



PAIN FREE LIVING

Magazine

OCTOBER 2026

Women's Health Issue

*Savory Pumpkin & Bone Broth Stew:
A Warm, Nourishing Autumn Meal*

*What Every Woman Should Know About Her
Breast Health*

*World Menopause Day 2026:
Chronic Pain at Midlife*

*Why an Old C-Section Scar Can Still Feel
Numb, Tight, or Painful*



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 – October 2026

Dear Readers,

October brings us into the heart of autumn, a season of harvest, change, and preparation for what comes next. It also gives us an opportunity to talk about something that deserves more attention throughout the year: **women's health and the many ways our bodies change, recover, and ask for different kinds of support over a lifetime.**

Inside this issue, we're recognizing **Breast Cancer Awareness Month** with a practical look at breast health, screening, and the role supportive care may play when cancer becomes part of someone's life. We're also joining the conversation around **World Menopause Day**, which this year focuses on chronic pain at midlife and the importance of taking women's pain seriously.

October also brings plenty of opportunities to keep learning. The **Pain Free For Life Podcast returns for Season 5**, our support communities have a new month of trainings ahead, and we're exploring PEMF through Qi Wave and ViaQi for those interested in expanding the ways they use their Avazzia Life devices.

And because autumn should have room for comfort, too, we're celebrating the season with our **FREE live training on our SANA Therapeutics Health Blanket**, a nourishing pumpkin and bone broth stew recipe, and a closer look at Brussels sprouts and the surprisingly interesting family of vegetables they belong to.

This issue has a lot to offer, but the thread connecting it all is simple: our health changes throughout our lives, and good care should **change with us.**

We hope you find something in these pages that helps you understand your body a little better, ask a useful question, try something new, or simply appreciate how far you've already come.

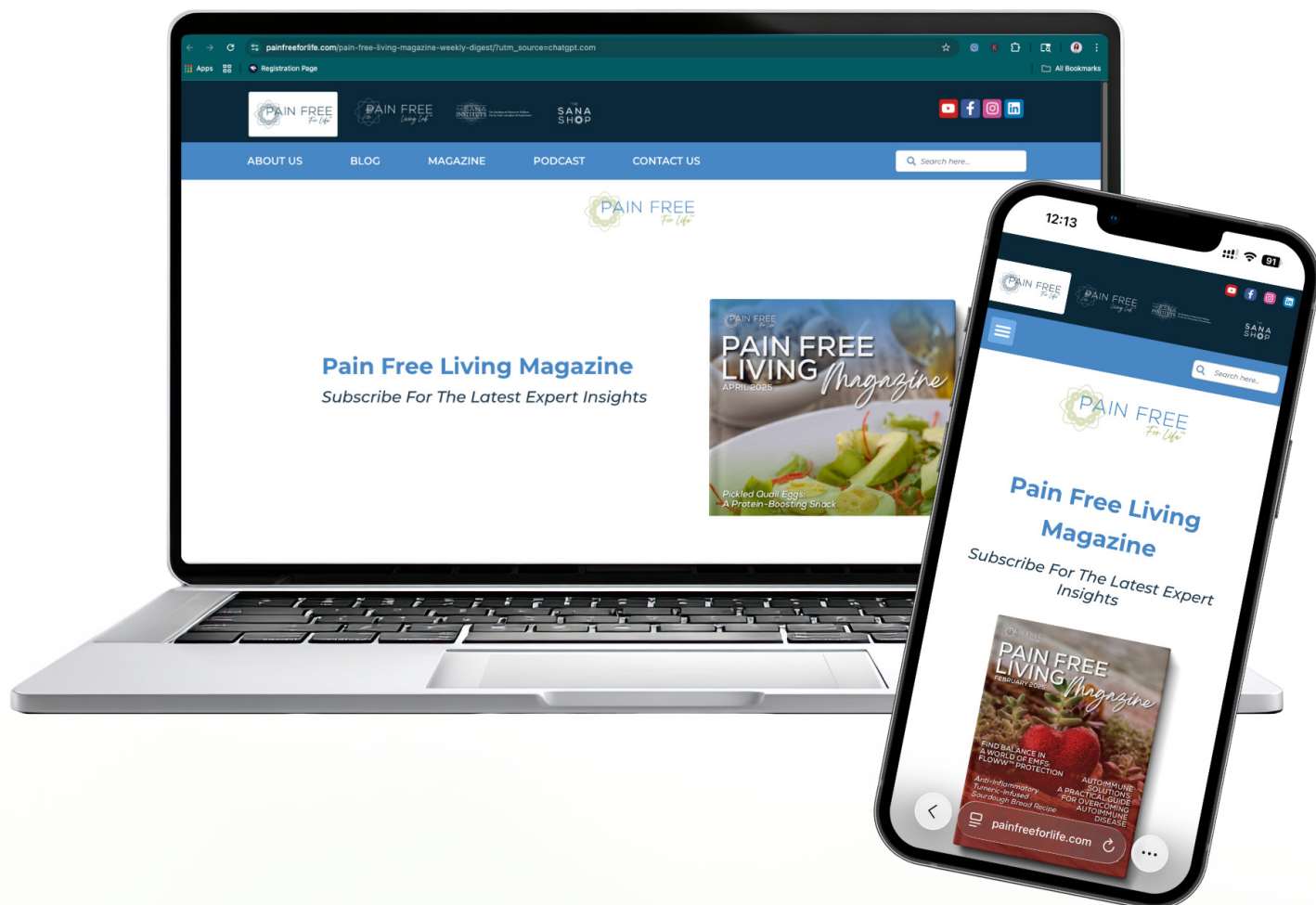
To your harvest of health and happiness,

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

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

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

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Healing often happens one step at a time, and steady support can make all the difference. **Pain Free Living Magazine is always free**, and subscribing is a simple way to keep practical wellness education, fresh inspiration, and supportive next steps coming your way all month long.

Always free – Subscribe today

Remembering Tim Smith

The Visionary Engineer Behind Avazzia

Timothy “Tim” Brooks Smith, founder of Avazzia and principal designer of its Reaction Technology™ platform, passed away recently at the age of 84. We wanted to take a moment in this issue to recognize his remarkable career and the role his work has played in our own.

Long before microcurrent entered the picture, Tim was an accomplished engineer at **Texas Instruments**. After earning his Master of Science in Electrical Engineering from Southern Methodist University in 1969, he spent more than 20 years at TI, where his work in semiconductor technology contributed to electronics used in space exploration, **including technology that traveled to the moon and back.**

He also helped pioneer Texas Instruments’ Analog product line and the development of Schottky Logic. In 1985, Tim became one of the first four recipients of the company’s prestigious **Pat E. Haggerty Innovation Award.**



Retirement did little to slow his inventive mind, with Tim being quoted as saying,

“I’ve been an inventor and design engineer all my life. I may have retired from TI, but my brain didn’t retire.”

From engineering to pain relief

The idea for Avazzia began after Tim met someone experiencing serious foot pain related to diabetes who was worried about the possibility of amputation. Tim immediately began thinking like an engineer: Could he design something that might help?

He began gathering input from medical professionals across different specialties and exploring electrical nerve stimulation, meridians, and the body’s response to electrical input.

His question to practitioners was simple:

“What do you want the device to do?”

Then he would return to engineering.

That work eventually led to **Avazzia and its Reaction Technology™ platform**, along with a growing family of non-invasive electrical stimulation technologies.

How Tim's work became part of ours

Pain Free For Life has partnered with Avazzia for nearly two decades to develop our proprietary Avazzia Life line of microcurrent devices, bringing together Avazzia's engineering with our experience developing and applying microcurrent protocols in our clinics and with our international community of clients.

That partnership means Tim's work lives inside technology many members of our community use every day.

His career took him from engineering that helped send electronics to the moon to technology designed to fit into the hands of someone managing pain at home.

We extend our sincere condolences to Tim's family, friends, colleagues, and the Avazzia team, and we are grateful for the innovation and partnership he helped make possible.

The next time you reach for your Avazzia Life device, you'll know a little more about the person behind it.

In memory of Timothy "Tim" Brooks Smith



What every woman should know about her breast health

What to notice, when to get screened, and how whole-body support may fit if cancer becomes part of the story



Every October, pink ribbons bring breast cancer back into public view, but **Breast Cancer Awareness Month is most valuable when awareness leads to action.** For one woman, that may mean finally scheduling the mammogram she has been putting off. For another, it may mean asking whether her family history changes her risk. Someone else may notice that one breast suddenly looks or feels different and decide not to wait and see whether it goes away.

For many women, however, breast cancer is not an awareness campaign at all. It is already part of their lives. They may be newly diagnosed, undergoing chemotherapy or radiation, recovering from surgery, adjusting after a mastectomy, rebuilding strength after treatment, or caring for someone they love that's been impacted by breast cancer.

Those experiences are very different, but they belong in the same conversation. **Breast health begins with knowing your body and getting appropriate medical care. If cancer does occur, caring for your health becomes a much larger story,** one that can include nourishment, sleep, movement, strength, emotional well-being, pain, and recovery.

Breast Health Resources Around the World

Pain Free For Life has readers worldwide, and breast cancer screening recommendations, programs, and services can vary depending on where you live. If you're looking for reliable information specific to your region, these organizations are good places to begin:

- **Africa:** CANSA – Cancer Association of South Africa
- **Asia:** Breast Cancer Foundation Malaysia
- **Australia:** National Breast Cancer Foundation Australia
- **Canada:** Canadian Cancer Society
- **Europe:** Europa Donna – The European Breast Cancer Coalition
- **United States:** National Breast Cancer Foundation

You'll find links to each organization in the Sources & Resources section at the end of this article. If your country isn't represented here, your national cancer organization, public health service, or healthcare provider can help you find screening guidance and breast-health resources specific to where you live.

Know what is normal for you

Breasts naturally vary from one person to another, and your own breasts can change throughout the menstrual cycle, pregnancy, breastfeeding, menopause, weight changes, aging, medications, and other stages of life. Becoming familiar with what is typical for your body can make it easier to recognize when something changes.

A lump may be the change most people associate with breast cancer, but it is not the only one worth mentioning to a healthcare provider. Changes in breast size or shape, skin dimpling or puckering, nipple changes or discharge, swelling, redness, thickening, or a new area that simply looks or feels different can all warrant evaluation.

Most breast changes are not cancer, which is reassuring, but you do not need to make that determination yourself. Breast awareness is not about becoming skilled enough to diagnose a problem at home. **It is about knowing your body well enough to recognize a meaningful change and bringing it to someone who can investigate it properly.**

Screening matters even when nothing feels wrong

Knowing your body matters, but breast cancer does not always produce something you can see or feel. That is why **mammography and other appropriate screening remain so important.** Screening can identify some breast cancers before symptoms develop, when earlier treatment may improve outcomes.

No single screening plan is right for every woman, and recommendations also vary by country. Age, family history, breast density, previous breast conditions, genetic risk, personal medical history, and other factors can influence when screening begins and whether additional imaging is appropriate.

A useful conversation with your healthcare provider should therefore include not only *when should I get a mammogram?* but also what my *individual risk is, and whether that changes the screening I need.*

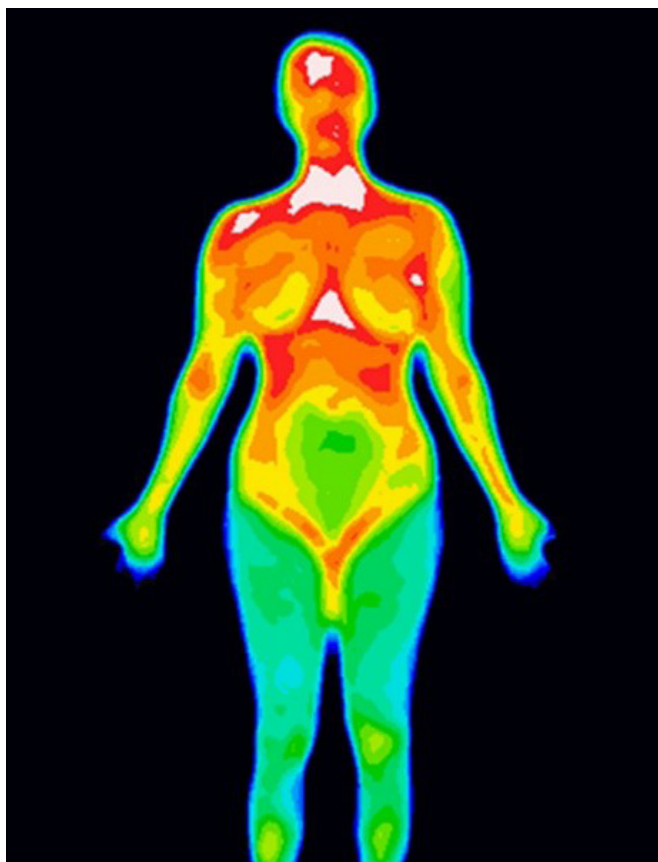
Breast self-awareness belongs alongside screening, not in place of it. Paying attention to changes in your own body provides one source of useful information, while mammography, clinical evaluation, and other recommended screening can identify concerns you would never be able to detect by touch alone.

What about Thermography and other screening options?

Some women are interested in breast-imaging options such as thermography, particularly if they have concerns about mammography or want additional ways to monitor their breast health. Thermography uses infrared imaging to detect patterns of heat and blood flow near the skin's surface and does not involve radiation or breast compression.

Depending on your individual needs, a healthcare provider may also recommend **ultrasound or MRI**. Symptoms, breast density, personal and family history, previous findings, and other risk factors can all influence which type of imaging may be appropriate. Each provides different information, which is why breast imaging is best considered as an individualized plan rather than a choice between interchangeable tests.

If you find mammography uncomfortable, have concerns about screening, or want to explore other imaging options, **talk with your healthcare provider about your individual risk and which approach makes the most sense for you.**



Men have breast tissue, too!



Although October understandably places much of the attention on women, **breast cancer is not exclusively a women's disease**. Men have breast tissue and can develop breast cancer as well, and because it is relatively uncommon, a man may be less likely to consider breast cancer when he notices something unusual in his chest.

A new lump or thickening in the breast or underarm, nipple discharge or changes, dimpling or changes in the skin, swelling, redness, or another persistent unexplained difference deserves medical evaluation. In men, breast cancer commonly presents as a **painless lump or thickening**, often near or behind the nipple.

Individual risk matters here, too. Age and family history can influence risk, and inherited

genetic changes can increase a man's risk of developing breast cancer.

Routine mammography is not generally recommended for men at average risk, which makes awareness of an unusual change especially useful. Men at substantially higher risk may receive different recommendations based on family history, genetics, and other individual factors. While this feature is written primarily for women, **breast awareness is a worthwhile conversation to share with the men in your life, too.**

When breast cancer becomes personal

For someone who has actually heard the words "You have breast cancer", October can feel very different. Life may suddenly include scans, appointments, surgery, chemotherapy, radiation, medications, difficult decisions, disrupted routines, and uncertainty about what comes next.



At the same time, treatment is happening to a whole person who still needs to eat, sleep, move, work, care for family, manage stress and fear, and recover between appointments. Cancer treatment can affect many of those ordinary parts of life. Fatigue may make familiar activities difficult. Surgery can leave pain, numbness, altered sensation, swelling, or scar tissue. Appetite and digestion may change, sleep can become harder, and periods of reduced activity can affect strength and mobility. Even after active treatment ends, **recovery may continue much longer than the people around you realize.**

This is why supportive care belongs alongside cancer treatment. Treating the disease and supporting the person living through it are related but different needs. Oncology care addresses the cancer itself, while supportive care can help someone navigate the physical, nutritional, functional, and emotional challenges that may arise along the way.

Where Complementary Care Fits

Cancer is one area where the distinction between **complementary and alternative care** matters enormously. Surgery, chemotherapy, radiation, immunotherapy, targeted therapy, hormone therapy, and other oncology treatments are used to treat cancer. Microcurrent, PEMF, scalar energy, nutritional strategies, nervous-system support, and other complementary approaches should work **alongside appropriate medical care rather than replace it.**

At Pain Free For Life, that broader conversation may include pain, post-surgical recovery, scars, lymphatic health, nutrition, movement, sleep, stress, nervous-system regulation, and maintaining as much strength and function as possible during treatment and recovery.

How microcurrent fits depends on what someone is actually experiencing. A person recovering from surgery may eventually work with a healed scar and surrounding tissue, while someone dealing with pain or physical recovery may need a different approach. When prolonged stress, disrupted sleep, or nervous-system strain has become part of the picture, Vagus Nerve Stimulation or another nervous-system-focused treatment may be considered.

Scalar energy may also be incorporated as complementary support. Within the Pain Free For Life system, scalar treatments can be delivered using the [Scalar Qi](#) or [SANA Qi](#) accessory connected to a compatible [Avazzia Life microcurrent device](#). Unlike a standard microcurrent treatment, scalar energy does not require electrodes to be placed directly on the skin, offering a different treatment experience that some people may find easier to incorporate during periods of treatment and recovery.

Lymphatic health can also require additional attention after some cancer treatments, particularly following lymph-node removal or radiation. Anyone who has lymphedema or an increased risk of developing it should work with appropriately trained healthcare professionals so that supportive care accounts for surgery, cancer history, current symptoms, and the oncology plan.

The same care applies to **supplements, PEMF, scalar energy, detoxification practices**, and other complementary approaches during active treatment. Cancer therapies and medications can interact with seemingly unrelated wellness practices, so **your oncology team should know about any complementary therapies or supplements you are considering or using.**

Nourishment and strength during treatment



Nutrition advice can sound wonderfully simple until someone is actually going through cancer treatment. “Eat healthy” becomes much less useful when nausea changes what you can tolerate, food tastes different, mouth sores make eating uncomfortable, appetite disappears, or fatigue makes preparing a meal feel like an unreasonable amount of work.

Nourishment needs to fit the person and the treatment. Adequate calories and protein can help maintain weight, preserve muscle, and support tissue repair, while hydration and other nutritional needs may change along the way. An oncology dietitian can be particularly valuable when eating becomes difficult or when someone is considering supplements that could interact with medications or treatment.

Movement requires similar flexibility. Staying active when possible can help preserve strength, mobility, and function, but what someone can comfortably manage during chemotherapy, radiation, or recovery from surgery may look very different from her previous exercise routine. A short walk may be plenty during one stage of treatment, while gradually rebuilding strength becomes possible later.

This is where the five interactive elements we use at Pain Free For Life (stress reduction, nutrition, fitness, sleep, and microcurrent) can provide a useful framework. Each addresses a different part of the health and recovery picture without expecting any one element to do everything.

Cancer places demands on the nervous system, too

The physical demands of cancer treatment are only part of the experience. A diagnosis can change how someone sleeps, plans a week, thinks about the future, or interprets every unfamiliar sensation in the body. There may be anxiety before appointments, fear while waiting for test results, frustration with physical changes, and an emotional adjustment that continues long after active treatment has ended.

For some people, **Vagus Nerve Stimulation** may be incorporated as part of a broader plan for nervous-system support. In this setting, it is not being used to treat cancer itself. It is one tool to consider when prolonged stress, sleep disruption, and the demands of treatment affect how someone feels and functions.*-

Complementary care works best when it expands the support available to a person rather than asking her to choose between conventional and holistic care. Someone can receive appropriate oncology treatment while also paying attention to nutrition, movement, sleep, pain, emotional well-being, nervous-system health, and recovery.



Explore the Microcurrent for Cancer Therapy Health Lab

For individuals and caregivers who want to understand this subject more deeply, Dr. Rob's [Microcurrent for Cancer Therapy Health Lab](#) explores ways complementary care may fit alongside conventional cancer treatment.

The Lab takes a whole-body look at what someone may be experiencing during cancer care, including **microcurrent, lymphatic and gentle detox strategies, targeted nutrition to support mitochondrial function and tissue repair, Vagus Nerve Stimulation for nervous-system support, and complementary technologies including PEMF and scalar energy.**

Someone navigating cancer may already be carrying a substantial physical and emotional load, so supportive care needs to be thoughtful and individualized. The goal is not to pile more treatments onto an already demanding schedule, but to understand what the medical team is doing, how the person is responding, and where additional forms of support may appropriately fit.

The Lab is designed for people navigating cancer themselves as well as caregivers who want to better understand the role complementary approaches may play. Dr. Rob brings these pieces together to help participants look beyond the diagnosis alone and consider the broader health and recovery needs of the person living through it.

[Explore the Microcurrent for Cancer Therapy Health Lab](#)

Already Purchased the Cancer Therapy Health Lab?

If you've already purchased the Microcurrent for Cancer Therapy Health Lab, log in to your Pain Free Living Lab account to access the course, training materials, and available replay.

If you have trouble locating your Lab email lyn@painfreeforlife.com.

Awareness is only the beginning

Breast Cancer Awareness Month reminds us to pay attention to our bodies, understand our individual risk, and keep up with appropriate screening. If you've been putting off a mammogram, have questions about your family history, or have noticed an unfamiliar breast change, October is a good time to start that conversation with your healthcare provider.

For those already living with cancer, the conversation naturally becomes much larger. Treatment may address the disease, while the person going through it is also managing changes in energy, strength, sleep, nourishment, mobility, scars, emotional well-being, nervous-system health, and recovery. Those parts of health deserve attention during treatment and in the months and years that follow.

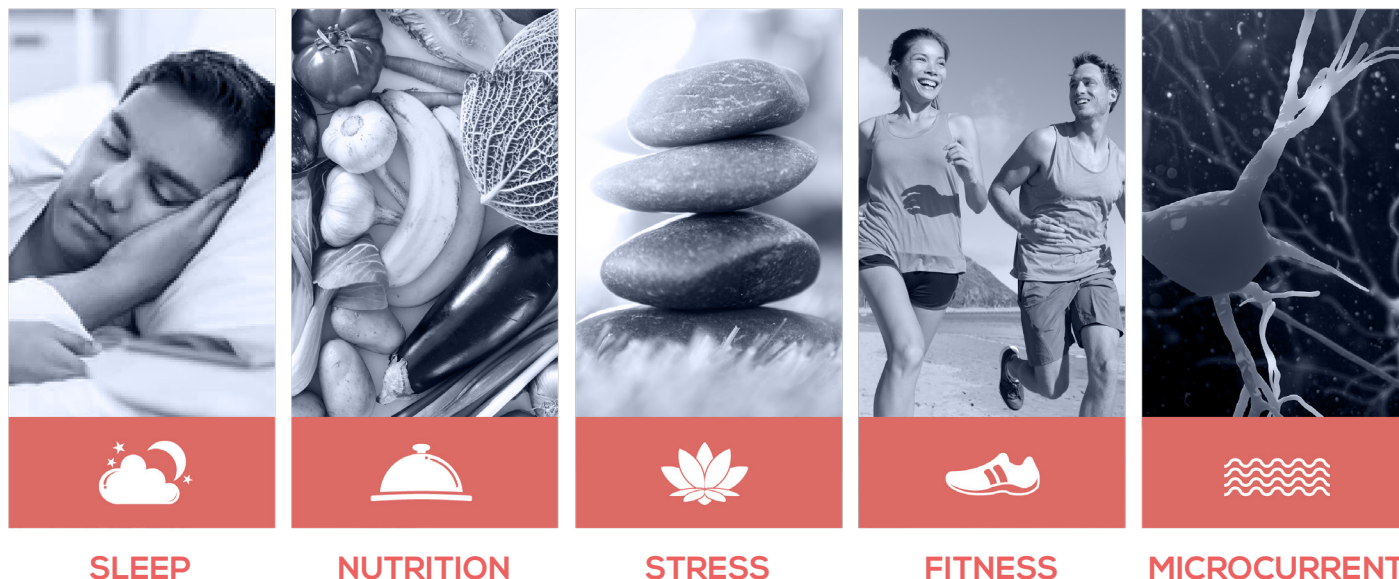
Breast health begins with awareness, but it doesn't end there. Knowing your body, getting appropriate medical care, and supporting your health through whatever comes next all belong in the picture.

Sources & Resources

- **National Breast Cancer Foundation – Breast Cancer Awareness Month**
<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>
- **National Breast Cancer Foundation – Breast Self-Exam & Breast Awareness**
<https://www.nationalbreastcancer.org/breast-self-exam/>
- **Canadian Cancer Society – Breast Cancer Screening**
<https://cancer.ca/en/cancer-information/cancer-types/breast/screening>
- **National Breast Cancer Foundation Australia**
<https://nbcf.org.au/>
- **Europa Donna – The European Breast Cancer Coalition: Breast Health Day**
<https://www.europadonna.org/prevention-and-breast-health/breast-health-day/>
- **CANSA – Cancer Association of South Africa: Cancer Risk Reduction & Screening**
<https://cansa.org.za/cansas-care-support/cancer-risk-reduction-screening/>
- **Breast Cancer Foundation Malaysia – Early Detection**
<https://www.breastcancerfoundation.org.my/early-detection>



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



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](#)



World Menopause Day 2026: Chronic pain at midlife

Why pain can change during the menopause transition, and why women deserve better answers



The 40s and 50s can bring physical changes that are difficult to pin on any one thing. Knees may ache after activities that never caused trouble before, an old back problem may take longer to settle, or mornings may bring more stiffness than they once did. At the same time, changes in sleep, hot flashes, shifting menstrual cycles, and longer recovery after exercise may start to enter the picture.

When several changes arrive together, it is natural to wonder whether menopause is responsible. **It may be part of the answer, but women's health is rarely explained by one change in one hormone.**

That complicated relationship is the focus of [World Menopause Day on October 18](#), with the International Menopause Society naming "**Chronic Pain at Midlife**" its 2026 theme. The campaign is bringing greater attention to chronic pain during and after the menopause transition, including the need for women's pain to be heard, properly investigated, and treated with individualized care.

For Pain Free For Life, this conversation is especially relevant because chronic pain is what brings so many people into our community. **Menopause belongs in the pain conversation, but it should never become a reason to stop investigating pain.** Understanding what has changed, what may be contributing, and how those pieces interact gives us a much better place to begin.

Chronic pain belongs in the menopause conversation

Hot flashes may be the symptom most closely associated with menopause, but ask women what they notice during midlife and the list can be much longer.

Muscle and joint pain are common during this stage. A recent systematic review and meta-analysis involving more than 93,000 women found muscle or joint pain reported by approximately **57% of perimenopausal women and 59% of postmenopausal women**, compared with about 40% of premenopausal women.

Those numbers are striking, but they also need context. The research shows an association between the menopause transition and greater musculoskeletal pain; it does not mean menopause itself causes every aching knee, painful shoulder, or stiff lower back that appears after 40.

Perimenopause does not rule out other explanations for pain. Arthritis, injuries, autoimmune conditions, thyroid problems, or the lingering effects of an old injury can still enter the picture. Changes in sleep, movement, strength, and the physical and emotional demands of midlife may also affect how well the body recovers.

This is why we want menopause to become **part of the pain conversation rather than the explanation for every pain.**

What does estrogen have to do with pain?

We usually hear about estrogen in conversations about periods, fertility, hot flashes, and reproductive health, but its influence extends well beyond the reproductive system. Estrogen receptors are found in bone, muscle, joints, the brain, and other tissues, and researchers continue to investigate how hormonal changes during perimenopause and menopause may affect musculoskeletal health and how women experience pain.

Pain itself is also more complicated than something simply hurting at the site of an injury. Signals from muscles, joints, skin, and other tissues travel through nerves and the spinal cord to the brain, where they are interpreted alongside everything else the nervous system is processing. Previous injuries, inflammation, sleep, stress, mood, movement, and nervous-system sensitivity can all influence that experience.

This helps explain why the experience can vary so much from one person to another, even at similar ages and stages of menopause. **Hormonal changes may influence the environment in which pain occurs, but they rarely tell us the whole story.**



When sleep and recovery begin to change



One of the frustrating parts of perimenopause is that a problem that begins at night can follow you well into the next day. Hot flashes and night sweats can interrupt sleep, but pain, anxiety, urinary symptoms, medications, and other health concerns may contribute as well.

Pain and sleep can also reinforce one another. Persistent discomfort makes it harder to get comfortable and stay asleep, while inadequate or fragmented sleep can increase pain sensitivity and interfere with mood, concentration, energy, and physical recovery. Research in postmenopausal women has found that insomnia occurring alongside chronic musculoskeletal pain is associated with greater pain severity and poorer quality of life.

The difference may become noticeable during ordinary activities. The same hike might leave you feeling it for two days afterward, an afternoon of gardening may take longer to recover from, or strength training that once left you pleasantly tired may begin creating soreness that interferes with the rest of the week.

Changes in strength, sleep, nutrition, activity, injury history, general health, and the menopause transition can all influence recovery. Midlife is also an important time to protect muscle, bone, balance, and physical capacity, so simply withdrawing from movement whenever something hurts can create problems of its own.

Appropriate resistance exercise, walking, weight-bearing activity, mobility work, and other forms of movement can help maintain strength and function with age, but the amount and type of activity should reflect individual ability and current health. **How much you can do matters, but how well you recover afterward can tell you just as much.**

Stress belongs in the picture, too

Menopause does not happen separately from everything else going on in life. The 40s and 50s can be extraordinarily full years. Careers may be demanding, children may still need support, parents may begin needing care, relationships and finances can change, and personal health concerns may start asking for more attention at exactly the same time.

When stress remains high for long periods, it can influence sleep, muscle tension, digestion, mood, inflammatory signaling, and pain sensitivity. If poor sleep or an existing painful condition is already part of the picture, those additional demands can make everything harder to manage.



Longtime Pain Free For Life readers may recognize this as part of what we mean when we talk about the **pain-brain connection**. When pain persists, the nervous system can become increasingly attentive and reactive to signals coming from a painful area. That does not make the pain less physical or suggest that it is “all in your head.” It gives us another reason to look beyond the place that hurts and consider the larger environment in which pain is occurring.

When “It’s Menopause” is not a good enough answer

Women have a long history of being told that difficult symptoms are hormonal, emotional, part of aging, or simply something they need to live with. The International Menopause Society’s 2026 campaign calls attention to the ways women’s pain can be underestimated and emphasizes the need for individualized approaches to chronic pain at midlife.

A new pain that appears during perimenopause deserves the same thoughtful investigation it would deserve at any other age. Hormonal changes may be contributing, but osteoarthritis, an old injury, osteoporosis, autoimmune disease, thyroid dysfunction, anemia, vitamin deficiencies, nerve compression, fibromyalgia, medication effects, and other health concerns can also enter the picture.



Knowing your own patterns can make those conversations more productive. Think about when the pain began, where you feel it, whether it is becoming more frequent or intense, what makes it better or worse, and whether anything else changed around the same time. Changes in sleep, strength, swelling, sensation, menstrual patterns, or physical function can all provide useful information.

You do not need to assume every ache represents a serious medical problem. **You do deserve to have a meaningful change in your health considered on its own merits rather than dismissed simply because it happens during the menopause transition.**

Where hormone therapy fits

Hormone therapy is another area where women deserve a more nuanced conversation than the extremes we sometimes hear. For an appropriate patient, hormone therapy can be an effective treatment for bothersome menopausal symptoms, particularly hot flashes and night sweats. Whether it is appropriate depends on symptoms, age, health history, risk factors, and personal preferences.

When it comes specifically to chronic musculoskeletal pain, however, the evidence is less straightforward. A 2026 systematic review and meta-analysis examining hormone replacement therapy and musculoskeletal pain found no significant overall effect on generalized musculoskeletal pain, while findings involving conditions such as osteoarthritis and rheumatoid arthritis were inconsistent.

Treating severe night sweats, for example, may improve sleep enough that pain and recovery become easier to manage. In other cases, physical therapy, strength training, treatment for an underlying condition, nutritional support, nervous-system care, medication, or a combination of approaches may be more appropriate.

The right plan depends on **the type of pain, your health history, symptoms, risk factors, and what else is happening in your body and daily life.**

Where microcurrent may fit

At Pain Free For Life, we do not begin with a generic “menopause treatment.” We begin with **what is actually happening and what needs support.**

If an old C-section or surgical scar remains painful or restrictive, scar work may belong in the conversation. If joint or muscle discomfort is interfering with movement, treatment may focus more directly on that area and the surrounding tissues. When poor sleep, prolonged stress, or nervous-system sensitivity seems to be making pain harder to manage, **Vagus Nerve Stimulation or another nervous-system-focused microcurrent treatment** may be more relevant.

Microcurrent can therefore become one part of a larger plan that also considers sleep, nutrition, movement, stress, medical care, and the underlying reason for the pain. **The treatment should follow what your body is actually experiencing rather than treating menopause as though it were one condition with one solution.**

For one woman, the most useful place to begin may be an old surgical scar. For another, it may be joint or muscle pain, disrupted sleep, or nervous-system support. **Understanding what has changed—and what may be contributing to it—gives you a much better starting point for deciding what deserves attention next.**

Pain should not become the price of midlife

World Menopause Day has helped bring conversations about hot flashes, menstrual changes, sexual health, hormone therapy, and other aspects of menopause into the open. In 2026, chronic pain is getting a place in that conversation as well, and that attention is long overdue.

Pain can gradually lead to shorter walks, fewer trips up the stairs, less time in the garden, declined invitations, or more of the day being planned around what the body can tolerate. When those adjustments happen slowly, it can be surprisingly easy to accept them as the new normal.

We know that chronic pain is not measured only by a number on a pain scale. It can also be measured in what someone has stopped doing, the sleep they have lost, the movement they avoid, and the part of the day that has gradually become organized around discomfort.

Hormones may be part of the picture, alongside sleep, stress, strength, nutrition, previous injuries, nervous-system sensitivity, or a health condition that needs its own care. Understanding how those pieces fit together gives women better questions to ask and more opportunities to find support that reflects what they are actually experiencing.

Pain should not automatically become the price of reaching midlife. If your body is beginning to feel different, pay attention to what has changed and ask why. You deserve more than being told that it is simply your age or your hormones, and better answers can help you keep moving, participating, and living as fully as possible through the years ahead.

Continue learning about chronic pain, microcurrent therapy, nervous-system support, and the whole-body approach we use at Pain Free For Life in the [**Pain Free Living Lab.**](#)

Sources Cited

- **International Menopause Society – World Menopause Day 2026: Chronic Pain at Midlife**
<https://www.imsociety.org/education/world-menopause-day-2026>





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 October 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: October 10-minute trainings

- **Week 1: The Benefits of Scalar Energy for Healing Physical and Emotional Issues**

October begins with a closer look at scalar energy and how it may support physical and emotional wellness. In this training, Dr. Rob will explain the principles behind scalar energy, where it fits within a broader wellness routine, and how tools such as SANA Qi can be incorporated into your approach.

- **Week 2: Top Supplements for Pain Resolution: Sana Therapeutics to the Rescue**

Supplements can play a supportive role in a broader wellness plan. In this training, Dr. Rob will highlight several Sana Therapeutics supplements used within the Pain Free For Life community, explain why they may be selected, and discuss how nutrition and supplementation can complement other elements of The Hache Protocol for Pain Resolution™.

- **Week 3: How to Treat Migraines and Headaches With Microcurrent Therapy**

Headaches and migraines can have different triggers and patterns, making the right treatment approach especially important. In this training, Dr. Rob will walk through the Pain Free For Life approach to using microcurrent for headaches and migraines, including key treatment considerations, protocols, and practical tips for Avazzia Life users.

- **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](#)



How to talk about pain so your doctor really understands

What to say, what to track, and the questions that can make your next appointment more productive

You waited weeks for the appointment. You've been thinking about what you want to ask, perhaps even rehearsing the conversation in your head. Then you sit down, someone asks, ***"How bad is the pain from zero to ten?"*** and suddenly months of living in your body have to fit into a single number.

Pain is notoriously difficult to describe. It can burn, ache, throb, pull, tingle, stab, travel, disappear, return, or simply make something you used to do feel much harder than it should. Chronic pain can be even more difficult because you've had time to adapt around it. By the time you reach an appointment, you may no longer think to mention the stairs you avoid, the position you can't sleep in, or the fact that grocery shopping now requires a recovery period.

Those details matter. Your healthcare provider needs to know where it hurts and how much, but some of the most useful information may be what has changed around the pain: when it started, what seems to trigger it, what else was happening at the time, and what you can no longer comfortably do.

A little preparation can make those details much easier to communicate.

1. Don't stop at "It's a six"

Pain scales are useful. They give healthcare professionals a quick way to measure severity and track whether something is changing.

But compare these two descriptions:

"My hip pain is a six."

and:

"Six months ago I could walk for 30 minutes. Now my hip starts hurting after about ten, and if I keep going, I have trouble moving comfortably for the rest of the day."

The second description tells us something the number cannot: **what pain is doing to your life.**



Before your appointment, think about what has become harder. Are you sleeping differently? Taking fewer walks? Avoiding stairs? Cutting gardening sessions short? Struggling to sit through a movie? Have you stopped strength training because you need two days to recover afterward?

Function can also help you recognize progress. If you can walk farther, sleep more comfortably, tolerate physical therapy better, return to an activity, or recover faster afterward, something meaningful may be changing even if your pain hasn't completely disappeared.

At Pain Free For Life, this is one reason we pay close attention to function. Pain matters because it hurts, but chronic pain also matters because of what it gradually begins taking away.

2. Give the pain a better description



"Pain" covers an enormous amount of territory. Before your appointment, spend a minute thinking about the sensation itself. Is it aching, burning, stabbing, throbbing, tingling, electric, cramping, tight, tender, or pressure-like? Does it remain in one place or travel somewhere else? Is it constant, or does it come and go?

Location matters, too. ***"My back hurts"*** is useful, but ***"The pain starts on the right side of my lower back and sometimes travels into the outside of my thigh"*** gives the clinician considerably more information.

Then think about timing. Is it worse when you first wake up? After you've been sitting? During exercise? You don't need to find the perfect adjective. **Describe what you actually experience.**

3. Make a One-Minute Pain Timeline

Medical appointments are not ideal places to reconstruct six months of symptoms from memory.

Before you go, write down a short timeline. It doesn't need to become a journal or spreadsheet. In fact, keeping it brief can make the most important information easier to see.

Before Your Appointment, Write Down:

- *When the pain began*
- *Where you feel it*
- *How you would describe the sensation*
- *What makes it better or worse*
- *Whether it has changed, moved, or spread*
- *What else happened around the time it began*
- *What you can no longer do as comfortably as before*
- *What treatments you've tried and what happened*



Include relevant history even when it happened years ago. An old injury, surgery, infection, pregnancy, medication change, or diagnosis may provide context that isn't obvious when someone looks only at today's symptoms.

For women, menstrual and reproductive history can also matter. Pain that follows the menstrual cycle, changes after pregnancy, appears around perimenopause, or remains near a C-section or another surgical site belongs in the story.

It can also help to decide which two or three concerns matter most before the appointment begins. A short, prioritized list makes it easier to cover what is most important when time is limited.

4. If the test is "Normal," ask one more question

A normal X-ray, scan, or blood test can bring enormous relief when it rules out something serious. It can also leave you wondering, ***then why am I experiencing the symptoms I am?***

Remember that every medical test has a specific **job**. Bloodwork can evaluate specific markers depending on what is ordered. An X-ray shows certain structural changes particularly well. MRI, ultrasound, nerve testing, and other diagnostic tools answer different questions.

A normal result therefore doesn't necessarily translate to nothing is wrong. It tells you that the particular abnormality the test was looking for was not identified.

One of the most useful questions you can ask is:

"What did this test rule out, and what didn't it evaluate?"

Then follow it with:

"Given that result, what should we consider next if the symptoms continue?"

5. Bring your top three questions

You may have twelve questions. Choose the three you most want answered.

Appointments have real-time constraints, and coming in with a clear agenda can help you and the clinician focus on what matters most. Bring a brief summary of why you're there, the timeline you've created, treatments or testing you've already tried, your current medications, and the questions you most want answered.

Depending on your situation, those questions might include:

- *What else could cause this pattern of symptoms?*
- *Could a medication or another condition be contributing?*
- *Would another type of testing tell us something different?*
- *Would another specialist be useful?*
- *What changes should prompt me to come back sooner?*
- *What can I safely do now to function better while we continue investigating?*

Write them down. There is no prize for remembering everything from memory, and the question you forget in the exam room has an uncanny ability to reappear five minutes after you leave.

6. Say what you want help doing again

One of the most useful things you can tell your healthcare provider is what you want your body to let you do again.

"Make the pain go away" is completely understandable, but a functional goal gives everyone something more concrete to work toward. It can help guide treatment decisions and give you another way to recognize progress.

Your goal might be to:

- Walk the dog without turning around after ten minutes
- Sleep through the night
- Pick up your grandchild
- Return to gardening
- Drive without your back becoming miserable
- Get through a workday without planning every movement around pain

Pain may not disappear immediately, but perhaps you can walk farther, sleep more comfortably, or return to something you had stopped doing. **Those changes matter, too.**



When you still don't have an answer

Sometimes good communication and appropriate testing still don't produce a clear diagnosis. Chronic pain can involve muscles, joints, nerves, connective tissue, previous injuries, scar tissue, inflammation, nervous-system changes, or an underlying medical condition, and several factors may be present at once.

Continuing to ask questions does not mean assuming there is one hidden diagnosis everyone has missed. It means staying engaged when a meaningful change in your health has not yet been adequately explained.

A second opinion may also be appropriate, particularly when symptoms are significantly affecting your life. That isn't an accusation against the first healthcare professional. A different specialty or another clinician's experience may simply bring a useful perspective.

While the investigation continues, appropriate support doesn't necessarily have to wait.

Where microcurrent fits

Many people discover Pain Free For Life after spending considerable time looking for answers. Some arrive with a clear diagnosis, while others simply know that pain has begun changing the way they live.

Microcurrent can be part of care without replacing appropriate medical care. An old surgical scar may call for targeted scar work, while an evaluated painful joint may call for a different protocol. When chronic pain is accompanied by disrupted sleep, prolonged stress, or nervous-system sensitivity, **Vagus Nerve Stimulation** or another nervous-system-focused treatment may also be considered.

The goal is to match the support to what is actually happening rather than treating every type of pain the same way.

Your 60-Second appointment prep

Before your next appointment, take a minute to complete these five sentences:

My pain started: _____

It feels like: _____

It gets worse when: _____

The biggest thing it prevents me from doing is: _____

The question I most want answered today is: _____

This is a simple way to organize what you know so you can have a more useful conversation with your healthcare provider.

You don't need perfect medical terminology or to arrive having solved the problem yourself. In fact, don't try. You know what it feels like to live in your body every day, and that experience provides valid and valuable information no scan or laboratory result can supply on its own. Tell them where it hurts, but also tell them what the pain has changed. That may be where the more useful conversation begins.

Continue learning about chronic pain, microcurrent therapy, and whole-body support in the [Pain Free Living Lab](#).

Sources Cited

- **Cleveland Clinic. How to Talk to Your Doctor About Pain.**
<https://health.clevelandclinic.org/how-to-talk-to-your-doctor-about-pain>





This isn't an ordinary blanket. So what's actually different about it?

Why the SANA Therapeutics Health Blanket has become a favorite among our doctors, community, and Care Team

At first glance, the SANA Therapeutics Health Blanket looks wonderfully uncomplicated: a soft blanket you can pull over yourself while reading, relaxing on the couch, or settling into bed. **But an ordinary blanket can do that, too.**

So what makes this one different?

The SANA Therapeutics Health Blanket has become a favorite among our clients and Care Team because it offers something very different from the tools we usually talk about. There is no program to select, electrode to position, or accessory to move across the body. You simply use it as a blanket while you read, relax, rest, or sleep.

The thinking behind it, however, connects with a subject that is central to much of our work: **the electrical nature of the human body.**

This electrical side of human physiology is one reason we have spent decades working with **microcurrent and other energy-based technologies.** Different tools interact with the body in very different ways, but

Why the time between treatments matters

Someone living with chronic pain may spend more time thinking about physical comfort than other people realize. An aching hip can change how you position yourself on the couch. Neuropathy can make ordinary sensations more noticeable. Back or shoulder pain may make it difficult to settle into a comfortable sleeping position, while stress and nervous-system sensitivity can make relaxing at the end of a demanding day harder than it sounds.

The healing blanket fits into that larger picture differently from an active treatment. It doesn't replace targeted work for pain, scars, inflammation, nervous-system support, or another concern. Instead, it becomes part of the time surrounding those treatments, when you are resting, recovering, and simply getting on with your life.

Making wellness easier to live with

Wellness has a practical side that doesn't always get enough attention: if something is difficult to use consistently, many of us eventually stop.

That becomes especially relevant when pain, fatigue, limited mobility, or an already complicated treatment routine is part of daily life. Even helpful practices can begin to feel like another obligation when the day is full.

This is where passive tools can be particularly appealing. You don't need to choose between watching a movie and using the blanket or stop reading to operate it. If you've had an active day and want to put your feet up, the blanket can simply be part of that time.

Experienced Avazzia Life users may also incorporate other passive tools into their routines. A [**Qi Wave PEMF pad**](#) session, for example, can run while you rest, while the blanket can become part of ordinary



downtime without requiring your attention.

That doesn't mean piling every available tool into the same hour. **More isn't automatically better.** The goal is to find ways for the supportive practices you value to fit naturally enough into everyday life that you can continue using them.

So what makes this blanket different?

That's exactly what Dr. Rob will explore during a free live training this October.

The SANA Therapeutics Health Blanket is handmade to order and was developed as more than an ordinary layer for warmth. Dr. Rob will take a closer look at what goes into the blanket, the principles behind its design, and how it is intended to support relaxation, sleep, recovery, and overall well-being.

He'll also explain how to use it in everyday life, whether that means sleeping beneath it, wrapping up while relaxing at home, using it during periods of rest after activity, or incorporating it alongside the microcurrent treatments and restorative practices already in your routine.

Whether you already own a blanket and want to make better use of it or have been considering one and want to understand it before making that decision, you'll also have an opportunity to ask Dr. Rob your questions live.

Join us for a Free Live Training

Benefits of the SANA Therapeutics Health Blanket and How to Use It

Wednesday, October 7, 2026
4:00 p.m. Pacific / 7:00 p.m. Eastern
Live on Zoom

During the training, Dr. Rob will cover:

- **What makes the SANA Therapeutics Health Blanket different from an ordinary blanket**
- **How it is designed to support relaxation, recovery, sleep, and overall well-being**
- **How to incorporate it into the time you already spend resting**
- **How to use and care for your blanket**
- **How it may fit alongside other wellness practices already in your routine**

And more!

There will also be time for live Q&A at the end. Can't attend live? Register anyway. We'll email a replay link to everyone who registers within 24-48 hours after the event.

Save your spot

A special October ordering window

The live training also opens a limited opportunity to order a SANA Therapeutics Health Blanket at a special price.

From **October 7-14, 2026**, save **18%** with code **BLANKET**.

Each blanket is handmade to order and available in Small, Standard, and Large. Because each one is individually made, production may take up to three months during periods of high demand.

SANA Therapeutics Health Blankets will not be included in our November or December holiday sales events, making October the final discounted ordering window for the blanket in 2026.

Shop the SANA Therapeutics Health Blanket

Questions about the event, ordering, or the blanket? 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.

Please note: *This offer cannot be combined with other promotions, offers, or discount codes and cannot be applied to previous purchases. SANA Therapeutics Health Blankets are handmade to order, and all blanket orders are final. Please allow up to three months for production during periods of high demand.*

Savory pumpkin & bone broth stew

Comforting, seasonal ingredients for a warm, nourishing autumn meal

Few foods feel more like October than pumpkin, but it deserves a place beyond decor, pies, and lattes. Its naturally mild flavor pairs beautifully with savory herbs, garlic, onion, and rich bone broth for a simple yet fortifying stew that feels right at home on a colder autumn evening.

This recipe is intentionally uncomplicated. Pumpkin provides beta-carotene and other nutrients, while bone broth adds protein and minerals depending on how it is prepared. Together with olive oil, herbs, onion, and garlic, they create a warming meal that is easy to prepare and easy to customize.

The result? A comforting seasonal stew that brings plenty of nourishment to the bowl without requiring an afternoon in the kitchen.

Serves: 4

INGREDIENTS:

- 4 cups pumpkin, peeled and cut into cubes
- 4 cups bone broth
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried thyme, or 1 tablespoon fresh thyme leaves
- 1 bay leaf
- Sea salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Heat the olive oil in a large pot over medium heat. Add the onion and sauté for **4–5 minutes**, until softened and beginning to turn translucent.
2. Add the garlic and cook for approximately **30 seconds**, just until fragrant.
3. Add the pumpkin, bone broth, thyme, and bay leaf. Stir to combine and bring the mixture to a gentle simmer.
4. Reduce the heat and simmer uncovered for **25–30 minutes**, or until the pumpkin is easily pierced with a fork.
5. Remove the bay leaf and season with salt and pepper to taste.
6. Serve as-is for a brothy stew, or gently mash some of the pumpkin against the side of the pot and stir it back in for a naturally thicker texture.



Health benefits

This simple autumn stew brings together ingredients that offer more than seasonal flavor.

Pumpkin is especially rich in **beta-carotene**, the plant pigment the body can convert into vitamin A. **Vitamin A** plays an important role in immune function, vision, and maintaining healthy tissues, while pumpkin also provides **fiber** and other **antioxidants**.

Bone broth contributes **protein**, with the exact nutritional profile depending on the bones, connective tissues, vegetables, and cooking method used to prepare it. It can be a flavorful foundation for any nourishing meal.

Onion and garlic add flavor and naturally occurring plant compounds, while extra-virgin olive oil provides **healthy fat** and helps the body absorb fat-soluble nutrients such as the beta-carotene found in pumpkin.

And there is something to be said for the meal as a whole. A warm bowl of stew can make nutrient-rich seasonal foods especially inviting as temperatures drop and autumn routines settle in.

Warm, savory, simple, and satisfying—this is October comfort food with something worthwhile in every spoonful.



Harvest for your health: Brussels sprouts and the power of cruciferous vegetables

October brings Brussels sprouts into their prime. At farmers' markets, you may even find them still attached to their tall, almost prehistoric-looking stalks—a reminder that these little green vegetables have a much more interesting story than the bagged sprouts we see at the grocery store.

Brussels sprouts belong to the **cruciferous vegetable family**, alongside broccoli, cauliflower, cabbage, kale, collard greens, bok choy, arugula, radishes, and turnips.

What brings this diverse group together goes beyond botany. Cruciferous vegetables contain naturally occurring compounds called glucosinolates, which create some of their characteristic flavors and have become a focus of nutrition research. Brussels sprouts also provide **fiber, vitamin C, vitamin K, folate, carotenoids**, and other plant compounds that make them a particularly useful addition to an autumn plate.

And October is a wonderful time to enjoy them.

In this month's Harvest for Your Health, we'll explore what makes cruciferous vegetables different, why Brussels sprouts pack so much nutrition into such a small package, how to choose and store them, and the cooking methods that bring out their naturally nutty, caramelized flavor.



Meet the Cruciferous Family

Brussels sprouts are members of the Brassicaceae family, sometimes called the mustard or cabbage family.

It is an impressively varied group. Broccoli looks nothing like a radish, and kale certainly doesn't look much like cauliflower, but botanically they're relatives.

Some familiar cruciferous vegetables include:

- **Brussels sprouts**
- **Broccoli**
- **Cauliflower**
- **Cabbage**
- **Kale**
- **Collard greens**
- **Bok choy**
- **Arugula**
- **Radishes**
- **Turnips**
- **Watercress**



Even more interesting, Brussels sprouts, broccoli, cabbage, cauliflower, kale, and several other familiar vegetables are cultivars of the same species, *Brassica oleracea*. Generations of selective cultivation emphasized different parts of the plant, eventually giving us vegetables that look remarkably different from one another.

But they still share some important nutritional characteristics.

What Makes Cruciferous Vegetables Special?

One of the defining nutritional features of cruciferous vegetables is their glucosinolate content.

When you chop, chew, or otherwise break down these vegetables, glucosinolates can be converted into biologically active compounds, including isothiocyanates and indoles. Researchers have studied these compounds extensively for their interactions with cellular processes, antioxidant defenses, and pathways involved in how the body handles potentially harmful substances.

You may have heard of sulforaphane, one of the best-known compounds produced from glucosinolates and especially associated with broccoli and broccoli sprouts.

That doesn't make cruciferous vegetables medicine, and it doesn't mean eating Brussels sprouts will prevent or treat disease.

It does give us another excellent reason to eat a variety of plant foods regularly rather than searching for one miracle ingredient.

Six ways Brussels Sprouts supports the body

1. Fiber supports digestion and the gut

Brussels sprouts provide dietary fiber, which supports bowel regularity and helps nourish the diverse community of microorganisms living in the digestive tract.

Eating a variety of fiber-rich plant foods is one of the simplest ways to support that microbial diversity.

Cruciferous vegetables can cause gas or bloating for some people, particularly when eaten in

large amounts or when someone isn't accustomed to much dietary fiber. Cooking them well and beginning with a smaller serving can make them easier to enjoy.

2. Vitamin C supports immunity and tissue health

Brussels sprouts are an excellent source of vitamin C. We often associate vitamin C with citrus fruit, but vegetables can be important sources, too. The body uses vitamin C for normal immune function and collagen production, and it also acts as an antioxidant.

Collagen supports skin, blood vessels, cartilage, bones, and connective tissue, making adequate vitamin C important for everyday tissue maintenance and recovery.

3. Vitamin K supports bones and normal blood clotting

Brussels sprouts also provide a substantial amount of **vitamin K**, a nutrient involved in normal blood clotting and bone metabolism.

For most people, vitamin K-rich vegetables are a nutritious part of the diet.

If you take **warfarin or another medication affected by vitamin K intake**, however, don't suddenly eliminate these foods. Consistency is usually important, and your healthcare provider can help you determine an appropriate intake.

4. Folate helps build and maintain cells

Folate is needed for **DNA synthesis, cell division, and producing healthy new cells**.

That makes folate particularly important during periods of rapid growth, but every body relies on it throughout life.

Brussels sprouts are one of many vegetables that can help contribute folate to a varied diet.

5. Glucosinolates make cruciferous vegetables different

Glucosinolates give many cruciferous vegetables their slightly bitter, peppery, or sulfurous character. When plant tissue is chopped or chewed, these compounds can be transformed into other biologically active substances that researchers continue to study.

Different cruciferous vegetables contain different glucosinolates in different amounts, which is another reason to vary your intake.

Broccoli doesn't have to replace Brussels sprouts. Kale doesn't have to beat cabbage. Put different members of the family into rotation.

6. They Make It Easier to Build a Better Plate

Sometimes a vegetable's most useful quality is simply that it tastes good enough to eat regularly.

Brussels sprouts roast beautifully. Their outer leaves crisp up, their centers soften, and their natural sugars begin to caramelize.

Pair them with olive oil and garlic. Toss them with walnuts and apples. Shave them raw into a salad. Add roasted sprouts to grain bowls, eggs, chicken, salmon, or lentils.

Healthy eating becomes much more sustainable when vegetables are something you genuinely look forward to eating.

Choosing Brussels Sprouts

Look for sprouts that feel firm and compact, with tightly closed leaves and a fresh green color.

Smaller sprouts are often tender and slightly sweeter, while larger ones can have a stronger cabbage-like flavor. Both can be delicious when prepared well.

Avoid sprouts that are very soft, heavily yellowed, or have extensive dark spotting.

At an autumn farmers' market, you may find Brussels sprouts sold **still attached to the stalk**. They're worth picking up—not only because they make a spectacular piece of produce, but because buying them this way gives you a good look at how Brussels sprouts actually grow.

Storing the harvest

Keep loose Brussels sprouts **unwashed in the refrigerator** until you're ready to use them. A breathable or loosely closed bag can help protect them without trapping excessive moisture.

Remove any yellowed outer leaves before cooking and trim the dry end of the stem.

If you've bought an entire stalk, refrigerate it if you have room, and remove individual sprouts as you need them.

Like most fresh vegetables, Brussels sprouts are at their best when they haven't spent weeks forgotten in the back of the refrigerator. Their flavor and texture are another good reason to enjoy the harvest while it's here.

Bringing more cruciferous vegetables to the table

Brussels sprouts may be October's featured harvest, but you don't have to stop there.

Try roasted cauliflower one night and sautéed kale the next. Add shredded cabbage to tacos, peppery arugula to a salad, bok choy to soup, or thinly sliced radishes to a grain bowl.

You don't need enormous servings or complicated recipes.

The goal is variety.

Each member of the cruciferous family brings its own combination of fiber, vitamins, minerals, glucosinolates, and other plant compounds to the plate.

October's Brussels sprouts are a particularly delicious place to begin!





The Hearts and Minds Behind Pain Free For Life

Team member spotlight: Ali DeLong Treatment Coordinator, Pain Free For Life

With more than a decade of experience in the medical field and a genuine passion for helping others, **Ali DeLong** brings both healthcare knowledge and a deeply personal approach to her role as a Treatment Coordinator here at Pain Free For Life.

Before joining the team, Ali spent more than ten years working in the **Health Information Management department of a Colorado hospital**. Through several roles within the department, she gained valuable insight into medical records, healthcare processes, and the many details that go into coordinating a person's care.

That experience also strengthened something that has remained at the heart of Ali's work: **helping people feel supported as they navigate their health**.



As a Treatment Coordinator, Ali now brings that background directly to the Pain Free For Life community. She helps clients navigate their treatments, better understand the resources available to them, and feel more confident as they put the Pain Free For Life approach into practice. Her behind-the-scenes experience in conventional healthcare gives her a valuable perspective on how important clear information, thoughtful coordination, and personal support can be.

Ali is also a strong believer in **holistic approaches to health and well-being**, which made Pain Free For Life a natural fit. She is excited to be part of a team that shares her interest in looking at the whole person and helping clients take a more active role in their own wellness.

When she isn't supporting clients, you're likely to find Ali outdoors in her home state of **Alaska**. She loves backpacking, fishing, gardening, and traveling, usually with her dog along for the adventure.

That combination of healthcare experience, compassion, curiosity, and love of an active life makes Ali a wonderful addition to the Pain Free For Life team and an encouraging resource for the clients she supports.

We're so happy to have you on the team, Ali!

HOW KAT BROKE THROUGH MULTIPLE SCLEROSIS SYMPTOMS WITH MICROCURRENT THERAPY

Kat + Healing from Multiple Sclerosis Symptoms with Microcurrent Therapy

Kat, a resilient individual, faced rapidly advancing Multiple Sclerosis (MS) symptoms that had increasingly impacted her life over the past five years. Following an anaphylactic reaction to MS medication, Kat chose a path without pharmaceutical treatments. Despite her regular consultations with a chiropractor, physiotherapist, and urologist, her symptoms persisted, severely affecting her mobility, causing chronic joint pain, and leading to bladder and bowel atrophy.

Turning Point: Discovering Microcurrent Therapy

Seeking alternative solutions, Kat was referred to Sandy Barrett by a friend who experienced rapid relief from microcurrent therapy. Sandy, a skilled kinesiologist trained in The Haché Protocol™, began by addressing Kat's significant scarring from previous traumatic injuries, including traumatic brain injuries. Clearing these scars proved foundational, setting the stage for further effective treatments.

The personalized microcurrent therapy sessions initially included extensive scar tissue work, followed by targeted Vagus Nerve Stimulation and Microcurrent Tongue Stimulation to address neurological symptoms. Subsequent sessions incorporated additional Vagus Nerve Stimulation combined with spinal painting using the Blue Stimulation Mode, reinforced with Pulsed Electromagnetic Field (PEMF) treatments for optimal healing.



Immediate Relief, Lasting Impact

Kat's progress was remarkable. After just one session, she reported experiencing the deepest, most restorative sleep she'd had in over two decades. Soon after, Kat's chiropractor noticed significant improvement in her body's response, allowing more effective adjustments. By her second appointment, Kat was visibly calmer and more relaxed, with substantial improvements in her mobility and reduced inflammation.

Inspired by her results, Kat adopted microcurrent therapy into her regular self-care regimen, performing Vagus Nerve Stimulation twice daily and spinal treatments weekly. The results were undeniable—chronic pain and inflammation reduced significantly, enabling Kat to begin considering a return to work, something she previously thought impossible.

Transformative Recovery through Powerful Protocols

Kat's successful turnaround highlights the immense potential of microcurrent therapy, particularly the strategic combination of scar tissue neutralization, tongue stimulation, and Vagus Nerve Toning. These tailored treatments not only alleviated her immediate symptoms but also enhanced her nervous system resilience, setting a foundation for continued healing.

Encouraged by Kat's success, her chiropractor became a patient of Sandy Barrett, achieving significant relief from her own frozen shoulder through microcurrent therapy. Convinced by the rapid and lasting outcomes, Kat's chiropractor and physiotherapist now regularly refer clients, reinforcing the effectiveness of microcurrent and The Haché Protocol™.

Life-Changing Impact and Empowered Living

Microcurrent therapy provided Kat more than relief—it empowered her with renewed mobility, independence, and a vibrant outlook on life. She is now confidently planning to attend her granddaughter's upcoming seventh birthday celebration, reclaiming joy and participation in life's important moments.



“After starting microcurrent therapy, Kat experienced the deepest, most restorative sleep she'd had in over 20 years. Her chiropractor immediately noticed a significant difference—her body responded much more easily to adjustments. The improvements continued; by the next appointment, Kat was visibly calmer, more relaxed, and walking better than she had in years.”

– Sandy Barrett, Kinesiologist and Microcurrent Practitioner

Today, Sandy continues helping individuals like Kat achieve transformative results, clearly demonstrating the life-changing power of microcurrent therapy and The Haché Protocol™ in overcoming chronic inflammation and autoimmune conditions.

–Thank you Sandy!



Protocol spotlight:

Peripheral Neuropathy

Peripheral neuropathy occurs when nerves outside the brain and spinal cord, known as peripheral nerves, become damaged. This may cause numbness, weakness, tingling, burning, or pain, particularly in the hands and feet.

The peripheral nervous system plays an essential role in carrying information between the brain and spinal cord and the rest of the body.

What Can Cause Peripheral Neuropathy?

Numerous factors can contribute to peripheral neuropathy, which can sometimes make its origin difficult to pinpoint. Neuropathies generally fall into three categories:

1. Acquired Neuropathies

These may develop in connection with trauma, illness, toxins, or infection. Causes can include alcoholism, diabetes, certain cancers, chemotherapy, kidney or thyroid disease, and infections such as Lyme disease, AIDS, or shingles.

2. Hereditary Neuropathies

These are less common and are genetically passed from parent to child. One of the most common hereditary neuropathies is Charcot-Marie-Tooth disease type 1, which is associated with weakness in the legs and arms.

3. Idiopathic Neuropathies

These have no determined cause and account for roughly one-third of cases.

Common Symptoms

Symptoms of polyneuropathy commonly include **numbness, tingling, burning sensations in the hands or feet, and loss of sensation in the arms and legs.**

Because chronic polyneuropathy can reduce the ability to sense pain and temperature, burns and pressure sores may also become a concern.

Guillain-Barré syndrome is a rare and severe form of polyneuropathy that can appear abruptly and worsen rapidly, occasionally leading to paralysis.

Treatment Method

The ideal approach to preventing and treating peripheral neuropathy begins with managing underlying medical conditions that may increase risk, such as alcoholism, diabetes, or rheumatoid arthritis.

Once contributing factors have been identified and appropriate lifestyle changes are underway, microcurrent may be incorporated to support nerve restoration.

The algorithms used for this treatment are mild, yet strong enough to help stimulate nerves that have been dormant but are not dead.

Damaged nerves and their restoration may respond to 2 Hz, while nerves that have been dormant for years may respond to the Solfeggio Program or BEE Mode. Pinnacle users may use SANA BIO 2, which combines these approaches in an all-inclusive nerve program.

How to Proceed

Step 1: Identify areas with little or no sensation and mark them with a body pen or pencil.

Step 2: Begin treatment just above the marked area using a very high frequency, such as Solfeggio or SANA BIO 2.

Step 3: Move the device through the area of numbness until the patient begins to feel sensation returning. In chronic cases, keep the device stationary over the area while gradually increasing the power until sensation returns. This may take several minutes depending on the severity of the problem.

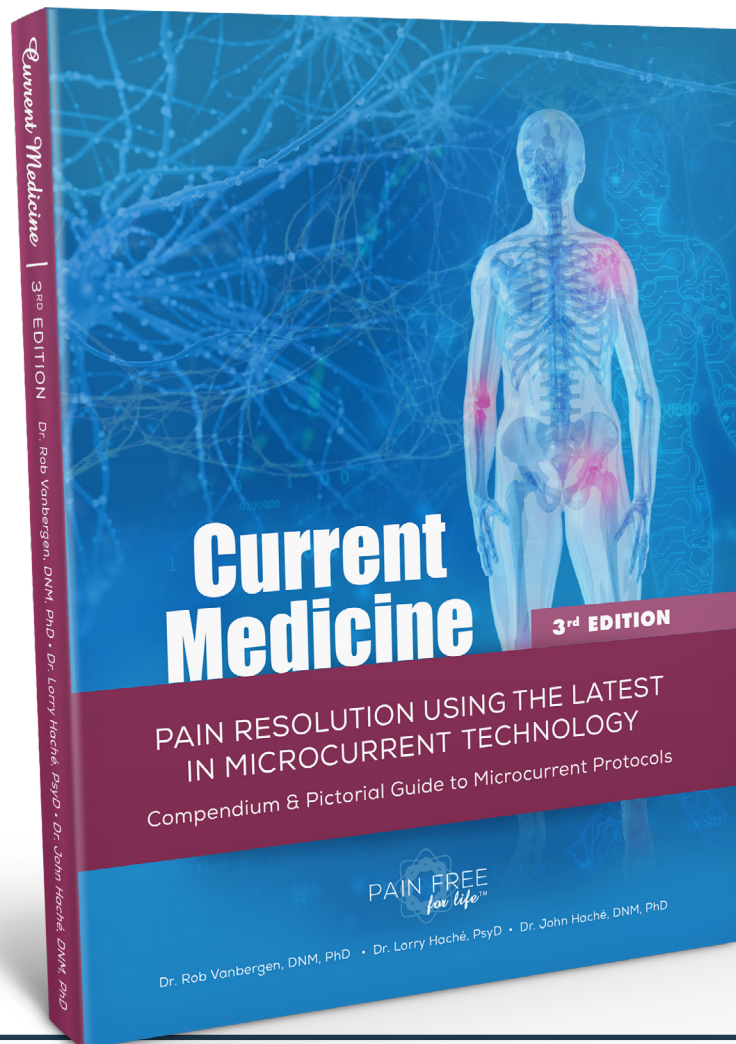
Step 4: Repeat this movement over adjacent areas until all areas of numbness have been treated.

Step 5: Check progress with the patient, including changes in range of motion, pain levels, and sensation.

Step 6: Treatments may need to be repeated as progress continues.

Step 7: If the patient feels nothing after a few minutes, switch to BEE Mode and reapply.





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

Ready to explore it more deeply? Review the **Peripheral Neuropathy 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: October 10-minute trainings

Week 1: The Immune Protocol: Strengthening Your Body's Natural Defenses (REPLAY)

A strong immune system depends on the body's ability to respond, regulate, and recover effectively. In this training, Dr. Rob walks through the Immune Protocol and explores how microcurrent and energy medicine can be used to support the body's natural defenses and overall immune function.

Week 2: Protecting Your Body Against Cold-Weather Aches and Stiffness (REPLAY)

Colder weather can bring increased stiffness and discomfort for many people. Dr. Rob discusses practical ways to support the body during seasonal changes, including energy medicine strategies that can help promote circulation, ease tension, and keep the body moving comfortably.

Week 3: Winter Wellness: Keeping Energy Levels High All Season (REPLAY)

Seasonal changes can affect energy, activity levels, and overall wellness. In this training, Dr. Rob shares a holistic approach to maintaining vitality throughout the colder months, with practical strategies for supporting energy production, resilience, and whole-body wellness.

Week 4: Bruises (NEW)

October closes with a **new, detailed slide-based protocol training focused on something we all encounter in our lives...bruises**. In this session, Dr. Rob will take a closer look at the protocol and methodology for approaching bruises with microcurrent therapy, helping you understand not only what to do, but the thinking behind the treatment.

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 Season 5

The **Pain Free For Life Podcast** returns in October with a new season focused on **Living the Method, Healing as a Way of Life**. This month's conversations move beyond learning the fundamentals and into what it looks like to live them, from sharing your own healing story to maintaining progress and continuing to grow.

OCTOBER 2026 FEATURED EPISODES:

October 5, 2026

Episode #139: Season 5 Kickoff Celebration: Living the PFFL Way, Not Just Learning It

Dr. Rob launches Season 5 with a solo episode focused on sustaining healing as a lifestyle. The conversation explores what happens when the principles you have learned begin to become part of how you approach your health every day.

October 12, 2026

Episode #140: A Woman's Voice

In this powerful case study, Dr. Rob shares the story of a remarkable client's journey from chronic pain and despair to vibrant health and purpose, thanks to microcurrent therapy and integrative healing practices.

October 19, 2026

Episode #141: Early Successes, What Inspired You to Change Your Practice to Microcurrent?

Dr. Lorry shares stories from some of her first experiences using microcurrent therapy, including the early client successes that made her take a closer look at what was possible. Together, she and Dr. Rob reflect on how those cases influenced her approach to care, the lessons she learned along the way, and how those early experiences ultimately helped lay the foundation for the work they do today.

October 26, 2026

Episode #141: Ask Dr. Rob: Staying the Course When Healing Takes Time

October closes with a Q&A focused on a challenge many people encounter over time: staying consistent without allowing a healing routine to become overwhelming. Dr. Rob answers questions about maintaining routines, avoiding relapse, and setting realistic long-term goals.

AVAILABLE ON:

Apple

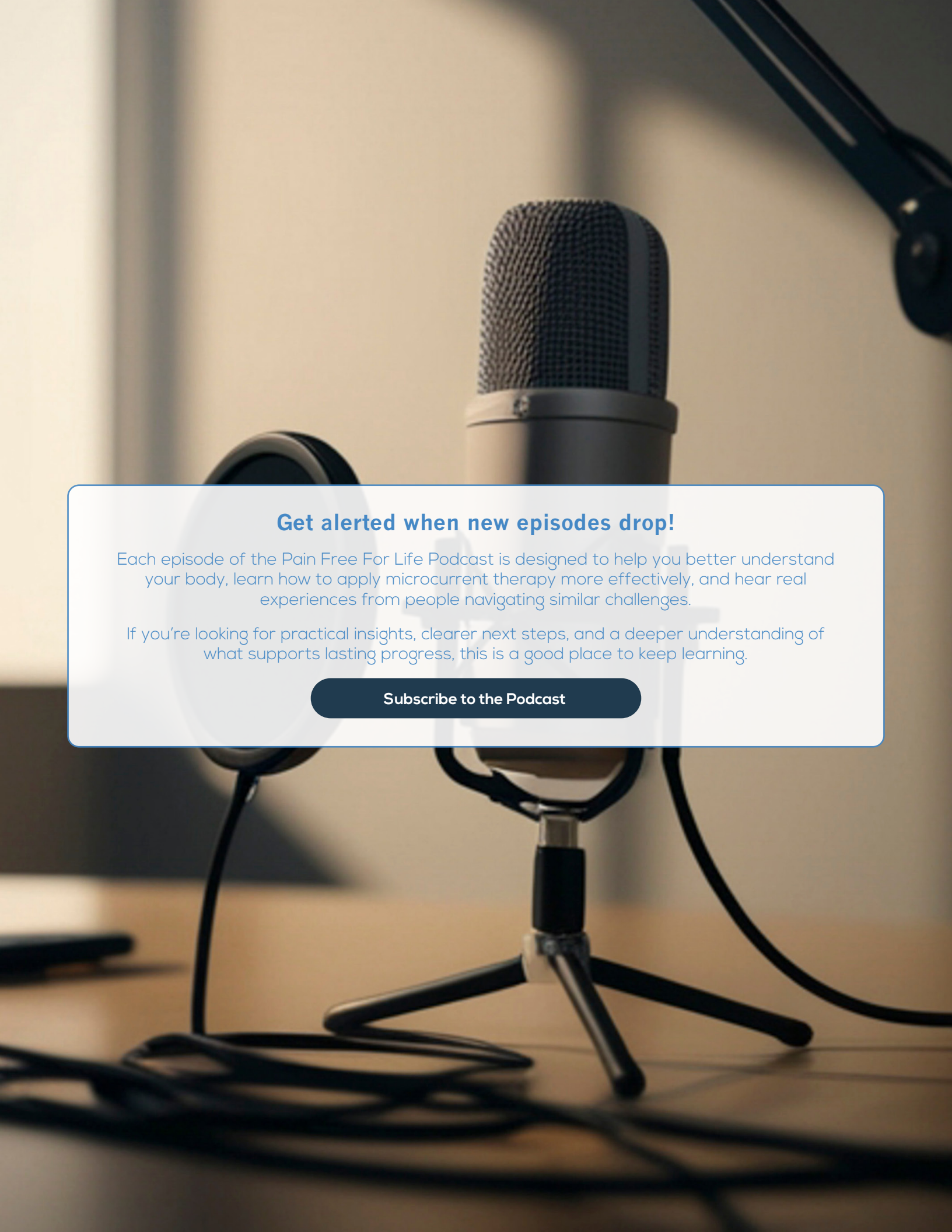


Spotify



Youtube



A professional microphone on a stand is the central focus of the image. The microphone is silver and black, with a mesh grille. It is mounted on a black stand with three legs. The background is a warm, out-of-focus indoor setting. A white text box with a thin blue border is overlaid on the center of the image, containing promotional text for a podcast.

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](#)

Why an old C-Section scar can still feel numb, tight, or painful

What may be happening beneath the surface years after surgery, and where microcurrent therapy fits into scar care



A C-section scar can look beautifully healed and still feel very different from the skin and tissue around it. One area may remain numb, another may feel tender or unusually sensitive, and some women notice pulling when they stretch, exercise, or even when clothing presses against the scar. For others, the sensation has been there so long that it has simply become part of daily life.

A cesarean birth is major abdominal surgery, and the line you can see on the skin tells only part of the story. The procedure involves multiple layers of tissue beneath it, along with nerves, inflammation, repair, and the formation of new collagen-rich tissue. Scar tissue does its job remarkably well, but it is not identical to the tissue that was there before, and those differences can remain noticeable long after the incision itself has healed.

This is one reason scar work has remained an important part of our approach at Pain Free For Life. The body is electrical as well as chemical, and nerves, cells, and tissues all rely on electrical activity as part of normal function and repair.

Why an old scar can still feel different

Numbness is one of the most common differences women notice around a C-section scar because small sensory nerves in the skin and surrounding tissues may be cut, stretched, or otherwise affected during surgery.

As those nerves recover, sensation may gradually return, but the process can take time and does not necessarily happen evenly. One portion of the scar may eventually feel almost normal while another remains numb, tender, itchy, tingly, or unusually sensitive.

Many women also describe a feeling of **pulling**. Scar tissue forms as the body lays down collagen to repair the surgical area, but the abdomen still needs to bend, stretch, twist, extend, and move. Changes involving the scar, surrounding connective tissue, abdominal muscles, nerves, and deeper tissues can therefore become noticeable during movement even when the incision itself looks perfectly healthy.

Adhesions may also develop after abdominal surgery. These bands of internal scar tissue can connect tissues or organs that would normally move more freely in relation to one another. Not every pulling sensation means an adhesion is present, and adhesions cannot be diagnosed simply by how a scar feels.

The electrical side of scar tissue

Microcurrent gives us another interesting way to look at an old scar. Healthy skin and scarred tissue do not necessarily have identical electrical characteristics. Tissue injury changes the local cellular environment, and electrical signaling plays a role in normal wound repair.

A scar is an area where **normal electrical communication has been altered**. Microcurrent allows us to introduce very low levels of electrical current around that tissue while paying attention to how the area responds.

Microcurrent is also of interest in scar work because of its relationship with cellular energy, or **ATP**, the usable form of energy cells needed for maintenance and repair.

This does not mean microcurrent can return every C-section scar to its pre-surgical state. **It does, however, help explain why researchers continue to study microcurrent in wound healing, tissue repair, and pain, and why scar work remains so important.**

Research spotlight

Researchers have looked specifically at microcurrent point stimulation for **chronic pain associated with C-section scars**.

In one study of **47 women**, microcurrent point stimulation was applied along the C-section scar. Pain was measured before treatment, immediately afterward, and again 48 hours later. Researchers reported a **statistically significant reduction in pain following treatment**.

The study is especially interesting because treatment focused **on the scar itself**, an approach that parallels the way we think about scar work at Pain Free For Life. Rather than viewing an old scar only as a cosmetic reminder of surgery, we consider how the area **feels and functions today**.

How we work with C-Section scars

For Avazzia Life users, scar treatment may involve systematically working **along and around a fully healed scar**, paying attention to areas that respond differently from the surrounding tissue.

Scar work should also be gentle. An old surgical area does not need aggressive manipulation or forced change. The goal is to work with tissue that has already been through significant trauma while paying attention to how it responds.

Treatment Note: 77 Hz and Scar Work

Within Pain Free For Life microcurrent protocols, **77 Hz is commonly used to treat healed scars and surrounding soft tissue, with the goal of neutralizing the scar and improving conductivity in the area.**

If you're a [Hache Protocol Private Member](#), your Treatment Coordinator can help you understand how the appropriate scar protocol fits your device and individual treatment plan.



What if Your C-Section Scar Is 20 Years Old?

It is easy to assume that if a C-section happened 10, 20, or even 30 years ago, the scar no longer matters. But the passage of time does not necessarily make that history irrelevant.

It's important to remember that an old, fully healed scar may still benefit from neutralization, even if it has never caused pain or limited movement. If the area remains numb, tight, tender, sensitive, or uncomfortable—or you notice pulling with movement—those changes can provide additional clues about how the scar and surrounding tissues are functioning today.

An older scar isn't a wound we're trying to heal all over again. We're working with **mature scar tissue** and considering how it may affect electrical conductivity and the surrounding area. A procedure may have occurred decades ago, but the scar remains part of the body's physical history and may still be relevant when developing a microcurrent treatment plan.

Know when the scar may not be the whole story

Persistent abdominal or pelvic pain after a C-section should not automatically be attributed to the visible scar. Pain can come from the abdominal wall, pelvic floor, nerves, muscles, joints, reproductive organs, bowel, bladder, or another medical condition.

If discomfort is severe, worsening, newly appearing, or accompanied by changes in bowel or bladder function, menstrual symptoms, weakness, swelling, fever, unusual bleeding, or other concerning symptoms, it deserves appropriate medical evaluation. A pelvic-health physical therapist may also be valuable when abdominal strength, pelvic-floor function, movement, or tissue mobility appears to be contributing.

That additional care does not compete with microcurrent. It provides more information about **what actually needs attention**, so treatment can follow the problem rather than assuming every symptom near an old incision is caused by scar tissue.

Your scar is part of your health history

After having a baby, it is remarkably easy for your own recovery to move further and further down the list. There is a newborn to care for, sleep becomes precious, routines change, and eventually the postpartum appointments end. If the incision has closed and there are no obvious complications, whatever remains can begin to feel like something you're simply expected to live with.

As months become years, those lingering changes may become so familiar that you stop thinking of them as something worth mentioning. **A healed incision isn't the only measure of recovery.** How comfortably you move, what sensation has returned, and whether an old surgical site still affects your life matters, too.

Your C-section scar is part of your health history. If something about it has never felt quite right, it is worth mentioning. Ten or twenty years passing doesn't make that information irrelevant.



Take a deeper dive into post-surgical recovery

A C-section may be the reason we're talking about scars here, but these questions extend well beyond cesarean birth. Joint replacements, abdominal procedures, mastectomies, orthopedic surgeries, and other operations can all leave behind scars and surrounding tissue that remain part of the body's physical history.

Our [Post-Surgical, Wounds & Infections Health Lab](#) takes a deeper look at post-surgical support, wounds, infection considerations, and the ways microcurrent may be incorporated into a broader recovery plan.

For Avazzia Life users in particular, the Lab is an opportunity to better understand the protocols and reasoning behind this work rather than simply following a frequency or technique without understanding where it fits.

Already Purchased the Post-Surgical, Wounds & Infections Health Lab?

If you've already purchased the Post-Surgical, Wounds & Infections Health Lab, log in to your Pain Free Living Lab account to access the course, training materials, and available replay.

If you have trouble locating your Lab email lyn@painfreeforlife.com.

Pemf, two ways: Meet the Qi Wave PEMF Pad and the Via Qi

From passive support to targeted treatment

If you already use microcurrent, adding **PEMF** gives you another way to support your body. The two therapies work with the body's electrical nature, but in different ways.

Microcurrent delivers very low electrical currents directly through the skin for more precise, targeted treatment. **PEMF, or pulsed electromagnetic field therapy, uses magnetic fields to create small electrical currents within tissue**, offering broader support for cellular energy, circulation, pain relief, recovery, and relaxation.

Dr. Rob puts the difference simply: **microcurrent “zooms in,” while PEMF “zooms out.”**

With a compatible Avazzia Life device, the **Qi Wave Pad** and the **Via Qi** make it easy to add PEMF to the routine you already have. The main difference is how you want to use it: **broader and passive, or targeted and hands-on?**

Qi Wave PEMF Pad: Broader pemf support while you rest



If you like the idea of fitting a treatment into time you already spend relaxing, the **Qi Wave Pad** is the more passive option.

The **Qi Wave PEMF Pad** can be positioned beneath your back, legs, or another treatment area while you read, watch television, relax, or wind down for the evening. You don't need to keep moving the accessory across your body, making it an easy option when you want **broader PEMF coverage over a larger area**.

You can also use it for another member of the household: **your pet**. The Qi Wave Pad can be placed beneath a pet's bed, allowing PEMF to become part of their routine without requiring them to cooperate with a handheld treatment.

The Qi Wave Pad may be a good fit if you want:

- ✓ Broader PEMF coverage
- ✓ A treatment you can use while resting
- ✓ Support for larger areas of the body
- ✓ A more passive addition to your routine
- ✓ An option that can also be incorporated into pet care

[Explore the Qi Wave PEMF Pad](#)

Via Qi: PEMF right where you want it

Sometimes you aren't looking for broader coverage. You have a particular area in mind.

The Avazzia Via Qi is a portable, handheld PEMF accessory that you position directly over the area you want to address. That makes it particularly useful for specific areas such as stiff knees, shoulders, or the lower back.

Because you control where the ViaQi is placed, it offers a more focused treatment experience and can be easy to reach for when you want a shorter session centered on one area.

The Via Qi may be a good fit if you want:

- ✓ Targeted PEMF support
- ✓ A portable, handheld option
- ✓ Control over where PEMF is applied
- ✓ Shorter, more focused sessions
- ✓ A simple way to work with one particular area

[Explore the Avazzia Via Qi](#)



And what about the SANA Qi?

If you're familiar with our line of energy medicine devices, you may also know the SANA Qi.

The SANA Qi is a little different from the two options we're comparing here. Rather than focusing on PEMF alone, it brings together PEMF, scalar energy, light therapy, and microcurrent in one multimodality system.

There is much more to say about how those four modalities work together, so we'll be giving the SANA Qi its own dedicated feature.

[Explore the SANA Qi](#)





More ways to use the device you already know and love

The Qi Wave Pad and the Via Qi give you both possibilities through a compatible Avazzia Life microcurrent device, allowing you to add another modality without starting over with an entirely separate treatment system.

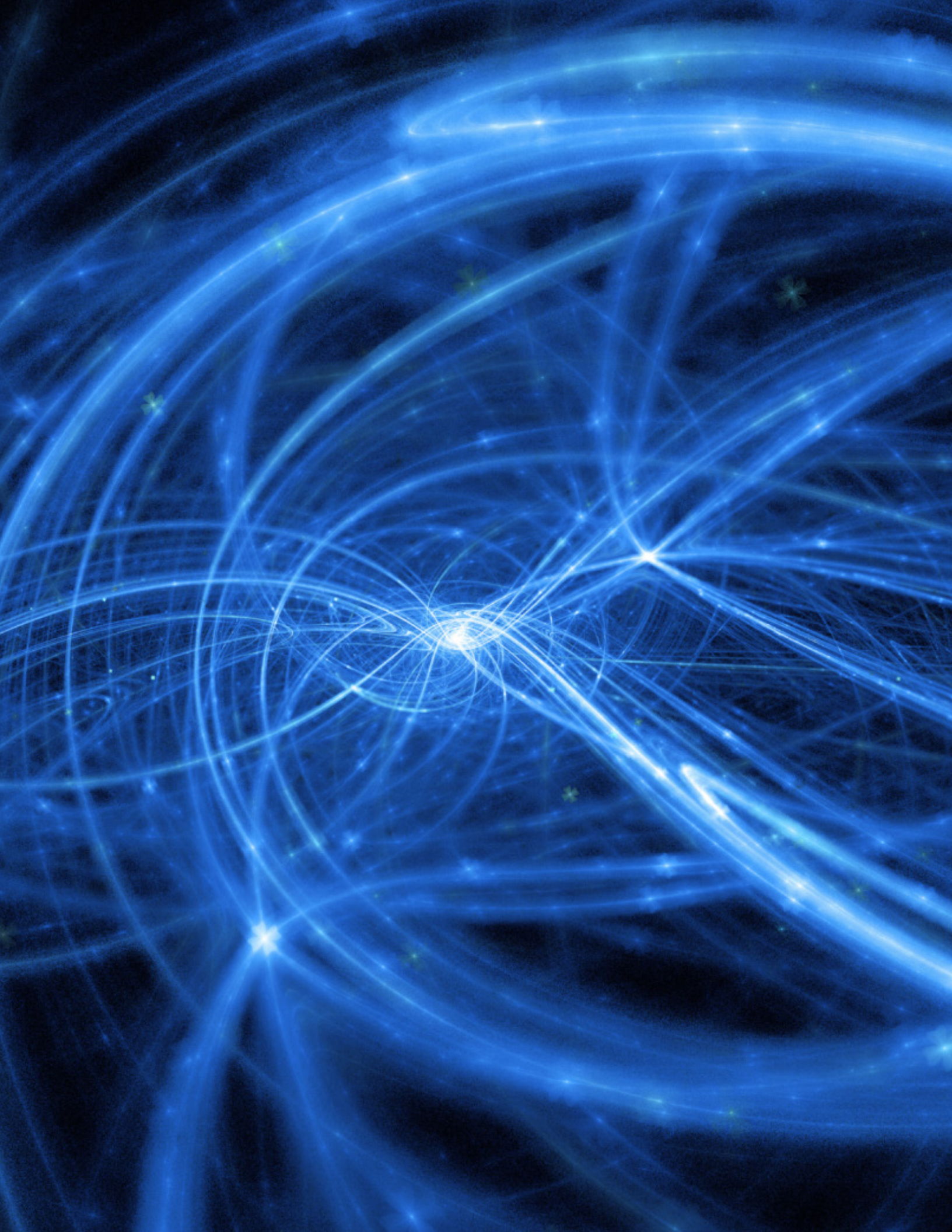
Not sure which one makes sense for you? Email support@painfreeforlife.com, and our team can help you compare the options for your device and treatment goals. Please allow up to 48 business hours for a response.



Explore the Qi Wave PEMF Pad



Explore the Avazzia Via Qi





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: October trainings

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

TSI training schedule for October:

- **Week 1: Certified Pain Resolution Specialist Deep Dive: SI 102 – The Medicine of Movement**

October begins with a closer look at movement and its role in whole-person health and recovery. This Certified Pain Resolution Specialist Deep Dive explores SI 102: The Medicine of Movement, helping practitioners strengthen their understanding of the Fitness portion of the curriculum and how movement, function, and physical activity fit into a broader approach to supporting clients.

- **Week 2: Certified Pain Resolution Specialist Deep Dive: SI 103 – Stress Management**

Stress can influence many aspects of health, making stress management an important part of the Certified Pain Resolution Specialist curriculum. In this SI 103 deep dive, practitioners will revisit key stress-management concepts and explore how they can be incorporated into a broader approach to pain, wellness, and recovery.



- **Week 3: Conductive Microcurrent Garments & Accessories How-To: Adjustable Back Belt**

This hands-on training focuses on the Adjustable Back Belt, a conductive microcurrent accessory designed for treatment around the back and torso. Practitioners will learn how the belt is used, how it connects with compatible microcurrent equipment, and how it may be incorporated into different treatment routines.

- **Week 4: The Science Behind It All: Waveforms**

October closes with a closer look at waveforms and their role in electrical therapy. This session will explain what waveforms are, why different waveform shapes and patterns are used, and how they relate to the way microcurrent is delivered, helping practitioners better understand the science behind their device settings.

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

[Learn more](#)

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

—M.B.

The new SANA Institute scholarship

Opening more doors to holistic healing careers

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

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

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



A scholarship for real life

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

Who it helps:

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

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

Why this scholarship matters

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

“

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

– Dr. Rob Vanbergen

”

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

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

Take the next step

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

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

[Request information](#)

[Book an admissions call](#)

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

SANA Rewards: Earn while you heal

Our special 'Thank You' for trusting The Sana Shop

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

HOW IT WORKS:

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

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

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



For example:

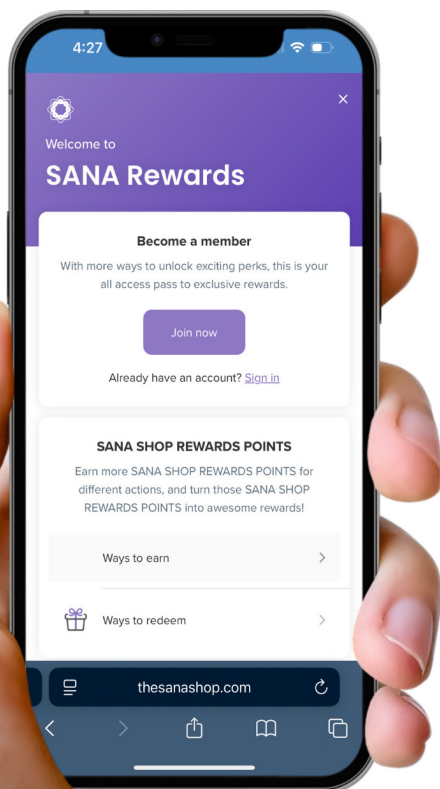
Spend **\$100** – earn **100 points** – worth **\$1** off a future order

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

SANA Rewards Terms and Conditions (Exclusions Apply)

Terms and conditions:

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



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

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

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

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

[Learn more here](#)



Can't-miss events: Coming soon



FREE WEBINAR

Benefits of the SANA Therapeutics Health Blanket and How to Use It



WEDNESDAY | OCTOBER 07, 2026



AT 4:00 PM PDT | 7 PM EDT

IT'S FREE – SEE YOU THERE!

Don't miss your chance, register now.



Dr. Rob Vanbergen

Board Certified Doctor of
Natural Medicine

Wrap Yourself in Restorative Comfort This Autumn

***Free Live Training + The Only SANA Therapeutics Health Blanket
Discount Window for the Rest of 2026***

Autumn has a way of making comfort feel especially welcome. Evenings arrive earlier, temperatures begin to fall, and curling up with a good book or settling in for the night under a warm blanket starts sounding better by the day.

This October, we're giving the SANA Therapeutics Health Blanket the spotlight with a free live training led by Dr. Rob Vanbergen. The blanket has become a favorite among our doctors and Care Team because it fits so naturally into time you're already spending at rest. There are no programs to select or settings to manage; you can wrap yourself in it while reading, watching television, winding down for the evening, resting after activity, or sleeping.

If you've wondered what makes the SANA Therapeutics Health Blanket different from an ordinary blanket, how to use it, or where it may fit into your existing wellness routine, this is your opportunity to learn directly from Dr. Rob and ask questions live.

Save your spot

Free Live Training: Benefits of the SANA Therapeutics Health Blanket and How to Use It

Wednesday, October 7, 2026
4:00 p.m. Pacific / 7:00 p.m. Eastern
Live on Zoom

Dr. Rob will take a closer look at the SANA Therapeutics Health Blanket, including what makes it different, how it is designed to support relaxation, recovery, sleep, and overall well-being, and practical ways to use and care for your blanket at home. The training will conclude with a **live Q&A**.

Can't attend live? Register anyway. A replay link will be emailed to registrants within **24–48 hours** after the event!

A Special October Ordering Window

The live training also opens a very limited opportunity to order a discounted SANA Therapeutics Health Blanket in 2026.

From **October 7–14, 2026**, save **18%** with code **BLANKET**.

Each blanket is **handmade to order** and available in Small, Standard, and Large. Because these are individually made, production may take up to three months during periods of high demand, and orders are final.

If you've been considering a blanket but planned to wait for our traditional year-end promotions, keep this in mind: **SANA Therapeutics Health Blankets will not be included in our November or December holiday sales.**

[Shop the SANA Therapeutics Health Blanket](#)

Note: *This offer cannot be combined with other promotions, offers, or discount codes and cannot be applied to previous purchases. SANA Therapeutics Health Blankets are handmade to order, and all blanket orders are final. Please allow up to three months for production during periods of high demand.*

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.*

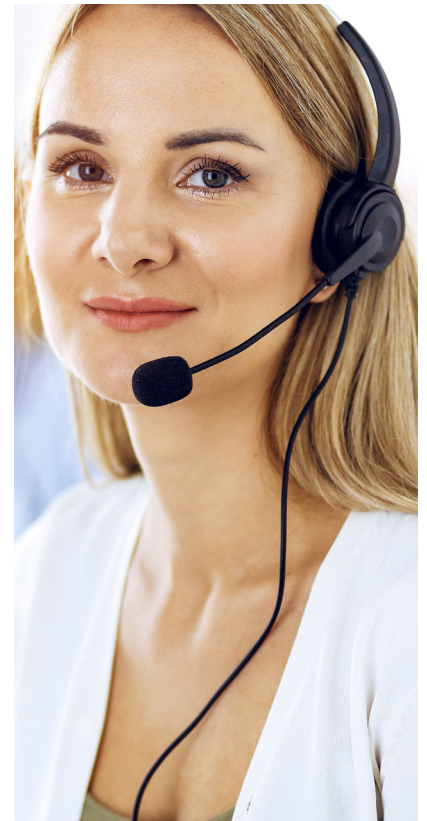
Email: Send us your questions or concerns at support@painfreeforlife.com, and our team will respond within 48 business hours.

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*

