



PAIN FREE LIVING

SEPTEMBER 2026

Magazine

***Herb-Roasted Chicken Thighs With
Apples and Fresh Sage***

***The Energy Behind Healing: Why Mitochondria
Matter in Pain and Recovery***

***10 Signs Your Gut Barrier May Need Support
(Leaky Gut & What to Do)***

Fascia and Chronic Pain: What to Know



Message from Our Founders

For over 25 years, the dedicated team at Pain Free for Life has pioneered innovative, drug-free approaches to managing chronic pain, inflammation, and autoimmune conditions. Our mission is clear: to empower the over 1.5 billion individuals worldwide living with these challenges to regain control of their health and well-being.

Pain doesn't have to define your future. That's why we've spent decades refining The Hache Protocol™ and developing our Avazzia Life microcurrent therapy devices—holistic solutions designed to rebalance your body, improve vitality, and provide lasting relief. Our evidence-based methods offer a natural way to address pain at its source, supporting your body's innate ability to heal.

We're honored to support your journey toward health and vitality. Together, let's create a future free from pain and filled with possibility.

Dr. Lorry Hache

PsyD, ND, HD and TSM

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

Dr. Rob Vanbergen

BHS, MNM, DHS, DNM, PhD

Board Certified Doctor of Natural Medicine
& Doctor of Humanitarian Services



Welcome to Pain Free Living Magazine

Our Mission, Our Vision, Our Values

Welcome to Pain Free Living Magazine – September 2026

Dear Readers,

As I look out over our family homestead, the first hints of autumn are beginning to appear in the trees. The light is taking on a golden hue, school routines are returning, and the season offers a natural opportunity to consider what we want to carry with us into the months ahead.

For readers in other parts of the world, September may look very different. But wherever you are, periods of transition can reveal something useful about health: the body is always adapting, and the support surrounding it matters.

That idea runs throughout this month's issue.

We take a closer look at gut health and what that really means, then explore how microcurrent may support the nervous system, motility, and other processes involved in digestion. We also look at mitochondrial health and cellular energy, the role circulation plays in pain and tissue repair, and why fascia is gaining greater attention in the chronic pain conversation.

You will also find practical ways to put that knowledge to use. This month's Protocol Spotlight focuses on GERD and acid reflux, while our featured resource examines advanced wound healing with microcurrent. We are also taking a closer look at the Avazzia Life Pinnacle, our most advanced microcurrent device, and the broader treatment possibilities it offers experienced home users and practitioners alike.

September is also a season of gathering here at home, which inspired our first-ever Healing Harvest Sale and this month's Harvest for Your Health feature on winter squash. Both reflect something we return to often: the tools, nourishment, knowledge, and support we gather over time can all become part of how we care for ourselves.

Just as important, this issue reminds us that healing is rarely something we have to navigate alone. You will meet one of the people working behind the scenes at Pain Free For Life, learn more about how Client Services and Treatment Coordination provide different kinds of support, and hear from a client whose microcurrent success story is still unfolding.

Our hope is that this issue helps you see more of the connections beneath the surface: between the gut and nervous system, circulation and repair, cellular energy and recovery, connective tissue and pain, and the many forms of support that can help you continue moving forward.

Wherever September finds you, we hope these pages give you useful knowledge, practical next steps, and greater confidence in understanding what your body may need next.

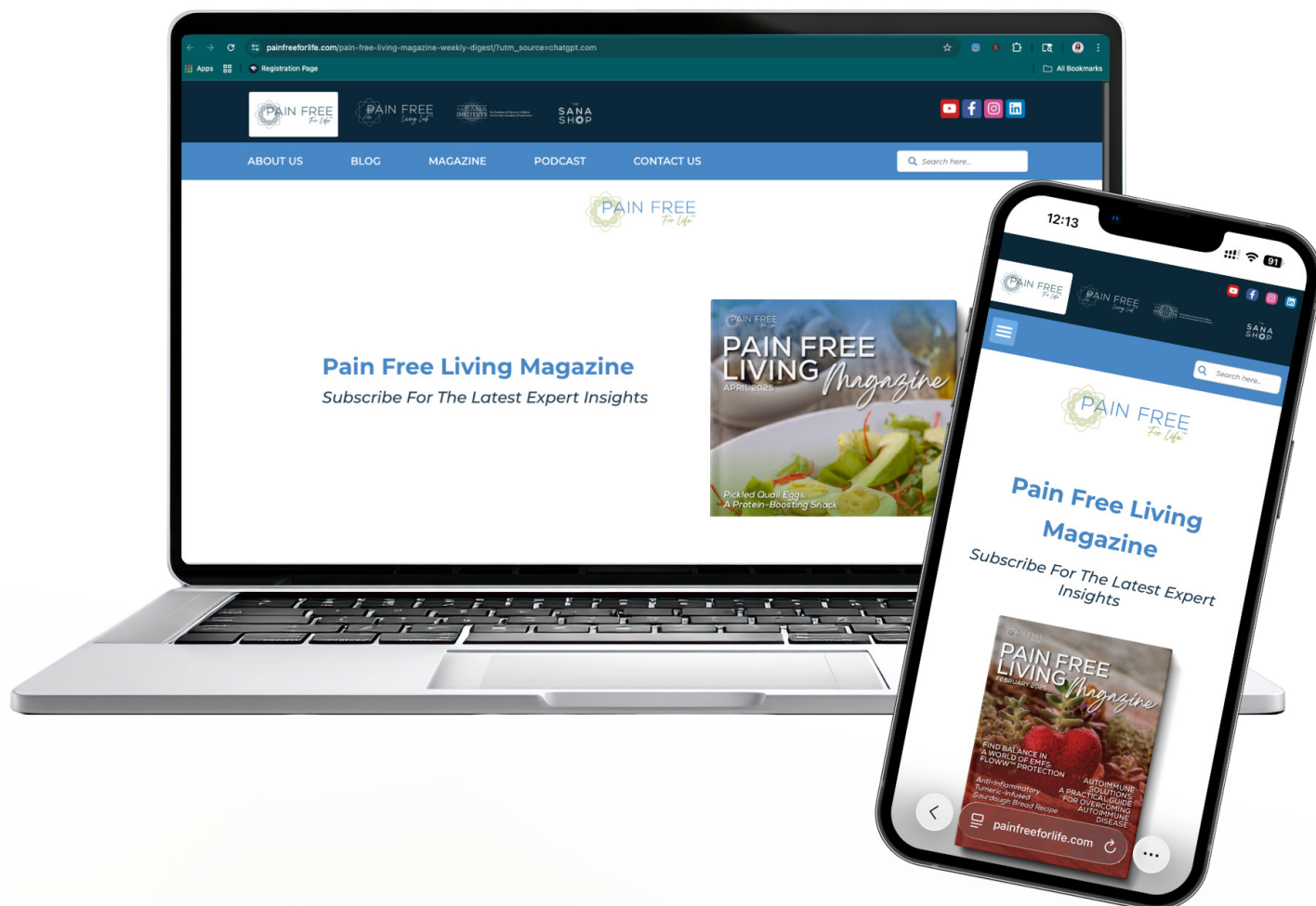
To your comfort and continued wellness,

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

Book resource:

Microcurrent—advanced wound healing

An illustrated guide to delayed wound healing, pain, and practical microcurrent protocols

A wound can affect far more than the area of injured tissue. When healing takes longer than expected, discomfort persists, or treatment itself becomes painful, the impact can extend into sleep, movement, independence, and overall quality of life.

Microcurrent: Advanced Wound Healing explores why some wounds are slow to repair and how microcurrent technology may be used to support the body's natural healing processes. Drawing from years of clinical experience, individual cases, and a case study involving more than 100 participants, this illustrated resource brings together the science of wound repair.

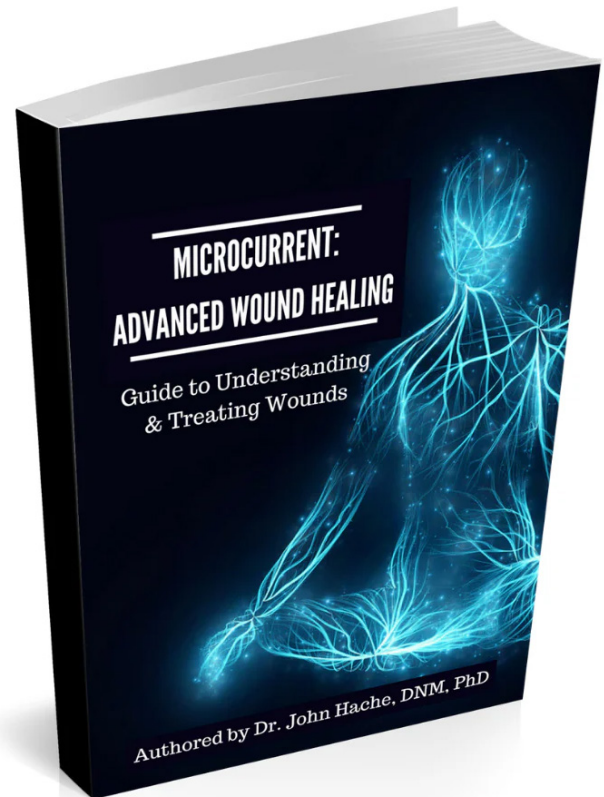
Inside, You'll Learn:

- Why some wounds take longer to heal, while others remain open or continue causing pain
- How conventional wound-care and pain-management approaches may sometimes complicate recovery
- How microcurrent technology may support tissue repair, pain relief, and the body's natural healing response
- What individual cases reveal about using microcurrent with both basic and more severe wounds
- What was observed in a wound-healing case study involving more than 100 participants
- Step-by-step microcurrent protocols for a variety of wound types and levels of severity

Prepare to move beyond theory to include illustrated examples, individual cases, and specific protocols designed to help readers better understand how microcurrent can be incorporated into wound care.

Microcurrent: Advanced Wound Healing also examines the heavy reliance on prescription medication and surgical intervention for pain and delayed healing, while presenting a non-invasive approach that may offer another layer of support.

Its central message is that **the body's ability to repair tissue may be influenced by more than wound dressings and symptom management alone.** Supporting the electrical and cellular processes involved in



healing may help create better conditions for recovery.

Who May Find This Book Helpful?

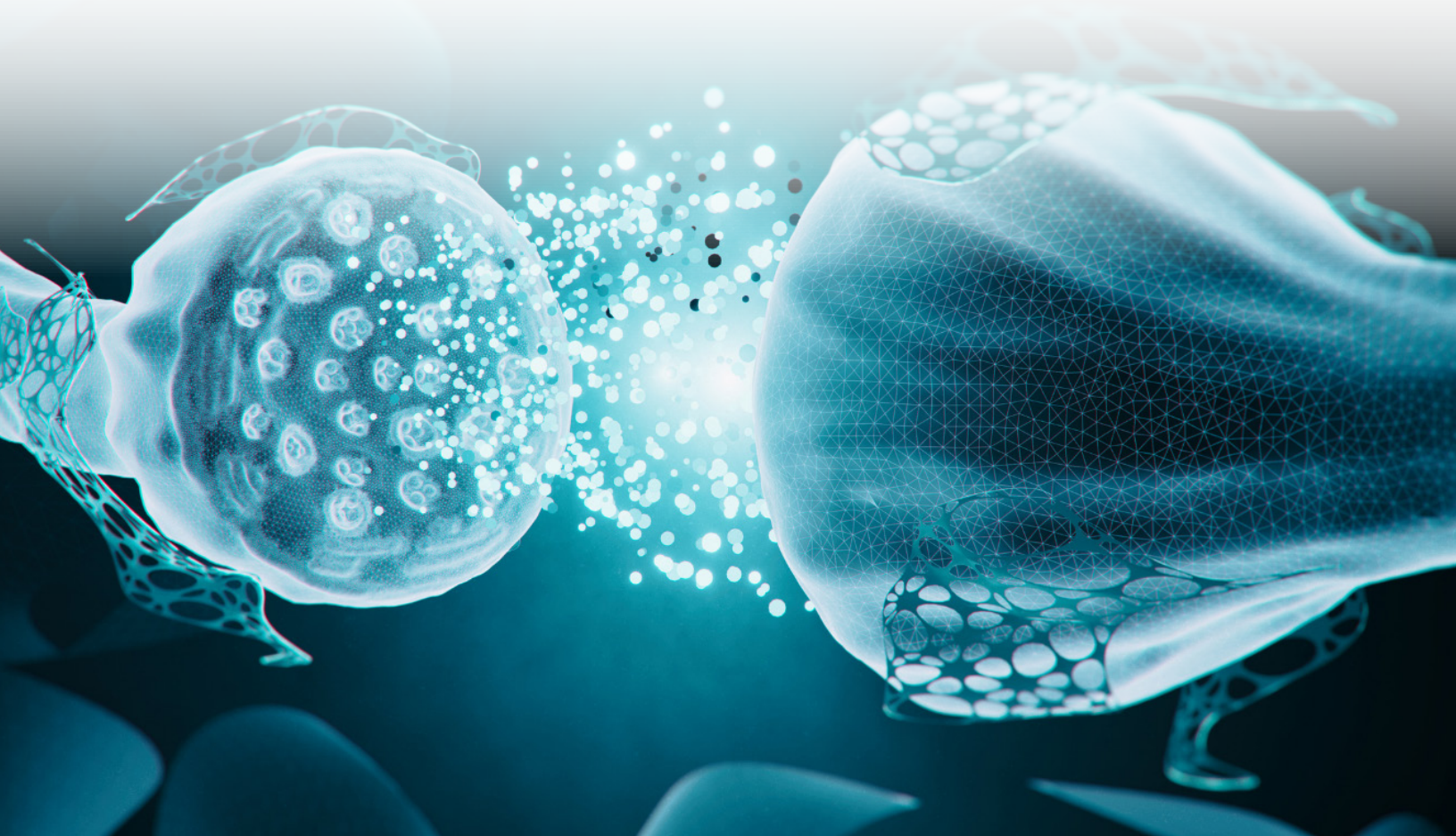
- ✓ This book may be especially valuable for:
- ✓ People experiencing slow-healing or recurring wounds
- ✓ Clients preparing for or recovering from surgery
- ✓ Microcurrent device owners who want more advanced guidance
- ✓ Practitioners looking for detailed wound-focused protocols
- ✓ Caregivers supporting someone through a difficult recovery
- ✓ Readers interested in the relationship between microcurrent, pain, and tissue repair

*Note: Serious, infected, or non-healing wounds require evaluation and care from a qualified medical professional. This book is intended as an educational resource and should be used alongside appropriate medical guidance.

Ready to Explore *Advanced Wound Healing*?

Microcurrent: Advanced Wound Healing offers a detailed look at why wound recovery can stall and how correctly applied microcurrent technology may support repair, relieve pain, and expand the options available to clients and practitioners.

[Explore Microcurrent: Advanced Wound Healing at The Sana Shop](#)



The first-ever Healing Harvest Sale

Gather What Supports Your Healing at TheSanaShop.com



Healing Harvest Sale

September 2–9

Just as harvest season is a time of gathering, it can also be a time of preparing.

The routines, therapies, and tools you invest in today can help you stay consistent through the months ahead.

For a limited time, enjoy special savings on Treatment Coordinator-curated bundles and storewide favorites during our first-ever Healing Harvest Sale.

- **Save 20%** on four curated bundles with code **HEALINGBUNDLE**
- **Save 15% Storewide.** No code needed

Thoughtfully selected. Personally recommended. Designed to support your healing journey.

Harvest season reminds us that meaningful results are built over time. A garden responds to attention, nourishment, patience, and the right conditions. **The body often asks for that same kind of care.**

Readers of *Pain Free Living Magazine* may already recognize **Healing Harvest** as our recurring feature on seasonal foods that can support anti-inflammatory eating. This September, we are extending that idea beyond the kitchen.

As summer winds down and familiar routines return, the Healing Harvest Sale is an opportunity to take stock of what has been helping, replenish the tools you use most, and consider what could better support your at-home healing practices.

Gather what you need now so you feel better prepared for the season ahead and the busier months that follow.



Two Ways to Save Big:

1. **Save 20% on four Treatment Coordinator-curated bundles with coupon code HEALINGBUNDLE**

Each bundle brings together a microcurrent device and the accessories one of our Treatment Coordinators personally reaches for, recommends, or uses in daily life.

2. You can also **save 15% storewide at TheSanaShop.com**, whether you are replacing a well-used accessory, expanding your current setup, or choosing your first at-home microcurrent device

Meet the Healing Harvest Bundles



Pinnacle Lite Classic Kit with:

- Y Probe with Wire
- Mitochondrial Recharge Bundle
- Massager Electrode
- Face Electrode
- Brush Electrode

Ali chose the **Avazzia Pinnacle Lite** because it offers a wide selection of preset therapy programs in a compact, portable device. Her accessories reflect the many ways she uses microcurrent in everyday life, including energy support, neck tension, headaches, facial treatments, Vagus nerve stimulation, and treatments for her dog.



Pinnacle Classic Kit with:

- Y Probe with Wire
- Tongue Stimulator
- Dual Electrodes
- Sana Blanket, Small Size
- Scalar Qi

Andria chose the **Avazzia Pinnacle** because its advanced capabilities give her the flexibility to address whatever may walk through her clinic door. She uses these tools for applications that include Vagus nerve stimulation, Little Wings, cranial and facial work, Pirogov's Ring, knees, Mitochondrial Recharge, full-body scalar treatments, pain relief, and more.



OLIVIA'S BUNDLE

Evolution Classic Kit with:

- Y Probe with Wire
- Qi Wave Pad, 6" x 12"
- Vagus Nerve Stimulation Pad
- SANA Qi
- Tongue Stimulator

Olivia sees the **Avazzia Life Evolution** as an ideal foundational device because it is simple, universal, and useful at every level of experience. Her bundle brings together the tools she returns to for relaxation, sleep, cranial work, Vagus nerve stimulation, general microcurrent treatments, and use with her dog. She calls the SANA Qi her "magic wand" and says it is the accessory she does not want to be without.



ANNIE'S BUNDLE

Genesis II Classic Kit with:

- Y Probe with Wire
- Vaginal or Rectal Attachment
- Face Electrode
- Conductive Ear Clips
- Pencil Electrode

Annie selected the **Genesis II** for clients who want to begin using microcurrent without feeling overwhelmed by the learning curve. Its four modes provide an approachable starting point. At the same time, her chosen accessories add options for Alpha brain-wave support, Vagus nerve stimulation, pelvic-health concerns, scars, meridian points, cosmetic protocols, and smaller treatment areas.

Gather what will support you through the season ahead

A harvest is shaped by the care that came before it. The choices you make now can also influence how prepared and well-equipped you feel as the year becomes busier.

Use this opportunity to build on what you have already learned, replenish what you use most often, and bring greater intention to your at-home healing practices.

Save 20% on Treatment Coordinator bundles with code HEALINGBUNDLE.

Save 15% storewide at TheSanaShop.com. No code needed.

Please note: Each bundle features products personally selected by the named Treatment Coordinator. Purchasing a bundle does not automatically assign that coordinator to you, and Treatment Coordinator support requires an [eligible membership](#). Current members should continue working with the coordinator already assigned to them.

Healing Harvest savings cannot be combined with other offers or discount codes and cannot be applied to previous purchases.

Have questions about the sale, a bundle, or an Avazzia Life microcurrent device? **Our team is here to help and will respond within 48 business hours.** Call **1-888-758-0851** in North America or **415-688-2045** internationally, or email support@painfreeforlife.com.





10 Signs your gut barrier may need support

What “Leaky Gut” means and how to care for your digestive health

Every meal asks your intestinal lining to perform a remarkable balancing act. It must allow water and nutrients into the body while keeping bacteria, irritants, and other material where they belong inside the digestive tract.

Most of the time, this work happens without drawing attention to itself. When the intestinal barrier is disrupted, however, the effects may be felt well beyond digestion. Bloating and changes in bowel habits may appear alongside fatigue, food reactions, skin concerns, or symptoms that become harder to explain.

This is where the phrase **“leaky gut”** often enters the conversation.

The term describes **increased intestinal permeability**, a measurable change in how easily substances pass through the intestinal barrier. Increased permeability has been studied in conditions such as celiac disease, inflammatory bowel disease, intestinal infections, and



disorders involving communication between the gut and brain.

What medicine has not established is a stand-alone diagnosis called “leaky gut syndrome” that can be confirmed from a symptom checklist. There is also no single routine test that can determine whether common digestive or whole-body symptoms are being caused by intestinal permeability.

That distinction matters. Your symptoms deserve attention, but they also deserve a fuller investigation.

What is the intestinal barrier?

The intestinal barrier is more complex than a single layer of tissue. It includes mucus, intestinal cells, the connections between those cells, immune tissue, digestive secretions, and the community of microorganisms living throughout the gut.

Together, these parts decide what may pass into circulation and what should remain inside the digestive tract.

The intestinal lining is not meant to be completely sealed. It is **selectively permeable**, allowing nutrients and other beneficial substances to pass through while limiting the movement of harmful organisms and larger molecules.

Problems may arise when the barrier becomes more permeable than it should be. Researchers continue to study whether this change is a cause of disease, a consequence of disease, or both. The answer is likely to depend on the person and the condition involved.

Ten signs your gut barrier may need support



The following signs may occur when digestive health is under strain, but none is specific to intestinal permeability. They can also appear with irritable bowel syndrome, celiac disease, inflammatory bowel disease, lactose intolerance, small intestinal bacterial overgrowth, infection, medication side effects, and many other conditions.

Look for patterns rather than trying to count your way toward a diagnosis.

1. Frequent bloating or excess gas

Occasional gas is a normal part of digestion. Bloating that regularly follows meals, causes discomfort, or appears alongside bowel changes deserves a closer look.

Possible contributors include difficulty digesting certain carbohydrates, food intolerances, constipation, changes in the microbiome, or small intestinal bacterial overgrowth. A short food and symptom record can help identify patterns without immediately removing entire food groups.

2. Diarrhea, Constipation, or Alternating Between Both

Changes in bowel habits are among the clearest signs that something in the digestive system needs attention.

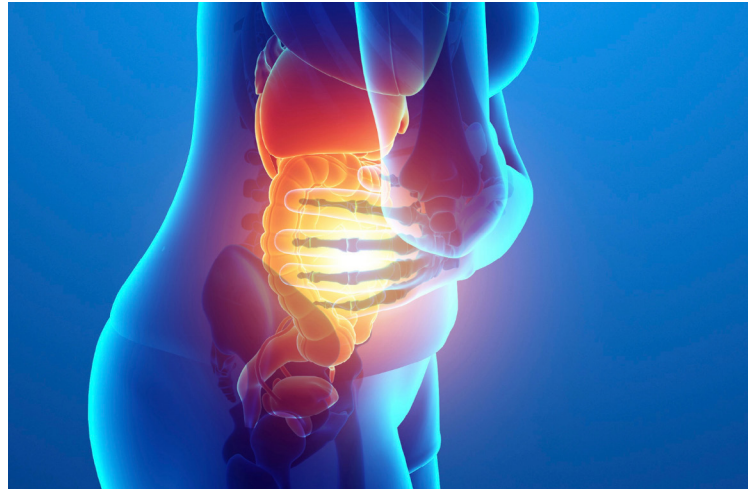
Diarrhea may move food through the intestines too quickly for normal absorption, while constipation can alter fermentation and increase abdominal discomfort. Some people alternate between the two, particularly with irritable bowel syndrome and other disorders involving gut-brain communication.

The frequency, appearance, and timing of bowel movements can provide useful information for a healthcare professional.

3. Recurring abdominal pain or cramping

Pain after meals, cramping before a bowel movement, or abdominal discomfort that repeatedly returns should not simply be dismissed as having a “sensitive stomach.”

The location and timing of the pain matter. Discomfort may be related to motility, inflammation, infection, food intolerance, constipation, or another digestive condition. Pain that is severe, persistent, or worsening needs medical evaluation.



4. Foods you once tolerated now cause symptoms

A shrinking list of foods that feel safe can be a sign that digestion is becoming more reactive, but it does not automatically mean that you have developed multiple food allergies.

Food reactions may involve lactose intolerance, celiac disease, non-celiac food sensitivity, histamine, fermentation of certain carbohydrates, or an immune-mediated allergy. The symptoms may feel similar even when the underlying mechanisms are very different.

Before eliminating gluten, speak with a healthcare professional about testing for celiac disease. Starting a gluten-free diet first can affect the accuracy of diagnostic testing.



5. Fatigue that accompanies digestive symptoms

Fatigue has many possible causes, but the gut may be part of the picture when low energy appears alongside diarrhea, appetite changes, unexplained weight loss, or difficulty absorbing nutrients.

Ongoing digestive inflammation, disrupted sleep, restrictive eating, anemia, and deficiencies in iron, vitamin B12, folate, or other nutrients can all affect energy. The answer may require laboratory testing rather than another supplement added through guesswork.

6. Nutrient deficiencies or unexplained weight changes

The small intestine is responsible for absorbing much of what the body needs from food. When absorption is impaired, deficiencies may develop even when someone believes they are eating well.

Unexplained anemia, low nutrient levels, weight loss, weakness, or greasy, difficult-to-flush stools can point to malabsorption and should be evaluated professionally. These signs can occur with celiac disease, pancreatic disorders, inflammatory bowel disease, and other medical conditions.

7. Recurring skin flares

The gut, immune system, and skin communicate with one another, which helps explain why digestive and skin concerns sometimes appear together.

Acne, eczema, rosacea, hives, or unexplained rashes do not prove that the intestinal barrier is impaired. However, a skin flare that repeatedly follows certain foods, digestive changes, or periods of illness may be worth documenting and discussing with a qualified professional.

8. Joint pain or other inflammatory symptoms

Some digestive diseases can affect the joints, skin, eyes, and other areas outside the intestinal tract. Crohn's disease, for example, may occur alongside joint soreness, fatigue, fever, or skin changes.



This does not mean that every aching joint begins in the gut. It means that digestive and whole-body symptoms should sometimes be considered together, particularly when they flare at the same time.

9. Brain fog, anxiety, or changes in mood

The gut and brain communicate through nerves, hormones, immune signals, and microbial metabolites. When digestion is disrupted, people may also notice difficulty concentrating, changes in mood, or a stronger response to stress.

These symptoms are highly individual and can have many causes. Their presence should broaden the conversation rather than lead to the conclusion that the gut is solely responsible.

10. Digestive symptoms that intensify during stress



Stress can change intestinal movement, sensitivity, digestive secretions, immune activity, and microbiome composition. Some people notice almost immediate bloating, urgency, constipation, nausea, or abdominal pain during demanding periods.

This is not “all in your head.” The nervous system and digestive system are in constant communication, and a change in one can influence the other.

If stress reliably worsens your symptoms, nervous system support deserves a place in your plan.

Food is one of the most practical places to begin. Certain foods do not “contain” nitric oxide in a simple way, but they may help support nitric oxide production or nitric oxide availability. Nitrate-rich vegetables such as **beets, spinach, arugula, celery, Swiss chard, bok choy, radishes, and other leafy greens** contain natural dietary nitrates that the body can convert into nitric oxide. Watermelon contains citrulline, an amino acid involved in nitric oxide pathways. Pumpkin seeds, sesame seeds, lentils, beans, poultry, fish, and nuts provide amino acids and minerals that support energy, muscle function, and recovery.

What can disrupt intestinal barrier function?

Increased intestinal permeability rarely has one universal cause. It may develop alongside an underlying disease or in response to several overlapping influences.

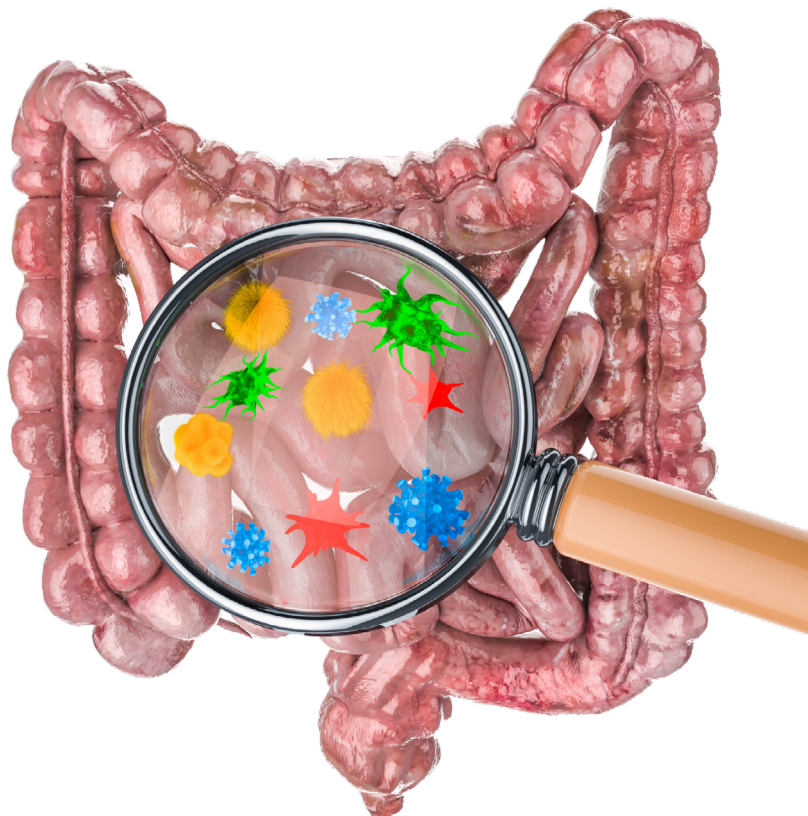
Digestive Disease or Infection

Celiac disease and inflammatory bowel disease can directly damage intestinal tissue and alter barrier function. Gastrointestinal infections may also produce short-term or lingering changes in digestion, immune activity, and the microbiome.

This is why it is important to investigate persistent symptoms rather than treating “leaky gut” as the final diagnosis.

A diet that does not adequately feed the microbiome

The organisms living in the digestive tract use fermentable fibers to produce short-chain fatty



acids, including butyrate. These compounds help nourish cells in the colon and participate in immune and barrier function.

Vegetables, fruits, beans, lentils, nuts, seeds, and intact whole grains can all contribute different fibers and plant compounds. Variety matters, but suddenly increasing fiber may worsen symptoms for some people. Add it gradually and adjust according to your tolerance and medical needs.

Recent research has also explored how fibers and polyphenol-rich foods may help protect intestinal permeability during physical stress. The findings are promising, but they do not support one universal “gut-healing” diet.

Highly processed foods and certain additives

A diet dominated by highly processed products can crowd out the fiber, micronutrients, and plant diversity that support the microbiome.

Researchers are also studying the effects of individual emulsifiers and additives. A 2026 randomized trial found mixed results rather than evidence that every emulsifier causes the same harm. This is another reason to avoid fear-based lists and focus instead on an eating pattern built primarily around nourishing, minimally processed foods.

Alcohol, smoking, and medication use

Alcohol and smoking can affect digestive and immune health. Some medications, particularly nonsteroidal anti-inflammatory drugs, may also irritate the gastrointestinal tract or increase permeability when used frequently.

Do not stop a necessary medication on your own. Review regular use, dosage, side effects, and possible protective strategies with your prescribing professional.

Antibiotics can be essential and sometimes lifesaving, but they also change the microbiome. After a medically necessary course, food variety and individualized guidance may help support recovery.



Ongoing stress and poor sleep



Stress changes how the brain and gut communicate. It can affect motility, pain sensitivity, microbial activity, and the body’s inflammatory response.

Sleep also influences appetite, food choices, nervous system regulation, and immune function. Supporting the gut therefore involves more than deciding what to remove from the plate.

What to do when you suspect your gut needs support

Begin with the cause, not the trend

“Leaky gut” can be useful language for describing barrier dysfunction, but it should not prevent you from identifying a treatable medical condition.

A healthcare professional may consider your symptoms, history, medications, diet, recent infections, and family history. Depending on the pattern, testing may be needed for celiac disease, inflammatory bowel disease, anemia, infection, food intolerance, or small intestinal bacterial overgrowth.

Commercial permeability or zonulin tests are sometimes marketed directly to consumers, but their interpretation is not standardized enough to replace a thorough medical evaluation.

Build Meals That Support the Gut

A gut-supportive eating pattern does not have to be complicated. Begin with foods you tolerate and work toward greater nutritional variety.

- ✓ Helpful foundations may include:
- ✓ A range of vegetables and fruits
- ✓ Beans and lentils when tolerated
- ✓ Nuts, seeds, and intact whole grains
- ✓ Adequate protein to support tissue maintenance and repair
- ✓ Omega-3-rich foods such as oily fish, flax, chia, or walnuts
- ✓ Fermented foods when they agree with your body
- ✓ Enough fluid to support digestion and bowel regularity



Rather than trying to overhaul every meal, choose one realistic improvement you can continue. That may mean adding berries to breakfast, including vegetables with lunch, or preparing a fiber-rich soup for the week.

Avoid unnecessary restriction

When food seems to trigger symptoms, eliminating more and more ingredients can feel like the safest response. Over time, however, a highly restricted diet can reduce nutrient intake, increase food anxiety, and make it harder to maintain microbial diversity.

Use a food and symptom record to look for repeatable patterns. When a therapeutic elimination diet is appropriate, complete it with professional guidance and a plan for reintroduction.

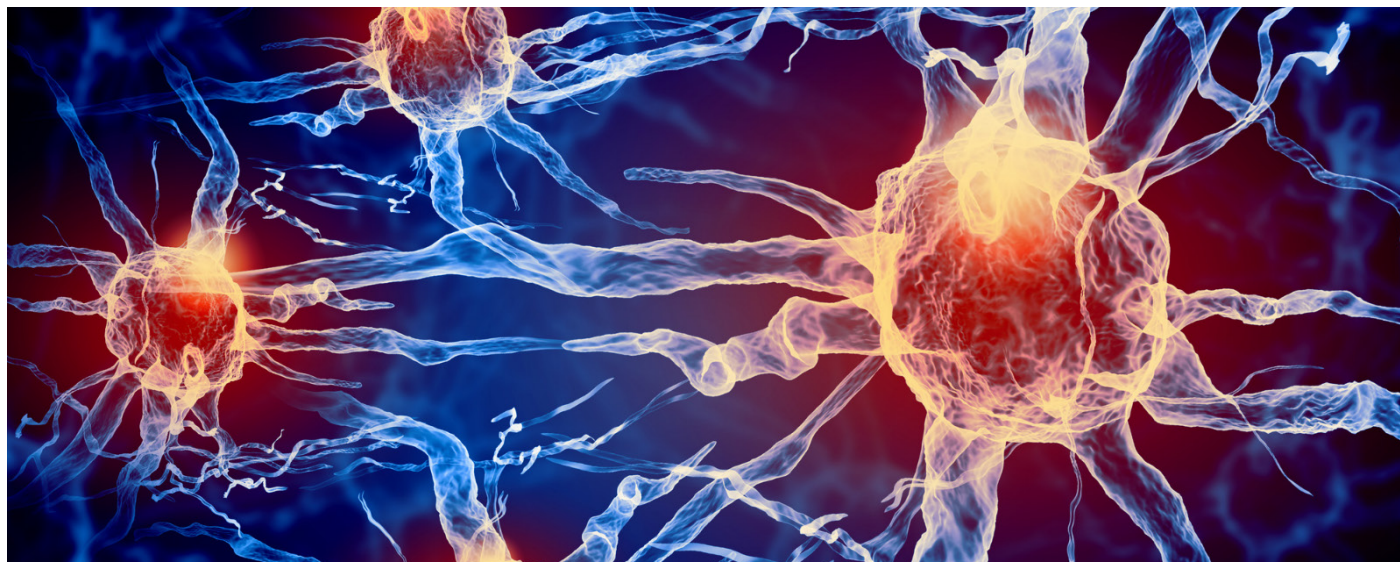
Be selective with supplements

Probiotics, prebiotics, digestive enzymes, zinc, glutamine, and other products are frequently promoted for intestinal barrier support. Some may be useful in the right circumstances, but none is universally appropriate.

A probiotic is not automatically beneficial simply because it contains more strains or a larger number of organisms. The right choice depends on the condition, strain, dose, and person taking it.

Supplements should fill a defined need rather than become a substitute for diagnosis, food, sleep, and other foundations.

Where Vagus Nerve Stimulation and Microcurrent may fit



The Vagus nerve carries information between the brain and many organs involved in digestion. It participates in motility, digestive secretions, immune signaling, and the body's transition out of a stress response.

Early human research suggests that non-invasive vagal stimulation may influence stress-related intestinal barrier changes. This remains an emerging area, and it does not establish Vagus nerve stimulation or microcurrent as a stand-alone treatment for increased intestinal permeability.

Microcurrent cannot diagnose “leaky gut,” replace medical care, or compensate for an untreated digestive disease.

Its most relevant role may be as part of a broader routine that supports nervous system regulation, circulation, inflammation balance, and the body's capacity for repair. Depending on the individual and the device being used, microcurrent may be incorporated through Vagus nerve stimulation and other protocols selected with appropriate guidance.

For a deeper explanation of this connection, read July's *Pain Free Living Magazine* feature on **Polyvagal Theory** starting on page 10. [Get your copy here.](#)

The same principle applies throughout **The Hache Protocol™**. Microcurrent works alongside nutrition, sleep, stress reduction, and movement rather than replacing them.

Understanding what your gut symptoms are telling you

The intestinal barrier is real, and its health matters throughout the body. But a collection of symptoms alone cannot tell you whether increased intestinal permeability is the cause. What matters most is understanding the larger pattern behind what you are experiencing.

Rather than reaching immediately for another restriction, supplement, or online test, consider digestion, food tolerance, medications, stress, sleep, and symptoms elsewhere in the body. Rule out conditions that need medical treatment, then build support around the factors you can influence through nourishing food, nervous system care, appropriate movement, restorative sleep, and tools that fit your individual needs.

A healthier gut begins with better information. The more you understand how digestion connects with the nervous system, inflammation, nutrition, sleep, and whole-body health, the easier it becomes to make thoughtful decisions about what your body may need next.

Ready to keep learning? Visit the **Pain Free Living Lab** for practical education on gut health, microcurrent therapy, nervous system support, The Hache Protocol™, and other tools designed to help you better understand and support your body.

[Explore the Pain Free Living Lab](#)



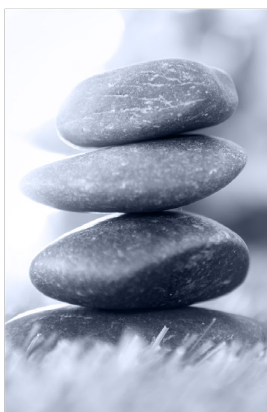
Discover the 5 Interactive Elements of The Hache Protocol for Pain Resolution™



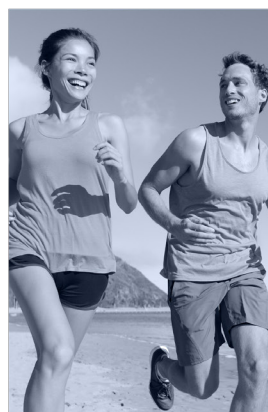
SLEEP



NUTRITION



STRESS



FITNESS



MICROCURRENT

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

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

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

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

STRESS REDUCTION: Chronic stress can profoundly affect your physical and emotional well-being, making it harder for your body to recover. By integrating microcurrent therapy, mindfulness practices, and vagus nerve stimulation, the Hache Protocol helps calm your nervous system, reduce inflammation, and restore emotional balance, allowing your body the time it needs to repair itself.

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

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

**Take the First Step Toward Living
Pain-Free with The Hache Protocol™**

[Learn more](#)





The energy behind healing: Why mitochondria matter in pain and recovery

What world mitochondrial disease week can teach us about the cellular energy every body depends on

Every movement your body makes has an energy cost. So does every heartbeat, nerve signal, thought, digestive process, immune response, and repair taking place beneath the surface.

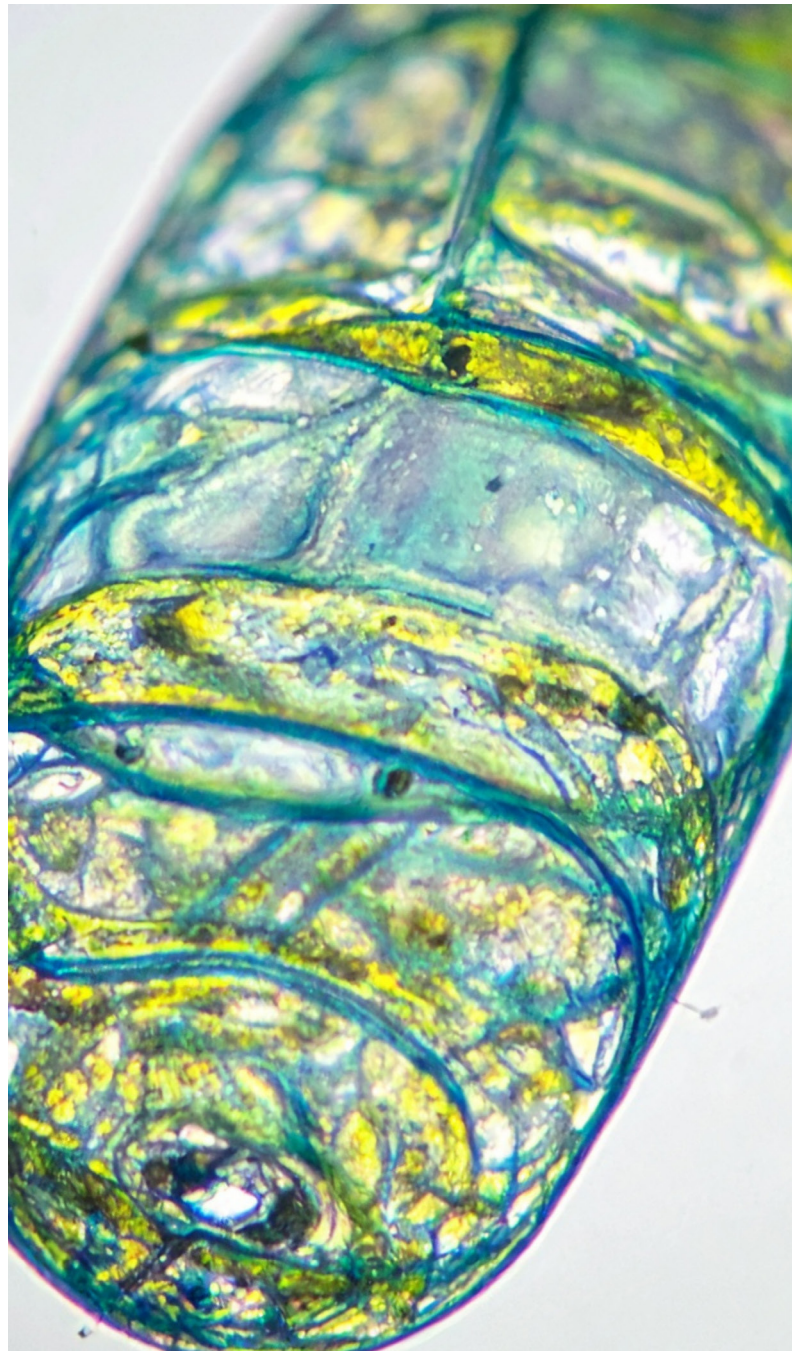
Most of us rarely think about where that energy comes from. At the center of the process are mitochondria, tiny structures inside nearly every cell that help convert nutrients and oxygen into ATP, the usable energy that keeps those cells functioning.

For people living with mitochondrial disease, that process is disrupted in ways that can reach far beyond fatigue. When cells cannot reliably produce enough energy, **muscles, nerves, the brain, heart, eyes, ears, kidneys, and other organs may all be affected**, sometimes creating symptoms across several body systems at once.

From **September 14–20, 2026**, World Mitochondrial Disease Week is bringing greater attention to these complex and often misunderstood disorders. This year's theme, **"Putting Mito on the Map,"** calls for greater visibility, better recognition, stronger patient voices, and greater connection across countries and healthcare systems.

The week also gives us an opportunity to look more closely at a fundamental part of health that applies to every body: **repair, adaptation, and recovery all require energy.**

Understanding how mitochondria produce that energy can help us ask better questions about pain, fatigue, recovery, and what cells need to do the work of healing.

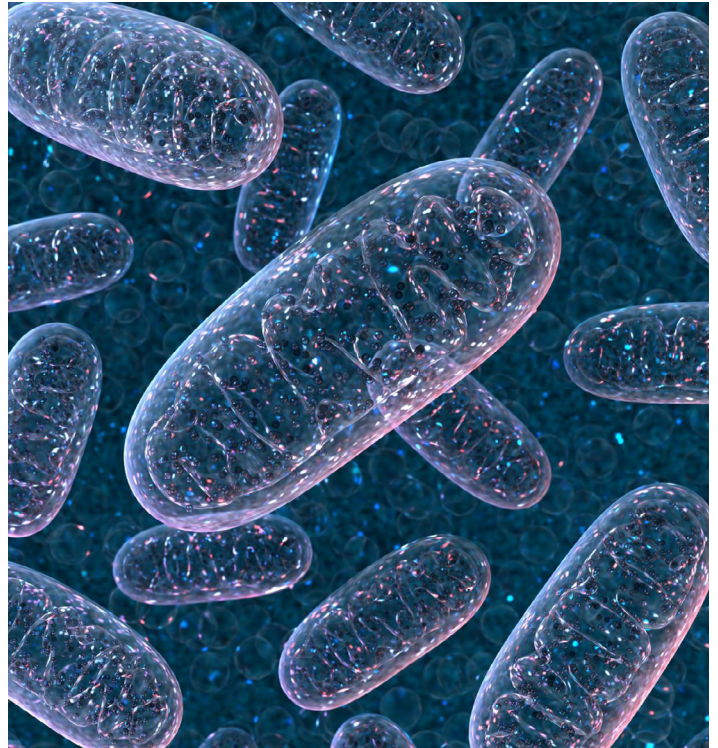


What is Mitochondrial Disease?

Mitochondrial diseases are a large and highly varied group of genetic disorders that interfere with mitochondrial function.

Mitochondria are found inside almost every cell in the body. One of their most important jobs is converting nutrients and oxygen into **adenosine triphosphate, or ATP**, the form of energy cells can use.

When genetic changes disrupt that process, the effects can appear almost anywhere. Some people experience muscle weakness or severe exercise intolerance. Others may develop neurological symptoms, seizures, vision or hearing loss, heart problems, diabetes, digestive concerns, developmental differences, or symptoms involving several organs at once.



This variation is one reason mitochondrial disease can be difficult to recognize. The 2026 campaign estimates that mitochondrial disease affects approximately 1 in 5,000 people, or about 1.5 million people worldwide, yet many families spend years searching for an accurate diagnosis.

Mitochondrial disease can affect people of any age, background, or nationality, and no two cases necessarily look the same.

That uncertainty can leave people feeling unseen or misunderstood, particularly when symptoms cross several medical specialties and no single test or appointment seems to explain the whole picture.

Putting mito on the map means making those experiences harder to overlook.

Mitochondrial Disease and Mitochondrial Dysfunction are not the same

- **Primary mitochondrial disease** refers to diagnosed genetic disorders that affect mitochondrial structure or function. These conditions require evaluation and ongoing care from physicians and specialists familiar with mitochondrial medicine.
- **Mitochondrial dysfunction** is a broader term describing mitochondria that are not functioning optimally. Researchers are studying mitochondrial changes in connection with aging, diabetes, cardiovascular disease, neurodegenerative conditions, inflammation, fatigue, and chronic pain.

Having fatigue, brain fog, muscle soreness, or slow recovery does not mean that someone has mitochondrial disease. Those symptoms can have many causes, including anemia, thyroid conditions, sleep disorders, infection, medication effects, nutritional deficiencies, autoimmune illness, stress, and other medical concerns.

However, the wider study of mitochondrial function is helping us understand why cellular energy matters throughout the body.

Energy is about more than how awake you feel

When people hear the word energy, they may think about whether they feel alert enough to get through the day. Cellular energy reaches much further than that.

ATP helps power:

- ✓ Muscle contraction and movement
- ✓ Nerve signaling and brain activity
- ✓ Circulation and heart function
- ✓ Digestion and nutrient transport
- ✓ Immune-system activity
- ✓ Tissue maintenance and repair
- ✓ The movement of substances into and out of cells



Every recovery process carries an energy cost. Repairing tissue, adapting after exercise, calming inflammation, and maintaining communication among cells all require resources.

This helps explain why low energy can become part of a larger pattern. A person may feel exhausted while also noticing poor concentration, muscle weakness, longer recovery after activity, disrupted sleep, or greater sensitivity to physical stress.

The body cannot separate energy production from healing because the work of healing depends on energy.

Where Mitochondria and Chronic Pain meet



Chronic pain is not a mitochondrial disease, and mitochondrial dysfunction is not the explanation for every pain condition. Even so, researchers are increasingly studying the relationship among mitochondrial function, oxidative stress, inflammation, nerve sensitivity, and persistent pain.

Mitochondria help regulate more than ATP. They also participate in calcium balance, cellular signaling, oxidative balance, and the processes that determine whether damaged cells recover or are removed.

When mitochondrial function becomes

disrupted, cells may produce energy less efficiently while generating more reactive oxygen species. In excess, these unstable molecules can contribute to oxidative stress and inflammatory signaling.

Research into inflammatory and neuropathic pain suggests that mitochondrial changes may influence how sensory nerves respond, how pain signals are amplified, and why discomfort sometimes continues after the original tissue injury has improved.

Pain is also common among people with diagnosed mitochondrial disease. Depending on the condition, it may involve muscle pain, headaches, neuropathy, or the physical strain created when everyday activities require more energy than the body can easily produce.

This does not give us a single answer for chronic pain. It gives us a broader question:

Does the body have the energy and cellular support it needs to regulate, repair, and recover as effectively as possible?

Supporting Mitochondria begins with the whole body

We talk often about mitochondrial health because cellular energy does not come from one supplement, food, device, or treatment. It reflects the conditions surrounding the cell.

That is one reason The Hache Protocol™ brings together five interactive elements:

- Stress reduction
- Nutrition
- Fitness
- Sleep
- Microcurrent therapy

Each element affects the others.

Nutrition provides the fats, amino acids, vitamins, minerals, and plant compounds involved in cellular metabolism. Movement signals the body to maintain muscle and, when appropriate, build greater mitochondrial capacity. Sleep gives cells time to complete essential maintenance and repair. Stress reduction may help lessen the physiological demands created by a nervous system that remains activated for long periods.

Microcurrent adds another form of support by working with the body's electrical nature.

The goal is not to force energy into an exhausted body or chase a temporary burst of stimulation. It is to improve the conditions cells depend on to function.



Nourish the processes that produce energy

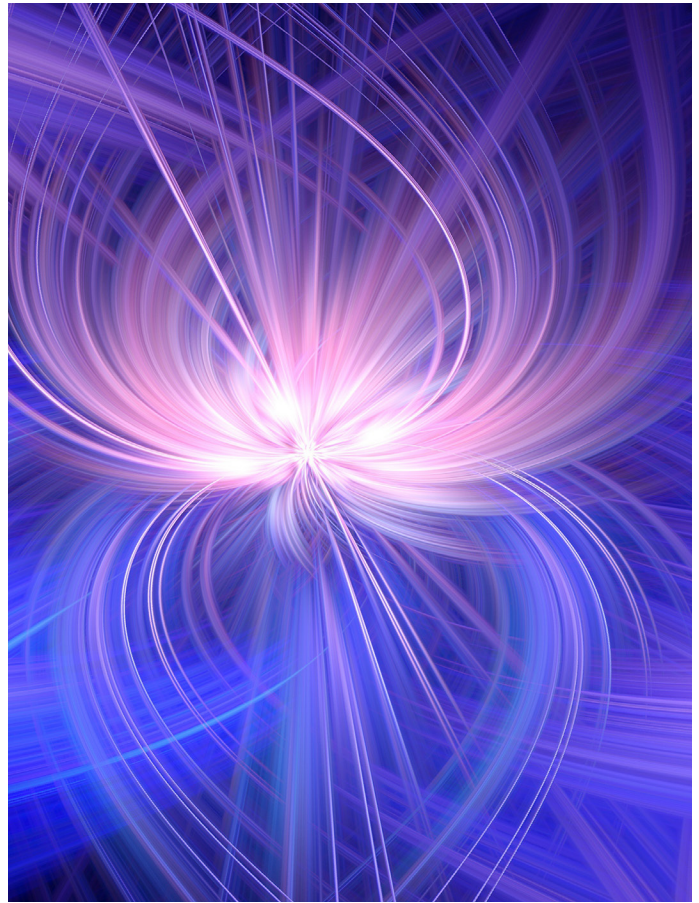
Mitochondria use nutrients from food to create **ATP**, but mitochondrial support does not require a rigid or highly restrictive diet.

A more useful foundation includes adequate protein, healthy fats, fiber-rich plants, vitamins, minerals, antioxidants, and enough food to meet the body's needs. Vegetables, berries, nuts, seeds, legumes, eggs, fish, and other nutrient-rich foods can all contribute, depending on individual tolerance and medical needs.

This is also why highly restrictive eating can sometimes work against recovery. When the body is already depleted, removing more foods without a clear reason may reduce the raw materials available for tissue repair and energy production.

People with diagnosed mitochondrial disease may have highly specific nutritional needs and should follow guidance from their medical team. The right plan depends on the particular disorder, symptoms, medications, and organs involved.

Helpful movement respects the body's current capacity while giving it a reason to become more capable.



Protect sleep and reduce unnecessary energy demand

The body performs extensive maintenance during sleep. When sleep remains fragmented, mitochondrial and metabolic processes may also be affected, while pain sensitivity, stress hormones, appetite, and inflammation can become harder to regulate.

Stress adds another demand. A nervous system that remains in a prolonged state of alert requires energy and can interfere with digestion, sleep, muscle relaxation, and recovery.

This is one reason nervous system care is not separate from cellular care. Breathing practices, time outdoors, Vagus nerve stimulation, restorative sleep habits, and reducing avoidable stressors can all help create an internal environment in which energy is used more constructively.

Where Microcurrent may fit

The body is electrical as well as chemical. Cells maintain electrical differences across their membranes, and those differences are involved in transport, communication, and normal cellular function.

Microcurrent therapy works with that electrical side of physiology by delivering very low levels of current. Early laboratory research found that certain microampere currents increased ATP concentrations and protein synthesis in rat skin tissue. It is an interesting finding because ATP is the usable energy cells depend on.

Within our work, microcurrent has a broader role. We use it as one part of a whole-body approach intended to support **cellular electrical activity, circulation, communication, pain relief, and the processes involved in repair.**

For someone living with a diagnosed mitochondrial disorder, microcurrent should remain complementary to appropriate medical care rather than being presented as a treatment for the disease itself. For the broader Pain Free For Life community, however, it offers another way to support the cellular environment alongside nutrition, movement, sleep, and stress reduction.

What is a Mitochondrial Recharge?

One way we bring these ideas together is through the **Mitochondrial Recharge**, a cornerstone treatment within The Hache Protocol™.

Rather than concentrating microcurrent on one painful or injured area, the Mitochondrial Recharge is designed as a **whole-body treatment**. Current is delivered through both hands and feet at the same time using an Avazzia Life microcurrent device with either conductive pads or conductive gloves and socks.



For clients who perform the protocol regularly, the [Mitochondrial Recharge Bundle](#) provides a garment-based option using conductive gloves and socks connected to the device with four leadwires. This allows all four extremities to be treated simultaneously without repeatedly replacing adhesive pads. An Avazzia Life microcurrent device is required to power the treatment.

Many clients incorporate Mitochondrial Recharge into routines focused on energy, recovery, cellular support, and replenishment after periods of prolonged pain or stress. Rather than looking for a short-lived burst of stimulation, the intention is to support the cellular processes the body relies on to function, adapt, and repair.

That distinction matters. **Mitochondrial Recharge is not a substitute for the fundamentals that help cells produce and use energy.** Nourishment, appropriate movement, restorative sleep, stress reduction, and medical care all remain important. Within The Hache Protocol™, microcurrent adds another layer of support to those foundations.

For instructions specific to your Avazzia Life device, accessories, and individual health needs, follow the approved protocol for your device and speak with your Treatment Coordinator when personalized support is included with your [eligible membership](#).

Why cellular energy belongs in the healing conversation

Mitochondria may be tiny, but their work reaches into nearly every part of human health. They help transform food and oxygen into the energy that powers movement, thought, circulation, communication, and repair.

For people living with mitochondrial disease, disruption to that process can create serious, multisystem illness that deserves **greater recognition, better care, stronger support, and continued research**. World Mitochondrial Disease Week helps make those experiences more visible and reminds us why putting mito on the map matters.

For the broader Pain Free For Life community, there is another important lesson to carry forward: **the body needs energy to heal, and cellular health is influenced by the environment surrounding it**. Nutrition, sleep, movement, nervous system regulation, and the body's electrical communication all contribute in different ways. No single practice carries the entire responsibility, but together they can give cells more of what they need to function, adapt, and recover.

Understanding cellular energy gives us another way to ask better questions about fatigue, pain, recovery, and whole-body health.

Ready to keep learning? Visit the [Pain Free Living Lab](#) for practical education on microcurrent therapy, cellular health, The Hache Protocol™, and the tools that can help you take a more active role in your healing.





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 September 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: September 10-minute trainings

- **Week 1: The Gut-Brain-Pain Connection: How Your Diet Affects Chronic Pain**

The gut, brain, and nervous system are closely connected, which means digestive health may have a greater impact on chronic pain than many people realize. In this training, Dr. Rob will explore how diet and gut health may influence inflammation, energy, nervous system regulation, and pain sensitivity, as well as how nutrition can fit into a broader pain-resolution plan.

- **Week 2: Avoiding the Thyroid During Throat Microcurrent Treatments**

Using microcurrent around the neck and throat requires extra attention because of the important structures located within this area. In this safety-focused training, Dr. Rob will explain where the thyroid is located, why you should avoid directing microcurrent over it, and practical positioning considerations to help you approach applicable neck and throat protocols more confidently.

- **Week 3: Passive vs. Active Microcurrent Therapy: What's the Difference?**

Microcurrent can be applied in different ways depending on your device, accessories, treatment goals, and protocol. In this training, Dr. Rob will explain the difference between passive and active microcurrent therapy, how each method delivers current to the body, and when one approach may be more appropriate than the other for your at-home treatment routine.

- **Week 4: VIP Only! Trigger Points**

[Join the Support Group](#)[See upcoming events](#)

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

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

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

Take the next step toward pain-free living today!

[Request to join a call](#)

What is Microcurrent Therapy doing for your gut?

The nerves, signals, and cellular work behind healthy digestion



The previous feature made one point clear: digestive symptoms rarely have one simple explanation. Bloating, constipation, urgency, abdominal discomfort, fatigue, and food reactions can arise for many different reasons and should not automatically be treated as proof of “leaky gut” or any other single diagnosis.

That raises an important question for anyone using microcurrent as part of a whole-body plan:

What is microcurrent actually doing for the gut?

Microcurrent is not digesting your food, replacing beneficial bacteria, or correcting every source of intestinal irritation. Its role is different. **It works with several of the systems digestion depends on**, including nervous system communication, gastrointestinal movement, circulation, inflammatory signaling, and the cellular processes involved in recovery.

That distinction is helpful because digestion is much more than what happens in the stomach after you eat. It is a coordinated process involving the brain, nerves, muscles, immune system, blood flow, digestive secretions, and the cells lining the intestinal tract.

Microcurrent gives us a way to support some of that communication.

Start with the nervous system

One of the easiest ways to understand the gut is to stop thinking of it as an isolated digestive organ. Your digestive tract is in constant conversation with your brain.

One of the major pathways carrying that conversation is the **Vagus nerve**. It sends information from the digestive organs toward the brain and carries messages back that influence stomach and intestinal movement, digestive secretions, blood flow, immune activity, and even how strongly you perceive sensations coming from the gut.

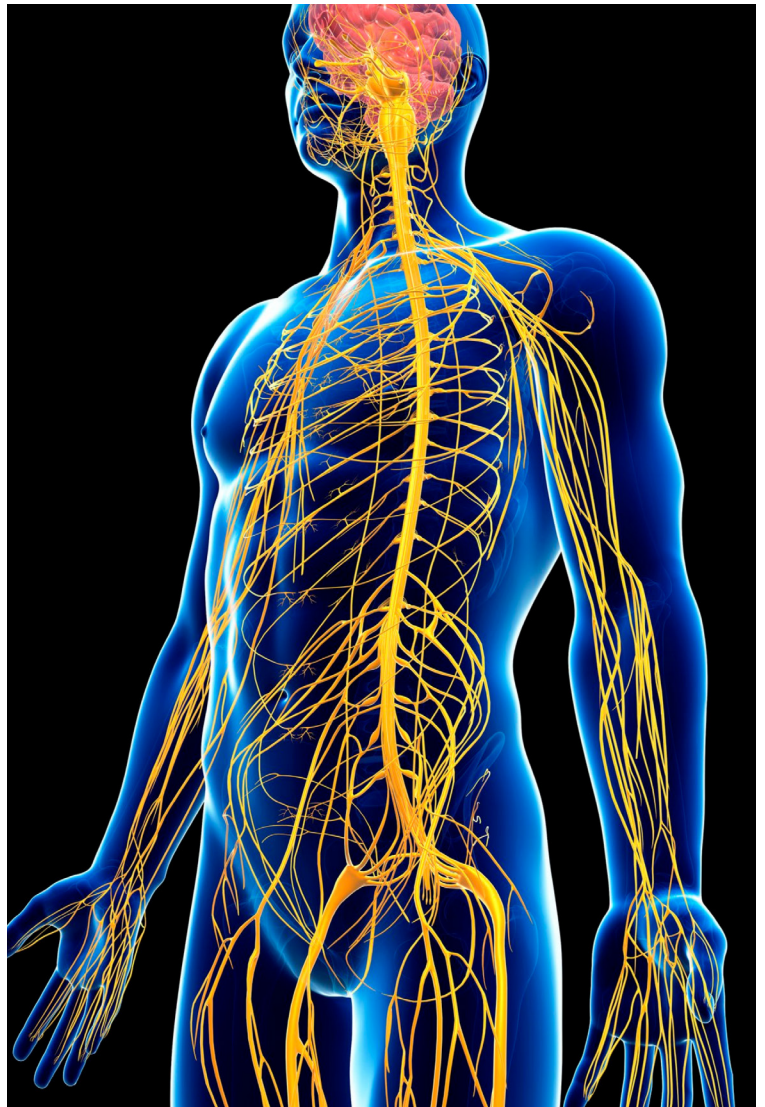
This helps explain something many people have experienced firsthand: **digestion can change dramatically depending on what is happening elsewhere in the body.**

You may tolerate a meal perfectly well one day and feel bloated, nauseated, constipated, or uncomfortable after the same meal during a period of poor sleep, illness, emotional strain, increased pain, or prolonged stress.

The food did not necessarily change. The environment in which your digestive system was trying to process it did.

This is one reason Vagus Nerve Stimulation through microcurrent therapy can be an important starting point. Instead of chasing one digestive symptom at a time, Vagus Nerve Stimulation supports a communication pathway involved in the body's ability to move away from prolonged stress and toward rest, digestion, and recovery.

Electrical Vagus Nerve Stimulation is also being studied in a growing number of digestive conditions. Those studies do not mean every home microcurrent protocol produces identical results, but they help us understand why supporting the nervous system can influence what happens in the gut.



Better motility does not simply mean faster digestion

Another important piece of the digestive picture is motility.

Gut motility is the coordinated muscular movement that helps move food through the stomach and intestines and eventually carries waste out of the body.

Healthy motility is not simply about making digestion faster.

Your stomach needs enough time to break down a meal. The intestines must contract in an organized sequence. Nutrients need time to be absorbed. Waste needs to continue moving without becoming stalled.

When that coordination is disrupted, you may notice:

- Fullness that lingers long after eating
- Bloating or pressure after meals
- Constipation or difficult bowel movements
- Nausea or reduced appetite
- Abdominal discomfort as food moves through the intestines
- Digestion that seems unpredictable from one day to the next

The Vagus nerve helps coordinate many of these processes, including stomach contractions, intestinal activity, and digestive secretions. It also communicates with the **enteric nervous system**, the extensive network of nerves built directly into the digestive tract.



This is why nervous system support can matter even when the symptom seems purely digestive.

The goal is not to make everything move faster. **The goal is better coordination**, so digestive activity becomes more appropriate to what the body is processing.

For someone using microcurrent, improvement may first look surprisingly ordinary: less heaviness after dinner, more predictable bowel movements, less bloating, or fewer days when digestion seems to stop cooperating entirely.

Those changes matter.



Sometimes the gut becomes too sensitive

There is another part of digestive discomfort that is easy to miss.

The amount of discomfort you feel does not always match the amount of visible irritation or damage in the digestive tract.

The nervous system can become unusually sensitive to normal stretching, pressure, gas, and movement inside the intestines. This is called visceral hypersensitivity.

When that happens, an ordinary digestive sensation may feel much more intense than it once did. A normal amount of gas can feel painful. The stretching that occurs after a meal may feel uncomfortable. Movement through the intestines may trigger cramping or a strong sense of pressure.

Stress, inflammation, earlier illness, prolonged pain, and disrupted gut-brain communication can all contribute to this heightened response.

Think of it as the digestive alarm system becoming easier to trigger.

Supporting nervous system regulation may help change how strongly those signals are received and interpreted. Over time, a sensation that once created a large pain or stress response may become easier for the nervous system to process without escalating.

That does **not** mean the discomfort was imagined.

It means that digestive symptoms are shaped by both what is happening inside the gut and **how the nervous system is interpreting those signals.**

The gut, nervous system, and inflammation are connected



The Vagus nerve also helps the nervous and immune systems communicate with one another.

One of the mechanisms involved is known as the cholinergic anti-inflammatory pathway. Through this pathway, vagal activity can influence some of the chemical messages involved in the body's inflammatory response.

That connection is especially relevant to the gut because the intestinal tract contains a large amount of immune tissue and is constantly deciding how to respond to food, microorganisms, and other substances moving through it.

When that environment becomes irritated or overly reactive, digestion may become more uncomfortable and less predictable.

Vagus Nerve Stimulation has been studied for its ability to influence inflammatory signaling, including in digestive conditions. There is also early laboratory work examining how nervous system regulation may affect proteins involved in maintaining the intestinal barrier.

We need to be careful about what that means in practice. **A home microcurrent treatment should not**

be described as “sealing” a leaky gut or treating inflammatory bowel disease.

The more useful takeaway is that the gut, nervous system, and immune system are constantly communicating, and supporting one part of that conversation may influence the environment in which the others are working.

What about the intestinal lining itself?

The intestinal lining is living tissue, and living tissue requires resources.

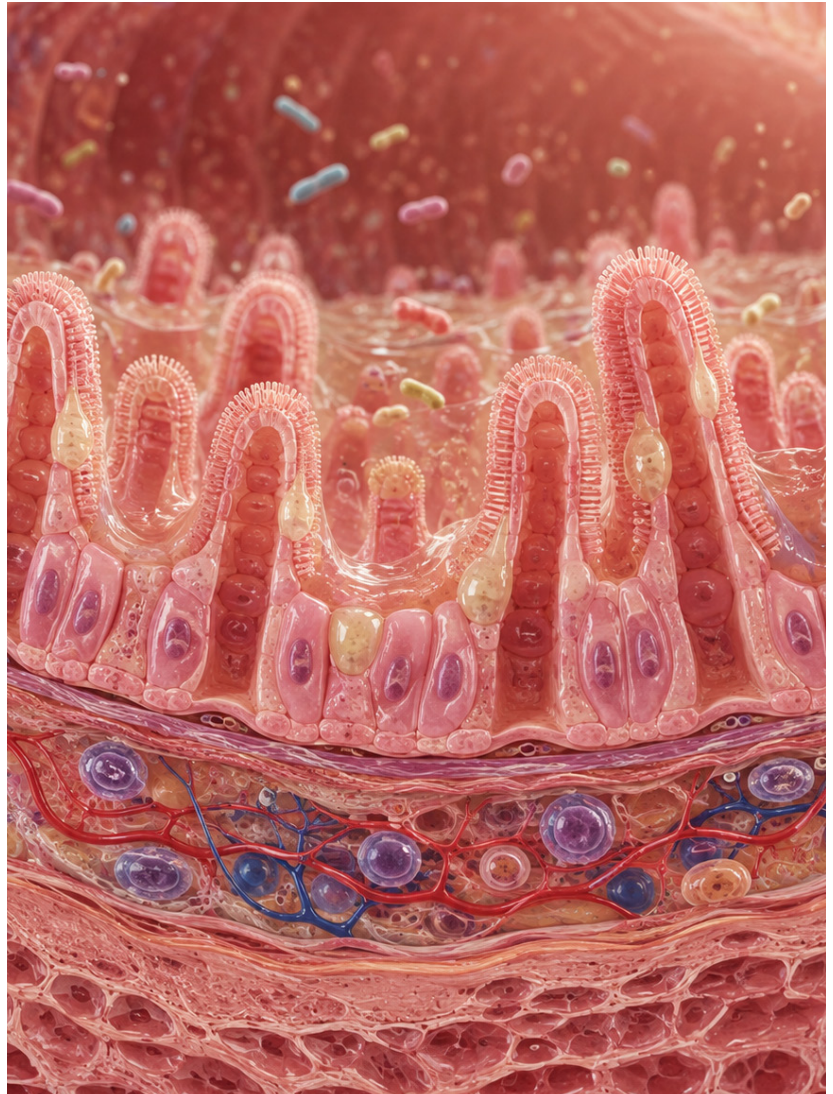
It needs oxygen, nutrients, blood flow, cellular energy, and communication among nerves, immune cells, blood vessels, and intestinal cells to maintain and renew itself.

That renewal is happening all the time.

Microcurrent is used within our broader approach to support the body’s natural electrical activity, circulation, cellular communication, and repair processes. Those are all relevant to tissues that are trying to maintain themselves or recover from irritation.

But this is also where looking at the whole person becomes essential.

If something continues to challenge the intestinal lining, microcurrent cannot simply erase that cause. An untreated infection still needs treatment. Celiac disease still requires avoiding gluten. A medication irritating the gastrointestinal tract needs to be discussed with the prescribing professional. Nutritional deficiencies, alcohol use, inflammatory disease, and prolonged stress may all require their own attention.



Microcurrent works best when the larger picture is being addressed too.

Its value is not in taking responsibility for every part of gut healing. It is in adding electrical, nervous system, circulatory, and cellular support to the care already being provided.

Small changes can tell you something big

People often expect healing to arrive as one dramatic moment when everything suddenly feels different.

Digestive improvement is often easier to miss.

It may begin with:

- Meals feeling more comfortable afterward
- Less frequent or less intense bloating
- More predictable bowel movements
- Less abdominal tightness or cramping
- Less urgency when you are under stress
- Greater tolerance for foods that have already been medically cleared
- A more consistent appetite
- Better sleep because digestive discomfort is no longer waking you



None of these changes proves that intestinal permeability has normalized, inflammation has disappeared, or an underlying condition has resolved.

But that does not make them meaningless.

Less bloating, more comfortable meals, or more predictable digestion can tell you that something within the larger system is functioning differently. Motility may be improving. The nervous system may be less reactive. Digestive sensations may be producing a smaller alarm response.

This is why paying attention to patterns can be so useful.

A simple treatment and symptom record can help. Note which protocol you used, what you ate, how you slept, your stress level, digestive symptoms, and bowel patterns. After several weeks, you may begin seeing connections that would be difficult to recognize from memory alone.

The goal is not to judge your entire treatment plan based on one unusually good or difficult day.

It is to notice what happens **repeatedly**.

Why Vagus Nerve Stimulation often comes first

When someone asks where to begin using microcurrent for digestive concerns, the first instinct may be to treat directly over the abdomen.

Sometimes that is appropriate. But the digestive system is influenced by so much more than the tissue beneath the electrodes.

That is why **Vagus Nerve Stimulation often gives us a useful place to start.**

If your digestive symptoms routinely become worse during stress, travel, poor sleep, pain flares, emotional strain, or a demanding schedule, nervous system regulation deserves attention.

Supporting that pathway first can help address one of the systems influencing the digestive process as a whole.

From there, additional treatments may be incorporated when appropriate. Depending on the concern and your treatment plan, that might include abdominal protocols, scar work, lymphatic support, or whole-body treatments.

The important part is that **the protocol should match the actual problem.**

Bloating, reflux, constipation, abdominal pain, and inflammatory digestive disease are not interchangeable concerns, even though they all involve the digestive system.

Follow the approved instructions for your Avazzia Life device, and when personalized Treatment Coordinator support is included with your eligible membership, use that guidance to determine which protocols best fit your situation.

Microcurrent is one part of the bigger gut picture



Microcurrent is one of the Five Interactive Elements of The Hache Protocol™, and gut health is a good example of why those elements are designed to work together.

Nutrition determines what the digestive tract must process and provides many of the nutrients the body uses for maintenance and repair.

Sleep influences immune function, metabolism, pain sensitivity, hormones, and nervous system regulation.

Movement supports circulation, muscular activity, and normal intestinal movement.

Stress reduction can reduce some of the neurological pressure that makes digestion more reactive before food even enters the stomach.

And **microcurrent therapy** adds another form of support through the nervous system, circulation, cellular communication, and the body's electrical activity.

Sometimes the right plan also includes more than one professional. A medical provider may need to investigate disease, infection, malabsorption, or medication effects. A dietitian may help identify genuine food triggers without unnecessarily restricting nutrition. A Treatment Coordinator can help determine how microcurrent protocols fit alongside those other pieces when that support is available through your membership.

The goal is to give the digestive system better conditions in which to do its work.

What better gut regulation can look like

Microcurrent does not have to produce a dramatic digestive change overnight for progress to be meaningful.

Sometimes the first sign is simply that the digestive system feels **less reactive**.

A meal causes less pressure. Bloating happens less often. Bowel habits become easier to predict. A stressful day no longer throws digestion off quite as severely. The body begins responding to ordinary digestive activity with less discomfort and less alarm.

Those changes do not tell us that every underlying problem has been resolved.

They do tell us something worth paying attention to.

Digestion depends on communication between the gut, nervous system, immune system, circulation, and the cells doing the daily work of maintaining and repairing tissue. Supporting that communication is one reason microcurrent can have a place within a broader digestive-health plan.

Gut health is complex, and meaningful progress often becomes visible through patterns rather than one defining moment. The more you understand those patterns, the easier it becomes to recognize what is helping and where your body may need additional support.

Want to keep learning about how microcurrent, Vagus Nerve Stimulation, nutrition, and The Hache Protocol™ work together? Explore the [Pain Free Living Lab](#) for practical education designed to help you better understand your body and your treatment options.



Meet client services:

Your first stop for everyday support

Practical help for the questions that come up along the way.

When you are navigating a new Avazzia Life microcurrent device from TheSanaShop.com, waiting for an order, trying to find something in your account, or simply wondering whom to ask, even a small question can become frustrating when you are not sure where to start.

That is where **Client Services** comes in at Pain Free For Life.

The Pain Free For Life Client Services team is here to help with the practical side of your experience, from getting help shopping to placing an order or finding the right resource online. You do not need to know exactly which department handles your question before you reach out. **Client Services can help you figure out the next step!**

What can client services help with?

Think of Client Services as a helpful starting point for questions involving products, orders, access, technology, and navigating Pain Free For Life.



You can reach out for help with:

- General questions about **devices, accessories, bundles, memberships, sales, and events**
- Checking an existing order, including **shipping and fulfillment questions**
- Help placing a new order
- Making available adjustments after a purchase
- Requesting a vacation hold before a package ships
- Returns and return guidance
- **Device troubleshooting** and warranty repair or replacements
- Basic technical support, including account access, online libraries, and system questions
- Signing in to **The Sana Shop or your membership library**
- Viewing or redeeming **Sana Shop Rewards**
- Understanding current sales, special offers, or bundles
- Finding the right person when your question belongs with another department

Sometimes Client Services will be able to answer your question directly. Other times, the best help may come from another member of the Pain Free For Life team.

Client services or your Treatment Coordinator?

This is one distinction that can make getting help much easier.

Client Services and Treatment Coordination are two separate types of support.

Client Services helps with the practical questions surrounding your Pain Free For Life experience. Your Treatment Coordinator, when included with the [Hache Protocol Private Membership](#), is the person to contact when a question becomes specific to your treatment and how to use your device and accessories.

For example, Client Services can help you understand what an accessory is, troubleshoot a device, or locate information about a product. If you need to know which protocol you should use, **how a treatment fits your personal plan, or how to use your device for a particular health concern**, that question belongs with your Treatment Coordinator.



A simple way to remember it:

Client Services: products, purchases, access, troubleshooting, and general information

Treatment Coordination: personalized protocols, treatment planning, and individualized device guidance

If you are still unsure, that is perfectly fine. Start with Client Services, and the team can help direct your question to the right place.

What happens after you reach out?

Client Services is available by **email, phone, and text Monday through Friday from 9:00 AM to 5:00 PM (PDT)**. Messages are answered within **48 business hours, or approximately two business days**.

After you contact the team, you may receive an automatic reply confirming that your message has been received. That simply means **you are in the queue for a response** and a member of the team will review your request during business hours.

You can also help the team get to the heart of your question more quickly by including a few details in your first message:

- Your full name
- The email address associated with your account
- Your order number, when applicable

- The device, accessory, course, or program involved
- A brief description of what is happening or what you need help with
- A photo or screenshot when it may help explain a technical or device issue

The more context the team has at the beginning, the easier it is to understand what you need and help move things forward.

Real people, ready to help



Behind every email, phone call, and text is **a real member of the Pain Free For Life team** reading your message and working to help you find the right next step.

Our Client Services team knows our **Avazzia Life microcurrent devices, The Hache Protocol™, Pain Free For Life programs, products, sales, and resources**, and they understand how all of those pieces fit together. That means you are not simply reaching a general customer-service inbox. You are connecting with people who know the tools our community uses and can help you navigate them with greater confidence.

Client Services approaches every conversation with **patience, professionalism, and respect**, and we ask that the same consideration be extended to our team. That shared respect helps us focus on what matters most: understanding your question, solving the problem when we can, and connecting you with the right person when another type of support is needed.

Most importantly, **you do not need to have everything figured out before you reach out.**

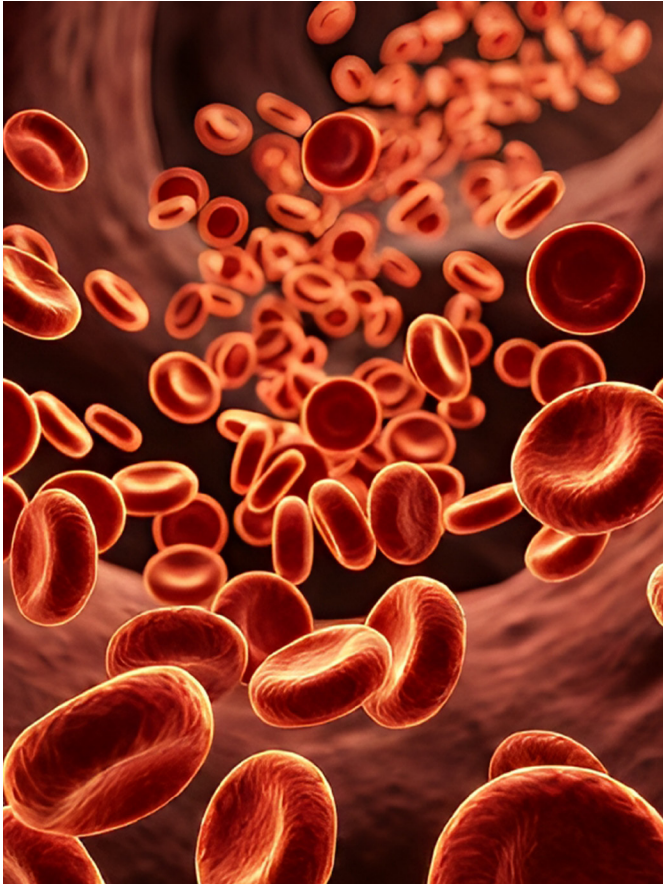
If you have a question about an order, product, sale, account, technology issue, device troubleshooting, or simply are not sure whom to contact, Client Services is a good place to begin.

For assistance, email support@painfreeforlife.com or visit our [Contact Us page](#) to find the best way to reach our team. We respond within **48 business hours**.

Contact the Pain Free For Life Team



The circulation connection: Why blood flow matters for pain, energy, and healing



A wound that is slow to close, muscles that remain sore long after activity, feet that always seem cold, or a body that takes longer to recover may appear to be separate concerns. Yet each depends, in part, on the same underlying system: circulation.

Blood flow is often discussed only in relation to the heart, blood pressure, or cardiovascular disease. Its reach is much broader. Every tissue depends on a continuous supply of oxygen, nutrients, hormones, immune cells, and chemical messages. Those materials must reach their destination, and carbon dioxide and metabolic byproducts must be carried away.

When circulation is working well, most of this goes unnoticed. When it is impaired, the effects may show up in pain, fatigue, poor exercise tolerance, slower tissue repair, changes in temperature or color, and a body that struggles to recover as efficiently as it once did.

Circulation is the delivery system behind much of the work the body is trying to accomplish.

What circulation actually does

The circulatory system includes the heart, arteries, veins, and an enormous network of smaller blood vessels that reaches nearly every part of the body.

Arteries carry oxygen-rich blood away from the heart. Veins return blood toward it. Between them lies the **microcirculation**, a network of arterioles, capillaries, and venules small enough to reach individual tissues.

This is where much of the exchange happens.

Oxygen and nutrients move from the blood into the tissues. Carbon dioxide and other byproducts move back into circulation so they can be processed and removed. Hormones, immune signals, and cells involved in repair also travel through this system.

Large-vessel circulation determines whether blood can reach a region. Microcirculation determines how effectively that blood can serve the cells once it arrives.

This distinction helps explain why someone may have a normal heartbeat and still experience local problems involving cold hands, slow wound recovery, muscle fatigue, or tissue that feels tender and poorly supplied.

Small vessels can have a large effect

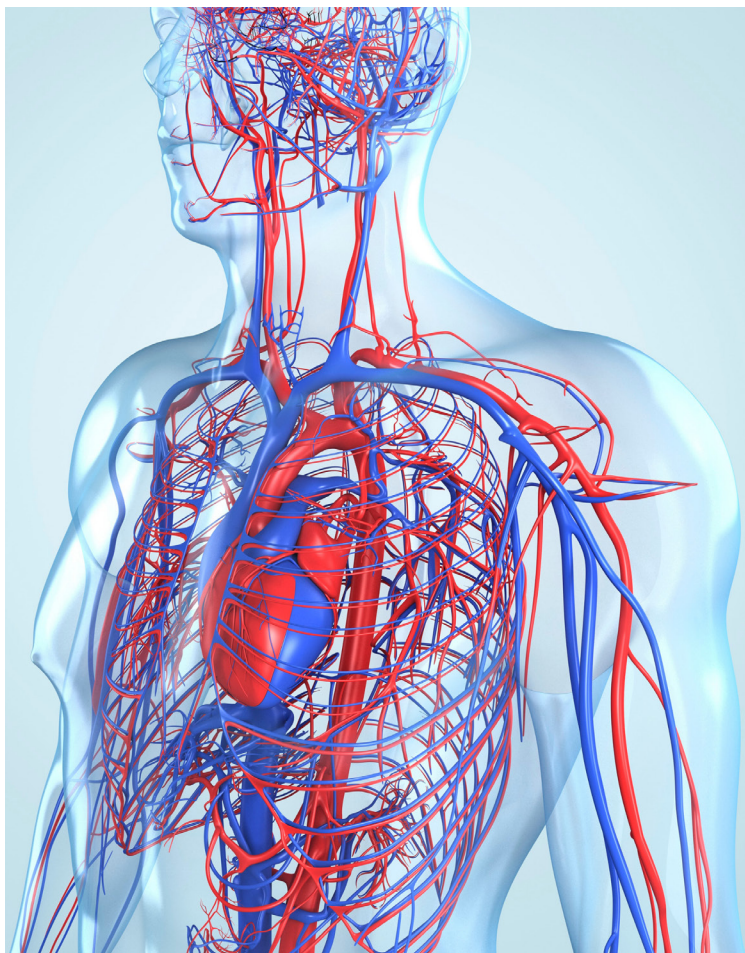
Capillaries are extremely small, but they support some of the body's most demanding tissues.

The eyes, brain, nerves, muscles, digestive tract, and healing wounds all rely heavily on effective microcirculation. These tissues require oxygen and nutrients while producing metabolic waste that must be removed.

The retina, for example, has substantial metabolic demands and depends on delicate blood vessels. Muscles require greater blood flow when they contract. The digestive tract needs adequate circulation to support secretion, movement, absorption, and tissue maintenance. A healing wound requires oxygen for collagen production, immune defense, new blood-vessel formation, and the construction of replacement tissue.

This is one reason circulation connects so many of the themes in this issue. **Gut health, mitochondrial energy, pain, and wound repair all depend on cells receiving what they need at the right time.**

Circulation is not the only factor influencing any of these systems, but it is part of the foundation beneath all of them.



How blood flow and pain may be connected

Pain is complex. It can arise from injury, inflammation, nerve damage, joint changes, infection, muscle guarding, nervous system sensitization, or several causes working together.

Reduced circulation does not explain every painful condition. Still, blood flow may contribute more than many people realize.

When tissue receives less oxygen than it needs, it becomes hypoxic. Short periods of reduced oxygen can sometimes trigger useful adaptation, but persistent or severe hypoxia can interfere with cellular function and increase inflammatory signaling.

Researchers are now exploring whether compromised microvascular blood flow, tissue hypoxia, inflammation, and nerve activation may reinforce one another in some chronic pain conditions. This is still an emerging area rather than a complete explanation for chronic pain, but it offers a useful way to

understand why poorly perfused tissue may become more irritable and harder to recover.

Muscles provide a familiar example. During activity, working muscles need more oxygen and fuel. If delivery does not meet demand, fatigue and discomfort develop more quickly. A muscle that remains tense for long periods may also compress nearby vessels, limiting local flow and contributing to the feeling of tightness, heaviness, or persistent soreness.

Pain can reduce movement, and reduced movement can further limit the circulation that helps tissue remain healthy.

That cycle does not mean a person should push through severe pain. It means carefully selected movement, nervous system support, and treatments that encourage local circulation may help interrupt part of the pattern.

Why oxygen matters for tissue repair



Healing requires far more than closing the surface of a wound.

The body must control bleeding, manage inflammation, defend against infection, create new blood vessels, produce collagen, rebuild tissue, and strengthen the repaired area over time. These processes all require energy and oxygen.

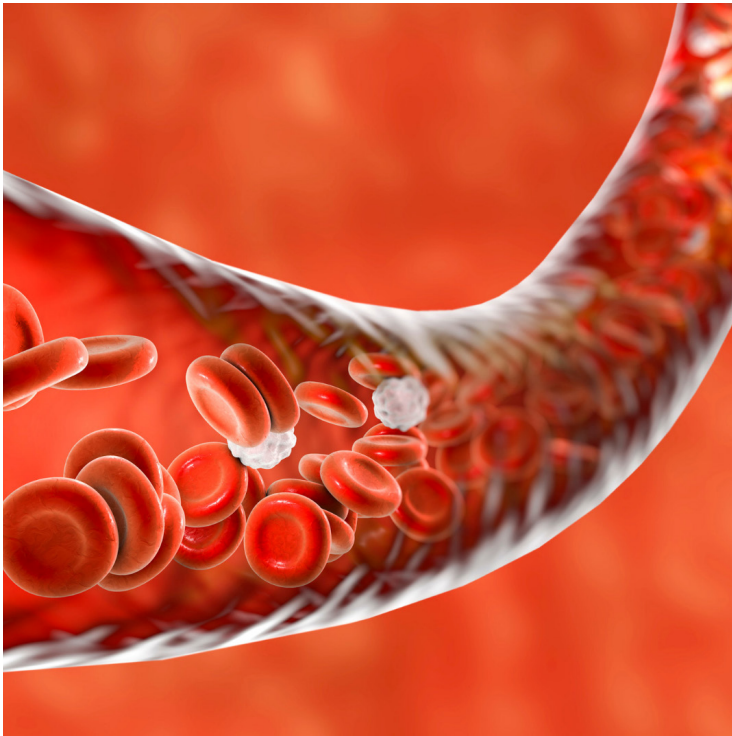
A healing wound initially experiences some reduction in oxygen because blood vessels have been damaged. That temporary change helps activate repair signals. The body must then restore blood flow and build new vessels so the developing tissue receives an adequate oxygen supply.

When circulation remains compromised, the wound may become trapped in a prolonged inflammatory

state. This is one reason diabetes, vascular disease, smoking, immobility, swelling, and repeated pressure can complicate wound healing.

Good circulation does not guarantee that every wound will heal normally, but **without adequate perfusion, the cells responsible for repair cannot work at their full capacity.**

Nitric Oxide helps blood vessels respond



Blood vessels are not rigid pipes. Their inner lining, called the endothelium, actively responds to changes in the body.

One of the molecules involved in that response is nitric oxide. The endothelium produces nitric oxide to signal the smooth muscle surrounding blood vessels to relax. This widens the vessel and allows more blood to pass through.

Nitric oxide also participates in vascular protection, platelet activity, immune signaling, and communication within the vessel wall.

Its availability may decline with age and can be affected by oxidative stress, smoking, diabetes, high blood pressure, inactivity, and other cardiovascular risk factors. When the endothelium produces or uses less nitric oxide, blood vessels may become less responsive.

Nitrate-rich foods include:

- Leafy greens such as arugula, spinach, kale, and lettuce
- Beets
- Celery
- Radishes
- Bok choy and other green vegetables

Berries, citrus fruit, pomegranate, nuts, seeds, herbs, and colorful vegetables provide antioxidants and plant compounds that may help protect vascular function.

The value comes from the larger eating pattern, not one so-called miracle food. A plate that regularly includes vegetables, fruit, healthy fats, fiber, and adequate protein supports far more than circulation alone.



Movement is one of the body's best circulation signals

When muscles contract, they increase their demand for oxygen and nutrients. Blood flow rises to meet that demand, while muscular contractions also help move venous blood back toward the heart.

The increased force of blood moving along the vessel wall creates shear stress, a useful mechanical signal that encourages the endothelium to produce nitric oxide and become more responsive.

Research continues to support exercise as a way to improve endothelial function, including in people with cardiovascular risk factors. Physical activity also supports muscle strength, insulin sensitivity, mobility, mitochondrial capacity, and the nervous system processes involved in pain.

For someone living with chronic pain, however, movement must be selected thoughtfully.

A punishing workout is not required to support circulation. Useful options may include:



- A short walk
- Ankle pumps or seated leg movements
- Gentle mobility exercises
- Water exercise
- Tai chi or adapted yoga
- Light resistance training
- Brief movement breaks during long periods of sitting

The right amount should leave the body able to recover and return to the activity again. A person who experiences severe breathlessness, chest discomfort, faintness, new neurological symptoms, or leg pain that consistently appears with walking should seek medical guidance before continuing.

The most valuable form of movement is one that increases circulation without creating a setback that removes activity from the following days.

Hydration supports the volume being moved

Blood contains a large amount of water. When the body becomes dehydrated, plasma volume can decrease, making it more difficult to maintain normal circulation during heat, illness, or physical activity.

Adequate hydration also supports digestion, temperature regulation, kidney function, and the transport of nutrients and metabolic byproducts.

This does not mean that drinking extra water can correct a blocked artery or another vascular disorder. It means the circulatory system works with the fluid available to it.

Needs vary with climate, activity, medications, health conditions, pregnancy, illness, and body size. People with heart failure, kidney disease, or medically prescribed fluid limits should follow guidance from their healthcare team rather than increasing fluids independently.

Stress and sleep affect the vascular environment

The nervous and circulatory systems communicate continuously.

During a stress response, the body redistributes blood flow and changes heart rate, blood pressure, and vessel tone. This is useful in short bursts. When physiological stress remains high for long periods, the vascular system receives repeated signals associated with tension, inflammation, and increased demand.

Sleep also matters. Poor or fragmented sleep can affect blood pressure, glucose regulation, inflammation, pain sensitivity, and the body's ability to recover from daily strain.

This is another reason circulation cannot be separated from the other parts of The Hache Protocol™. Nutrition, movement, sleep, stress reduction, and microcurrent therapy influence the environment in which the vascular system is working.

No single element carries the whole responsibility. Together, they can reduce some of the obstacles that make healing more difficult.

Where microcurrent may fit

Microcurrent therapy uses very low electrical currents to support the body's electrical communication and repair processes.

Within Pain Free For Life, it is used as part of a broader approach to pain relief, nervous system regulation, cellular energy, tissue repair, and circulation. By working with the body's electrical activity, microcurrent may help create a more supportive local environment for tissue that is painful, inflamed, injured, or recovering.

Research on electrical stimulation has documented effects on local blood flow and vascular measures in certain settings. The results depend on the type of electrical stimulation, current intensity, treatment location, and population being studied. This means the evidence for one electrical therapy should not automatically be applied to every device or protocol.

Microcurrent should also not be presented as a treatment for arterial blockage, blood clots, uncontrolled blood pressure, or serious vascular disease.

Its role is more appropriately understood as **one layer of support within a larger plan**, particularly when pain, inactivity, muscle tension, inflammation, or tissue recovery are part of the picture.

Approved device protocols and guidance from a Treatment Coordinator should be followed when using microcurrent for a specific concern.



Where PEMF may fit

Pulsed electromagnetic field therapy, or **PEMF**, delivers electromagnetic pulses rather than direct electrical current through the skin.

Research has explored PEMF for pain, tissue recovery, bone healing, and peripheral microcirculation. Some studies have reported changes in small-vessel blood flow, although findings remain condition-specific and treatment methods vary considerably.

Pain Free For Life tools such as the **ViaQi** and **Qi Wave** are used to bring PEMF into targeted or broader treatment routines. They may be layered with an Avazzia Life microcurrent device when both electrical and electromagnetic support are appropriate.

Microcurrent and PEMF are not identical and should not be treated as interchangeable. Each works differently, and the best choice depends on the person, device, treatment goal, and protocol being used.

When “poor circulation” needs a medical answer

“Poor circulation” is a common phrase, but it is not a diagnosis.

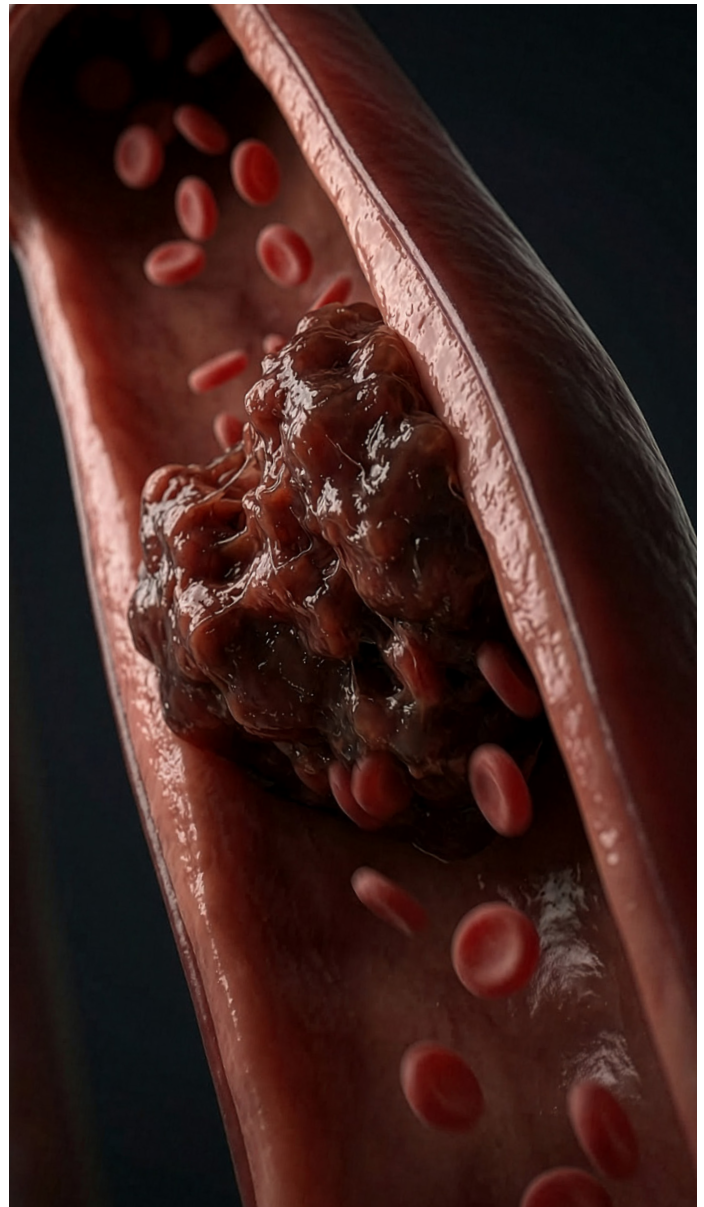
Cold hands may be related to temperature, anxiety, medication, thyroid function, anemia, or Raynaud phenomenon. Leg discomfort may come from joints, nerves, muscles, the spine, or blood vessels. Swelling may involve veins, lymphatic flow, medication effects, injury, heart function, or kidney health.

Persistent or concerning symptoms deserve proper evaluation.

Seek prompt medical care for:

- Sudden swelling, warmth, redness, or pain in one leg
- Chest pain, unexplained shortness of breath, or coughing blood
- Sudden weakness, facial drooping, difficulty speaking, or vision loss
- A limb that becomes unusually cold, pale, blue, or intensely painful
- A wound that is worsening or not healing
- New numbness, loss of function, or severe pain
- Leg cramping that repeatedly begins during walking and improves with rest

These signs may indicate a blood clot, stroke, heart or vascular problem, infection, or another condition requiring medical treatment.



Supporting circulation in everyday life

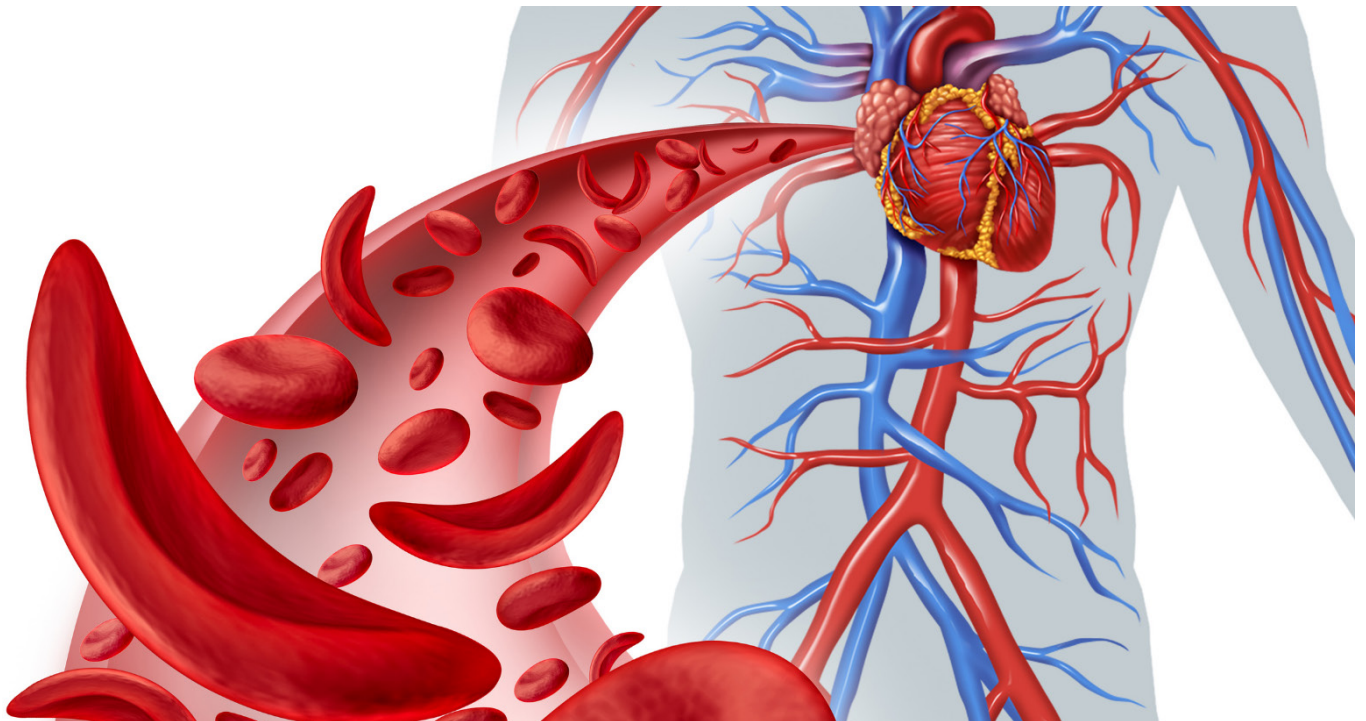
A circulation-supportive routine does not need to be elaborate. It may begin with getting up from the chair more often, drinking enough fluid for your needs, including leafy greens or beets in meals, protecting sleep, managing blood sugar and blood pressure, and using movement the body can tolerate.

Smoking cessation is especially important because smoking damages the endothelium, reduces oxygen delivery, and increases vascular risk. Anyone who needs help quitting deserves practical support rather than judgment.

For people already using microcurrent or PEMF, consistency and appropriate protocol selection matter more than trying to treat every concern at once.

The goal is to support the entire environment that blood vessels, nerves, muscles, and healing tissues depend on.

Why circulation belongs in the bigger healing picture



Circulation is easy to overlook because so much of its work happens in the background. Yet every healing process depends on getting the right resources where they need to go.

Blood carries **oxygen to healing tissue, nutrients to the digestive tract and eyes, fuel to working muscles, and chemical messages throughout the body.** It also supports mitochondrial energy, immune activity, nerve function, and the removal of metabolic byproducts.

That is why supporting circulation is about more than improving blood flow in isolation. Movement, hydration, nourishing food, restorative sleep, stress reduction, appropriate medical care, and complementary tools such as microcurrent or PEMF can each support a different part of the environment your blood vessels and tissues depend on.

Better circulation is not the answer to every health concern, but very little healing happens without it. Understanding that connection can help you make more informed choices about the habits and therapies that support your body as a whole.



Herb-roasted chicken thighs with apples and fresh sage

A protein-rich dinner with savory herbs & naturally sweet apples

Fresh apples and sage bring the flavors of the season into this easy, one-pan dinner. As the chicken roasts, the apples soften and absorb the savory pan juices, while the sage adds warmth and depth without the need for a heavy sauce.

This recipe requires little preparation, uses familiar ingredients, and can be paired with roasted root vegetables, leafy greens, or a simple whole grain for a more complete meal.

How this meal supports whole-body wellness

Chicken thighs provide high-quality protein, which the body needs to maintain muscle, repair tissue, support immune function, and recover from everyday activity. They also provide nutrients such as zinc, selenium, iron, and B vitamins.

Apples contribute fiber, including pectin, a form of soluble fiber that can support digestive regularity and provide nourishment for beneficial gut bacteria. Leaving the peel on adds more fiber and protective plant compounds.

Extra virgin olive oil provides monounsaturated fats, while fresh sage contributes flavor and naturally occurring plant compounds. Together, these ingredients create a satisfying meal that supports nourishment, digestion, and recovery without requiring a long list of ingredients.



Apple and sage roasted chicken thighs recipe

Serves: 4

INGREDIENTS:

- 6 chicken thighs, bone-in and skin-on or boneless
- 2 firm apples, cored and sliced into wedges
- 1 tablespoon fresh sage, finely chopped, or 8 whole sage leaves
- 1½ tablespoons extra virgin olive oil
- 1 teaspoon sea salt, or to taste

INSTRUCTIONS:

1. Preheat the oven to **400°F or 205°C**. Line a rimmed baking sheet or shallow roasting pan with parchment paper for easier cleanup.
2. Pat the chicken thighs dry with a paper towel. Drying the surface helps the chicken brown more evenly, especially when using skin-on thighs.
3. Arrange the chicken and apple wedges on the prepared pan. Drizzle with olive oil, then add the sage and sea salt. Turn the apples and chicken until everything is evenly coated.
4. Place the chicken in a single layer, with the skin facing upward if using skin-on thighs. Arrange the apples around the chicken rather than underneath it.
5. Roast for **40 to 45 minutes**, or until the chicken is golden and the thickest part reaches an internal temperature of **165°F or 74°C**. Boneless thighs may cook more quickly, so begin checking them after approximately 30 minutes.
6. Allow the chicken to rest for **5 minutes** before serving. Spoon the softened apples and pan juices over each portion.

Health benefits

This meal combines **protein, fiber, healthy fats, and plant-based nutrients** in a format that is easy to prepare and satisfying enough for cooler evenings.

The chicken supplies protein and minerals needed for muscle maintenance, immune health, and tissue repair. Apples provide fiber and pectin to support digestion and the gut microbiome, while olive oil adds heart-supportive unsaturated fats. Sage contributes flavor and plant compounds, helping create a nourishing meal without relying on highly processed sauces or added sugar.

For additional fiber and color, serve the chicken with roasted Brussels sprouts, squash, carrots, wild rice, or a leafy green salad.



Harvest for your health: Winter squash for gut health, immunity, and recovery

September brings one of the most satisfying transitions at Pacific Northwest farmers' markets. Summer berries and tender vegetables begin making room for winter squash in shades of gold, green, orange, and deep red.

Despite the name, **winter squash begins arriving well before winter.** Varieties such as delicata, acorn, butternut, kabocha, buttercup, and Hubbard are harvested when fully mature, with firm rinds that help them last well beyond the growing season.

That ability to store is part of what has made squash such an important harvest food. A crop gathered in early autumn can continue nourishing a household for weeks or even months, providing fiber, complex carbohydrates, carotenoids, vitamin C, potassium, and other nutrients during the cooler, busier portion of the year.

For anyone managing chronic pain, digestive concerns, fatigue, or recovery, winter squash offers something especially useful: **substantial nourishment in a form that is versatile, and often easy to build into a meal.**

In this feature, we will explore why winter squash belongs on your plate in September, how its nutrients support the body, ways to choose and store it, and a simple roasted delicata squash recipe that lets the season's natural flavor shine.

Why winter squash may belong on your plate in September



Winter squash is in season across much of the Pacific Northwest beginning in late summer and early autumn. September is an ideal time to find locally grown varieties at farmers' markets, farm stands, grocery stores, or in your own garden.

Unlike zucchini and other summer squash, winter squash is allowed to mature completely on the vine. The flesh becomes denser and sweeter, while the rind hardens enough to protect it during storage.



Each variety has a slightly different personality:

- **Delicata** is mildly sweet and has thin, edible skin
- **Acorn squash** has a gently nutty flavor and is easy to roast in halves
- **Butternut squash** becomes smooth and creamy when cooked
- **Kabocha** has dense, sweet flesh similar to a cross between pumpkin and sweet potato
- **Buttercup squash** is rich and slightly dry, making it useful for soups and mashes
- **Hubbard squash** can grow quite large and has deeply flavored flesh suited to baking and soups

The best choice is often the one that is available locally and feels realistic for the way you cook.

Six ways winter squash supports the body

Winter squash will not resolve pain or inflammation on its own. It can, however, become part of an eating pattern that gives the body more of the nutrients it uses for digestion, immunity, cellular protection, and repair.

1. Carotenoids support vision, immunity, and cellular health

The golden and orange colors found in many winter squashes come from carotenoids, including beta-carotene.

The body can convert beta-carotene into vitamin A, which is involved in normal vision, immune function, cellular communication, growth, and the maintenance of tissues throughout the body.

Carotenoids also act as antioxidant compounds, helping protect cells as they manage the normal oxidative demands of metabolism, inflammation, activity, and recovery.





2. Fiber supports digestion and the gut microbiome

Winter squash contributes dietary fiber, which helps support bowel regularity and digestive function. Some of that fiber can also nourish the microorganisms living in the gut.

This connects naturally with the larger gut-health conversation in this issue. Supporting the microbiome does not require one perfect food. It comes from regularly eating a variety of plant foods that provide different fibers and plant compounds.

For people who are sensitive to fiber or experiencing an active digestive flare, cooked squash may feel more manageable than a large serving of raw vegetables. Begin with the amount your body tolerates and increase gradually rather than assuming more is always better.

3. Vitamin C contributes to collagen and tissue repair

Winter squash provides vitamin C, an antioxidant nutrient that the body also needs to produce collagen.

Collagen contributes to skin, blood vessels, cartilage, bones, and connective tissue, making vitamin C-rich foods relevant to wound healing and everyday tissue maintenance. Vitamin C also contributes to normal immune function.

The amount varies by squash variety and preparation, but winter squash can be one of several colorful vegetables that help you meet your needs.

4. Complex carbohydrates help supply usable energy

Carbohydrates are sometimes treated as something to avoid, but the body relies on them as an important source of fuel.

Winter squash provides **complex carbohydrates alongside fiber and micronutrients**, making it different from a highly refined snack or sweetened food. It can help make a meal more substantial while providing energy the brain, muscles, and other tissues can use.

That matters during recovery because repairing tissue, maintaining body temperature, supporting immune activity, and moving through daily life all require energy.

Pairing squash with protein and healthy fat can create a more complete meal and help the energy from that meal last longer.

5. Potassium supports muscles, nerves, and fluid balance

Winter squash is one of many plant foods that contribute potassium.

Potassium is involved in nerve signaling, muscle contraction, and fluid balance. It works alongside other electrolytes rather than functioning in isolation.

People with kidney disease or medically prescribed potassium restrictions should follow their healthcare provider's recommendations, since foods that are helpful for one person may need to be limited by another.

6. A colorful plant food can strengthen the whole plate

One of winter squash's greatest benefits may be how easily it helps make a meal more nourishing.

It can be blended into soup, roasted beside chicken, folded into a lentil bowl, added to curry, mashed with olive oil, or served over greens with nuts and seeds. That versatility makes it easier to add more plants, fiber, color, and variety without creating an entirely separate "health food" meal.

Healing nutrition is rarely about finding one powerful ingredient. It is about building meals that repeatedly give the body useful materials.

Choosing winter squash

Look for squash that feels heavy for its size and has a firm rind without soft spots, deep cuts, or signs of mold.

A few surface marks are normal, particularly on squash grown close to the soil. Avoid squash with punctures or damaged areas that could allow decay to move into the flesh.

The stem should look dry and intact rather than freshly broken. A missing stem can create an opening that shortens storage life.

For varieties such as butternut, acorn, kabocha, and Hubbard, a hard rind is a sign of maturity. Delicata has thinner skin but should still feel firm and free of soft areas.



Storing the harvest

One of winter squash's best qualities is that it does not have to be cooked immediately.

Whole, uncut squash stores best in a **cool, dry, dark place with good air circulation**. A pantry, closet, or dry basement may work well when the temperature remains moderate. Do not stack squash tightly together, since air should be able to move around each one.

Check stored squash periodically and use any fruit that begins developing a soft area.

Once cut, wrap or cover the squash and refrigerate it. Cooked squash can also be refrigerated for several days or frozen for longer storage.

Keep whole winter squash away from apples and pears during long-term storage. These fruits release ethylene gas, which can contribute to deterioration in nearby produce.

Growing winter squash

Winter squash grows during the warm part of the year and is harvested after the fruit reaches full maturity.

Most varieties need:

- A sunny growing location
- Nutrient-rich soil with good drainage
- Enough room for spreading vines, unless using a compact bush variety
- Consistent water during flowering and fruit development
- Time to mature before cold, excessively wet weather arrives

Because growing seasons vary across the world, choose a variety that can mature within the conditions where you live. Gardeners in cooler or shorter-season areas may have better success with delicata, acorn squash, smaller kabocha varieties, or compact plants bred for earlier harvest.

Squash is generally ready when the rind has hardened, the color has deepened, and the stem begins to dry. Cut the fruit from the vine rather than pulling it, leaving a portion of the stem attached.

Winter squash vines can take up considerable space, but the reward is a food that keeps giving after the garden has begun to slow down.





Simple roasted delicata squash with tahini and pumpkin seeds



Delicata squash is one of the easiest winter squashes to prepare because its thin skin becomes tender when roasted. There is no need to peel it.

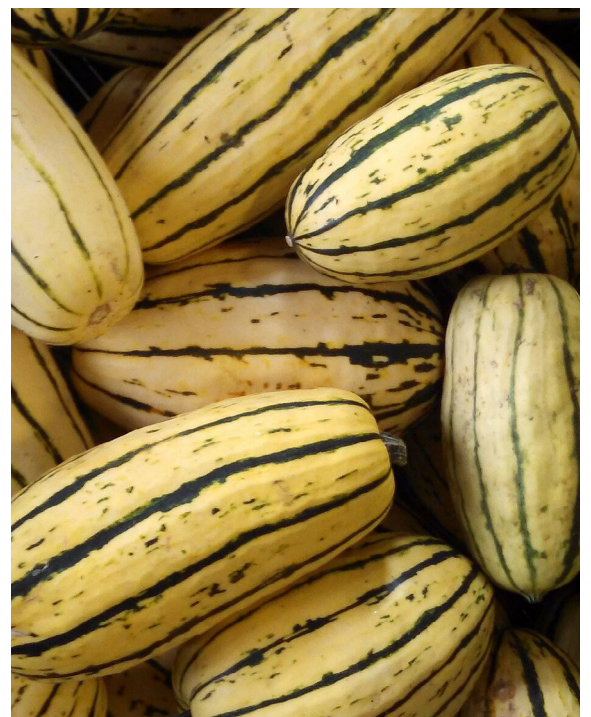
The naturally sweet squash pairs well with creamy tahini, warm spices, and crunchy pumpkin seeds. Serve it as a side dish, add it to a grain or lentil bowl, or place it over greens for a satisfying seasonal lunch.

INGREDIENTS:

- 2 medium delicata squash
- 1 tablespoon extra virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ½ teaspoon sea salt, or to taste
- 2 tablespoons pumpkin seeds

For the tahini drizzle:

- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice
- 1 to 2 tablespoons warm water
- Pinch of sea salt



INSTRUCTIONS:

1. Preheat the oven to **425°F or 220°C**. Line a baking sheet with parchment paper.
2. Wash the squash well because the skin will remain on. Slice each squash in half lengthwise and scoop out the seeds.
3. Cut the halves into approximately ½-inch slices.
4. Place the squash on the baking sheet. Add the olive oil, cumin, cinnamon, and salt, then toss until the pieces are evenly coated.
5. Arrange the slices in a single layer and roast for **20 to 25 minutes**, turning once, until tender and browned around the edges.
6. While the squash roasts, whisk the tahini, lemon juice, warm water, and salt until smooth. Add water gradually until the mixture is thin enough to drizzle.
7. Place the roasted squash on a serving dish. Spoon the tahini sauce over the top and finish with pumpkin seeds.

Serving ideas

This dish can be served warm or at room temperature.

For a more complete meal, pair it with:

- Lentils or chickpeas
- Plain yogurt or a dairy-free alternative
- Quinoa, wild rice, or another whole grain
- Fresh parsley or cilantro
- Roasted chicken or salmon
- Pomegranate seeds for additional color
- Leafy greens

Leftover squash can be added to salads, breakfast bowls, wraps, soups, or scrambled eggs.

Health benefits of this recipe

The roasted squash provides **fiber, complex carbohydrates, carotenoids, vitamin C, and potassium**. Tahini adds unsaturated fat, sesame flavor, and minerals, while pumpkin seeds contribute protein, healthy fats, and texture.

Including fat with carotenoid-rich vegetables may also help the body absorb these fat-soluble plant compounds. Olive oil, tahini, and pumpkin seeds therefore do more than add richness; they help create a nutritionally balanced dish.

Together, the ingredients make a side dish that supports digestion, energy, immune function, and whole-body nourishment without relying on added sugar or heavily processed ingredients.

A harvest that lasts beyond September

Winter squash captures something meaningful about harvest season. It is gathered at its peak, stored with care, and used gradually as the months change.

Pick up a delicata squash for an easy weeknight side. Roast a butternut squash for soup. Try a variety you have never cooked before, or save seeds and plan a small patch for next year!





Meet the team behind Pain Free For Life

Behind the blogs, podcasts, social communities, and online campaigns you see from Pain Free For Life is a team working to keep each piece organized, consistent, and connected. **Althea Marie C. Avila** plays an important role in making that happen.

As Marketing Coordinator at Pacific Health Options for Pain Free For Life, Althea supports a wide range of marketing initiatives, contributing to **content creation, coordination, and distribution across blogs, podcasts, social groups, and digital campaigns**. Her work helps ensure that the information and resources we share reach our community clearly and consistently.

Althea brings experience in social media management and digital marketing, including content management, client engagement, and broader digital marketing strategy within the technology and digital marketing sectors. Earlier in her career, she also served as a marketing assistant for a project management and digital strategy firm, gaining additional experience in **UI design, digital strategy implementation, and project coordination**.

She holds a **Bachelor's degree in Information Technology from the University of the Immaculate Conception**, with a specialization in healthcare technologies. That technical background, combined with her interest in health and wellness, gives Althea a valuable perspective on work that often requires both creative thinking and careful attention to detail.

Known by her teammates for her **reliability, creativity, and collaborative spirit**, Althea is always looking for ways to support the people around her while continuing to build her own skills. Her attention to detail and enthusiasm play an important role in our larger mission to bring **microcurrent therapy and The Hache Protocol™** to the more than 1.5 billion people around the world living with pain.

The Hearts and Minds Behind Pain Free For Life

A conversation with Althea Marie C. Avila Marketing Coordinator, Pain Free For Life

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

My favorite part of my job is being able to help the community and support my teammates in any way I can. I always do my best to assist with their needs, whether it's answering questions, creating content, or helping behind the scenes. It makes me happy knowing that even small things I do can make someone's day a little easier.

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

I have a sweet tooth, so I've been trying to eat less sugar. One of my favorite healthy treats is frozen Greek yogurt mixed with fresh strawberries and a few pieces of dark chocolate. I freeze it so it tastes like ice cream, and it's a healthier way to satisfy my sweet cravings.

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

One thing I've learned is that healing is not one-size-fits-all. Everyone experiences pain differently, and what works for one person may not work for another. That's why it's important to listen to your body and find the approach that works best for you.

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

My favorite resources are Pain Free Living Magazine and our weekly newsletter. Since I design the magazine and compile the weekly newsletter, I get to see all the helpful information, success stories, and community updates before they're shared. It's rewarding to help put everything together for our community.



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

I recharge by doing the things I love while keeping a good balance in life. Lately, that includes joining running events, playing pickleball, spending time outdoors, and simply taking time to relax by watching movies and series online. Staying active and making time for the things I enjoy helps me feel refreshed and keeps both my mind and body healthy.

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

Don't forget to drink enough water every day. It may seem like a small habit, but it makes a big difference. I've experienced recurring UTIs over the past couple of years, and staying hydrated has reminded me how important water is for overall health.

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

One of my favorite memories from working with the PFFL community happens regularly: seeing members share their progress and wins online in our [Facebook community](#). Even though I may not personally know them, seeing their stories and achievements brings a positive feeling and reminds me of the impact this community has on people. It's inspiring to see how everyone celebrates each other's journey and encourages one another along the way.

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

We only live once, so enjoy life and explore the world while you can. Take care of your health by living a healthy and balanced lifestyle, but don't forget to reward yourself along the way. Even the smallest achievements deserve to be celebrated because every bit of progress is still progress.

Thank you, Althea!



From Althea's kitchen: Strawberry dark chocolate frozen greek yogurt treat

Althea has a sweet tooth, but lately she has been looking for ways to enjoy something dessert-like without relying on as much added sugar. One of her favorite solutions is wonderfully simple: **Greek yogurt, fresh strawberries, and a few pieces of dark chocolate, frozen until creamy and cold enough to feel like a treat.**

"It tastes like ice cream," Althea says, which is exactly why this snack has earned a regular place in her routine.

With protein from Greek yogurt, naturally sweet berries, and just enough dark chocolate to make it feel special, this is an easy snack to prepare ahead and keep in the freezer whenever a sweet craving arrives.

Serves: 4

INGREDIENTS:

- 2 cups plain Greek yogurt
- 1 cup fresh strawberries, hulled and chopped
- 2 to 3 tablespoons dark chocolate, finely chopped

INGREDIENT NOTES:

Choose a Greek yogurt you already enjoy. Plain yogurt keeps added sugar lower, while a thicker Greek-style yogurt creates a creamier frozen texture.

Use ripe strawberries. The sweeter and more flavorful the berries are naturally, the less you may miss added sweeteners.

Chop the chocolate into small pieces. This distributes a little chocolate throughout each serving rather than concentrating it in a few bites.

Freezing Greek yogurt makes it firmer than traditional ice cream. Letting it sit at room temperature for a few minutes before eating will give it a softer, creamier texture.



INSTRUCTIONS:

1. Add the **Greek yogurt and chopped strawberries** to a medium bowl and gently stir until the berries are distributed throughout.
2. Fold in the **dark chocolate**, reserving a small amount for the top if you would like.
3. Spoon the mixture into a freezer-safe container and spread it into an even layer. Sprinkle the remaining strawberries or chocolate over the top.
4. Cover and freeze for approximately **2 to 3 hours**, or until firm enough to scoop.
5. If frozen overnight or until completely solid, remove the container from the freezer and allow it to sit at room temperature for **5 to 10 minutes** before serving.
6. Spoon into small bowls and enjoy cold.

Make it your own

The beauty of this recipe is how little it needs.

Keep Althea's original combination of strawberries and dark chocolate, or use the same basic method when another berry is in season. Blueberries, raspberries, or chopped blackberries can all work well with Greek yogurt.

For a softer frozen snack, divide the mixture among small individual containers before freezing. You can also spoon small portions onto a parchment-lined tray and freeze them as bite-size clusters for an easy grab-and-go treat.

Why we love it

Sometimes a supportive food choice works because it does not feel like a compromise.

Greek yogurt provides **protein**, along with nutrients such as calcium, and varieties containing live cultures may also contribute beneficial bacteria. Strawberries add **fiber, vitamin C, antioxidants, and natural sweetness**, while dark chocolate brings rich flavor so a relatively small amount can make the snack feel more satisfying.

The combination of protein and fruit also gives this treat more nutritional substance than a dessert built primarily around added sugar.

Most importantly, it reflects something Althea shared in this month's Team Spotlight: **taking care of your health does not mean removing everything you enjoy**.

She believes in finding balance, making choices that support the body, and still leaving room to celebrate and enjoy life along the way.

This frozen yogurt snack does exactly that: simple ingredients, a little sweetness, and something delicious waiting in the freezer when you want it.



A way forward when pain leaves few options

How “Claire” is using microcurrent therapy, Vagus nerve stimulation, and personalized support as she works toward greater mobility

To protect her privacy, the client featured in this case study has asked that her name be withheld. We are using the pseudonym “Claire” throughout this article. If you would like to share your own Pain Free For Life story while keeping your identity private in the published case study, please email support@painfreeforlife.com and let our team know that you would like your story to be shared anonymously.

For Claire, chronic pain has never been confined to one injury or one part of the body.

After several years of untreated injuries, she was living with a complicated musculoskeletal picture that included a **torn left gluteus medius, loss of cartilage in her hips, arthritis in the SI joint, injuries to both knees, and severely impaired mobility.**



She described the pain as **“chronic”** and **“corrosive.”** At its worst, the intensity has been extreme enough that she has lost her voice from screaming.

Her treatment options are also unusually limited. Claire reports allergies that prevent her from taking pain medication, and surgery is not an option for several reasons, including an allergy to anesthesia.

By the time she began exploring microcurrent therapy, she had already been living with these conditions for approximately three to five years.

Remembering what relief felt like

Claire had experienced the potential of microcurrent before finding Pain Free For Life.

In August 2020, a college friend who is a retired chiropractor treated her with microcurrent. Claire remembers the result vividly:

“ALL PAIN REVERSED.”

When she returned home, she was able to resume her normal two-mile daily walks.

That experience stayed with her.

Later, a webinar with [Dr. Keith Scott-Mumby](#) helped lead Claire to Pain Free For Life. She began with an [Avazzia Life Genesis](#), later upgraded her device, and eventually moved to the [Avazzia Life Pinnacle Lite](#).

Of the devices she has used, Claire describes the Pinnacle Lite as her **“most powerful experience to date.”**

Healing is still in progress

Claire is very clear that her story is not a simple before-and-after transformation.

Her recovery is still in progress.

With multiple injuries accumulated over successive years, pain reduction can sometimes be noticeable in one area immediately while another part of her body remains difficult.

“It all depends,” she explained. “I have SO MANY injuries, and SO MUCH PAIN, that while reduction can frequently be gauged in one area immediately, it doesn’t always work that way.”

Her mobility remains significantly affected. Claire is currently relearning how to walk, and activities that once defined her daily life have become difficult or impossible.

Social activities, housework, gardening, cleaning her car, and ordinary daily tasks have all been affected.

When asked how her pain and mobility limitations have changed her life, Claire answered simply: **“IN EVERY WAY IMAGINABLE.”**

Yet within that difficult larger picture, she is also discovering treatments that can make individual days and symptoms more manageable.



Finding the methods that work for her

The technique Claire uses most frequently is the four-electrode pad method.

She also regularly uses the [Y Probe for Vagus nerve stimulation](#), which has become one of the most important parts of her routine.

Painting techniques are also part of her treatment options, although Claire finds them more physically demanding. Spending 15 minutes painting a quadriceps muscle or IT band, for example, can be tiring when pain and mobility are already significant.

For Claire, this has made treatments that can be completed more comfortably or hands-free especially valuable.

“Vagus nerve stimulation has changed my life”

After completing her original case study questionnaire, Claire realized there was something important she had left out.

“How COULD I forget that Vagus nerve stimulation has changed my life?”

she wrote.

For Claire, **Vagus nerve stimulation has become about much more than pain relief.**

She reports meaningful improvements in both **sleep quality and mood**, and she frequently uses conductive ear clips while she works.

Her description of the ear clips says a great deal about how useful they have become in everyday life:

“Heaven-sent!”

These improvements matter because severe chronic pain rarely ends when the painful area is no longer being treated. It can follow someone into sleep, work, mood, concentration, and the ability to manage the next day.

For Claire, nervous system support has become an important part of navigating all of it.

The morning after a difficult physical therapy session

One recent experience showed Claire just how meaningful the right treatment can be during a difficult flare.

after a wednesday physical therapy session, she experienced what she described as ***“agonizing consequences.”***

she was barely able to walk.

after a long and grueling day, Claire was finally able to lie flat. she placed **all four electrodes over her arthritic si joint and treated the area for 20 minutes.**

during the session, she noticed something she had never experienced before.

for the first time, Claire says she could actually sense the different frequencies as the treatment progressed. at one point, the sensation felt distinctly circular, something she described as ***“ASTONISHING”*** and difficult to put into words.

the following morning brought the part that mattered most: ***“NO LOWER BACK PAIN THIS MORNING!”***

one successful treatment does not erase years of injury or predict the outcome of every future session. for someone working through severe pain and limited mobility, however, having a tool that can help change the course of a difficult flare can make an enormous difference.

Support on the darkest days

When Claire was asked what stood out most about her experience with pain free for life, she did not name a device.

She named her treatment coordinator, **Annie Svensen.**

Claire described annie as the ***“absolute BEST FACET of PFFL”*** and praised the knowledge, responsiveness, and encouragement she brings to their work together.

Her attitude, Claire said, is: ***“PURE SUNSHINE!!!!”***

That personalized treatment coordinator support via her [Private Membership](#) has become especially valuable as Claire learns how to work with her device, determine which protocols fit different concerns, and navigate physical therapy, pain flares, and rehabilitation.

For readers wondering how to receive this type of guidance, **personalized treatment coordinator support is available through an eligible hache protocol private membership.** Your treatment coordinator can help develop an individualized treatment plan, guide you toward appropriate protocols for your avazzia life device, and help you understand how different treatments and accessories may fit your needs.

[Explore the Hache Protocol Private Membership and Treatment Coordinator Support](#)



For Claire, having someone to turn to with questions has meant more than learning another protocol. on the hardest days, annie has also helped provide something Claire values just as deeply: **hope.**

A journey toward restoration

Claire is still working toward the life she wants back.

She is relearning how to walk. her mobility remains limited. everyday activities that once came naturally are still difficult, and years of musculoskeletal injury cannot be reduced to one treatment or one moment of improvement.

But she is also building a clearer understanding of what helps.

The **four-electrode method** has become one of her most frequently used approaches. the [Pinnacle Lite](#) has given her what she describes as her strongest microcurrent experience so far. **Vagus nerve stimulation** has become central to her routine, with reported improvements in sleep and mood. conductive ear clips allow her to bring nervous system support into the workday. And when physical therapy triggered severe lower-back pain, targeted microcurrent treatment over the si joint was followed by a morning without that pain.

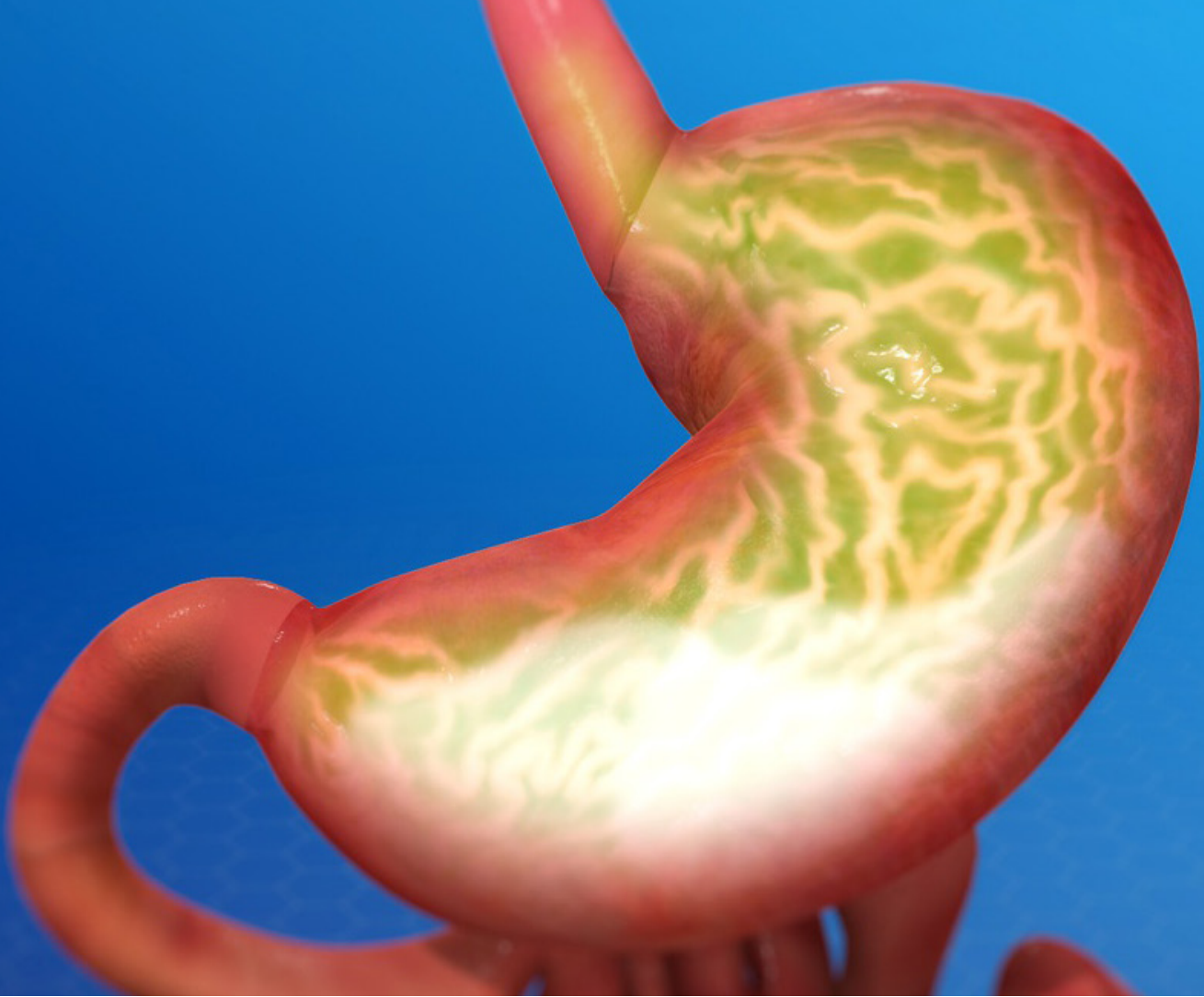
When asked to describe her overall experience with pain free for life in one sentence, Claire chose words that capture exactly where she is today:

“A journey toward restoration.”

like many of us, her journey is still unfolding.

For Claire, progress does not mean pretending the injuries, pain, or limitations are gone. it means **finding ways to reduce suffering, support her nervous system, understand what her body responds to, and continue working toward greater mobility and independence.**

Each step forward is another piece of the life she is working to reclaim.



Protocol spotlight: Gastroesophageal Reflux Disease (Acid Reflux)

This month's protocol spotlight focuses on Gastroesophageal reflux disease (or GERD), which occurs when stomach acid regularly flows back into the esophagus. This backwash (acid reflux) can then irritate the lining of your esophagus.

As outlined in [Current Medicine, 3rd Edition](#):

GERD is caused when acid reflux becomes frequent. This continual backwash of acid aggravates the lining of your esophagus, often causing it to become inflamed. Risk factors include pregnancy, obesity, hiatal hernia, connective tissue disorders, smoking, eating large meals late at night, taking aspirin, drinking alcohol and caffeine, and certain fatty/fried foods.

GERD may cause chest pain, difficulty swallowing, a burning sensation in your chest, regurgitation of food, the feeling of a lump in your throat, chronic cough, disrupted sleep, laryngitis, and new or worsening asthma.

Over time, GERD can cause narrowing of the esophagus due to scar tissue, an esophageal ulcer, and precancerous alterations to the esophagus, known as Barrett's esophagus.

Dietary changes and Microcurrent therapy can help ease the side effects of GERD. However, it is also best to remember to avoid food and drink for at least three hours before bed.

Treatment Method:

Once you have identified the foods you should avoid, you may use Microcurrent to stimulate the release of bile stored in the gallbladder. You may also want to think about how you are treating your liver, as obesity is a significant cause of liver-related issues.

From the TCM Perspective

The gallbladder, liver, pancreas, and spleen work to support the stomach's digestion. When these organs aren't functioning properly, the digestive system becomes imbalanced, and acid reflux and heartburn ensue. It is also thought that GERD disrupts chi, or vital energy flow.

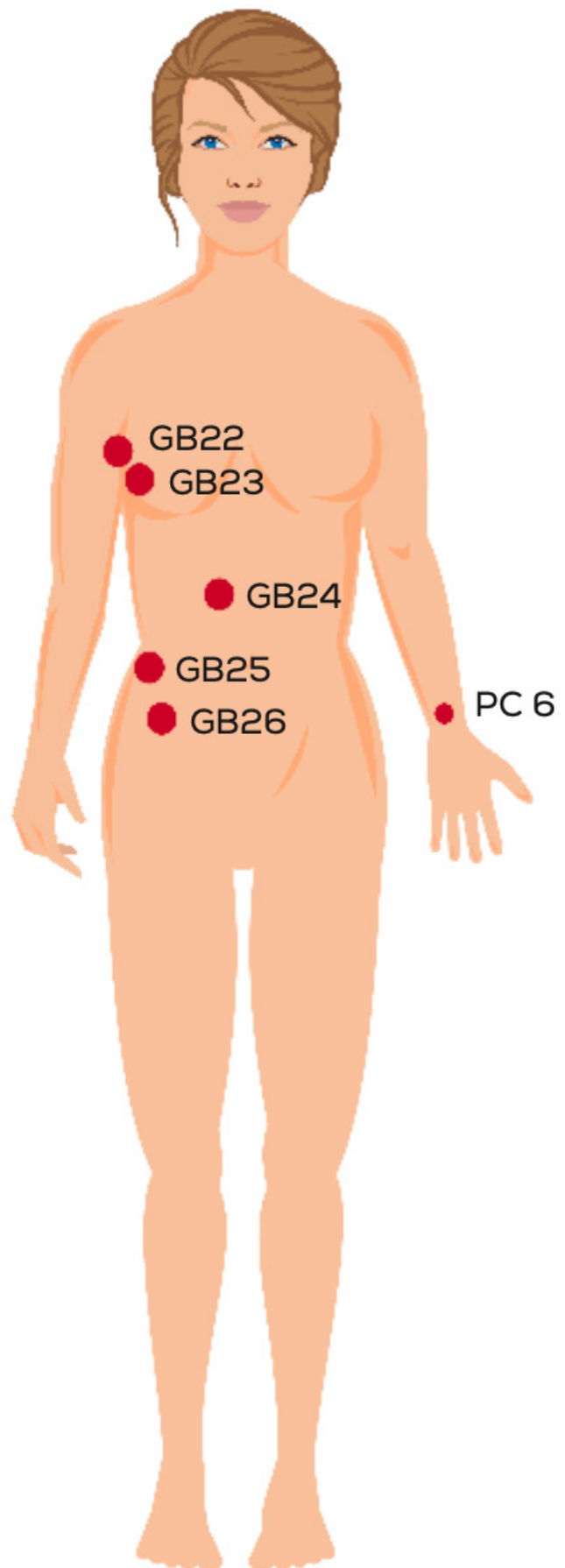
When working over areas of soft tissue, use SANA Soft T, 90 Hz set in AVA, or 77 Hz.

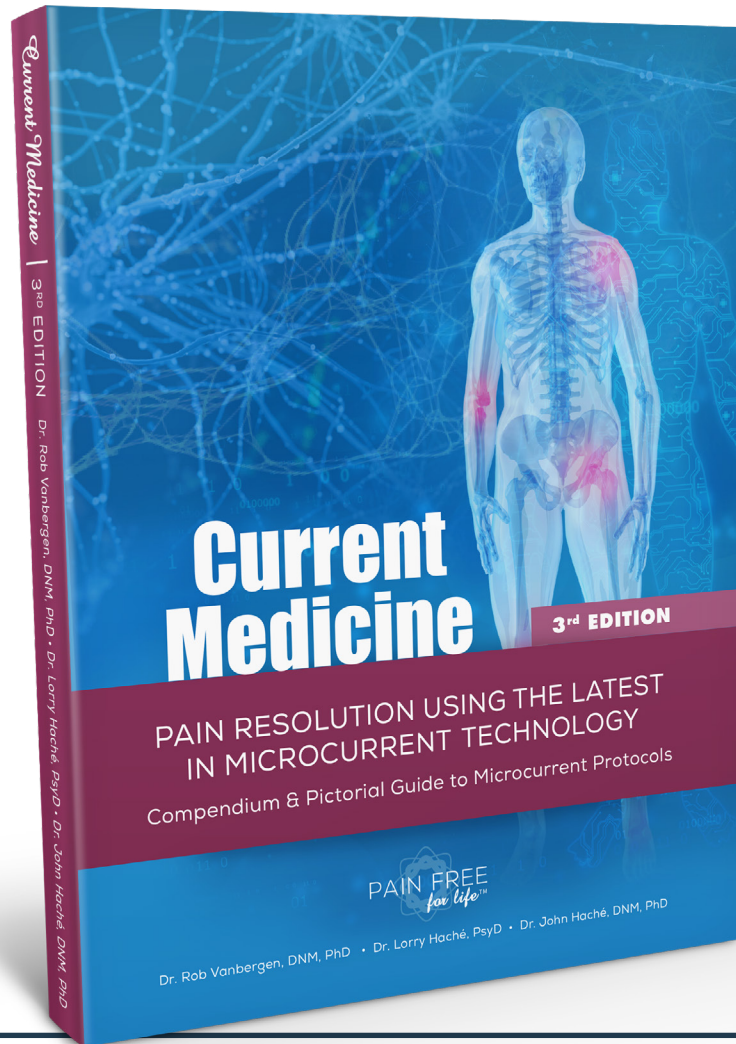
Step 1: Vagus Nerve Stimulation
(Core intervention)

Step 2: Stimulation Algorithm over the Stomach and Gallbladder Alarm Points

Step 3: Electro-Acupuncture: PC 6

Step 4: Electro-Acupuncture:
GB24





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

Ready to explore it more deeply? Review the Gastroesophageal Reflux Disease protocol and 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: September 10-minute trainings

Week 1: Healing Leaky Gut with Energy Medicine (REPLAY)

A healthy gut can influence much more than digestion. In this training, Dr. Rob explores leaky gut and how energy medicine can be incorporated into a holistic approach to supporting digestive health, reducing irritation, and creating better conditions for the body to heal.

Week 2: How Microcurrent Can Help with Graves Disease (REPLAY)

Sound has been used for centuries to promote relaxation and well-being. In this session, Dr. Rob explores how healing frequencies can complement microcurrent therapy by supporting the nervous system, reducing stress, and encouraging a more balanced environment for healing.

Week 3: Understanding the Gut-Brain Connection (REPLAY)

The gut and brain are constantly communicating, making digestive health an important part of whole-body wellness. Dr. Rob explores this connection and explains how supporting the gut, nervous system, and their communication may influence digestion, mood, inflammation, and the body's ability to heal.

Week 4: Trigger Points(NEW)

In this session, Dr. Rob will discuss the **concept behind trigger points and the methodology used when approaching them with microcurrent therapy**. Rather than simply presenting a treatment to follow, the training is designed to help you better understand the reasoning behind the approach so you can recognize how the pieces fit together.

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 still on hiatus, but the archive is full of conversations worth revisiting. This month, we're highlighting three episodes focused on nervous system health, longevity, and becoming a more active participant in your own healing.

Episode #137: Neuroplasticity, Hormesis, and Circadian Lifestyle With Dr. Eleanor Stein, MD

Dr. Rob and Dr. Eleanor Stein explore neuroplasticity, hormesis, circadian health, and the everyday factors that influence nervous system function and resilience.

[Listen to Episode #137](#)

Episode #133: Pet Longevity Medicine With Dr. Kevin Toman, DVM

Dr. Rob and Dr. Kevin Toman discuss nutrition, movement, supplements, joint health, stress, and emerging longevity science for helping pets live longer, healthier lives.

[Listen to Episode #133](#)

Episode #129: The Empowered Patient: Taking Charge of Your Healing

Dr. Rob explores what it means to become an informed participant in your own care, including consistency, self-advocacy, working with practitioners, and navigating the non-linear nature of healing.

[Listen to Episode #129](#)

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](#)

Fascia and chronic pain: What to know

What this connective-tissue network reveals about pain, trigger points, movement, and microcurrent treatment

When pain keeps returning to the same shoulder, hip, neck, or lower back, we tend to blame the structures we know best. A tight muscle. An irritated joint. An old injury. A sensitive nerve.

But woven through and around every one of those structures is fascia, the connective-tissue network that surrounds muscles and nerves, supports joints and organs, carries blood vessels, and helps different parts of the body move together.

For years, fascia was treated largely as biological wrapping, something to move aside to reach the muscles, bones, and nerves considered more important. Research is changing that view.

Fascia is living, sensory, responsive tissue.

It contains nerve endings, interacts with the tissues around it, transmits mechanical forces as we move, and can participate in pain itself. Changes following injury, surgery, inflammation, inactivity, or repeated stress can also affect how comfortably tissues move and glide.

That gives us a broader way to think about chronic pain, especially when repeatedly treating the place that hurts has not provided the whole answer.

It also raises an important question for anyone using microcurrent therapy:

What changes when we stop looking only at the painful point and begin considering the connective-tissue network around it?

That is where fascia becomes especially interesting.

Fascia is part of how your body moves

Fascia exists in different forms throughout the body. Some areas are dense and strong, while others contain looser layers that allow neighboring tissues to move across one another when you bend, rotate, walk, breathe, or reach.

One substance involved in this movement is **hyaluronan, or hyaluronic acid**, which helps create a slippery environment between fascial layers.

This means fascia has to accomplish two jobs at once: provide support while still allowing movement.



Injury, surgery, inflammation, inactivity, and repeated mechanical stress can all influence the environment surrounding connective tissue. When an area becomes painful or difficult to move, the muscle itself may therefore be only one part of what is happening.

Fascia can be a source of pain

Fascia contains sensory nerve endings capable of responding to pressure, movement, and painful stimulation.

Research involving the thoracolumbar fascia of the lower back has shown that stimulating fascial tissue can produce significant pain and pain that spreads beyond the exact area being stimulated.

That does not mean every sore back, shoulder, or hip is a fascia problem.

It does tell us that **fascia can participate in the pain experience rather than simply surrounding the structures that hurt.**

This becomes especially relevant when pain persists. Muscles may tighten to protect an area, movement can change, nearby tissues receive different mechanical loads, and the nervous system may become increasingly sensitive to signals from the region.

The result can be much more complicated than one injured muscle.

Trigger points are part of this bigger picture

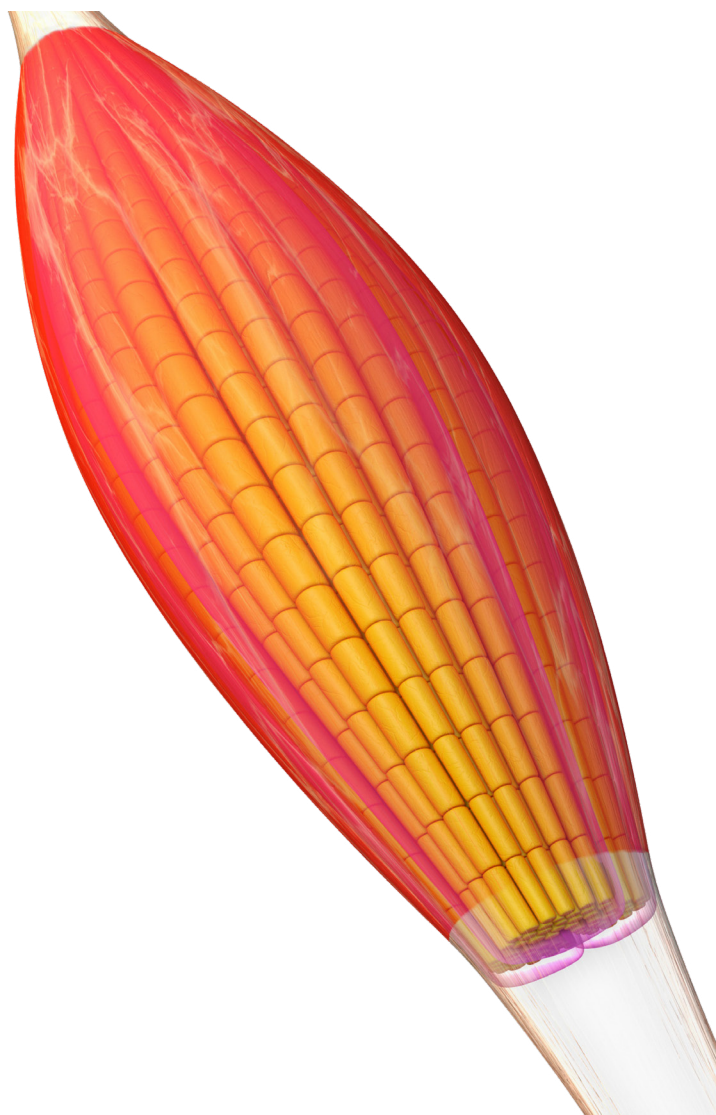
Most people know the feeling of finding a particularly tender spot in the neck, shoulder, jaw, back, or hip. Pressure may hurt directly beneath your fingers or even create discomfort somewhere else.

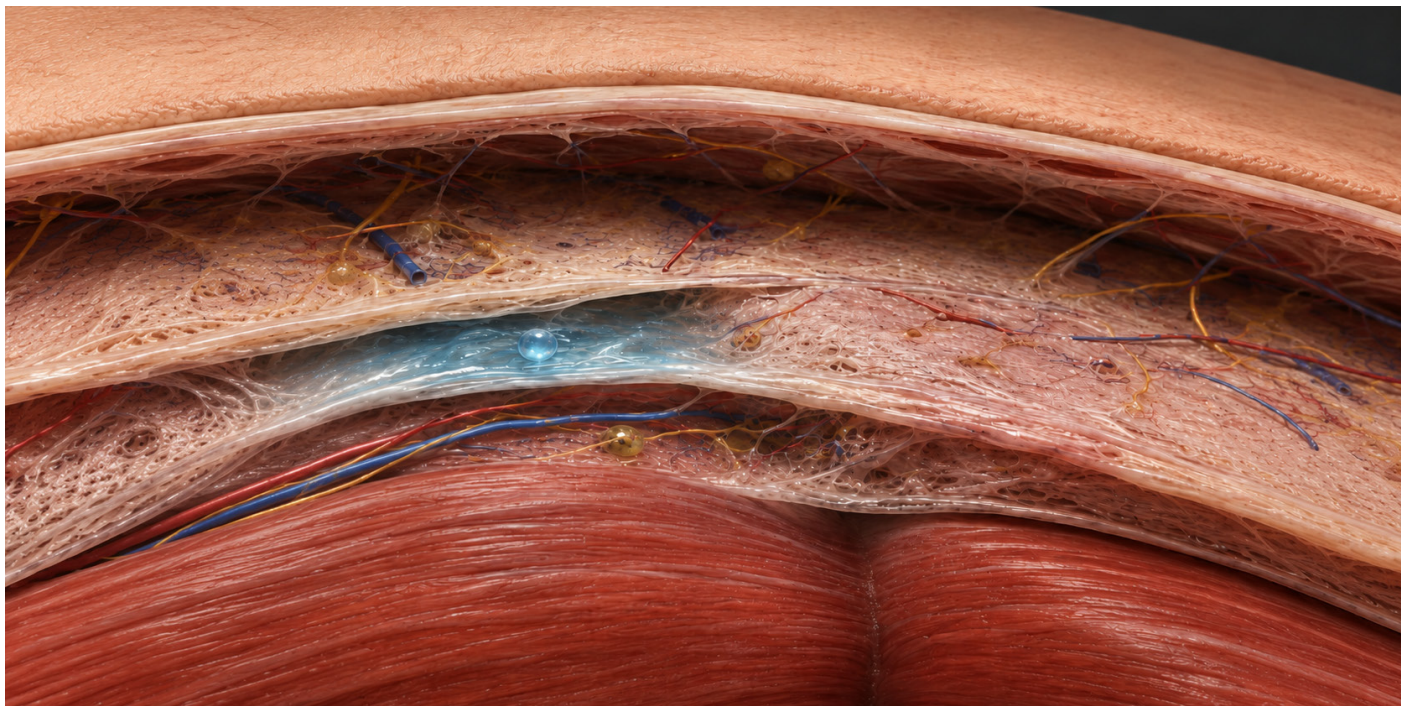
We often call these areas **trigger points or muscle knots.**

Despite the familiar terminology, researchers continue to investigate exactly what is happening within a trigger point. Muscle contraction, circulation, chemical changes, connective tissue, nerve sensitivity, and the way the nervous system processes pain may all contribute.

That is why the term **myofascial pain** is helpful. Muscle and fascia work together rather than existing as two separate systems.

A painful point may involve tight muscle fibers, but the connective tissue surrounding them, local nerves, circulation, and nervous-system sensitivity may also need consideration.





Tight fascia is not automatically scar tissue

Another common misconception is that every hard or restricted area contains scar tissue or an adhesion that needs to be “broken up.”

Scar tissue can certainly affect movement, particularly after surgery or injury, but not every restriction is a scar.

Fascia researchers also use the term **densification** when describing certain changes in the looser connective-tissue layers that normally allow fascial surfaces to glide.

Hyaluronan is one area of interest. Changes in its physical properties may influence how easily those tissue layers move against one another.

The important point is practical: **painful or restricted tissue does not necessarily need to be attacked with more pressure.**

Fascia contains nerves, blood vessels, fluid, and living cells. For an already sensitive area, aggressive treatment can sometimes create more irritation.

The goal is better function and more comfortable movement.

Fascia helps us look beyond the painful spot

Fascia does not stop neatly where one muscle ends and another begins.

Connective tissues blend into neighboring structures and help transmit mechanical forces as we move. Walking, for example, involves the feet, legs, pelvis, trunk, and arms working together rather than operating as separate parts.

This does not mean every shoulder problem begins in the hip or that pulling on one fascial “chain” will realign the entire body.

It does mean **the place that hurts may not be the only place worth considering.**

An old scar may affect nearby tissue. Pain may change the way someone walks or moves. A sensitive nerve may make ordinary pressure uncomfortable. Muscle guarding can place different demands on surrounding structures.

This broader view fits naturally with the way we already approach pain through **The Hache Protocol™**. Symptoms rarely exist independently of movement, circulation, nervous-system activity, sleep, stress, nutrition, and previous injury.

Fascia, meridians, and the body's electrical pathways

Fascia becomes especially interesting when we consider **Traditional Chinese Medicine and microcurrent therapy.**

Traditional Chinese Medicine describes meridians as pathways through which chi, or vital energy, moves throughout the body. Modern anatomy has not identified meridians as separate physical tubes or vessels.

Researchers have, however, found intriguing relationships between some traditional acupuncture locations and the body's connective-tissue network. One anatomical study reported that many acupuncture points examined in the arm corresponded with intermuscular or intramuscular connective-tissue planes.



Researchers have also investigated whether some meridian pathways display different electrical properties from nearby tissue, although the findings have not been consistent enough to establish meridians as distinct electrical structures.

So it would be too strong to say that **fascia and meridians are the same thing.**

But the overlap raises an interesting question about how traditional treatment pathways may relate to connective tissue, nerves, mechanical forces, and the electrical properties of living tissue.

The body is electrical as well as chemical

This idea will be familiar to readers of *The Body Electric* by Robert Becker and Gary Selden.

Human physiology does not operate through chemistry alone. Nerves transmit electrical signals. Cells maintain electrical potentials across their membranes. Charged ions move through tissues, and electrical activity influences communication, muscle function, transport, and repair.

Fascia exists within that electrical environment.

It surrounds nerves and blood vessels, contains fluid and charged molecules, responds to mechanical forces, and forms part of the extracellular environment in which cells communicate.

Rather than thinking of fascia as an electrical wire running through the body, it is more accurate to see it as **part of a network where mechanical, chemical, neurological, and electrical activity constantly**

interact.

For anyone working with microcurrent, that distinction matters.

Microcurrent treatment is not always about putting an electrode directly over the point of greatest pain.

Depending on the protocol, we may consider **nerve pathways, trigger points, scars, meridian points, surrounding soft tissue, and the pathway between electrodes.**

Traditional meridian theory gives us one framework for thinking about treatment pathways. Modern anatomy adds our understanding of nerves, connective tissue, circulation, muscles, and scars. Those perspectives can complement one another.

The goal is simple: **treat with intention rather than repeatedly chasing the symptom.**

Where microcurrent fits

Fascia does not operate separately from muscle, nerves, circulation, scars, or the nervous system. Painful tissue may involve several of these systems at the same time.

Within Pain Free For Life, microcurrent is used in protocols involving **pain, soft tissue, scars, trigger points, nerve and meridian pathways, circulation, and nervous-system regulation.**

That makes microcurrent one possible part of a larger tissue strategy.

Movement matters too. So do hydration, nutrition, sleep, and recovery. Each supports a different part of the environment in which connective tissue functions.

Once again, this brings us back to the Five Interactive Elements of The Hache Protocol™ rather than asking one treatment to do everything.

What fascia changes about the pain conversation

Fascia does not replace muscles, joints, nerves, inflammation, or the nervous system in our understanding of chronic pain.

It helps connect them.

It surrounds muscles and nerves, participates in movement, contains sensory structures, responds to injury, interacts with scar tissue, and helps transmit mechanical forces throughout the body.

That makes it much more than packaging.

And when the same painful area keeps returning, it gives us a better question to ask.

Instead of focusing only on what hurts, consider what is happening in the tissues surrounding it, the nerves traveling through the region, old scars or injuries, movement patterns, and the way the nervous system is responding.

Sometimes finding a better way forward begins by looking beyond the painful spot and understanding the network around it.

Learn more about microcurrent therapy, nervous-system support, movement, and The Hache Protocol™ inside the [Pain Free Living Lab.](#)



Avazzia life pinnacle: Advanced microcurrent, built for greater possibility

How our flagship microcurrent device combines guided programs, custom frequencies, biofeedback, and expanded treatment options



As your experience with microcurrent grows, treatment often becomes more individualized.

You may want to move beyond a handful of familiar settings and begin working more precisely with **pain, nerve pathways, scar tissue, wounds, muscle rehabilitation, nervous system support, meridian points, or several concerns at once**. You may want the freedom to create and save your own programs, while still having doctor-designed options ready when a more guided approach makes sense.

That is where the [Avazzia Life Pinnacle](#) stands apart.

As the flagship device in the Avazzia Life line, the Pinnacle combines **12 doctor-designed automatic programs, more than 50 preset programs, advanced frequency sets, customizable programming, memory, and interactive biofeedback** in one system. It was created for healthcare practitioners and experienced home users who want greater treatment flexibility without turning every session into a complicated process.

The result is a device that can meet you at different levels of treatment. Choose a guided program when you want a streamlined starting point, or move deeper into custom frequencies, specialized accessories, advanced pathways, and individualized applications as your knowledge and needs evolve.

The Pinnacle is not about adding complexity. It is about having more options when a more precise approach is called for.

Professional-grade microcurrent therapy device with an intuitive touch

Advanced therapy devices can offer impressive capabilities and still become frustrating when every treatment requires several decisions before it can begin.

The Pinnacle addresses that challenge with **12 curated automatic programs** developed by the Pain Free For Life doctors to work alongside **The Hache Protocol for Pain Resolution™**. These programs bring together selected frequencies for specific categories of care, reducing the need to build every treatment manually.

The device also includes **more than 50 preset programs** and allows experienced users to design, save, and return to custom programs created for their own needs or professional practice.

This creates two useful paths.

Someone who wants a more guided treatment can choose an automatic program and begin. A practitioner or advanced home user who understands frequency selection can move deeper into customization.

The Pinnacle offers structure when you want guidance and flexibility when you need greater control.

Programs created around real treatment goals

The Pinnacle's doctor-designed programs were built around the concerns that clients and practitioners regularly bring into treatment.

Program categories include support for:

- ✓ Chronic and acute pain
- ✓ Nerve-related concerns
- ✓ Muscle weakness, tension, and rehabilitation
- ✓ Joint stiffness and discomfort
- ✓ Soft-tissue injuries
- ✓ New physical trauma
- ✓ Wounds and post-surgical recovery
- ✓ Deep or restrictive scar tissue
- ✓ Inflammation and tissue repair

Rather than asking the user to identify every frequency that may apply, the automatic programs combine selected settings into a more streamlined treatment.

That can be especially valuable when a condition involves several layers. A surgical recovery may include pain, swelling, nerve sensitivity, scar formation, limited movement, and emotional stress. An older injury may involve tissue restriction, muscle compensation, and a nervous system that continues to protect the area long after the original event.

The Pinnacle gives the user more ways to address those overlapping needs without requiring every concern to be treated as a completely separate problem.



Biofeedback helps you listen to the tissue

As the Pinnacle moves across the skin, changes in tissue resistance affect how the device responds. Areas that drag, feel “sticky”, produce stronger sensations, or create visible changes in the reading may indicate places that deserve greater attention.

The Pinnacle’s **backlit display and audible feedback** help users follow that response during treatment. Its assessment capabilities can make active areas easier to identify, while treatment indicators help the user know when a cycle has been completed.

Biofeedback changes microcurrent from a one-way application into an ongoing exchange with the body.

Direct treatment is only the beginning



The Pinnacle can be used directly on the skin without an external accessory. Its built-in electrode allows the user to scan, identify active areas, and treat familiar pain patterns using the device itself.

For many treatment goals, however, accessories expand what becomes possible.

A **Y Electrode** can make it easier to work around joints, muscles, the spine, or areas that benefit from two treatment points. Conductive pads support hands-free applications and allow current to travel between selected locations. Face and Pencil Electrodes offer greater precision. Conductive gloves and socks make it possible to complete Mitochondrial Recharge and other broader treatments.

The Pinnacle can also be paired with accessories designed for:

- Vagus nerve stimulation
- Cranial and trigeminal nerve work
- Alpha brain-wave support
- Tongue stimulation
- Cosmetic and facial applications



- Scar and wound protocols
- Meridian and electro-acupuncture points
- Pet and animal care
- Whole-body and targeted treatment approaches

The right accessory is not simply an add-on. It can change how easily a protocol is performed, how precisely an area can be reached, and how comfortably a treatment fits into daily use.

[Explore microcurrent accessories here.](#)

More than just Microcurrent

The Pinnacle is also designed to power compatible Pain Free For Life accessories that bring other energy-medicine modalities into the same healing routine.

When connected to the appropriate accessory, the Pinnacle can be used with **scalar and PEMF technologies**, including tools such as the [Scalar Qi](#), [SANA Qi](#), [ViaQi](#), and [Qi Wave pad](#).

For some clients, microcurrent remains the primary focus. Others may layer modalities according to the treatment goal, the area involved, sensitivity, comfort, or guidance from their Treatment Coordinator.

This flexibility is one of the reasons the Pinnacle works so well in a professional practice and is loved by those who have completed our [Certified Pain Resolution Specialist™ Program](#). One device can become the power source behind several different treatment approaches rather than limiting the practitioner to a single method.

Advanced frequency sets and custom programming

Beyond its automatic and preset treatment programs, the Pinnacle includes frequency options for users who want to work more deeply with the nervous system and the body's energetic pathways.

These include:

- **Alpha, Beta, Delta, Gamma, and Theta frequency sets**
- **Electro-acupuncture frequency options**
- **LINQ technology for working with peripheral nerve and meridian pathways**
- **Chakra modes**
- **Cosmetology modes**
- **Customizable frequency programming**
- **The ability to save frequently used programs**

The **brain-wave frequency sets** may be incorporated into protocols involving relaxation, sleep, concentration, neurological support, or mental and physical fatigue.

Electro-acupuncture settings allow users trained in point-based treatment to stimulate selected meridian points without needles. LINQ technology adds another way to assess and work through connected pathways across the body.

The Pinnacle gives you more ways to think about how a treatment can be built.

Classic or Deluxe: Choosing the right starting point



The Pinnacle is available in both [Classic](#) and [Deluxe kits](#).

The Classic Kit provides the Pinnacle device and the core tools needed for direct and pad-based microcurrent treatments. It may be the right fit for someone who already owns accessories, prefers to build a collection gradually, or wants access to the Pinnacle's advanced programs without beginning with a large equipment package.

The Deluxe Kit adds a wider range of accessories, including tools for:

- Broad and targeted hands-on treatment
- Facial and precision applications
- Mitochondrial Recharge
- Vagus nerve stimulation
- Tongue and cranial work
- Alpha Ear Clips protocols
- Multi-pad treatment configurations



For a practitioner, the Deluxe Kit provides more options immediately. For a home user, it may reduce the need to purchase accessories individually as new treatment goals emerge.

The most appropriate choice depends on the tools you already own, the protocols you expect to use, and how much flexibility you want from the beginning.

Support matters more with an advanced device



The Pinnacle is designed to make complex treatments easier, but no device should be expected to teach itself.

Current Pinnacle purchases include educational resources, access to the online training community, and support from a **personal Treatment Coordinator** during the included trial membership period.

That support helps clients move beyond turning on the device and choosing a mode. A Treatment Coordinator can help develop a personalized plan, identify the protocols that deserve priority, and explain how different tools may fit together.

The user guide also includes instructions for foundational and advanced protocols such as:

- Vagus nerve stimulation
- Little Wings
- Pirogov's Ring
- Grounding
- Mitochondrial Recharge
- Sleep Enhancement
- Cranial Nerve Stimulation
- Gamma Energizer for mental and physical fatigue



An advanced device becomes more useful when its capabilities are organized around the person using it.

At a glance: Where the Pinnacle may fit



The Avazzia Life Pinnacle may be a strong fit for:

- ✓ Healthcare and wellness practitioners
- ✓ Experienced home users
- ✓ Clients managing several treatment goals
- ✓ People who want automatic programs without losing customization
- ✓ Users interested in advanced nerve, muscle, scar, wound, and rehabilitation protocols
- ✓ Anyone who wants to create and save custom frequency programs
- ✓ Clients who plan to use microcurrent alongside scalar or PEMF accessories
- ✓ Existing Avazzia Life users ready for a more advanced system
- ✓ Households or practices that want one device capable of supporting many different applications

The Pinnacle is especially valuable when treatment needs are likely to change over time. A device chosen for chronic pain may later be used for post-surgical recovery, scar tissue, sleep, nervous system care, a family member, or a professional client.

Its larger program library and accessory compatibility allow the system to adapt as those needs evolve.

When a simpler device may still be the better choice

The Pinnacle is the most advanced Avazzia Life option, but the most advanced device is not automatically the right device for every person.

Someone who is completely new to microcurrent and wants only a few straightforward modes may feel more comfortable beginning with the Avazzia Life [Genesis II](#). The [Evolution](#) offers a broader step up, while the [Pinnacle Lite](#) brings many professional-grade automatic programs into a more accessible format.

The Pinnacle becomes most valuable when the person using it wants its full range: **automatic blended programs, broad preset options, custom frequency design, saved programs, advanced feedback, and extensive accessory compatibility.**

A device should fit the user's goals and willingness to learn. More capability is helpful when it will be used, understood, and incorporated into real life.

The pinnacle of treatment possibility

The Avazzia Life Pinnacle was created for people who do not want their healing technology to stop at one type of pain, one protocol, or one stage of recovery.

Its automatic programs make complex frequency combinations easier to access. Its presets give users a wide treatment library. Custom programming leaves room for professional judgment and individual needs. Biofeedback helps guide the session, while compatible accessories extend the device into scalar, PEMF, nerve, meridian, whole-body, and highly targeted applications.

The Pinnacle is advanced because healing can be complex.

It is also designed to make that complexity more manageable.

For the practitioner treating a wide range of clients, the experienced home user ready to expand, or the person whose needs no longer fit inside a small collection of settings, the Pinnacle offers something difficult to find in one device: **depth, adaptability, and room to continue growing.**

[Explore the Avazzia Life Pinnacle](#)



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 Pain Resolution Specialist & Microcurrent 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 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: September trainings

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

TSI training schedule for September:

- **Week 1: Certified Pain Resolution Specialist Deep Dive: MCT 222 – Advanced Microcurrent Applications**

The gut, brain, and nervous system are closely connected, meaning digestive health may influence inflammation, energy, and pain sensitivity. In this training, Dr. Rob will explore the gut-brain-pain connection and explain how food choices and gut health can fit into a broader approach to chronic pain.

- **Week 2: Certified Pain Resolution Specialist Deep Dive: SI 101 – Diet & Nutrition**

Proper placement is especially important when using microcurrent around the neck and throat. In this safety-focused training, Dr. Rob will explain where the thyroid is located, why microcurrent should not be directed over it, and how to approach applicable neck and throat treatments more confidently.



- **Week 3: Passive vs. Active Microcurrent Therapy: What's the Difference?**

Microcurrent can be applied in different ways depending on your device, accessories, and treatment goals. Dr. Rob will explain the difference between passive and active microcurrent therapy, how each method works, and when each approach may fit into your at-home treatment routine.

- **Week 4: Trigger Points**

September closes with a new slide-based protocol training focused on Trigger Points. Dr. Rob will explain what trigger points are, the reasoning behind approaching them with microcurrent therapy, and where to find the corresponding treatment information in the Avazzia Life user guide.

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

[Learn more](#)

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

—M.B.

The new SANA Institute scholarship

Opening more doors to holistic healing careers

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

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

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



A scholarship for real life

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

Who it helps:

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

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

Why this scholarship matters

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

“

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

– Dr. Rob Vanbergen

”

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

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

Take the next step

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

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

[Request information](#)

[Book an admissions call](#)

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

SANA Rewards: Earn while you heal

Our special 'Thank You' for trusting The Sana Shop

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

HOW IT WORKS:

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

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

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



For example:

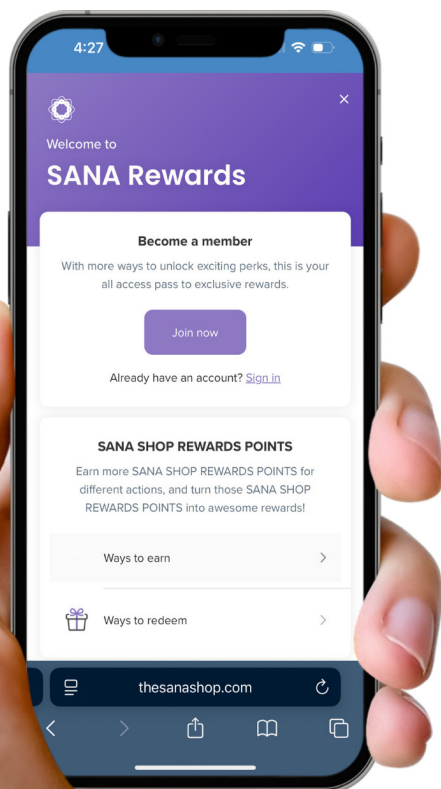
Spend **\$100** – earn **100 points** – worth **\$1** off a future order

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

SANA Rewards Terms and Conditions (Exclusions Apply)

Terms and conditions:

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



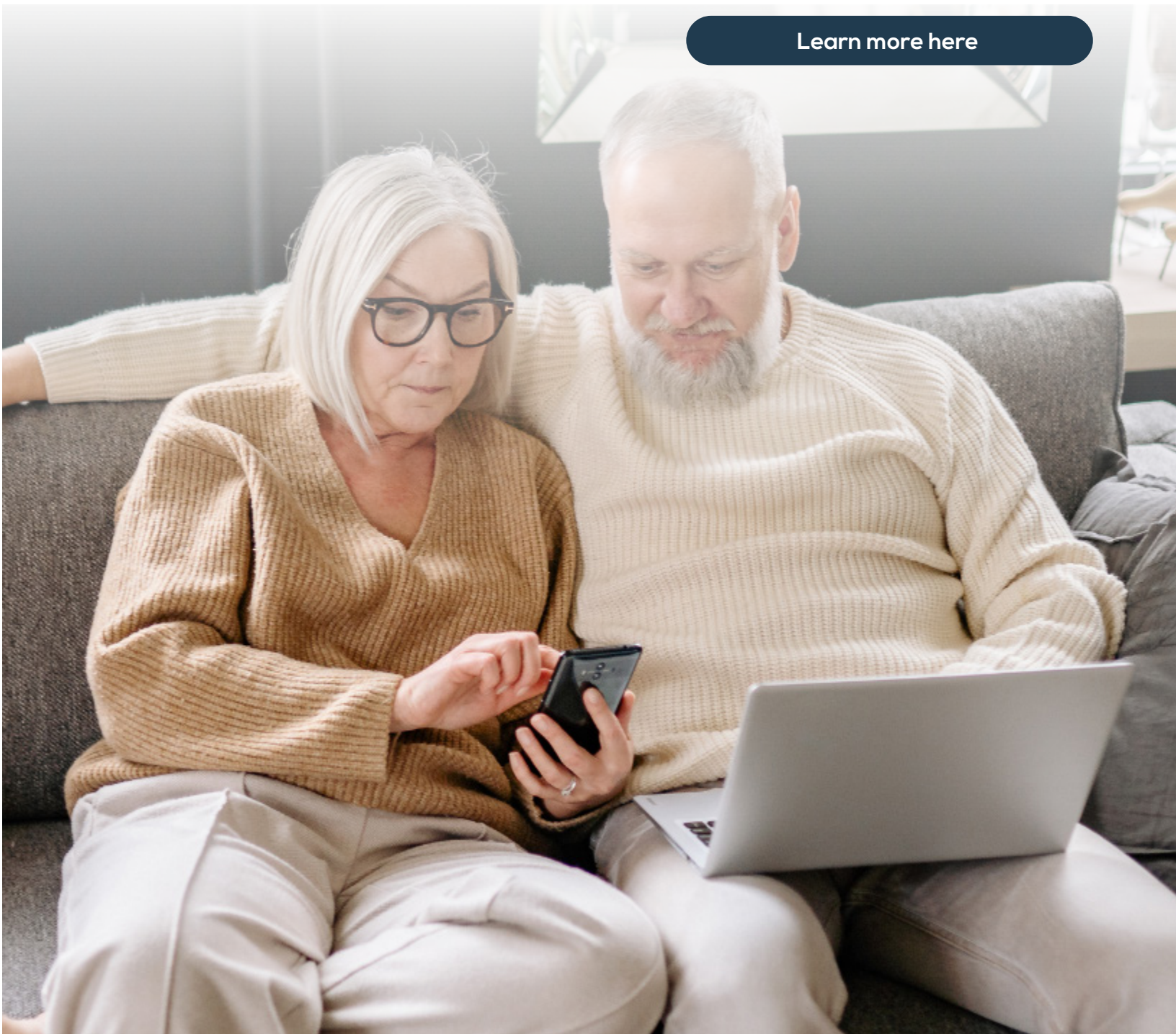
purchases hosted on other websites (including Pain Free Living Lab) are not eligible.

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

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

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

[Learn more here](#)



Can't-miss events: Coming soon



HEALING HARVEST SALE

*Thoughtfully selected. Personally recommended.
Designed to support your healing journey.*



These are Trusted Tools
for Natural Healing



Support Your Body,
Nourish Your Life



Empowering Your At-
Home Healing Journey

*Disclaimer: 15% off storewide offer cannot be combined with other promotions or discounts. Other restrictions may apply. Previous purchases are not eligible for free gifts.



Healing Harvest Sale

Gather What Supports Your Healing at TheSanaShop.com

September 2–9, 2026

Harvest season reminds us that meaningful results develop through what we continue to tend. The food we choose, the rest we protect, the treatments we return to, and the tools we keep within reach can all become part of how we care for the body over time.

Readers of Pain Free Living Magazine may recognize Healing Harvest as our recurring exploration of seasonal foods that can contribute to anti-inflammatory eating. This September, we are carrying that idea beyond the kitchen with a sale designed to help you gather what your healing practices may need next.

During the **Healing Harvest Sale**, you can:

✓ **Save 20% on Treatment Coordinator-curated bundles** with code **HEALINGBUNDLE**

✓ **Save 15% storewide.** No code needed

Our four featured bundles begin with different Avazzia Life microcurrent devices and reflect the personal recommendations of team members Ali, Andria, Olivia, and Annie.

As summer winds down and familiar routines return, take a moment to consider what has been working, what you reach for most, and what could help you feel better prepared for the busier months ahead.

Watch your email for the shopping link when the sale opens September 2!

Please note: Each bundle features products personally selected by the named Treatment Coordinator. Purchasing a bundle does not automatically assign that coordinator to you, and Treatment Coordinator support requires an eligible membership. Current members should continue working with the coordinator already assigned to them.

Healing Harvest savings cannot be combined with other offers or discount codes and cannot be applied to previous purchases.

Have questions about the sale, a bundle, or an Avazzia Life microcurrent device? **Our team is here to help and will respond within 48 business hours.** Call **1-888-758-0851** in North America or **415-688-2045** internationally, or email support@painfreeforlife.com.

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 **+1 (415) 688-2045** (outside North America) or leave us a voicemail: *Please allow up to 48 business hours for a reply.*

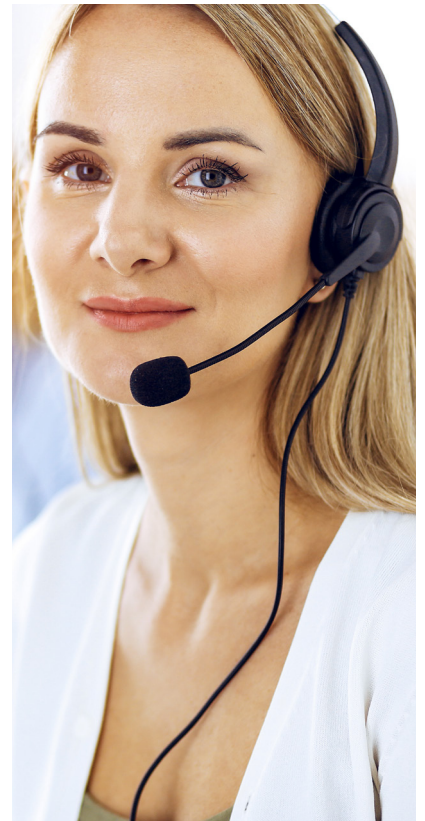
Email: Send us your questions or concerns at support@painfreeforlife.com, and our team will respond within 48 business hours.

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*

