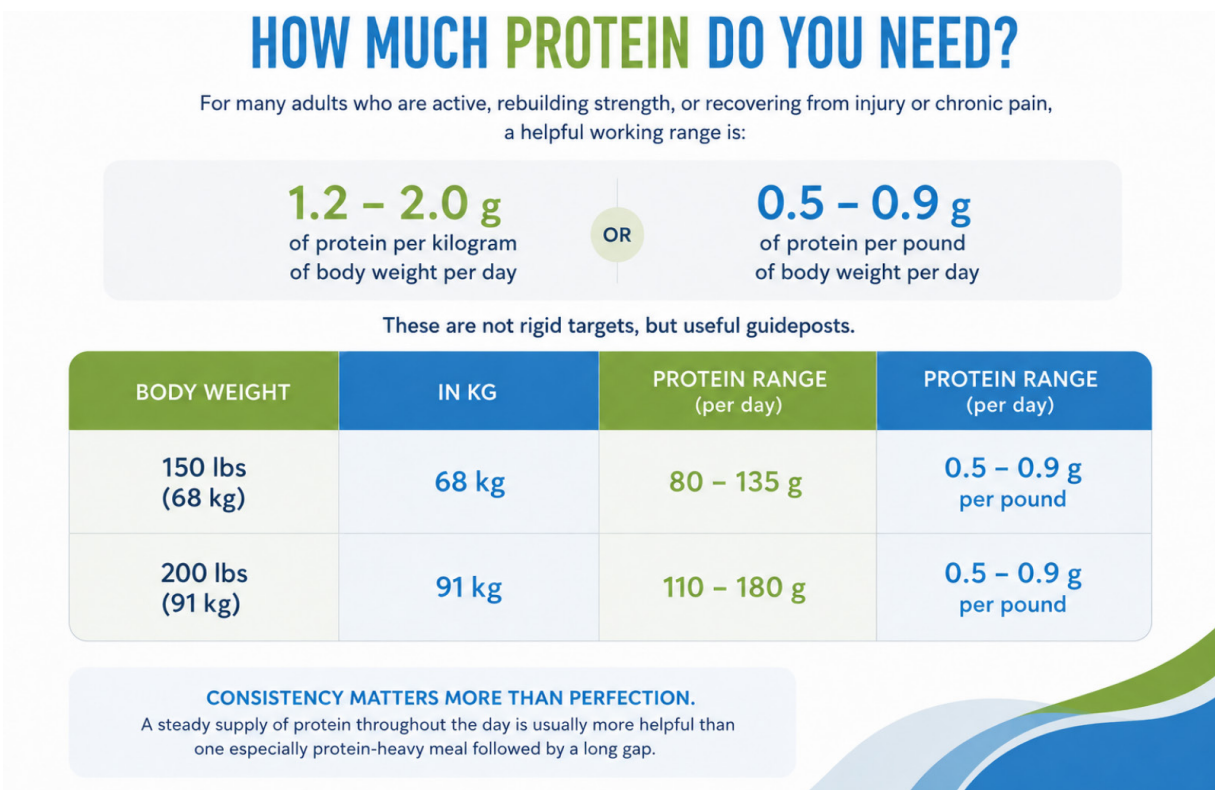
It may help to limit:

- Processed deli meats
- Fried chicken or breaded meat products
- Fast food burgers
- High-sugar protein bars
- Heavily processed shakes with long ingredient lists

That does not mean these foods can never have a place. It simply means that if you are trying to support healing, steadier energy, and lower inflammatory stress, **whole or minimally processed protein sources** will usually serve your body better.

## How much protein do you need?

Protein needs vary based on age, body size, activity, recovery, and overall health. As a general guide, the range used here is consistent with recommendations from the **Academy of Nutrition and Dietetics, Dietitians of Canada, the American College of Sports Medicine, and the International Society of Sports Nutrition**, all of which recognize that active people, rebuilding strength, or recovering physically may benefit from more protein than the basic minimum.



Still, you do not need to count every gram for this to be useful. A more practical approach is to:

- Include protein at each meal
- Use protein-rich snacks when meals are spaced far apart
- Give extra attention to protein after exercise, rehab, or physically demanding days

In real life, that might look like eggs or Greek yogurt at breakfast, chicken, salmon, lentils, or tofu at lunch, fish, turkey, or beans at dinner, and snacks such as protein smoothies, cottage cheese, or edamame.

**Consistency matters more than perfection.** A steady supply of protein throughout the day is usually more helpful than one especially protein-heavy meal followed by a long gap.

## When to eat protein for the best results

Timing is not everything, but it can help.

After activity or exercise, even gentle movement creates an opportunity for repair. Whether that movement is strength training, walking, stretching, or physical therapy, your muscles benefit from protein afterward. A good rule of thumb is to eat protein within about 30 minutes to 2 hours after activity. That might look like a smoothie with pea or whey protein, eggs with fruit, salmon with rice, or tofu with quinoa and vegetables.

Protein can also help soften blood sugar swings when paired with starches or sugar. Instead of eating toast alone, you might add eggs. Instead of fruit on its own, you might pair it with yogurt or a protein shake. These are small shifts, but they can have a surprisingly meaningful effect on energy and symptom stability.

## The bottom line

If you are living with chronic pain, protein deserves a place in the conversation. It helps support muscle repair, tissue maintenance, steady energy, and some of the internal chemistry involved in recovery. It is not a cure-all, but it can be a meaningful tool when used consistently and thoughtfully.

Start simply. Add a quality protein source to each meal. Pair it with good hydration, restorative sleep, gentle movement, and supportive therapies, such as microcurrent, when appropriate. Over time, those small choices can create a stronger foundation for healing.

You do not need to change everything overnight. You just need to give your body more of what it needs to recover well.





# Arthritis, inflammation, and light therapy: What to know

Arthritis is often treated as a single condition, but it is actually a broad category that encompasses many different kinds of joint disease. For some people, it develops gradually due to wear and tear on the joints over time. For others, especially when autoimmunity is involved, it reflects an immune system that has begun to attack the body's own tissues, creating pain, stiffness, swelling, and a degree of daily unpredictability that can be difficult to explain to anyone who has not lived through it.

That is part of what makes arthritis so frustrating. The problem is not confined to sore joints. It can affect energy, sleep, mobility, mood, and your sense of trust in your own body. Ordinary tasks may take more planning than they once did. Recovery may feel less dependable. A flare can seem to appear without much warning, even when you are trying to be careful.

This is why arthritis belongs in a larger conversation about inflammation and whole-body healing. For many people, conventional treatment does not feel like a complete answer. Medication, physical therapy, and, in some cases, surgery may all have an important place. At the same time, you may find yourself asking a different question: are there gentler, non-drug ways to support relief and healing, especially when arthritis is part of a larger autoimmune picture?

That is where **light-based therapy** becomes especially interesting.

## What arthritis actually is

Arthritis is not one diagnosis. It includes many joint-related conditions, but two of the best-known forms are **osteoarthritis** and **rheumatoid arthritis**. Osteoarthritis is generally understood as a degenerative joint condition characterized by joint-space breakdown and structural changes over time. Rheumatoid arthritis, by contrast, is an **autoimmune disease**, which means the immune system attacks the lining of the joints and can also affect other tissues and organs.

The symptoms can overlap. Pain, stiffness, swelling, reduced range of motion, fatigue, and difficulty with ordinary activities are all common. If arthritis is part of an autoimmune condition for you, the goal is rarely just pain relief. It is also about supporting a body that may already be dealing with **immune overactivity, inflammation, fatigue, and slower recovery**.

## Common signs arthritis may be affecting more than your joints

- Morning stiffness that takes time to wear off
- Swelling, tenderness, or warmth in the joints
- Fatigue that lingers even after rest
- Less confidence in movement or balance
- Pain that flares after stress, poor sleep, or overactivity
- A sense that your body is more reactive than it used to be

That broader context matters because it changes how healing needs to be approached.

## Why light therapy is getting more attention in 2026

One reason light therapy continues to draw interest is that it offers a **non-invasive, drug-free** way to support the body. The more formal term is photobiomodulation, which refers to the use of specific wavelengths of light to influence biological processes in tissue.

The strongest conversation in arthritis is centered on **red and near-infrared light**. Those wavelengths are being studied for their potential role in supporting circulation, mitochondrial function, inflammation balance, and tissue repair. Since arthritis is not only painful but often inflammatory, that overlap makes sense. When joints are chronically irritated and recovery feels slow, any approach that may help create a more supportive healing environment is worth serious attention.

That does not mean light therapy is a cure, and it does not mean every device or protocol works the same way. It does, however, suggest that light-based approaches deserve thoughtful consideration, especially if you are interested in **layered, lower-risk support**.

## Where SANA Qi enters the conversation



What makes the **SANA Qi** more interesting is that it is not only a light device. It combines **Scalar, PEMF, and Light Therapy** and is used with an **Avazzia Life microcurrent device**. It also spans a broad spectrum of light, including infrared, red, and blue, and is used as a support tool for concerns such as arthritis.

That matters because arthritis often responds best to **layered support** rather than a single mechanism. Light therapy may help support tissue recovery and inflammation balance. PEMF is often discussed in relation to circulation, cellular support, and healing. Scalar is presented as part of a broader energy-medicine approach. And because an Avazzia Life microcurrent device powers the SANA Qi, it also fits naturally into the larger conversation around the body's electrical communication and recovery processes.

Seen that way, the value of the SANA Qi is not that it turns arthritis into a simple problem. Its appeal is that it may offer a **multi-modality approach** if you are looking for something broader than light alone.

## Why autoimmunity changes the recovery conversation

If you are living with rheumatoid arthritis or another autoimmune chronic condition that includes joint pain, inflammation rarely stays confined to one area. Pain can interfere with sleep, poor sleep can heighten stress, and higher stress can aggravate inflammation. Reduced movement may leave the joints feeling stiffer and the surrounding muscles weaker. Over time, you are not only managing pain, but also dealing with a chain of effects that continue feeding each other.

That is one reason a layered approach often makes more sense than a single treatment promise.

Arthritis relief is not always about treating the joint alone. It is also about helping the larger system become less reactive.



A light-based approach can fit naturally into that broader picture. If red and near-infrared light may help support inflammation balance and tissue recovery, and if a device like SANA Qi also layers in PEMF, Scalar, and Avazzia-powered microcurrent support, then the more useful question becomes not which single therapy fixes arthritis, but which combination of gentle, repeatable supports helps your body function better over time.

## What steadier support can make possible

Arthritis can be discouraging precisely because it is so persistent. If autoimmunity is part of the picture, that discouragement can run even deeper, because the condition often arrives alongside fatigue, flares, and the sense that your body has become less predictable.

This is where a broader way of thinking about healing becomes helpful.

Support does not have to mean choosing between conventional care and holistic care. In many cases, it means building a recovery plan that accommodates both. It may mean using the medical care that is necessary while also looking more closely at the conditions that shape how your body feels day to day, including inflammation, stress, sleep, circulation, and how well your tissues are able to recover.

That is what makes this conversation worth having. Arthritis is rarely improved by one single intervention in isolation. More often, progress comes from finding the right combination of support and using it consistently enough for the body to respond.

If light-based support is part of what you want to explore, the most grounded place to begin is with what the research conversation is strongest on: red and near-infrared light. From there, a layered tool like [SANA Qi](#), powered by an [Avazzia Life microcurrent device](#) and combining Scalar, PEMF, and light therapy, may offer a broader path for people who want a more comprehensive, non-drug approach to support.

# Rest better this summer with the SANA Therapeutics Health Blanket



By June, many people are doing more but resting less.

The days are longer. Evenings run later. Travel, social plans, heat, and schedule changes can all make it harder to sleep well. For people dealing with chronic pain, stress, illness, injury, or nervous system overload, this can be even harder.

You may be lying down, but your body may not actually be recovering.

That is where the [Sana Therapeutics Health Blanket](#) can help.

The blanket is designed to support rest, relaxation, and recovery. It can be used while sleeping, resting, reading, traveling, or winding down at the end of the day. It does not require a new routine or extra effort. You simply use it when your body needs help settling down.

## **Why rest matters for pain relief**

At Pain Free For Life, rest is not treated as an afterthought. It is part of healing.

When the body is under stress, pain can feel worse. Muscles can stay tight. Sleep can become lighter. The nervous system can stay on high alert. Over time, that makes it harder for the body to repair itself.

This is why the Hache Protocol looks at pain from a whole-body perspective. Pain is not always just

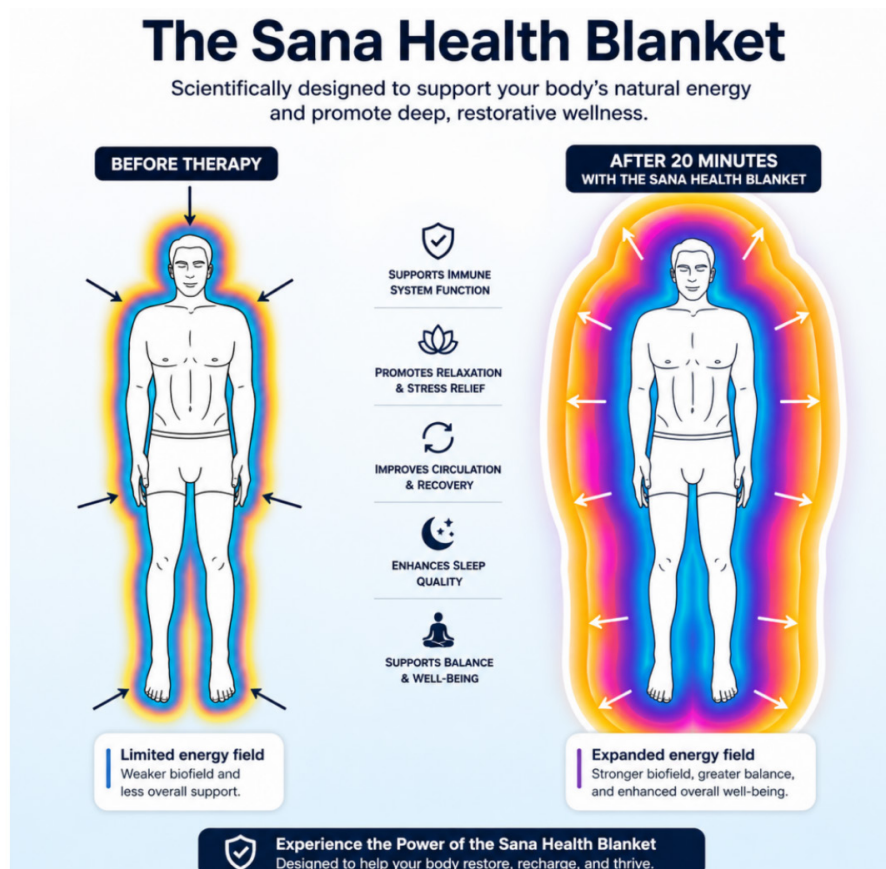
about one injury or one painful area. It can also be connected to stress, poor sleep, inflammation, nutrition, movement, and how well the nervous system is functioning.

Better rest gives the body a better chance to recover.

## What the Sana Therapeutics Health Blanket is

The Sana Therapeutics Health Blanket is not a weighted blanket.

It is a reflective therapeutic blanket. Instead of using heaviness or pressure, it is designed to help create a calmer resting environment around the body.



The idea is simple: when the body feels less disturbed by its surroundings, it may be easier to relax, sleep, and recover.

For someone with chronic pain or nervous system sensitivity, this matters. Sometimes the body is tired, but it still feels alert. The blanket is meant to help the body feel more settled and supported during rest.

## How it fits into the Pain Free For Life approach

The Hache Protocol For Pain Resolution™ is about helping the body heal rather than just covering up pain. That means supporting the body in several ways: reducing stress, improving sleep, eating to lower inflammation, moving safely, and using tools that support the nervous system.

**The Sana Therapeutics Health Blanket fits into that bigger picture because it supports one of the most basic needs for healing: rest.**

It is not meant to replace the full Hache Protocol. It is one supportive tool that may help the body calm down, rest more deeply, and recover more effectively.

## Why use the Sana Health Blanket in summer?

Summer can be fun, but it can also be exhausting.

Longer days often lead to later nights. Warmer weather can make sleep less comfortable. Travel can throw off routines. More activity can mean less downtime.

Even good things can wear the body down if there is not enough recovery.

That is why rest becomes especially important in the summer. The body still needs time to repair, especially if you are managing pain, fatigue, stress, or inflammation.

Using the Sana Therapeutics Health Blanket can be a simple way to build more recovery into your day or night.

## A simple way to help the body settle and heal

If summer has you feeling tired, tense, or less rested than you'd like, the Sana Therapeutics Health Blanket may be worth considering.

It is simple to use. It supports relaxation. And it fits naturally into the Pain Free For Life belief that healing requires more than quick fixes.

Pain relief is not only about what you do when pain flares up.

It is also about how you support your body every day.

And one of the most important places to start is with better rest.

The [Sana Therapeutics Health Blanket](#) may be worth a closer look. Sometimes, better healing begins with something as simple as giving your body a calmer place to settle.





# 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](#)



# Partner of the Month: Meet Lloyd Burrell

**ElectricSense.com: Empowering Health in a World Full of EMFs**

## LLOYD BURRELL

**Lloyd Burrell** is creator of the international award-winning docuseries *Electric YOUiverse*, author of the best-selling book *Healing With Vibration*, author of the *EMF Practical Guide* and founder of *ElectricSense.com* which has had over 4 million visits since its inception in 2009. Lloyd is passionate about energy mastery and helping people understand their true energetic nature and live a life of elevated health, purpose and consciousness.



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

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

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

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

**- Thank you, Lloyd!**

## PARTNER WITH US TO TRANSFORM LIVES

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

Why Become a Pain Free For Life Partner?

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

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

### Ready to join the movement?

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

[Become a partner today](#)

# 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: June trainings

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

#### Week 1: How to Explain a Healing Crisis to a Client

This training will help practitioners explain what a healing crisis is and how it may show up during the recovery process. It will cover how to talk about these responses clearly, set appropriate expectations, and help clients feel supported rather than alarmed.

#### Week 2: How to Incorporate Multiple Devices at Once for Client Treatment

Learn practical strategies for using multiple devices together during client treatment. This session will cover how to combine tools thoughtfully, when layering support may be appropriate, and how to create a more effective and individualized treatment experience.



### **Week 3: Stroke Recovery Protocol**

This training will cover key considerations for supporting clients in stroke recovery. It will review practical protocol strategies, supportive treatment approaches, and ways to work with these more complex cases with greater clarity and confidence.

### **Week 4: The Benefits of Treating Chakras**

Discover how chakra-focused treatment may support balance, regulation, and overall well-being. This session will explore the potential benefits of treating chakras, when this approach may be helpful, and how practitioners can incorporate it into client care in a thoughtful and grounded way.

**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](https://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:

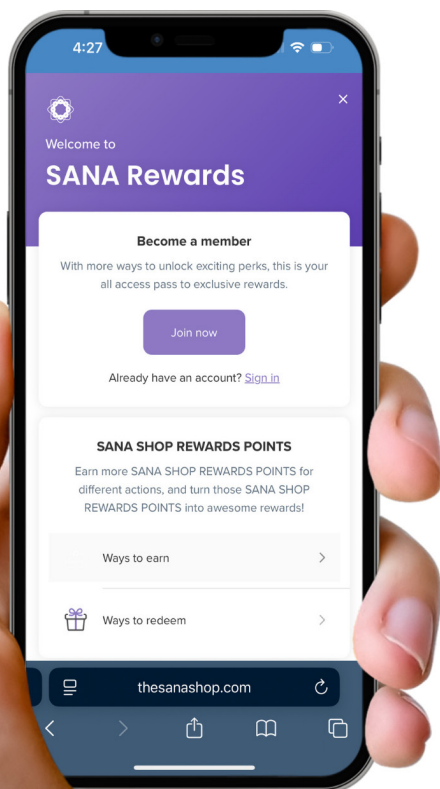
Spend **\$100** – earn **100 points** – worth **\$1** off a future order

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

## Microcurrent Goggles for Holistic Vision Care

 WEDNESDAY | JUNE 10, 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: Microcurrent Goggles for Holistic Vision Care

**Date:** Wednesday, June 10, 2026

**Time:** 4:00 PM Pacific

[Save your spot here](#)

Discover how microcurrent therapy and our brand-new **Microcurrent Goggles** are changing the conversation around natural vision care. Whether you are managing **glaucoma, macular degeneration, or dry eye**, this training is packed with insights to help you better understand your options and take a more proactive approach to eye health.

During this training, you'll learn:

- How microcurrent therapy may help support vision naturally
- Strategies for managing common eye conditions
- Practical ways to incorporate microcurrent into your daily routine

**Special Event Offer:** Following the event, viewers will receive **exclusive access to savings on our new Microcurrent Goggles and bundles**. The sale will run from **June 10 through June 17, 2026**.

# The Ultimate Microcurrent Eye Health Lab

**Date:** Wednesday, June 24, 2026

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

**Location:** Live on Zoom

**Host:** Dr. Rob Vanbergen

*Replay: Available for registrants*

[Save your spot here](#)

Eye health can feel deeply personal. When vision starts to change, it can affect reading, driving, screen use, confidence, and independence all at once. For many people, the hardest part is not only the condition itself. It is the feeling that they still do not fully understand what the eyes need in order to stay supported.

That is why we created the **Microcurrent for Eye Support Health Lab**.

This live training is designed to go deeper than we ever have before into the physiology of vision, the mechanisms behind degeneration, and the layered strategies that may help support healthier eye function.

During this live Health Lab, Dr. Rob will explore:

- Why people continue to struggle with eye conditions despite other approaches
- How vision depends on circulation, oxygen, mitochondrial activity, nervous system signaling, inflammation balance, and healthy cellular communication
- What may be happening beneath conditions such as **macular degeneration, glaucoma, cataracts, diabetic retinopathy, floaters, and dry eye**
- Which deeper contributors may be involved, including **inflammation, toxicity, blood sugar imbalance, oxidative stress, EMFs, and mitochondrial dysfunction**
- How updated support strategies may include **microcurrent, scalar, PEMF, nutrition, and refined eye-health protocols**

## 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.*

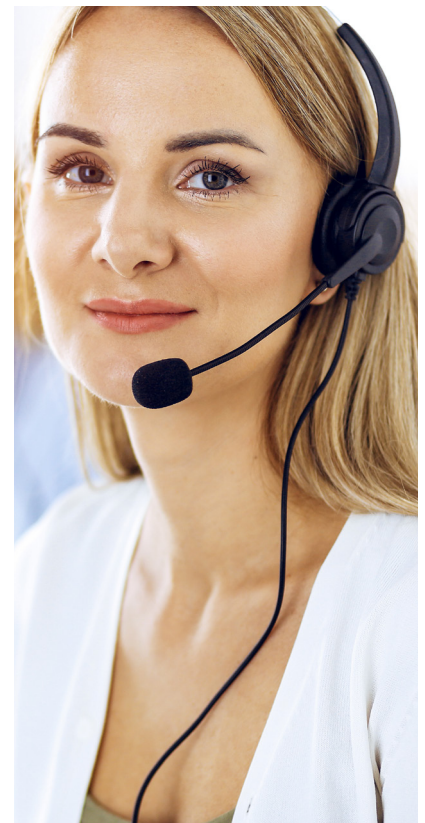
**Email:** Send us your questions or concerns at [support@painfreeforlife.com](mailto:support@painfreeforlife.com), and our team will respond within 48 business hours.

**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](mailto: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*

