



PAIN FREE LIVING *Magazine*

JULY 2026

Grass-Fed Steak & Grilled Vegetable Power Plate

*How Your Mind Shapes Your Pain:
Understanding the Mind-Body Connection*

*Summer in Motion: How Gentle Movement
Supports Healing When You Live With Chronic Pain*

What Is Microcurrent Really Doing?



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

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Board Certified Doctor of Natural Medicine
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Welcome to Pain Free Living Magazine

Our Mission, Our Vision, Our Values

Welcome to Pain Free Living Magazine – July 2026

Dear Readers,

July is a season of celebration. A time for long evenings, family cookouts, weekends at the cottage, quiet mornings in the garden, hikes in the sunshine, and laughter with the grandkids. It is, for many people, the best time of the year, which is exactly why you deserve to feel your best while living it.

At Pain Free For Life, we believe healing deserves to be celebrated, too. Not only the major breakthroughs, but the smaller victories that make daily life feel lighter and more possible: sleeping more soundly, moving with less pain, feeling steadier in your body, having more energy to enjoy the people and moments you love, or simply rediscovering hope after years of frustration.

This month, we're exploring a question we hear often: What is microcurrent really doing? Healing is not always dramatic or immediate. More often, it unfolds in subtle but meaningful ways: improved mobility, calmer nerves, deeper rest, greater resilience, and renewed vitality before the bigger changes arrive.

And since this season invites us outdoors and around the table, we're featuring a nourishing Grass-Fed Steak & Grilled Vegetable Power Plate to help support strength, energy, and whole-body wellness in a way that still feels fitting for summer.

As you move through this bright, full season, we hope this issue helps you enjoy it more fully.

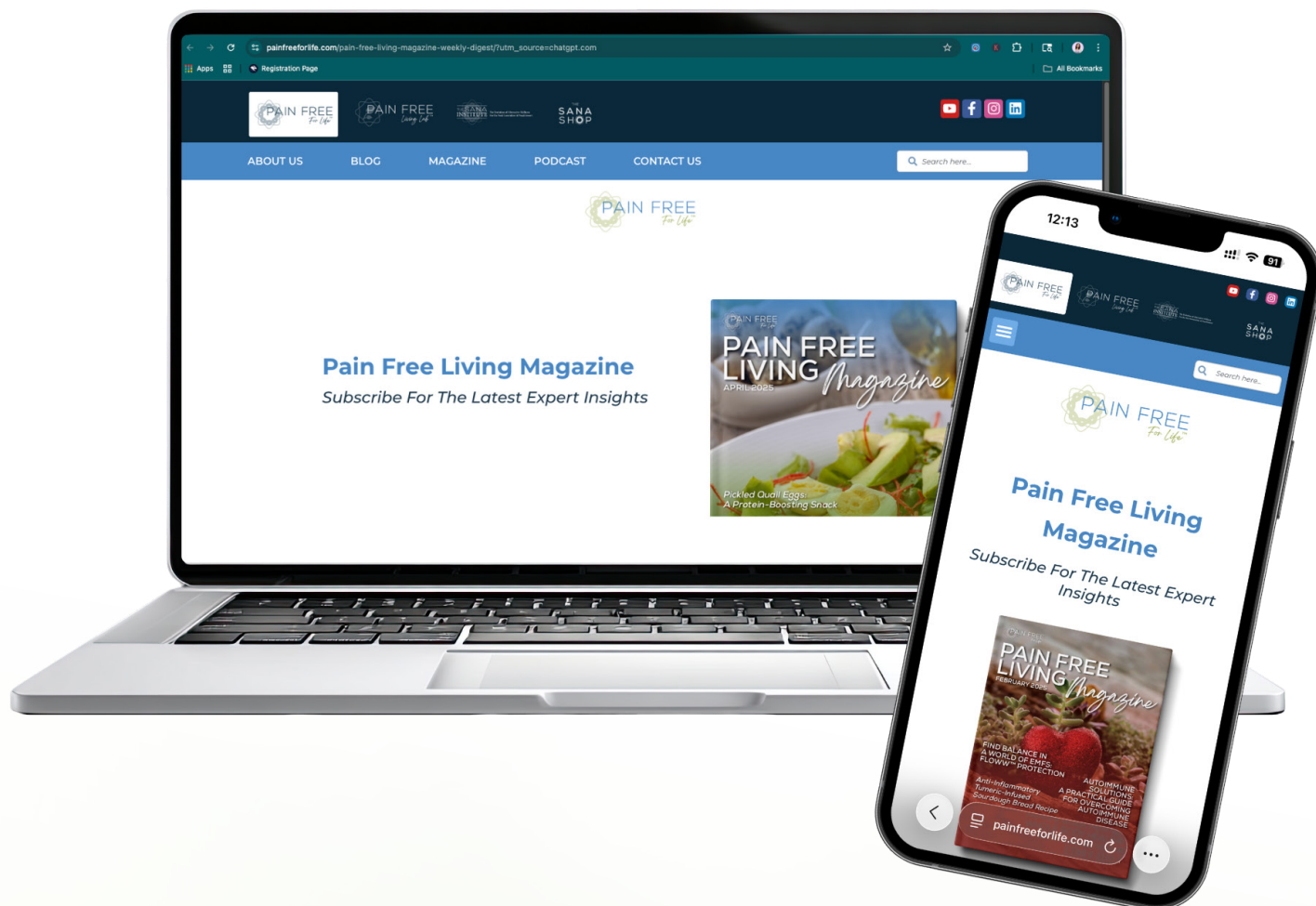
With joy and wellness,

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.

Always free – Subscribe today

Christmas in July 2026

18% off storewide at The Sana Shop + big savings on devices, bundles, and training



There is no getting around it: life feels more expensive right now.

Many of us are being more intentional with how we shop. And when it comes to health support, that pressure can feel even heavier, because these are not just nice-to-have purchases. They are investments in how you feel, function, and move through daily life.

That is exactly why we created this year's Christmas in July Sale.

At [Pain Free For Life](#) and [The Sana Shop](#), we never want rising costs to become one more burden our community has to carry alone. This event is our way of making support feel more possible right now, with meaningful savings, once-a-year bundle opportunities, and some of our most affordable offers of the year.

What Christmas in July is really about

This sale is an intentional opportunity to take the next step in your healing routine with a little more breathing room.

Whether you are:

- Just getting started with **microcurrent therapy**
- Ready for a new device through some of our best **bundle offers of the year**
- Hoping to explore the healing potential of energy medicine more deeply by adding **scalar or PEMF support**
- Refreshing your **cosmetic tools**
- Finally stepping into **professional microcurrent training**

This event was designed to meet people at different stages of the journey.

There is something about Christmas that people love beyond the gifts themselves. It is the sense of generosity, relief, and surprise. It is the feeling that something good has arrived at just the right time. With **Christmas in July**, we wanted to bring a little of that same holiday cheer to what is already a favorite time of year, while making meaningful support feel more within reach.

At the end of the day, health is still one of the most valuable things we have, and support should not feel harder to access at the very moment it matters most.

Christmas in July at a glance

If you are not sure where to begin, it may help to look at the sale in terms of what kind of support you need most right now.

Special Offer	Details	Best for
Storewide savings	18% off storewide	Anyone who wants a broad opportunity to save across the shop.
Genesis II Deluxe Kit	\$995 with a free 1-year Essentials Membership	A strong starting point for someone who wants both a device and guided support.
Pinnacle Deluxe Kit	Includes your choice of free Scalar Qi , free Via Qi , or 50% off Sana Qi	Those ready for a more complete premium setup with added support.
Pinnacle Lite Deluxe Kit	Includes 50% off Scalar Qi or 50% off Via Qi	A more affordable step into layered support.
Cosmetic Bundle	Special event-only bundle	Clients focused on aesthetic and facial support.
Certified Pain Resolution Specialist™ (CPRS) program	Pay in full for the Certified Pain Resolution Specialist™ (CPRS) course and receive a free Evolution Deluxe Kit	Those ready to step into professional training and certification in microcurrent and pain resolution.

A note on the Certified Pain Resolution Specialist™ offer



The free Evolution Deluxe Kit with a pay-in-full purchase of the **Certified Pain Resolution Specialist™ (CPRS)** course applies to **new purchases only**.

For **Lifetime Members**, this offer does not combine with your existing CPRS benefit of 50% off CPRS Tuition Only (pay-in-full option only). One or the other may be used, but not both benefits.

Why this matters right now

We built this event around one clear goal: to make holistic support feel more reachable at a time when many people are being more careful with every dollar.

That is why this sale goes beyond a simple discount. It is about helping our community shop more consciously, whether that means getting started at a lower cost, building a more complete setup, or choosing a training path with unusually strong value.

If you've been waiting for the right time to take the next step in your health journey—it's go time!

If you've been planning for the perfect time to shop or invest in deeper support, this may be the moment when the next step feels a little more possible.

Support matters, and whenever we have the chance to make that support more accessible, we want to!

Disclaimer: Offer cannot be combined with other promotions. Previous purchases are not eligible for free gifts.

[Explore the Christmas in July collection here](#)



How Your Mind Shapes Your Pain: Understanding the Mind-Body

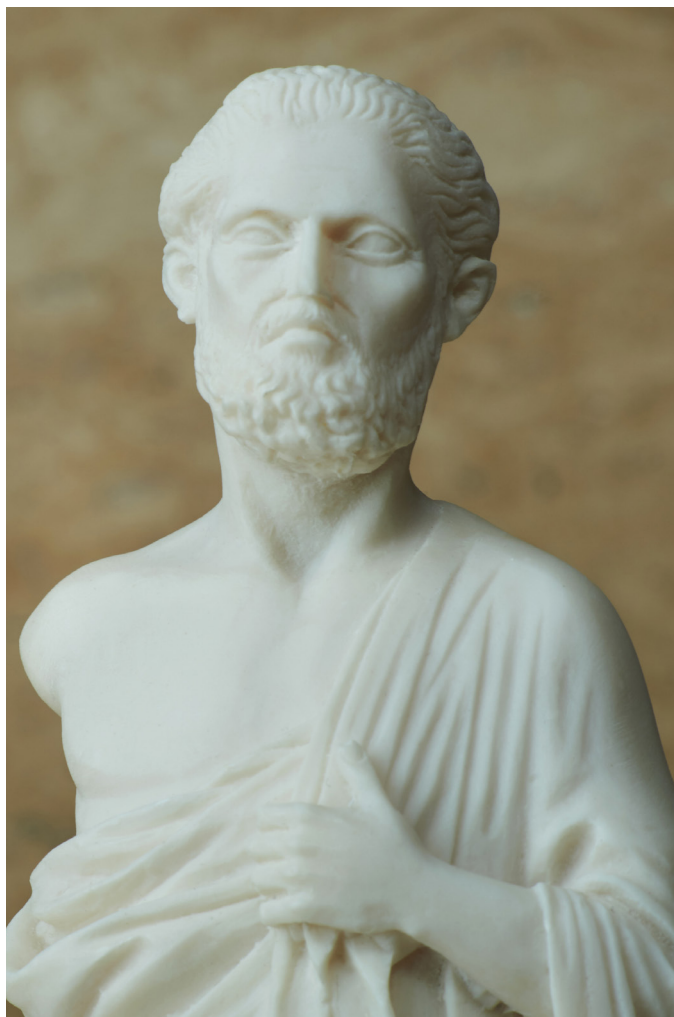
“The natural healing force within each one of us is the greatest force in getting well.”

– Hippocrates

Hippocrates understood something thousands of years ago that science is still catching up to today. Your body holds a remarkable capacity to heal. And one of the most powerful influences on that capacity is something you might not expect: your mind.

If you live with chronic pain, you’ve probably noticed that hard days feel harder when you’re stressed, anxious, or worn down. That’s not your imagination. Your thoughts, emotions, and mental state are deeply connected to how your body feels, including how you experience pain.

In this article, we’ll explore what the mind-body connection really means, how stress and emotions can fuel inflammation, and what the science of the nervous system reveals about pain. We’ll also walk through a simple visual, the Polyvagal Ladder, that makes these ideas easier to picture. Most importantly, you’ll walk away with practical, gentle strategies you can begin using to support your healing.



What is the mind-body connection?

The mind-body connection is the powerful link between your thoughts, feelings, and emotions on one side, and your physical health on the other. It’s the idea that these two sides aren’t separate at all—they’re constantly influencing each other. Your mental state can directly shape how your body functions, and in turn, how your body feels can impact your mood, energy, and overall outlook. Think of it as a continuous two-way conversation happening inside you.

Have you ever felt “butterflies” in your stomach when you were nervous about a big presentation? Or noticed a tension headache creeping in after a stressful day? That’s the mind-body connection in action! Your anxiety directly creates a physical sensation in your body.

This connection becomes especially clear when we look at the experience of pain. Pain is never just a physical sensation; it has emotional and psychological layers, too. While physical issues like an injury or inflammation are clear causes, psychological factors like chronic stress, anxiety, or depression can significantly worsen or even trigger pain.

This might not sound like good news at first, but it truly is. Why? Because it means there are more paths to healing than you might have realized. By supporting your emotional well-being, you can also support your physical healing.

How stress and emotions affect your body

When you experience stress or difficult emotions, your body releases hormones like cortisol and adrenaline.

These hormones are essential. They power your fight-or-flight response and help you react quickly in moments of real danger. The trouble begins when they're released too often, for too long.

Chronic stress and anxiety have been linked to a range of health concerns, including:

- High blood pressure
- Heart disease
- Depression
- Disrupted sleep
- Increased pain sensitivity



There's another important piece here: inflammation.

Inflammation is your body's natural response to injury, infection, or illness. In the short term, it's a necessary part of healing and recovery. But when inflammation becomes chronic, it can contribute to a wide range of conditions, including persistent pain.

This is where stress and pain become a cycle. Stress can drive inflammation. Inflammation can worsen pain. Pain can create more stress. Understanding this loop is the first step toward gently interrupting it.

Understanding how your nervous system responds to stress

Developed by Dr. Stephen Porges, polyvagal theory offers a way to understand how the nervous system, emotions, and physical health all connect. Rather than viewing the nervous system as a single switch, it is described as multiple branches that interact in complex ways.

Two of these branches do important everyday work:

- **The sympathetic nervous system (SNS):** This is your "activation" system, responsible for the fight-or-flight response.
- **The parasympathetic nervous system (PNS):** This is your "rest and recover" system, which helps your body calm, digest, and heal.

According to the theory, the balance between these branches is closely tied to how you feel, both emotionally and physically.

When the SNS stays switched on due to ongoing stress or trauma, it can contribute to increased inflammation and chronic pain. And when the body remains stuck in a chronically stressed or depleted state, other concerns can follow, such as fatigue, digestive issues, and a lowered immune system.

Climbing the polyvagal ladder

Developed by Dr. Stephen Porges, polyvagal theory offers a way to understand how the nervous system, emotions, and physical health all connect. Rather than viewing the nervous system as a single switch, it is described as multiple branches that interact in complex ways.

Understanding the Polyvagal Ladder

The autonomic nervous system moves through three primary states to help us survive, adapt, and thrive.

TO SAFETY
& CONNECTION



TO SURVIVAL
& SHUTDOWN



VENTRAL VAGAL ACTIVATION

Connection & Safety

- ✓ Calm and grounded
- ✓ Social engagement
- ✓ Rest and digest
- ✓ Healing and recovery
- ✓ Sense of safety and trust

SYMPATHETIC ACTIVATION

Protection Mode

- ✓ Fight or flight response
- ✓ Stress and overwhelm
- ✓ Heightened alertness
- ✓ Mobilization of energy
- ✓ Focus on threats

DORSAL VAGAL ACTIVATION

Survival Mode

- ✓ Shutdown and freeze
- ✓ Withdrawal and isolation
- ✓ Low energy or numbness
- ✓ Hopeless or disconnected
- ✓ Conservation of energy



PAIN FREE
For Life™

One of the easiest ways to picture all of this is through the Polyvagal Ladder, shown in the infographic above. It illustrates the three main states your nervous system moves through as it works to keep you safe, adapt, and thrive.



- **Ventral vagal activation (connection and safety):** At the top of the ladder, you feel calm, grounded, and open to connection. This is the state in which rest, digestion, healing, and recovery occur most easily.
- **Sympathetic activation (protection mode):** In the middle, your body shifts into fight-or-flight. You may feel stressed, overwhelmed, or hyper-alert as energy mobilizes to meet a perceived threat.
- **Dorsal vagal activation (survival mode):** At the bottom, the body conserves energy by shutting down. This can feel like numbness, withdrawal, low energy, or a sense of hopelessness or disconnection.

Throughout the day, you move up and down this ladder. The goal isn't to stay at the top every moment, because that's not realistic. Instead, it's to help your body climb back toward safety and connection more easily after stress, rather than getting stuck in the lower rungs.

So, how does the social engagement system fit in?

Polyvagal theory also describes a third branch: the social engagement system (SES).

This branch promotes feelings of safety and connection, the very state at the top of the Polyvagal Ladder. When it's active, it can support a range of positive outcomes, including:

- Improved mood
- Better sleep
- Stronger social connection
- Reduced inflammation and pain

In other words, feeling safe and connected isn't just emotionally comforting. It can create real, measurable shifts in how your body functions.

How to support your mind-body connection

Here's the empowering part. You can take simple, gentle steps to bring your nervous system back toward balance, helping yourself climb the ladder toward safety and connection.



Many of these practices work by activating your parasympathetic nervous system, encouraging your body to shift out of “high alert” and into a calmer, more restorative state.

Consider trying:

- **Mindful breathing:** Slow, deep breaths signal safety to your nervous system and help calm the stress response.
- **Meditation:** Research suggests mindfulness meditation can lower stress hormones and support a more positive mood and outlook.
- **Regular movement:** Gentle exercise helps regulate stress, ease inflammation, and lift your mood.
- **Social connection:** Spending time with people who help you feel safe and supported activates your social engagement system.
- **Microcurrent support:** Microcurrent grounding and vagus nerve stimulation can be used as part of a calming, nervous-system-supportive routine.



You don't need to do all of these at once. Even one small, consistent practice can begin to shift how your body feels over time. The goal isn't perfection. It's gentle, reliable support.

The Bottom Line

Stress, anxiety, and depression don't just affect how you feel emotionally. They can fuel inflammation in the body, which in turn contributes to chronic pain and other health concerns.

The encouraging truth is this: **your mind is not working against your healing. It can become one of your greatest allies.**

When you learn to ease those draining emotions and support your nervous system, your health, sleep, mood, and pain all stand to improve. You don't have to overhaul everything overnight. A few mindful breaths, a little more connection, gentle movement, and steady self-compassion can begin to change the terrain your body is healing in.

Your body is always listening. The kinder and calmer the message, the better it can respond.

If you'd like to explore how microcurrent therapy may support your mind-body healing journey, take a moment to [discover which device is the right fit for you](#). Your path to feeling better, naturally, can start today.



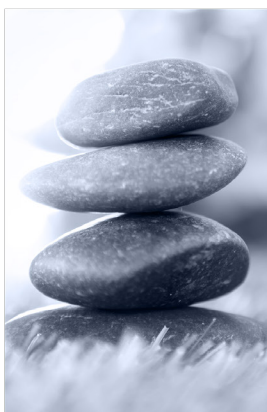
Discover the 5 Interactive Elements of The Hache Protocol for Pain Resolution™



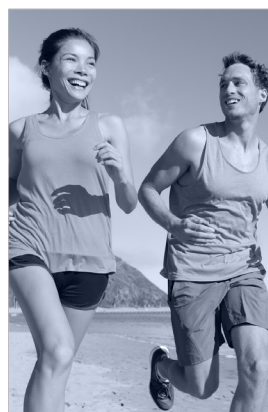
SLEEP



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](#)





Celebrating Disability Pride Month: Why Every Step Forward Deserves Recognition

Every July, communities across the U.S. pause to mark Disability Pride Month, a celebration that grew out of the Americans with Disabilities Act signed in July 1990. And while it began as a U.S. observance, we believe its message deserves global recognition. At its heart, this month is about something simple but powerful: dignity, visibility, inclusion, and the truth that disability is a natural part of human diversity, not something to hide.

For anyone living with chronic pain, this celebration can feel especially personal. So much of the healing journey happens quietly, away from the spotlight, in moments only you fully understand. This month invites us to honor those moments. It reminds us that pride and progress belong to you too, and that every step forward, no matter how small, is worth celebrating.

In this article, we'll explore what celebrating progress can look like when you live with chronic pain, why dignity and support matter so much, and why those small wins deserve far more recognition than they often receive.



What disability pride really means

Pride, in this context, means honoring your full experience. It means recognizing the strength it takes to navigate a body that doesn't always cooperate. It means seeing yourself as whole, capable, and deserving of joy, even on the harder days.

For many people, pain and disability arrive with a quiet pressure to apologize, to minimize, or to push through without complaint. Disability pride gently pushes back against all of that. It says:

You don't have to shrink—your story, your needs, and your progress all matter.

That shift in perspective can be deeply freeing. When you stop measuring yourself against an impossible standard of "normal," you create room to appreciate how far you've actually come.

What celebrating progress can look like with chronic pain

Here's something many people overlook: progress with chronic pain rarely provides a single, life-changing breakthrough. More often, it's a collection of subtler moments that add up over time.

So what does that progress actually look like in daily life?

- **Sleeping through the night for the first time in weeks**
- **Walking a little farther than you could last month**
- **Getting through a busy afternoon without needing to lie down**
- **Feeling steadier on your feet during a family gathering**
- **Rediscovering an activity you thought you had lost for good**

Each of these moments is a real victory. They may not make headlines, but they change the texture of everyday life in ways only you can fully appreciate.



Celebrating progress means learning to notice these wins instead of brushing past them. It means pausing to acknowledge, "That was hard, and I did it anyway." That kind of self-recognition isn't vanity. It's fuel. It helps you stay encouraged when the road feels long.

When you live with chronic pain, it's easy to focus on what still hurts and what you still can't do. That focus is understandable, but it can quietly drain your hope.

Choosing to notice progress, even tiny progress, gently rebalances the picture. It reminds your mind and your nervous system that healing is happening, even when it's slow. And that reminder can make the next step feel a little more possible.

Disability, dignity, and the right to feel more supported

Dignity is at the center of Disability Pride Month, and it deserves a closer look.

Living with chronic pain or disability can sometimes mean feeling unseen. Maybe your symptoms have been dismissed. Maybe you've been told the pain is "just stress" or that you should simply learn to live with it. Maybe you've felt like a burden for needing extra rest, extra time, or extra help.

Let's be clear about something important: you have every right to feel supported.

Needing support is not a weakness. Asking for accommodations is not a failure. Using tools that make your life easier is not giving up. These are acts of self-respect, and they reflect the same dignity Disability Pride Month exists to honor.

Building your circle of support



Support comes in many forms, and you deserve all of them. Consider what genuine support might look like for you:

- **Emotional support** from people who believe you and listen without judgment
- **Practical support** through accommodations at home, work, or in your community
- **Medical and holistic support** from providers who treat you as a whole person
- **Community support** from others who understand the journey because they're living it too

You don't have to build this circle all at once. Even one source of steady, compassionate support can make a meaningful difference in how you experience daily life.

This is also where a whole-body approach to healing fits in so naturally. The Hache Protocol was designed around the idea that you deserve support on every level, from sleep and nutrition to stress reduction, gentle movement, and microcurrent therapy. The goal isn't to demand more of you. It's to give your body more of what it needs to feel steadier and more supported over time.

A close-up photograph of two hands, one on the left and one on the right, holding a heart-shaped object. The heart is made of a material with a rainbow gradient, transitioning from red on the left to yellow in the center and green on the right. The hands are positioned as if they are gently holding or presenting the heart. The background is a solid, light blue color.

Honoring your story this July

Disability Pride Month is an invitation to see yourself differently, not as someone defined by limitation, but as someone navigating a real challenge with courage and resilience.

If you live with chronic pain, you already know how much strength your daily life requires. The planning, the pacing, the adjusting, the showing up even when your body protests. That strength deserves to be recognized, and not only by others. It deserves to be recognized by you.

Give yourself permission to celebrate. Celebrate the night you slept well. Celebrate the walk you took. Celebrate the moment you asked for help and received it. Celebrate the simple fact that you keep moving forward.



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 July 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: July 10-minute trainings

- **Week 1: Applying Pressure with Microcurrent Therapy**

Pressure matters when it comes to microcurrent therapy. Dr. Rob walks through practical techniques for applying the right amount of pressure to help improve current delivery, target active areas more effectively, and support better treatment outcomes.

- **Week 2: Dr. Revive Your Thyroid for a Healthier You**

The thyroid influences far more than metabolism—it plays a key role in energy, mood, temperature regulation, and overall well-being. In this training, Dr. Rob explores thyroid health through a holistic lens, discussing how inflammation, nervous system balance, lifestyle habits, and supportive therapies may work together to promote healthier thyroid function and long-term wellness.

- **Week 3: Which Reigns Supreme – PEMFs or Microcurrent?**

PEMF and microcurrent are often compared, but each offers unique benefits depending on your health goals. In this training, Dr. Rob explains how these two technologies work, what sets them apart, and how understanding their strengths can help you choose the right approach to support your healing journey.

- **Week 4: VIP Only! Rheumatoid Arthritis**

This month's new VIP 10-Minute Training takes a step-by-step look at the Rheumatoid Arthritis protocol using clear visuals and practical guidance. Dr. Rob walks through each part of the protocol to help you better understand the treatment approach and apply it with greater confidence.

[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](#)



Summer in motion:

How gentle movement supports healing when you live with chronic pain

Summer has a way of coaxing us outdoors. But if you live with chronic pain, that same warm invitation can land differently. You watch the world stretch and stroll and wonder, with a tightness that has nothing to do with your muscles, whether joining in will cost you for days.

That hesitation is understandable. When pain is already your constant companion, exercise can sound less like relief and more like risk. **Yet decades of research point somewhere surprising: the body in motion tends to hurt less, not more.** Movement, applied gently and often, behaves less like a strain on a fragile system and more like maintenance on one that was built to keep moving. Summer simply hands you the excuse.

Movement stands as one of the Five Interactive Elements of The Hache Protocol for Pain Resolution™, holding equal weight with stress reduction, nutrition, sleep, and microcurrent therapy. None of these works in isolation. Movement, in particular, has a way of nudging the others back into rhythm, the way a single corrected habit can quietly improve everything around it.

Why your body wants to move

Some medical advice ages badly. This quote has not.

“Walking is man’s best medicine.”

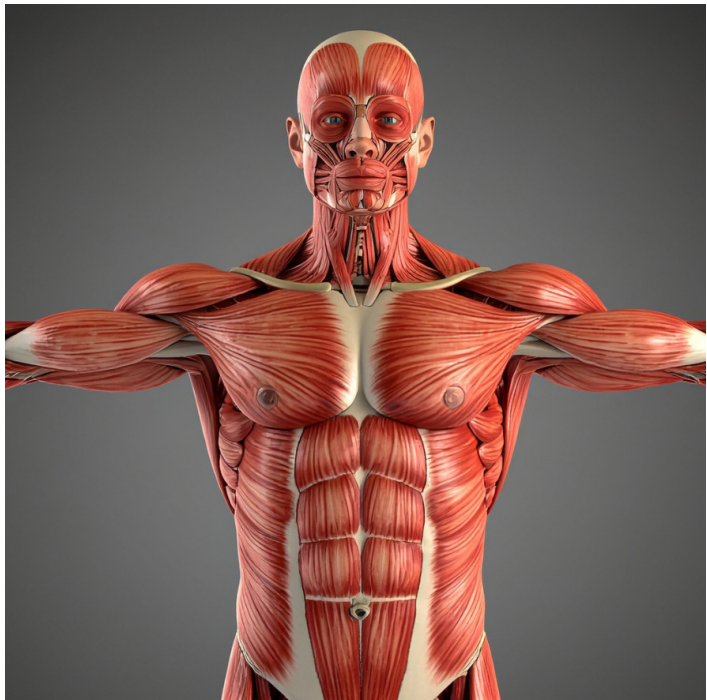
– Hippocrates

The Greek physician wrote those words more than two thousand years ago, long before anyone could explain why they were true. Modern science has since filled in the mechanics, and the short version is this: **motion is not merely how the body spends energy. It is one of the ways the body repairs itself.** To understand why a short walk can leave you feeling so much better than the effort seems to justify, it helps to look at what stirs beneath the surface.

The science of feeling better

Start with endorphins. The moment you begin moving, your central nervous system releases these compounds, the body’s own analgesics, and they go to work dulling discomfort while lifting your mood in the same stroke. It is why a slow





lap around the block can leave you feeling so great.

Then there is inflammation, the slow-burning culprit behind so much persistent pain. **Active muscles release anti-inflammatory cytokines, proteins that help quiet that internal fire.** For anyone whose pain is driven by inflammation, including those managing arthritis or fibromyalgia, this is no small thing.

Perhaps most remarkable is what happens over time. With repetition, movement can recalibrate the way the brain interprets pain signals, easing a nervous system that has grown too quick to sound the alarm. Put plainly: regular movement does more than take your mind off the pain. It can change how loudly your body registers it in the first place.

Movement and your body's cleanup crew

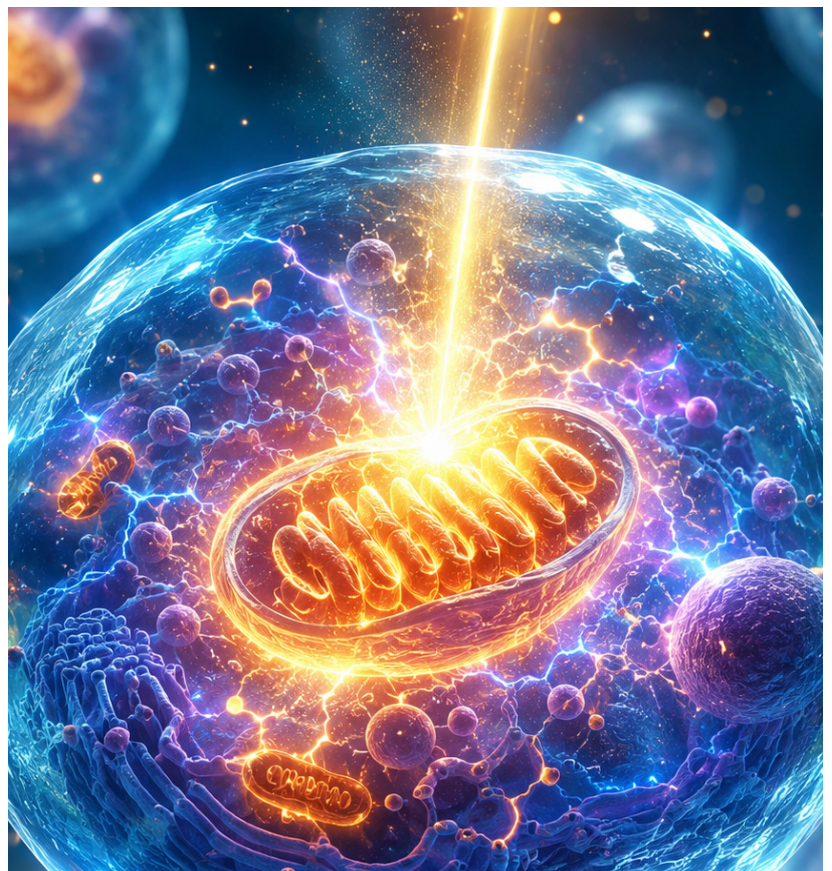
Your lymphatic system is the unsung custodian of all this. **It ferries cellular waste and excess fluid away from your tissues so your liver and kidneys can clear them out, and when it lags, the buildup shows up as fatigue, stiffness, and inflammation.** Here is the catch: unlike the heart, the lymphatic system has no pump of its own. It depends almost entirely on muscle contraction and bodily movement to keep its traffic flowing.

So when you move, you are doing the system's pumping for it. Sit still for hours on end, and that current slows to a crawl, letting waste pool where it shouldn't. Get up and walk, and you reopen the channels. It is a large part of why people so often describe themselves as feeling "clearer" after a bit of activity, not just looser.

Recharging your cellular energy

Now for the connection that tends to catch people off guard: movement teaches your cells to make more fuel.

Tucked inside nearly every cell are the mitochondria, the small engines that produce ATP. This molecule powers almost everything your body does, from a muscle contraction to the repair of a torn tissue. When those engines run down, you feel it as the familiar fog of chronic illness: bone-deep fatigue,



sluggish recovery, weak muscles, a mind that won't quite sharpen.

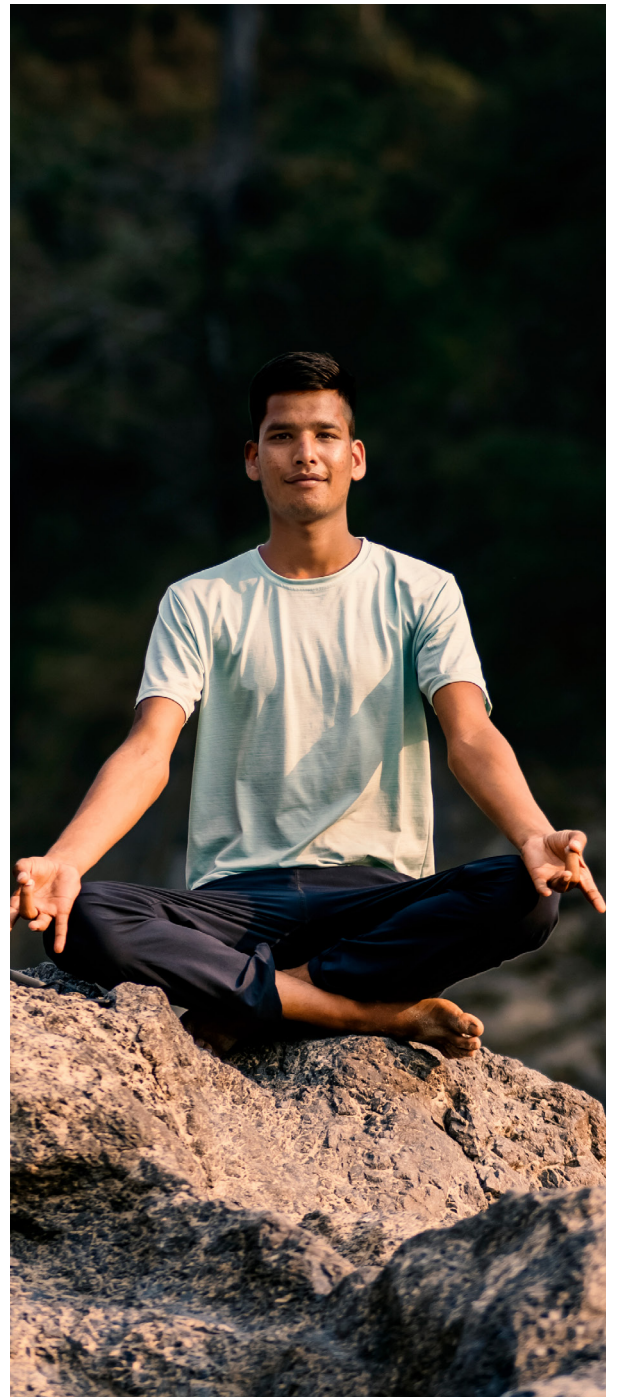
Exercise flips that script. **Working muscles demand more energy, and that demand is a signal. Met consistently, it prompts the body to build stronger, more efficient mitochondria over time.** The payoff arrives slowly and then unmistakably: a body that bounces back faster, tires later, and carries you further than it did a month ago. Few rewards are quieter, or more worth the patience.

Gentle ways to move this summer

Effective movement and intense movement are not the same thing, a distinction that matters enormously for anyone living with pain. The aim is never to grit your teeth and outlast the discomfort. It is to coax your body into motion on terms it can welcome.

A few unintimidating places to begin:

- **Walking.** The oldest prescription there is. An after-dinner stroll, a few laps while you're on the phone, a loop through the cool of early morning. Each one helps stir circulation, support lymphatic flow, and remind the body that movement can still feel safe.
- **Stretching.** A short mobility routine to start the day or a few unhurried stretches before bed can help keep joints supple and soften the stiffness that idleness invites.
- **Yoga or tai chi.** Slow, deliberate movement paired with steady breath can help settle the nervous system while quietly building balance, flexibility, and coordination.
- **Rebounding.** A few minutes of gentle bouncing on a mini-trampoline is about as low-impact as exercise gets, and it can be a simple way to support lymphatic movement without asking too much of the body.
- **Gardening.** Done thoughtfully, gardening can be a surprisingly supportive form of movement. It encourages gentle bending, reaching, walking, and time outdoors, all of which can help the body feel more mobile and engaged. The key is pacing, not turning a peaceful activity into an all-day strain.
- **Swimming or water aerobics.** Water changes the equation in a helpful way. It reduces the impact on joints while still allowing the body to move, stretch, and strengthen. Many community centers offer water aerobics classes that can be especially supportive for people with chronic pain, stiffness, or reduced mobility.



- **Pilates.** When adapted well, Pilates can be an excellent option for people living with chronic pain. It focuses on controlled movement, breath, alignment, and core support rather than force or speed. That can make it especially helpful for building stability and body awareness in a way that feels more supportive than punishing.

Notice what these have in common: none of them ask for intensity.

One word of care. If you are easing back into movement or navigating a particular diagnosis, talk with your healthcare provider before you start. Begin small, follow what feels good rather than what looks impressive, and let your body set the tempo.

Where microcurrent therapy fits in



Movement gets things flowing, but the body's recovery hinges on something subtler too: the faint electrical signaling that lets cells, tissues, and nerves talk to one another and mend.

This is where microcurrent therapy earns its place beside a walk. It delivers impulses so gentle they echo the body's own electrical language, encouraging cellular repair, calming inflammation, and supporting that all-important ATP production. Paired with daily movement, it helps the body close out one day's wear and ready itself for the next.

The two make natural partners. Movement opens the channels; microcurrent helps the body capitalize on what flows through them, right down at the cellular level. Folded into the wider framework of The Hache Protocol for Pain Resolution, they aim at something more durable than a muted symptom. They support the actual work of healing.

A season to begin again

One reason this topic is gaining traction is the development of tools specifically designed for the eye. If the long days have you itching to do more, let that be a good sign. Living fully and protecting a tender body are not opposing choices. Handled with care, movement lets you have both at once.

Real healing seldom arrives as a single grand gesture. It accrues in the small, repeatable things: a walk taken in the morning light, a few mindful stretches before sleep, the faint but genuine surprise of having more in the tank than you did last week.

So let this summer's movement be an invitation rather than an obligation. Your body has not forgotten how to heal. Now and then, the most powerful thing you can do is clear its path and walk it, one unhurried step at a time.



The healer's heart: A scholarship for those called to help



Have you ever felt that internal compassion to help others heal?

For many of us, it grows out of our own struggles. We know what pain feels like, what it takes to move through it, and how deeply we long to spare someone else that same suffering. If that calling lives in you, we have something hopeful to share.

Opening doors to holistic healing

At The Sana Institute, we've watched countless people discover a profound purpose in becoming a Certified Pain Resolution Specialist™. Yet for too many, the cost has placed that dream just out of reach. We didn't want finances to stand between a passionate learner and their purpose.

That's why we're glad to offer the Sana Institute Scholarship, a need-based program built to remove barriers and welcome more people into the world of holistic healing. It's about more than tuition. It's about empowerment, inclusion, and opportunity for those who feel called to this work.



Is this opportunity for you?

You might be wondering whether this scholarship is the right fit. Here's a gentle place to start: it's designed for people who feel genuinely drawn to holistic healing but face real financial hurdles on the path to certification.

You may be a strong fit if you see yourself in any of these:

- **Low-income students**, including international applicants navigating financial disparities
- **Single parents** balancing family responsibilities with professional growth
- **Individuals with disabilities** who often face added costs and logistical barriers
- **Military veterans**, with our deep gratitude for all who have served
- **Rural and international applicants** from underserved areas with limited access to specialized education



Whether you're just beginning to explore holistic health or you're an established practitioner ready to deepen your skills, this opportunity can help you take the next meaningful step.

How it could support your path

Becoming a Certified Pain Resolution Specialist™ opens the door to a thriving, purposeful practice in the growing field of holistic pain management. Through The Hache Protocol™, you'll gain advanced, evidence-based tools for resolving pain at its root, not just masking symptoms.

This scholarship is especially relevant if your goals include:

- Building a meaningful career helping others find lasting relief
- Adding pain resolution skills to an existing wellness practice
- Gaining credible, hands-on training along with mentorship and ongoing support
- Joining a community of practitioners for connection, learning, and growth

In other words, if you're ready to grow but need a hand getting there, this is exactly the kind of support we hope to offer.



Why lived experience matters

We believe the people who bring empathy and resilience to this field make the most extraordinary healers.

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

– Dr. Rob Vanbergen

Take the next step

if finances have ever held you back, this scholarship may be for you. we'd love to help you begin, or continue, your journey toward a meaningful career in holistic healthcare.

reach out at 1-888-557-8007 to request more information or [book an admissions call](#) to talk through your goals and see whether this is the right path for you. at pain free for life, we believe every dedicated learner deserves a chance, and we're here to support you every step of the way.

please note: this scholarship cannot be combined with other programs, coupons, or payment plans.



Grass-fed steak & grilled vegetable power plate



As the busy summer days tick by, meals that feel simple, steady, and protein-rich can go a long way. This plate keeps things straightforward: real food, plenty of color, and the kind of nourishment that supports energy, recovery, and whole-body function without feeling heavy or overcomplicated.

The **Grass-Fed Steak & Grilled Vegetable Power Plate** brings together high-quality protein, fiber-rich vegetables, and healthy fats in a way that feels satisfying and well-suited to an active summer schedule.

How this meal supports recovery

Grass-fed steak offers complete protein, which helps support **tissue repair, muscle maintenance, and steadier energy**. It also provides nutrients such as **iron, zinc, and B vitamins**, which support energy production, strength, and recovery.

Zucchini, **bell peppers**, and onion provide fiber, antioxidants, and plant compounds that help support **digestion, cellular health, and balanced inflammation**. Bell peppers are especially rich in **vitamin C**, which supports tissue repair and immune function.

Olive oil contributes healthy fats that help support **cellular integrity** and make the meal more satisfying, while simple seasonings like **sea salt and black pepper** bring everything into balance without unnecessary additives.



Grass-fed steak & grilled vegetable power plate recipe

INGREDIENTS:

- **2 grass-fed sirloin steaks**, about **5 to 6 ounces each**
- **1 medium zucchini**, sliced lengthwise into strips
- **1 red bell pepper**, cut into wide strips
- **1 yellow bell pepper**, cut into wide strips
- **1 small red onion**, peeled and cut into wedges
- **2 tablespoons extra virgin olive oil**
- **1 teaspoon of high-quality salt** (for example, Celtic gray sea salt) divided
- **1/2 teaspoon black pepper**, divided



INSTRUCTIONS:

1. Remove the steaks from the refrigerator about **30 minutes before cooking**. Pat dry and season both sides with **1/2 teaspoon sea salt** and **1/4 teaspoon black pepper**.
2. Preheat your grill to **medium-high heat** and lightly oil the grates if needed.
3. In a bowl, toss the zucchini, bell peppers, and onion with **2 tablespoons of olive oil**, the remaining **1/2 teaspoon of sea salt**, and **1/4 teaspoon of black pepper**.
4. Grill the steaks for **3 to 5 minutes per side**, depending on thickness and preferred doneness.
5. Grill the vegetables for **6 to 8 minutes**, turning occasionally, until tender and lightly charred.
6. Transfer the steaks to a plate and let them rest for **5 minutes** before slicing against the grain.
7. Divide the grilled vegetables between two plates, add the sliced steak, and serve warm.

Health benefits

This meal offers a nourishing combination of **protein, healthy fats, fiber, and antioxidant-rich vegetables**. The steak supports **muscle function, tissue repair, and energy**, while the vegetables provide nutrients that support **digestion, inflammation balance, and whole-body resilience**.

Altogether, it is a simple, satisfying plate that supports recovery, keeps energy steadier, and fits naturally into a summer routine built around feeling well enough to enjoy the season.



Fresh from the garden: Homegrown herbs for flavor, and wellness

Herbs do two jobs at once, and they do both beautifully. They make food taste more alive, and they help keep the body healthy. Think of it, heading out to the garden to gather a handful of basil, a few sprigs of dill, and a little rosemary for your meal. These small additions can change how luxurious a meal feels, how a kitchen smells, and how nourishing daily life becomes.

That is part of what makes herbs so appealing this time of year. In July, when gardens are full and meals tend to get simpler, fresh herbs offer an easy way to bring more flavor and more intention to the table. And when chronic pain, inflammation, or fatigue are part of the picture, that matters. **Many herbs contain antioxidants and plant compounds associated with inflammation balance, cellular protection, and whole-body wellness.**

In this article, we'll look at **six herbs worth reaching for this July**, a few simple ways to grow them at home, and a bright **vegan green goddess dressing** that puts your summer harvest to good use.

Why homegrown herbs belong on your plate in July

Fresh herbs are easy to overlook because they often show up as finishing touches rather than main ingredients.

For anyone living with chronic pain, this matters. Pain is often tied to inflammation, oxidative stress, and a body that has been carrying more than it can comfortably manage. Herbs will not replace a broader healing plan, but they can become part of a steadier nutritional foundation, one small way to give the body more of what helps it feel supported

Six fresh herbs that support how you heal



These herbs are easy to grow, easy to use, and gentle on the body. Each brings its own blend of flavor and wellness support.

Dill: Dill contains antioxidant and anti-inflammatory compounds, and some research suggests it may also support healthier cholesterol levels. Its fresh, slightly tangy flavor works beautifully in dips, dressings, chilled soups, and lighter summer meals.

Parsley: Parsley is rich in antioxidants and vitamin C, and it is often appreciated for its bright, peppery flavor. It works especially well in sauces, vegetable dishes, dressings, and grain-based meals, bringing freshness and a little lift to heavier foods.

Basil: Basil is rich in flavonoids and polyphenols, making it one of the most naturally anti-inflammatory herbs to keep on hand. It adds warmth and depth to salads, pasta, dressings, sauces, and even herbal teas.

Rosemary: Rosemary is a more robust herb, both in flavor and in function. It has been studied for its anti-inflammatory potential and is often associated with support for both gut health and joint comfort. It works well in roasted vegetables, infused oils, soups, and savory marinades.

Oregano: Oregano contains antioxidant compounds that may offer both antibacterial and anti-inflammatory support. It pairs naturally with tomatoes, grains, poultry, and many Mediterranean-style dishes.

Sage: Rich in antioxidants, including compounds linked to brain health and cellular protection. A little goes a long way, but that little can transform soups, stews, roasted vegetables, and warm grain dishes.

Why does this matter for those of us managing pain? Because chronic pain is so often tied to inflammation. These herbs do not replace the rest of your care, but they are a gentle, everyday way to support the body's natural balance.



Growing your own herb garden

One of the best things about herbs is how forgiving they can be. You do not need a sprawling backyard or a picture-perfect garden setup to make this work. A few pots, a sunny corner, or a compact hydroponic system can go a long way.

A hydroponic tower for apartments and city living

If you live in an apartment or do not have much outdoor space, a hydroponic tower can be a wonderful solution. These vertical, soil-free systems let you grow a surprising number of herbs in a small footprint, often right inside your home.



A few reasons they work so well:

- Minimal floor space is needed
- No garden plot is required
- Less mess comes with soil-free growing
- Built-in lighting often makes year-round use possible

For people who want fresh herbs close at hand without having to manage a larger outdoor setup, this can be an easy and satisfying option.

Container and balcony gardens

For something more traditional, a few pots on a porch, balcony, patio, or sunny windowsill can provide a steady supply all season long.

A simple way to begin:

- Choose pots with good drainage
- Use a quality potting mix
- Place them where they will get at least six hours of sunlight a day
- Start with two or three herbs you actually enjoy using
- Water when the top inch of soil feels dry
- Snip often to encourage fuller growth



Sometimes the simplest setup is the one most likely to last. And for many people, the small ritual of watering and harvesting becomes part of the appeal. It offers not only food, but a brief, grounding moment of care.

A bright, herb-forward green goddess dressing



Once your herbs are growing well, this is a delicious way to enjoy them.

This vegan green goddess dressing turns a generous handful of fresh parsley and basil into something creamy, bright, and deeply satisfying. Tahini gives it body, nutritional yeast adds a savory depth, and lemon and garlic keep the whole thing feeling fresh and lively.

It is the kind of dressing that makes healthy eating feel more inviting, not more restrictive.

INGREDIENTS:

- 2 cups total of any of the following: fresh parsley, dill, basil, chives, green onion
- 1/4 cup tahini, stirred well before using
- 2 tablespoons nutritional yeast
- 2 tablespoons freshly squeezed lemon juice
- 1 small garlic clove, minced
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon sea salt, adjusted to taste
- 4 to 6 tablespoons water, as needed for consistency



INSTRUCTIONS:

1. Add the parsley, basil, tahini, nutritional yeast, lemon juice, garlic, olive oil, and salt to a blender or food processor.
2. Blend for about 30 seconds, pausing to scrape down the sides, until the herbs are finely chopped and the mixture begins to come together.
3. With the blender running, add water 1 tablespoon at a time until the dressing reaches a smooth, pourable consistency.
4. Taste and adjust, adding more lemon for brightness, salt for balance, or nutritional yeast for extra savory depth.
5. Transfer to a jar and chill for 15 to 20 minutes before serving. It will thicken as it rests, so loosen with a little water if needed.

Serving ideas

This dressing is wonderfully versatile. Drizzle it over salads or roasted vegetables, or use it as a dip for crisp summer produce such as cucumbers, carrots, and bell peppers.

It also works beautifully spooned over grain bowls, spread into a wrap, or served alongside grilled vegetables at a summer gathering. Finish with a swirl of olive oil and a sprinkle of fresh herbs for an extra-fresh finish.

Health benefits

This dressing is an easy way to fold more anti-inflammatory foods into your day.

Fresh parsley and basil provide antioxidants that help the body manage the everyday oxidative stress associated with inflammation. Tahini contributes healthy fats and minerals, while nutritional yeast adds B vitamins and savory richness. Together with garlic, lemon, and olive oil, this creates a bright, nourishing dressing that supports digestion, energy, and whole-body nourishment.

It is simple, flavorful, and easy to make again, which is part of what makes it so useful.

A gentle step on your healing journey

At Pain Free For Life, we believe healing comes from caring for the whole person rather than chasing symptoms one by one. That is the heart of **The Hache Protocol for Pain Resolution™**, built on **Five Interactive Elements: stress reduction, nutrition, fitness, sleep, and microcurrent therapy**.

Fresh herbs fit naturally within the Nutrition element. They will not resolve chronic pain on their own, but as part of a more holistic approach, they are one small, steady way to support the body.

So this July, why not plant a few pots or set up a little tower of green?

It is a simple act of self-care, a fresh source of flavor, and a quiet reminder that healing often begins with the small, nourishing choices we make every day.



Meet the team behind Pain Free For Life

At Pain Free For Life, healing is supported not only through devices, protocols, and education, but through the people who have devoted their lives to helping others find relief, hope, and a clearer path forward. Behind every training, every recommendation, and every conversation is a deep commitment to supporting people in a way that feels practical, compassionate, and grounded in real experience.

This month, we are pleased to spotlight **Dr. Lorry Hache**, whose role as a founding member has helped shape the heart of Pain Free For Life from the very beginning. Her perspective is rooted not only in decades of hands-on experience, but in a deep belief that healing should feel more supportive, more human, and more possible than many people have been led to believe.

In this month's Q&A, Dr. Lorry reflects on what first drew her to this work, what continues to inspire her, and the kinds of breakthroughs that still stay with her after all these years.

The Hearts and Minds Behind Pain Free For Life

A conversation with Dr. Lorry Hache

On Healing, Hope, and the Work That Matters

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

Back in 1991, I was running a clinic in the UK and helped about 98 percent of my patients find relief from their pain. It was the remaining 2 percent who stayed with me. They were the ones who kept me up at night. When I was introduced to microcurrent, the majority of that 2 percent could finally get relief, too. That was a major turning point for me, and it became part of what shaped the formation of Pain Free For Life.

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

Take it one step at a time. Do not rush the process, and ask for help as often as you need it.

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

The people who reach out with their success stories. That excitement never gets old. It makes me so proud to witness what they have come through and to know I have been part of that journey. Some of the most meaningful moments have been with couples who went on to have babies after facing real desperation. Those are the kinds of stories that stay with you.

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

I carry my device with me at all times and use it for emotional, mental, and physical support through The Hache Protocols™.

5. What's one thing about microcurrent or holistic healing that more people should know?

Microcurrent uses body-friendly frequencies. It works with your body, not against it.



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

Swiss dark chocolate, either as a drink or in a bar.

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

Together we heal, together we learn, together we transform.

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

There have been so many over the last 26 years. In a teaching course many years ago a client came in with a carer, he never made eye contact, during the course I offered to treat him a few times he didn't respond, at lunch time the carer who turned out to be his wife, explained that he had Parkinson's. Towards the end of the afternoon, I asked him again and he shuffled towards me, and I treated him for 20 minutes, clearing his scars and moving on to his pain. I sent him home with my healing blanket, asking him to return in the morning.

The next morning, he didn't return, I kept thinking I'd lost my blanket. After lunch he came into the classroom, walked up to the podium and informed everyone he had played golf that morning. The course was close to my home. I treated him regularly after a few weeks he returned to work. This was in the early days. My aha moment was this really does work.

An amusing one that sticks with me is at a large event where we had line up of over 100 people late one night and I had to say that I could only treat one problem per person and every women wanted a facial, one woman was in a wheelchair as she was brought to me and yes, she also wanted a facial, I asked her to stay behind it had just gone midnight, when I treated her face and followed up with the 3 pathways and 6 points protocol.

When I helped her off the table, she walked to the washroom, came back beaming I assumed because she was walking but it was the smile on her face when it occurred to me it was her microcurrent facelift. I was able to treat her each day for her pain and by the time she left the event four days later she no longer needed her wheelchair. My aha moment was vanity over pain. If you look good, you feel good.

What stays at the center of the work

One of the things this conversation makes clear is that healing is never only about symptoms. It is also about hope, identity, confidence, and the quiet return of things people thought they had lost. Dr. Lorry's answers reflect something we often come back to at Pain Free For Life: the work matters because people matter, and progress is not always measured solely by what hurts less. Sometimes it is measured by what becomes possible again.

From helping the hardest cases find relief to watching someone recognize themselves in the mirror again, the throughline is the same.

Healing is deeply personal. It deserves patience, support, and the kind of care that sees the whole person, not only the problem.

Thank you, Dr. Lorry!

Dr. Lorry's swiss dark drinking chocolate

Because Swiss dark drinking chocolate is one of Dr. Lorry's favorite comfort foods, we wanted to create a version that feels rich and satisfying while still fitting beautifully into a more supportive wellness routine. This recipe is warming, deeply chocolatey, and designed to feel like a treat without drifting too far into excess. Made with dark chocolate, unsweetened cocoa, and simple whole ingredients, it offers a more grounded way to enjoy comfort, especially on evenings when you want something soothing and restorative.

INGREDIENTS:

- 1 1/2 cups unsweetened almond milk, coconut milk, or other milk of choice
- 1 oz high-quality Swiss dark chocolate, finely chopped
- 1 tbsp unsweetened cocoa powder
- 1 tsp raw honey or maple syrup, optional
- 1/4 tsp vanilla extract
- Small pinch of sea salt
- Optional: pinch of cinnamon for warmth



DIRECTIONS:

1. Pour the milk into a small saucepan and warm over low to medium heat until hot, but not boiling.
2. Whisk in the cocoa powder, vanilla, and sea salt until smooth.
3. Add the chopped dark chocolate and stir until fully melted and silky.
4. Taste and add a small amount of honey or maple syrup if desired.
5. Pour into a mug and enjoy warm. Add cinnamon on top if you like a little extra warmth.

Dark chocolate can feel indulgent, but it also brings more to the table than sweetness alone. Higher-quality dark chocolate contains naturally occurring compounds that may help support circulation and provide a more satisfying, grounded feel than overly processed cocoa mixes. Using unsweetened milk and keeping added sweetener light helps this recipe stay aligned with a steadier, more supportive approach to comfort.

This is the kind of recipe that works well as an evening ritual, a quieter afternoon treat, or a simple way to enjoy something comforting without making the body work harder afterward.

For a slightly more nourishing version, you can blend in a scoop of collagen or a little magnesium powder after heating, depending on what works best for your routine.

How Eric treated skin cancer and reclaimed his health

Eric A. + Mycosis Fungoides

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

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

Discovering microcurrent therapy

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

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

- Y-Probe for Vagus Nerve Stimulation: To calm his nervous system and reduce inflammation.
- Mitochondrial Recharge: Using electrode pads to revitalize cellular repair and energy production.
- PEMF Therapy: Magnetized drinking water to support internal healing.
- DNA Repair via SANA Qi: To promote systemic recovery.

Immune System and Long Bones Protocols: These protocols address the root causes of his condition and support white blood cell health.

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

Visible Progress and Renewed Hope

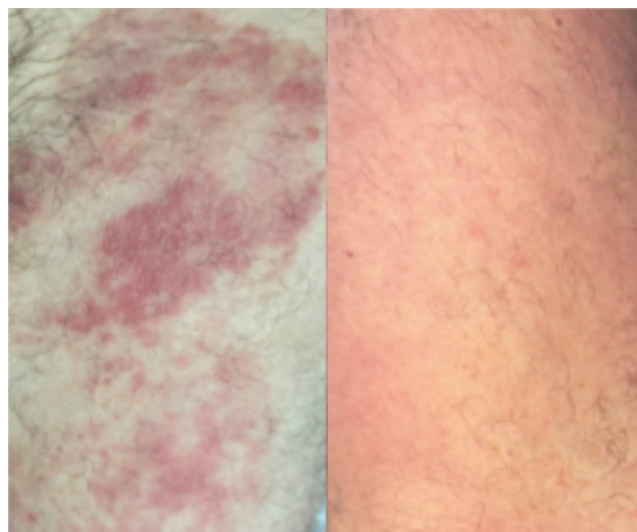
After years of living with chronic illness, Eric approached his first microcurrent therapy sessions with understandable skepticism. The idea of true healing felt distant and unattainable. He had lived with mycosis fungoides for so long that hope seemed out of reach. However, his practitioner's keen eye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

While Eric initially remained doubtful, Miriam was the first to notice the improvements. Patches of

hot red lesions began to calm, transitioning to warm orange tones. Beneath these, healthy white skin started to emerge, a sign that the protocol was working.

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

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



BEFORE

AFTER

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

A new lease on life

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

“

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

– Eric A.

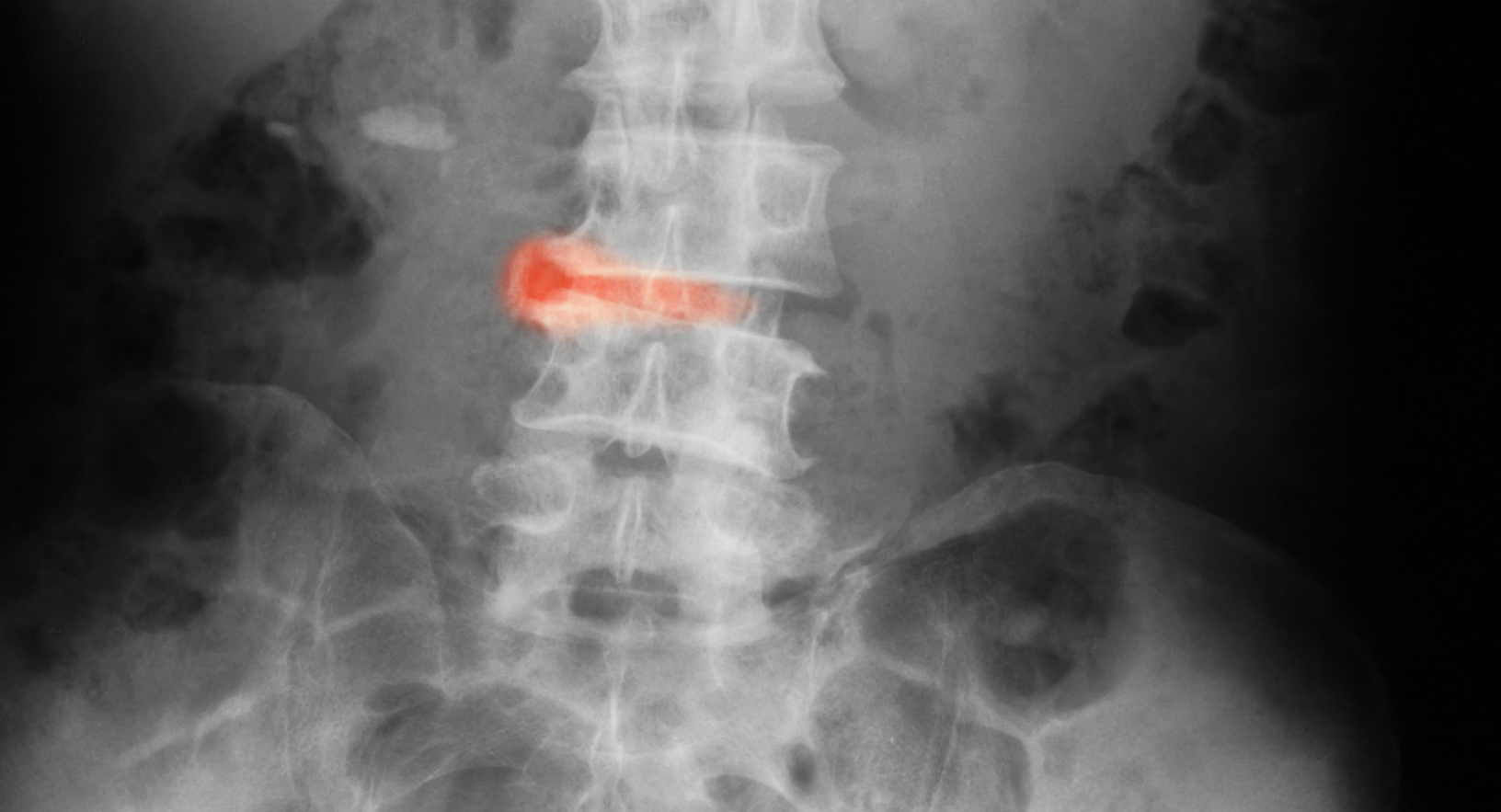
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This holistic perspective has reinvigorated his passion for his work, motivating him to see the infinite potential in both the environment and his own healing. With his practitioner's unwavering support, Eric continues his treatments, aiming for lasting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

Your Journey to Wellness Starts Today

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

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



Protocol spotlight: Spondylitis

This month's protocol spotlight focuses on spondylitis, specifically how microcurrent may be used as a supportive protocol for inflammation, edema, and pain associated with this condition. As outlined in [*Current Medicine, 3rd Edition*](#), spondylitis is described here as **ankylosing spondylitis (AS)**, an autoimmune disease and a form of inflammatory arthritis in which the immune system begins attacking the body's own tissues.

As inflammation caused by AS persists, new bone can begin to form as the body attempts to repair itself. Over time, that process may cause parts of the spine to fuse or "grow together," resulting in a spine that becomes increasingly stiff and inflexible. The condition most often affects the spinal joints and can lead to pain, inflammation, and stiffness in the lower back, hips, and nearby joints.

This protocol is designed to help address the inflammatory and pain-related patterns associated with spondylitis. Treatment guidance includes working with the **affected joint and the symmetrically healthy joints and ligaments** until a feeling of warmth is reported or pain begins to settle. The protocol also emphasizes beginning at the point of greatest pain, treating the contralateral side, and working along the lateral surfaces of the larger joints.

Additional support areas in this protocol include:

- **3 Pathways and 6 Points**
- **Neck and shoulder protocol**
- **Liver-pancreas area**

Because spondylitis is a serious inflammatory condition, this protocol should not replace appropriate medical care. Instead, it is intended as a structured way to provide supportive microcurrent application within a broader healing plan.

Treatment Method:

To arrest inflammation, edema, and ensuing pain:

- Treat inflamed areas using: **SANA Pain, Modulate, 350 Hz**, or **Blue Stimulation**
- Soft tissue should be treated in **SANA Soft T, AVA 90 Hz**, or **77 Hz**.

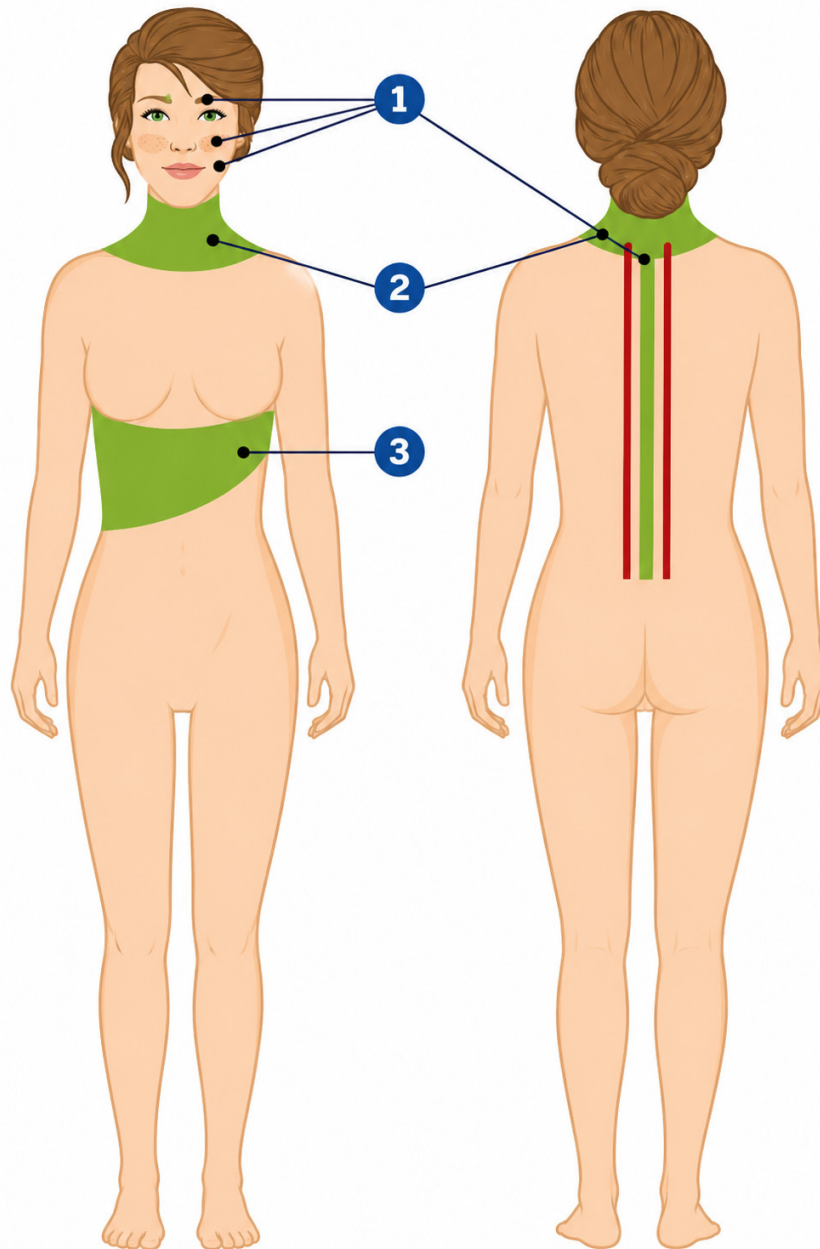
Additional Treatment Areas:

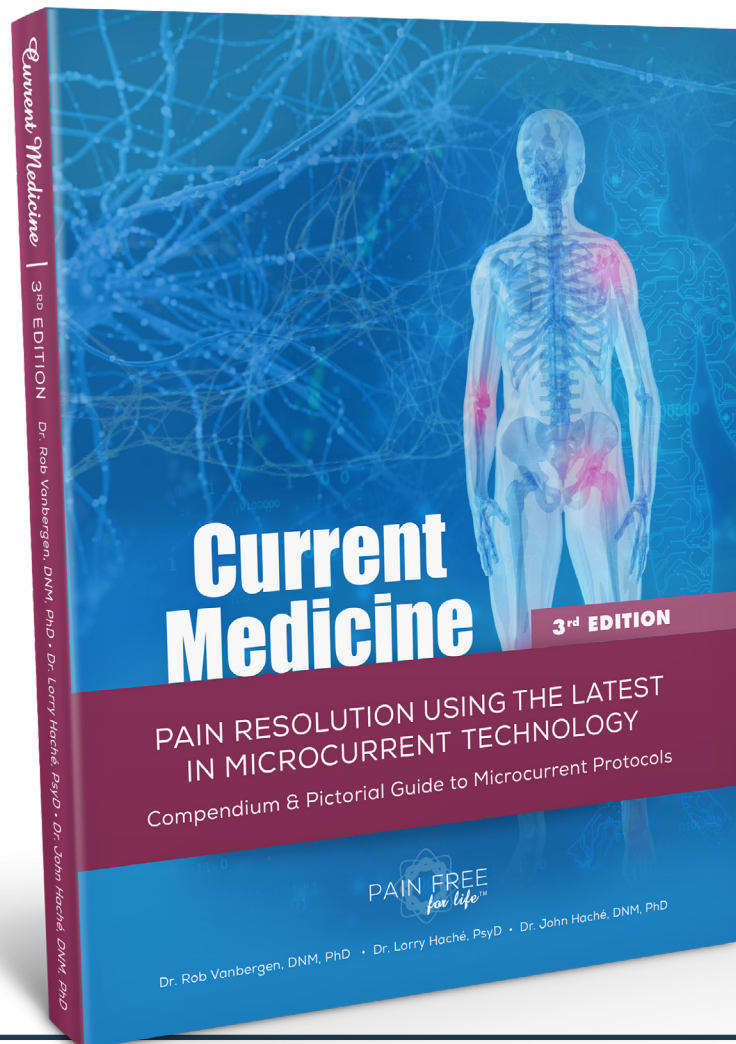
1. 3 Pathways and Six Points
2. Neck and shoulder protocol
3. Liver-pancreas area

Treatment Areas:

The affected and symmetrical healthy joints and ligaments are influenced by the device until a feeling of "heat", or an arresting of pain is reported.

- Time spent on healthy joints should be half that of the painful ones.
- Start your treatment from the point of most significant pain and treat the contralateral side. Treat the lateral surface of the larger joints.





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

Ready to explore it more deeply? Review the **Spondylitis Protocol** and so much more in Current Medicine, 3rd Edition.

[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: July 10-minute trainings

Week 1: Balancing the Autonomic Nervous System for Whole-Body Healing (REPLAY)

The autonomic nervous system influences nearly every aspect of your health, from digestion and immunity to inflammation and recovery. In this training, Dr. Rob explains why balancing this system is essential for healing and shares simple microcurrent and lifestyle strategies to help the body shift into its natural repair mode.

Week 2: Healing Herniated & Bulging Discs with Microcurrent Therapy (REPLAY)

Living with a herniated or bulging disc? Dr. Rob explains what causes these common spinal conditions, why they can lead to persistent pain, and how microcurrent therapy can help reduce inflammation, ease nerve compression, and support the body's natural healing process.

Week 3: Healing Herniated & Bulging Discs with Microcurrent Therapy (REPLAY)

Choosing the right microcurrent device can make a significant difference in your treatment approach. Dr. Rob compares the available devices, explains their unique strengths, and helps you understand which options are best suited for different conditions and treatment goals.

Week 4: Rheumatoid Arthritis (NEW)

This month's new **VIP 10-minute training** is a detailed, slide-based protocol session focused on **Rheumatoid Arthritis**. Designed to make a more complex topic easier to follow, this training breaks the protocol down in a visual, practical way that supports stronger understanding and more confident application.

If you learn best when a topic is organized step by step, this session will be especially helpful!

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



The **Pain Free For Life Podcast** is taking a short **summer hiatus**.

As July unfolds, we're pressing pause on new episodes for a little while. Summer has its own rhythm, and sometimes the most helpful thing is to step back, reflect, and make space before the next season begins.

That said, **there is still so much worth listening to inside our archive**.

If you are new to the podcast, or if you have been meaning to go back and revisit past episodes, this is a wonderful time to explore some of the conversations our community has returned to again and again. From chronic pain and inflammation to movement, mindset, nervous system support, and whole-body healing, the archive is full of thoughtful episodes designed to help you better understand your body and feel more supported in your recovery.



While we're on summer break, here are a few great places to begin:

✓ **Healing Through Movement: Gentle Exercise & Pain Relief**

A thoughtful conversation on how movement and microcurrent can work together to support circulation, mobility, and a steadier approach to pain relief.

✓ **Triumph Over Joint Pain**

Dr. Rob takes a closer look at long-term joint pain and the deeper patterns that can keep discomfort going.

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

A meaningful collection of healing journeys and reflections from the Pain Free For Life community.

And more!

Whether you are catching up for the first time or revisiting a favorite episode with fresh ears, the archive is a good place to keep learning while the podcast takes its summer pause.

[Explore the Pain Free For Life Podcast Collection here.](#)



Get alerted when new episodes drop!

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 to the Podcast



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](#)

Senior pet care: What healthy aging can look like



When your pet slows down, age is only part of the story. Here is how a gentler, whole-body approach can help older companions feel more comfortable, mobile, and supported.

When a beloved pet begins to slow down, it is easy to chalk it up to age. The slower mornings, the hesitation before a jump, the longer naps, the careful way they pick their way down the stairs. We tell ourselves it is simply what happens as the years add up. And while age is certainly part of the story, it is rarely the whole of it.

More often, these changes are gentle signals that the body needs more support than it is currently receiving. Pain, stiffness, anxiety, reduced mobility, and slower recovery are not always written into a pet's fate. Sometimes they are an invitation to look a little closer and ask better questions.

This July, as we celebrate healing in all its forms, it feels fitting to extend that spirit to the animals who share our lives so faithfully. The same gentle, whole-body thinking that helps people feel more supported can help our older companions, too.

Why aging is only part of the story for senior pets

To frame this conversation well, it helps to listen to someone who has spent decades watching pets grow old. **Dr. Kevin Tolman, a veteran small-animal veterinarian and the founder of Helping Pets Live Longer,** recently joined Dr. Rob on the Pain Free For Life Podcast to talk about longevity-minded care for dogs and cats. After many years in clinical practice, he has become a passionate voice for helping pets age

with greater comfort and mobility, rather than accepting decline as something fixed and unavoidable.

His central message is striking in its simplicity. Many of us believe that aging itself is the disease. We see a pet struggling and assume there is nothing to be done. Yet as Dr. Kevin explains, what we label as “just getting old” often involves pain, inflammation, poor recovery, metabolic strain, anxiety, or environmental stress that has been building for years.

That distinction changes everything. When you stop assuming decline is inevitable, you begin to see your pet differently. Rather than resigning yourself to the slowing down, you start wondering what might help them feel more like themselves again. That small shift in perspective is often where better aging begins.

What often makes older pets decline faster

For many animals, the real culprit is not age alone. It is accumulated strain. Dr. Kevin points out that repeated jumping, slipping, stair climbing, and lateral stress can gradually wear down joints and spines over time, especially in larger dogs prone to orthopedic issues. What seems harmless in a single moment can become significant through sheer repetition.

Food also shapes far more than many pet owners realize. Dr. Kevin offers two especially useful insights here. Across nearly every species studied, one of the most consistent findings in longevity science is that excess calories tend to shorten healthy lifespan. At the same time, more careful, intentional feeding may help extend it. The quality of what goes in the bowl matters just as much. There is a real difference between convenient, heavily processed diets and fresher, more thoughtful feeding choices that better support the body over the long haul.



None of this means you need to become a pet nutrition expert overnight. It simply means that overfeeding and low-quality food can gradually accelerate the very patterns we later blame on age. A few mindful adjustments can make a surprising difference.

Movement matters too, though not in the sense that more is always better. For an older pet, the goal is not intensity or endurance. Steadier comfort, better circulation, preserved mobility, and far less unnecessary strain are what truly help. Gentle, regular movement keeps the body supple and supported without asking too much of it.

For many families, the most helpful first changes turn out to be the simplest ones. A little less food. Better traction underfoot. Fewer high-impact jumps. And a closer, more honest look at whether discomfort has been shaping a pet’s behavior more than anyone realized.

How microcurrent therapy may help senior pets

Microcurrent therapy is often described as a gentle way to support the body’s own communication systems. In animal care, that may translate into support around pain, circulation, mobility, and tissue comfort, all woven into the broader effort to help a pet feel more like themselves again.

The body, after all, runs on subtle electrical signals. When a pet is contending with injury, inflammation, or the slow wear of aging, that communication can become less efficient. Microcurrent works gently with those natural signals rather than overpowering them, which is part of why it tends to feel so calm and well-tolerated.

In everyday terms, pet owners often reach for this kind of support when they notice joint discomfort, stiffness, slower recovery, or the sense that an older animal is no longer moving or behaving as they once did. Here is what makes it especially compelling. Older pets do not usually need more intensity. *What they need is more support* – and microcurrent offers a gentle, low-stress way to provide exactly that.

Microcurrent accessories that make senior pet care easier

Part of what makes consistent support possible is having tools that fit naturally into a pet's life, and a few accessories make this kind of care far easier to apply at home.



The [Qi Wave PEMF Pad](#) is especially helpful for passive, low-effort support. It can be tucked under a pet's bed or favorite resting spot to provide gentle PEMF support that may ease pain, inflammation, and tension while encouraging circulation, relaxation, and recovery. For animals who do best when care feels calm and unobtrusive, simply resting on the pad becomes its own form of support.

The [Brush Electrode](#) offers a different kind of convenience. It makes it easier to deliver microcurrent through a pet's hair coat without shaving, which can be a real relief for aging or injured animals who need gentle, accessible treatment but may not tolerate fussier setups. Though simple, this accessory can make regular treatment feel far more manageable for both pet and caregiver.

One important note is worth remembering. The Qi Wave PEMF Pad and Brush Electrode are accessories designed to work with our line of [Avazzia Life microcurrent devices](#). They are not standalone tools, but rather thoughtful additions that help you bring support to your pet more comfortably.





A gentler way to think about pet aging

Watching a pet grow old can be heartbreaking. The changes are usually gradual enough that you second-guess yourself at first, wondering if you are imagining it. Then one day, you realize something has truly shifted. They are slower to rise. Less eager to jump. More hesitant, more tired, a little less comfortable in ways that are hard to put into words.

This is exactly why the conversation matters now, rather than later.

Healthy aging is not about pretending time is not passing. It is about refusing to treat discomfort, pain, anxiety, and fading vitality as the only possible path forward. There is so often more room to support the body than we realize, for our pets just as for ourselves.

For those who want more hands-on guidance, our [Microcurrent for Pet and Animal Health Lab](#) offers a deeper educational experience. Inside, Dr. Rob walks through practical ways to support pet and animal health using **microcurrent, light therapy, and PEMF**, with lifetime access to the replay so you can revisit the material anytime.



What is microcurrent really doing?

Real healing rarely announces itself with a parade and fireworks. Here's how to recognize the progress that comes before the breakthrough, and why those moments are worth celebrating.

You swing your legs out of bed, plant your feet on the floor, and take those first few steps toward the kitchen. Then it hits you. Those steps didn't hurt the way they usually do.

And then, almost as quickly, you move on. Coffee. The day ahead. The moment slips past before you've really registered it.

This July, in a season made for gathering, celebrating, and savoring the good moments, we'd like to invite you to pause and notice those small wins, too, because they deserve a place at the table.

Healing doesn't move in a straight line



Most of us picture recovery as a tidy upward climb. You start treatment, you feel a little better each day, and eventually you arrive at "well."

More often, it zigzags. Two good days, then a tougher one. A week of progress, then a plateau that makes you wonder if anything is happening at all.

Here's the part worth holding onto: that uneven path is normal. It is not a sign that you're failing or that your body has stopped responding. Plateaus are frequently periods of steady rebuilding beneath the surface, and the dips are simply part of how living tissue mends. When you stop expecting a straight line, you free yourself to notice the progress that's actually unfolding, which usually looks quite different from what you were waiting for.

So what is microcurrent actually doing?

Your body runs on electricity. Not the kind that powers your home, but gentle, natural electrical signals that hum through every cell, allowing them to communicate, coordinate, and repair. Your heart beats on these signals. Your nerves fire on them. Your cells use them to know when something needs fixing.

When pain becomes chronic, that communication often gets muddled. Inflammation and injury can disrupt the signal, a bit like static crowding out a radio station you're straining to hear. The message is still there. It's just harder for the body to receive.

Microcurrent works *with* those natural signals rather than overriding them. Think of it as gently retuning the station so the message comes through clearly again. By supporting healthy cellular communication, it helps encourage better circulation, supports the production of cellular energy (the fuel your cells need to repair themselves), and gives the body's own repair processes a little more room to do their work.



Because microcurrent works at this foundational level, the first signs of progress often show up somewhere other than the spot that hurts.

That's the key idea. You may be focused on your aching knee or your stiff shoulder, while the earliest changes are taking shape elsewhere: in how you sleep, how you feel, and how much energy you have to give.

Microcurrent works best as part of a bigger picture

Here's something worth understanding before we go further. Microcurrent is powerful, but it was never meant to work alone. It does its best work as one part of a larger, whole-body approach to healing, and that's exactly the thinking behind The Hache Protocol for Pain Resolution™.

The protocol is built on a simple but important idea: chronic pain and inflammation rarely come from a single source, so lasting relief rarely comes from a single fix. Instead, it brings together five interactive elements that support one another, each one strengthening the work of the others.

- **Stress reduction.** Emotional and psychological stress is a genuine trigger for inflammation, not just a feeling. Calming the nervous system helps lower that inflammatory load and creates the conditions in which the body can settle and heal.
- **Nutrition.** What you eat either feeds inflammation or helps ease it. Anti-inflammatory foods and better gut health give your body the raw materials it needs to repair itself from the inside out.
- **Fitness.** Gentle, regular movement keeps circulation flowing, supports mobility, and helps deliver oxygen and nutrients to the tissues that need them. The goal here is steadiness, not intensity.

- **Sleep.** Rest is when the deepest repair happens, when hormones rebalance, and the body does its rebuilding. Protecting sleep protects the entire healing process.
- **Microcurrent therapy.** This is where microcurrent fits in, supporting cellular communication, circulation, and the body's own repair work, so the other four elements have a stronger foundation to build on.

The subtle signals that come first

So what should you actually be watching for? These are the early shifts that tend to arrive well before dramatic pain relief, the ones that are easy to dismiss but absolutely worth celebrating.

Deeper sleep. Rest is when your body does its most important repair work. If you're suddenly sleeping through the night, or falling back asleep more easily after waking, that's not a small thing. It's your body reopening its prime healing window.

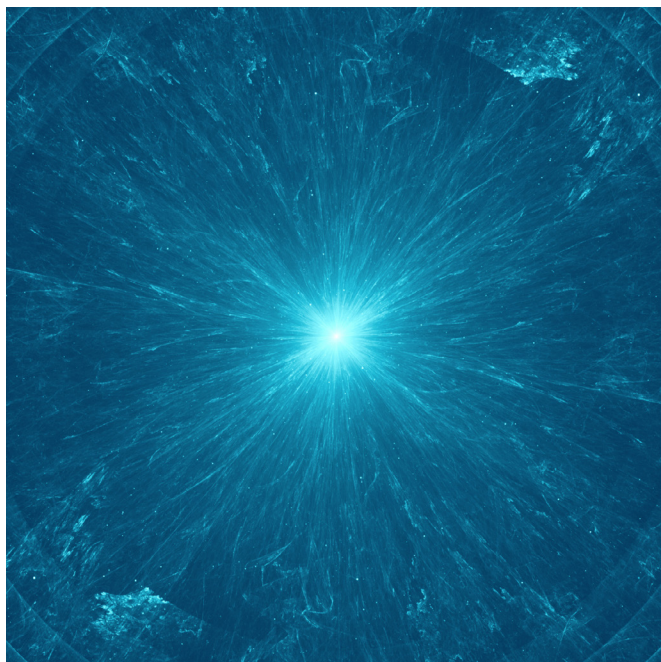
Calmer nerves. Chronic pain keeps the nervous system locked in a state of high alert, bracing for the next flare. When that tension begins to ease, when you feel a little less wound up, a little more settled, it's a sign your system is shifting out of constant defense mode.

Easier movement. Notice the morning you reach for something on a high shelf without thinking twice, or the afternoon walk that felt less effortful. Stiffness often loosens before pain fully fades, and that growing ease is real evidence of change.

More energy. Fighting inflammation is exhausting work, and your body spends enormous resources on it. As that battle eases, you may find you have a bit more left in the tank for the people and moments you love.

Emotional steadiness. Pain wears on mood, patience, and resilience, so when you feel more like yourself again, steadier, more hopeful, less frayed at the edges, that lift matters every bit as much as a lower number on the pain scale.

Each one is genuine proof that healing is underway.



Why these shifts matter more than they seem

Here's where it gets encouraging: these small wins don't just stack up side by side. They feed one another.

Better sleep calms an overworked nervous system. Calmer nerves ease the muscle tension that drives so much discomfort. As movement gets easier, your confidence grows, and you start doing a little more. Steadier energy makes it possible to stay consistent with the habits that support you. One small gain reinforces the next, and gradually the whole system begins to settle.

This is the same logic that makes the five elements of The Hache Protocol for Pain Resolution™ work so well together. Progress in one area quietly lifts the others. That is why those subtle shifts deserve so much respect. They aren't merely pleasant extras while you wait for "the real progress." They *are* real progress, the groundwork on which bigger breakthroughs are built.

Learning to notice and celebrate your wins

If progress arrives this gently, how do you make sure you don't miss it?

The answer is simpler than you might think. Start keeping a light, low-pressure record of how you feel. A single line on your calendar. A quick note on your phone about how you slept or how the morning stiffness compared to last week. A moment of genuine acknowledgment when an ordinary task, like climbing the stairs, carrying the groceries, or kneeling in the garden, feels just a little lighter than it used to.

This is where the spirit of July fits so beautifully. We celebrate birthdays, anniversaries, and long summer evenings without a second thought. Why not celebrate the night you finally slept, or the walk that didn't cost you anything afterward? Recognizing your progress isn't vanity. It's fuel. Every win you notice gives you the encouragement to keep going.

Consistency is where the magic lives

If there's one truth we return to again and again, it's this: steady, repeatable support tends to matter far more than intensity.

You don't need to overhaul your entire life this week. You don't need marathon sessions or a perfect routine. What your body responds to is rhythm, a small, consistent practice woven into daily life, the same way you'd brush your teeth without making a production of it. The five elements of The Hache Protocol for Pain Resolution™ work the same way. You don't have to master them all at once. You simply weave them in, gently and regularly, and let them build on one another over time.

Your progress deserves a celebration

Think back to that morning, the one where the first few steps felt easier and you almost kept moving without noticing.

Those moments matter.

Healing is rarely linear. Some days feel encouraging. Others feel slower, heavier, or less clear than you hoped. That does not mean nothing is happening. It means healing often moves in layers, and it helps to have the right education and support around you as those layers unfold.

This season, we hope you'll start catching those moments and giving them their due. The night you slept straight through. The walk that felt easier or the afternoon you had enough energy left for the people you love. These are not accidents, and they are not too small to matter.

That is also why support matters so much. You do not have to interpret every change on your own. Resources like our educational tools at the [Pain Free Living Lab](#) and our fantastic team of **Treatment Coordinators** are here to help you better understand what your body may be doing, stay encouraged through the ups and downs, and keep moving forward with more clarity and confidence.

Healing is happening, often more than you realize. And every step of it, even the small, easy-to-miss ones, is worth celebrating.



Three therapies, one device: Getting to know the Sana Qi

For anyone living with chronic pain, inflammation, fatigue, or a nervous system that is already working hard to stay steady, summer can bring a strange internal tension. You want to enjoy it fully and keep up with the people and plans you care about. Yet the body still needs support, no matter how full or joyful the season may be.

That is one reason the [Sana Qi](#) deserves another look this July.

A more layered kind of support

The **Sana Qi** brings together **three supportive technologies in one place: Scalar Waves, PEMF therapy, and Light Therapy, powered by Microcurrent Therapy.** It is designed to be used with one of our [Avazzia Life microcurrent devices](#), which powers the unit and makes that layered support possible.

That matters because pain and fatigue rarely come from a single source. More often, they reflect several overlapping pressures at once, including inflammation, poor circulation, sleep disruption, stress, nervous system overload, and the cumulative wear of daily life. Support delivered through a single pathway can still be meaningful, but a device designed to offer multiple modalities provides the body with a broader range of support.

Let's next take a deeper look at the energy medicine modalities built into the Sana Qi.



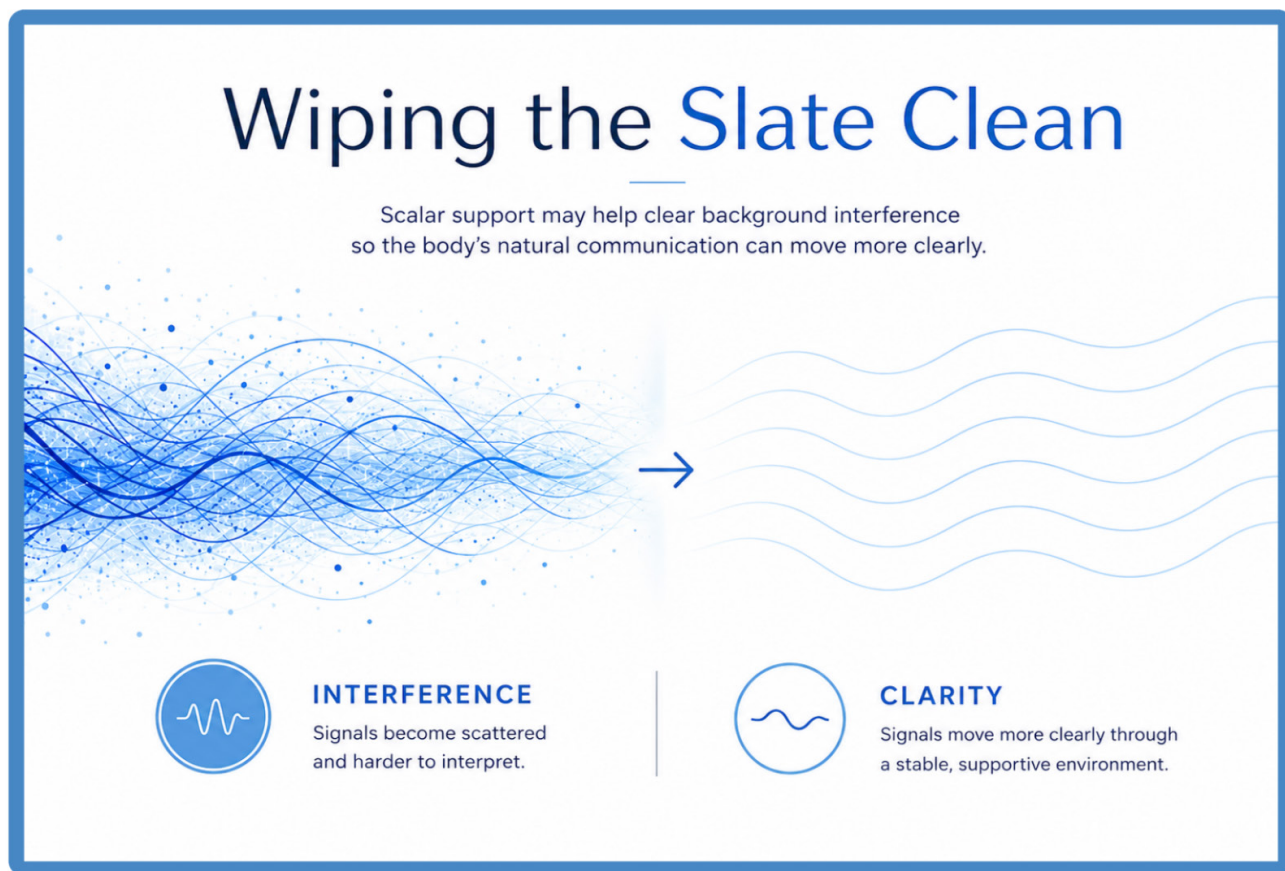
1. Scalar Waves: support for the body's energy systems

Of the therapies built into the **Sana Qi**, **Scalar Waves** can be one of the hardest to explain in simple terms. The easiest way to think about them is this: scalar support is often used to help reduce background interference that may make healing feel less consistent.

We sometimes describe that as helping to **"wipe the slate clean."** Not because the body is being forced to do something unnatural, but because the goal is to create a steadier, more supportive environment for the body's own communication systems to function more clearly.

When someone has been dealing with stress, illness, overload, or long periods of pain, they often feel drained in ways that are hard to describe but easy to recognize. They may feel less like themselves, less steady, and less resilient than they once were. Scalar support is often used to help the body feel more balanced again, supporting a greater sense of vitality, easing some of the burden of inflammation, and helping the body feel calmer and more restored over time.

The graphic below offers a simple way to picture that idea: less interference, more coherence, and a cleaner environment for the body's natural signals to move through.



2. PEMF therapy: deeper support at the cellular level

PEMF, or **Pulsed Electromagnetic Field therapy**, is grounded in a simple truth: the body is electrical by nature.

Every cell depends on electrical activity to communicate, regulate itself, and function well. PEMF uses gentle magnetic pulses designed to resonate with the body's own systems. The goal is not to force a response, but to support healthier function at a deeper level.

That can matter in several ways.

PEMF is often discussed in relation to **circulation, oxygen delivery, nutrient transport, tissue support, and cellular recovery**. For someone living with chronic pain or fatigue, that matters because the body cannot repair well if the tissues are not getting what they need. Better circulation and stronger cellular support may help the body recover more comfortably after activity, manage inflammation more effectively, and maintain a steadier internal environment overall.

3. Light Therapy: a wider spectrum of support

Light Therapy, also known as photobiomodulation, has become an increasingly important part of modern wellness conversations because of the way specific wavelengths of light can influence biological function.

The Sana Qi offers a broad light spectrum, spanning 470 to 940 nanometers, which includes infrared, red, and blue light. Each range brings something a little different to the table.

- **Infrared light** is often used in connection with deeper tissue support and comfort in muscles and joints
- **Red light** is commonly associated with cellular energy, tissue support, and skin health
- **Blue light** is often discussed for its antibacterial properties and broader supportive effects

What makes that range useful is not only the breadth of what it covers, but the flexibility it offers. The Sana Qi includes adjustable light patterns, which make it easier to tailor a session to what feels most supportive on a given day.



Microcurrent Therapy: working with the body, not against it

At Pain Free For Life, Microcurrent Therapy has long been one of the central technologies in the conversation around healing.

That is because microcurrent works in harmony with the body's own electrical communication. Rather than overriding the system, it is designed to support the signals the body already uses to regulate repair, reduce inflammation, and restore healthier function.

One of the most important ways microcurrent does that is by encouraging the production of ATP, the cellular fuel the body depends on for repair and recovery. As cellular energy becomes more available, the body is often better able to address pain, inflammation, tissue stress, and muscle dysfunction.

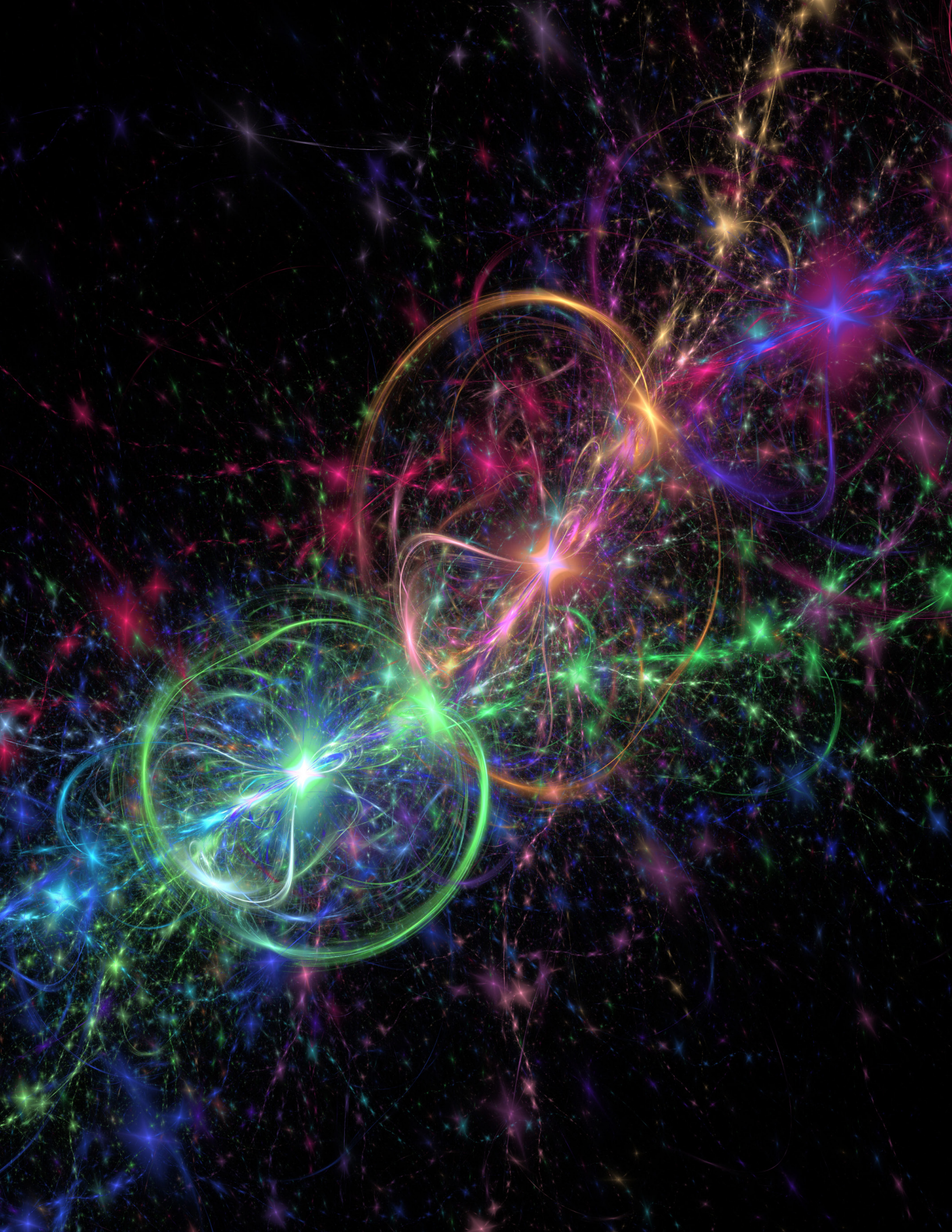
Giving your body what it needs this summer

July is a month that invites us to live more fully. That is part of its beauty.

But enjoying the season and supporting your body do not have to be competing priorities. In fact, the more fully you want to participate in summer, the more important recovery becomes.

Pain relief is not only about what happens during a flare. It is also about what you do day after day to make the body feel more supported, especially during the seasons that ask more of it. The Sana Qi offers one thoughtful way to do that, weaving Scalar Waves, PEMF, Light Therapy, and Microcurrent Therapy into a single, gentle tool that works with the body's own healing processes rather than against them.

**You do not have to choose between living fully and feeling well.
With the right support, there can be more room for both.**



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:

Dr. Keith Scott-Mumby - Pioneer of alternative medicine and holistic healing

This July 2026, we are proud to spotlight **Dr. Keith Scott-Mumby**, a trailblazer in the field of alternative and complementary medicine. With over 40 years of experience, Dr. Scott-Mumby has been a driving force in advancing holistic approaches to health, earning him recognition as one of the foremost innovators in the field.

Dr. Scott-Mumby's illustrious career began in Manchester, England, where he qualified as a doctor in 1970. Since then, he has shattered boundaries in traditional medicine, from his groundbreaking contributions to "Clinical Ecology" to making medico-legal history in the 1980s. His evidence linking food allergies to violent behavior was not only accepted in a UK Crown Court but also highlighted his ability to think outside the box to uncover the root causes of illness. Dubbed the "Number One Allergy Detective" by the UK's Sunday Mail in 1990, Dr. Keith's investigative approach has transformed lives worldwide.



Dr. Scott-Mumby is also an accomplished author, with works such as *Medicine Beyond*, *Diet Wise*, and *Cancer Research Secrets*, offering readers revolutionary insights into health and wellness. His dedication to sharing knowledge doesn't stop there. Dr. Keith has served as a professor, advisor, and mentor, contributing to institutions and boards such as *What Doctors Don't Tell You* and the Society for Homotoxicology.

At Pain Free For Life, we admire Dr. Keith's tireless commitment to innovation and education, which aligns seamlessly with our mission to empower individuals to achieve holistic healing. His contributions to alternative medicine and integrative approaches resonate deeply with our philosophy of addressing root causes and promoting natural, non-invasive solutions for pain resolution.

-Thank you, Dr. Keith, for your inspiring work and for empowering people across the globe to take charge of their health and well-being!

[Learn More About Dr. Keith](#)

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: July trainings

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

TSI training schedule for July:

- Week 1: How to Treat Alpha Gal Syndrome
- Week 2: Treating Raynaud's Syndrome
- Week 3: When & How to Use Microcurrent if a Client has had Stem Cell Injections, PRP, or Prolo
- Week 4: Best Practices for In-clinic Use of Tools

These shorter training sessions are designed to make ongoing learning feel more manageable in real life. They help practitioners revisit key concepts, strengthen protocol knowledge, and stay engaged with the material between larger trainings and certifications.

As additional July training topics are finalized, we'll share them inside the Practitioners' Circle.

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



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Learn more

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

—M.B.

The new SANA Institute scholarship

Opening more doors to holistic healing careers

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

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

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



A scholarship for real life

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

Who it helps:

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

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

Why this scholarship matters

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

“

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

– Dr. Rob Vanbergen

”

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

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

Take the next step

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

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

[Request information](#)

[Book an admissions call](#)

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

SANA Rewards: Earn while you heal

Our special 'Thank You' for trusting The Sana Shop

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

HOW IT WORKS:

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

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

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



For example:

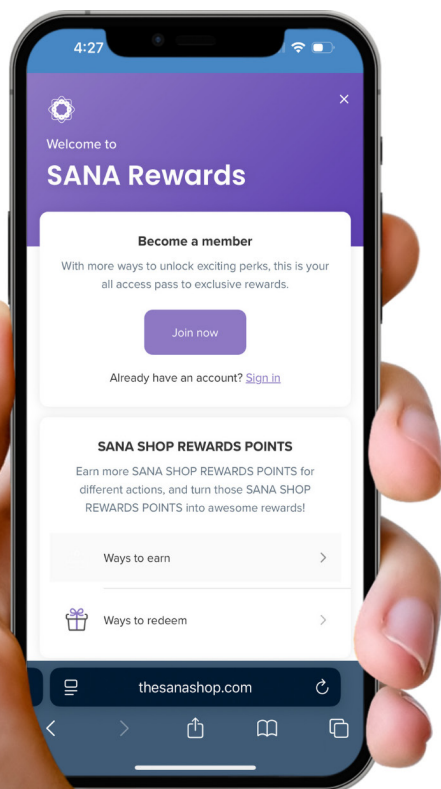
Spend **\$100** – earn **100 points** – worth **\$1** off a future order

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

SANA Rewards Terms and Conditions (Exclusions Apply)

Terms and conditions:

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



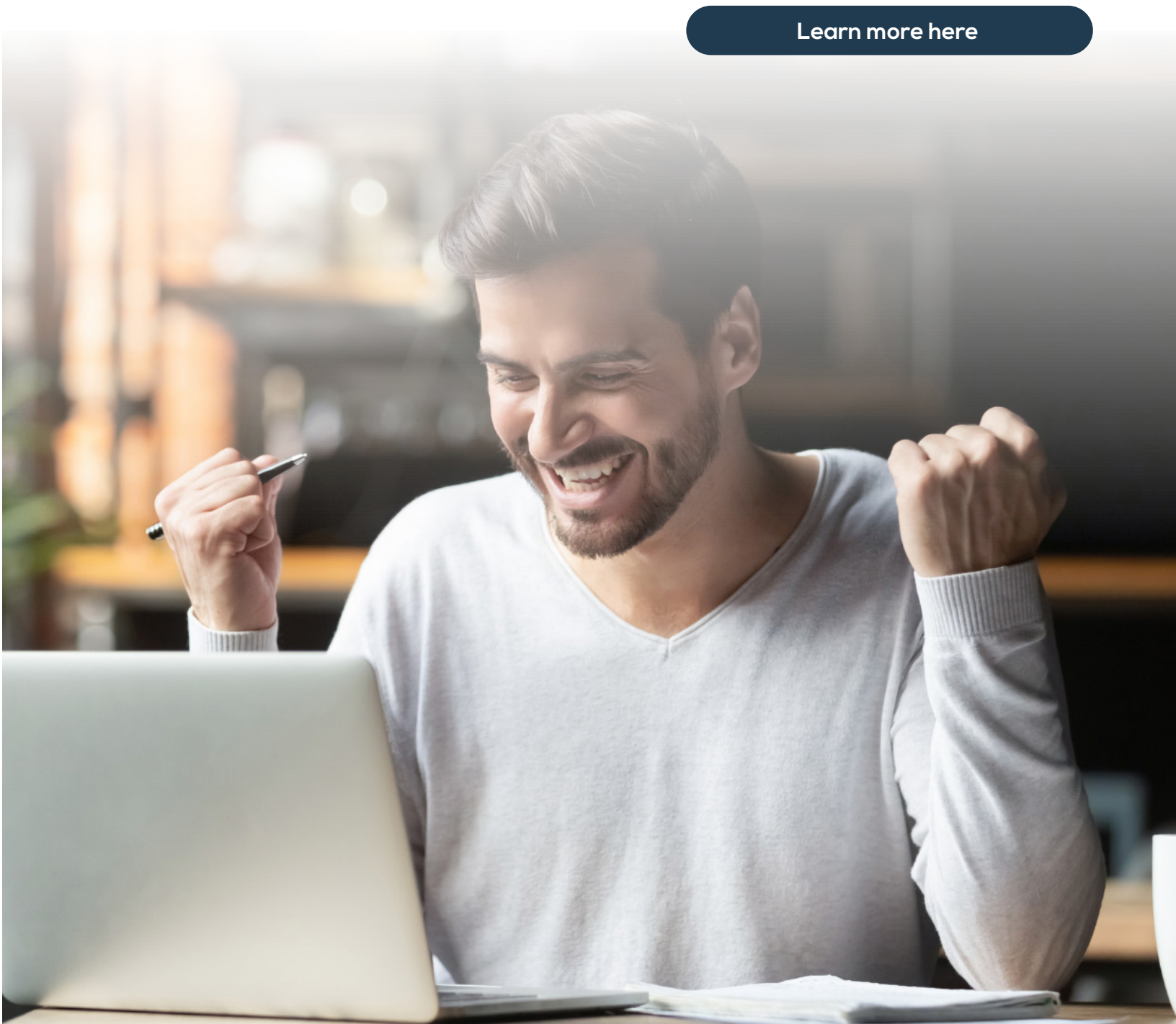
purchases hosted on other websites (including Pain Free Living Lab) are not eligible.

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

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

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

[Learn more here](#)



Can't-miss events: Coming soon



Christmas in July Is Here

July 1st- July 8th 2026

18% off storewide at The Sana Shop + big savings on devices, bundles, and training

Shop Christmas in July Now

Our [Christmas in July Sale](#) is officially here.

We know many people are being more intentional with how they shop right now, especially when it comes to health support. That is exactly why we created this sale: to make the next step feel more possible with **18% off storewide**, once-a-year bundle opportunities, and some of our most affordable offers of the year.

- **Avazzia Life Genesis II Deluxe Kit** for **\$995** with a **free 1-year Essentials Membership**
- **Avazzia Life Pinnacle Deluxe Kit** with your choice of free **Scalar Qi**, **free Via Qi**, or **50% off Sana Qi**
- **Avazzia Life Pinnacle Lite Deluxe Kit** with **50% off Scalar Qi** or **50% off Via Qi**
- a special **Cosmetic Bundle**

- **Pay in full for the Certified Pain Resolution Specialist™ (CPRS)** course and receive a free Evolution Deluxe Kit
- plus **18% off storewide** across the rest of the collection at The Sana Shop

Whether you are just getting started, or looking to go deeper, this sale was designed to meet you where you are.

Shop Christmas in July Now

Sale Ends July 8th

Disclaimer: Offer cannot be combined with other promotions.
Previous purchases are not eligible for free gifts.

Find Healing Through Community

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

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

Explore the community



We're here to help



At Pain Free for Life, we believe that personalized care and compassionate guidance are key to achieving lasting pain relief. Our dedicated team is here to ensure you feel supported every step of the way on your journey to health and wellness.

Whether you have questions about microcurrent therapy, need help selecting the right device, or require guidance on using your treatments effectively, we're just a call or message away.

Our knowledgeable specialists are available during the following hours to assist you:

Monday to Friday: 9:00 AM – 5:00 PM (PDT)

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

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

Reach Our Team

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

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

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

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

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

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



The support you need

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

Contact Us Today

PAIN FREE LIVING *Magazine*

