PAIN FREE For Life™

PAIN FREE LIVING Magazine

NOVEMBER 2026



The Twelve Gifts of Wellness: Our Team's Holiday Picks

Understanding the Link Between Thirst and Blood Sugar

Let's Talk About Bladder Health

Herb-Roasted Beef With Garlic & Rosemary: A Welcoming Meal for Your November Table

PAIN FREE
For Life™

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 TCM
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Welcome to Pain Free Living Magazine

Our Mission, Our Vision, Our Values

Welcome to Pain Free Living Magazine – November 2026

Dear Readers,

November naturally draws our attention toward gratitude, kindness, and the people who make our lives richer. Here at Pain Free For Life, we have so much to be thankful for, beginning with this community of practitioners, clients, families, and supporters who share their experiences, encourage one another, and help bring our work to people around the world.

This month's Hydration Issue looks beyond the familiar reminder to "drink more water". We explore how water and minerals work together, why our needs can change, and how hydration fits into everyday care and preparation for microcurrent treatments. Related articles explore the link between thirst and blood sugar, practical ways to support bladder health, and what to keep in mind before starting a year-end cleanse.

We're also bringing a personal touch to holiday giving with The Twelve Gifts of Wellness: Our Team's Holiday Picks. Twelve team members share favorites from their own lives, from useful treatment accessories to everyday comforts that make self-care more enjoyable. You'll also find details about our Early Black Friday Sale, November 4–11, with savings and bonuses at The Sana Shop to help you choose something meaningful for a loved one or your own wellness routine.

There is plenty to enjoy at the table, too. Our herb-roasted beef with garlic and rosemary makes a welcoming centerpiece for a shared meal, while this month's seasonal food feature explores sweet potatoes beyond the holiday casserole. In our conversation with Nicole Jobson, you'll get to know the person behind so much of our day-to-day work—and discover her recipe for creamy coconut horchata!

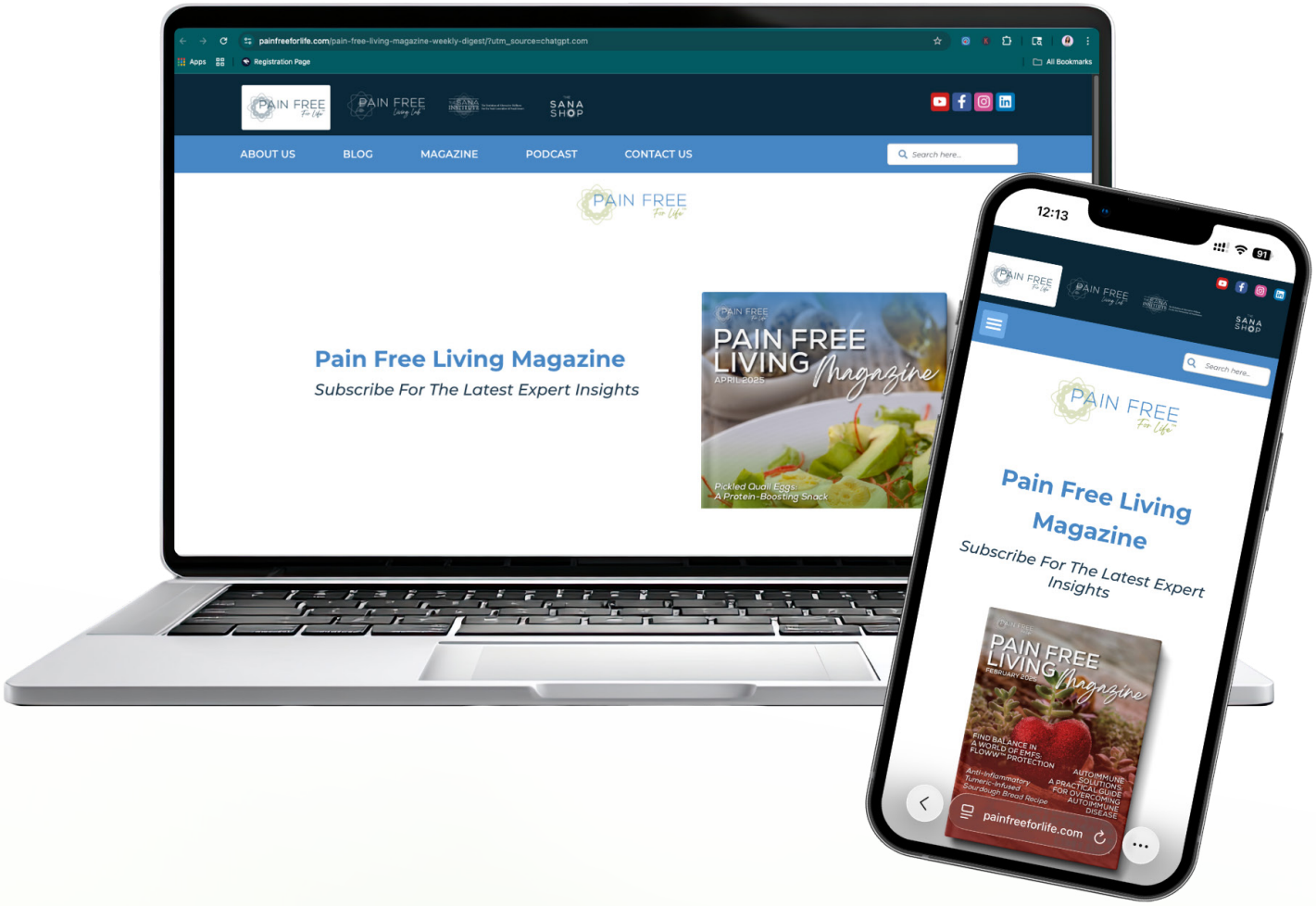
Kindness and joy appear throughout these pages. We consider what useful support looks like when someone you love lives with chronic pain, and client Caroline shares how learning to use microcurrent at home helped her feel more prepared for flare-ups and more confident about the activities she wants to pursue. Her experience reminds us how much education, encouragement, and access to support can mean.

As holiday schedules fill up, we hope this issue gives you ideas you can use, whether that means making a favorite meal, learning more about your device, or finding a thoughtful way to help someone you care about. Thank you for the stories, questions, and generosity you bring to this community.

With gratitude and joy,

Dr. Rob Vanbergen, BHS, MNM, DHS, DNM, PhD
Dr. Lorry Hache, PsyD, ND, HD, and TCM
Co-Editors-in-Chief, Pain Free Living Magazine

Join the movement



Stay Connected to Your Healing Journey

Healing often happens one step at a time, and steady support can make all the difference. **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

Pain Free For Life
Early Black Friday Sale



Our **Early Black Friday Sale, November 4–11,** brings you some of our **best savings and bonuses of the year** on Avazzia Life microcurrent devices, accessories, PEMF and scalar technology, and more!

Whether you're purchasing a new device or adding to your current setup, **Make This the Moment to invest in the support you want to carry into 2027.**

Let's explore the 2026 deals!

Microcurrent deals

Purchase a Pinnacle Deluxe Kit and Choose Your Bonus

Purchase a brand-new **Avazzia Life Pinnacle Deluxe Kit** and choose ONE of these three offers:



FREE
Scalar Qi
$1,595 value



50% OFF
SANA Qi
You save $1,497



FREE
Via Qi
$1,595 value



All dollar amounts are in USD.

Shop the Pinnacle Deluxe Kit

More ways to save on Microcurrent

We also offer deals for new users and longtime users looking to add to their existing setup.

- Avazzia Life Pinnacle Lite Deluxe Kit – Receive FREE Microcurrent Goggles ($595 value).
- Avazzia Life Evolution Classic Kit OR Deluxe Kit – Receive a FREE 6" × 12" Qi Wave Pad ($445 value).
- Avazzia Life Genesis II Classic Kit OR Deluxe Kit – **SAVE 15%.**
- ALL Microcurrent Accessories – **SAVE 15% OR MORE.**

More ways to save on Microcurrent

This Early Black Friday Sale also marks the final closeout of the **Avazzia Ezzi-Lift** Cosmetic Device. Pain Free For Life will no longer carry this device once inventory runs out.

If you've been waiting to buy an Avazzia Ezzi-Lift, this is your last chance.

Shop the Avazzia Ezzi-Lift

Already have your Avazzia Life device?

SAVE 15% OR MORE ON ALL MICROCURRENT ACCESSORIES

Replace a well-used accessory or add another treatment option to your current setup.

More Ways to Support Your Wellness

Early Black Friday savings extend beyond microcurrent devices and accessories.

From **November 4–11:**

- ✓ **Save 18%** on the SANA Therapeutics Anti-Bacterial/Anti-Viral Air Purifier Unit
- ✓ **Save 18%** on Floww EMF Protection Products
- ✓ **Save 18%** on Via Qi and Qi Wave PEMF Pads
- ✓ **Save 18%** on Scalar Qi
- ✓ **Save 18%** on SANA Qi
- ✓ **Save 18%** on Microcurrent Goggles
- ✓ **Save 20%** on the MEAD-20 System

If PEMF, scalar energy, EMF protection, air purification, or another wellness technology is on your list, Early Black Friday gives you one week to explore your options and save.

Take What You've Learned Further with Certification

For some members of our community, years spent learning about pain resolution have sparked an interest in helping others.

During the Early Black Friday Sale, **save 20% on Certified Pain Resolution Specialist Certification tuition at The Sana Institute when paid in full.**

You'll also choose:

- ✓ **FREE access to all three 2025 Health Labs: Oral Health and Dental Conditions, Cancer Therapy, and Pet Health ($1491 value)**

  OR

- ✓ **A FREE Avazzia Blue device**

The certification lets you deepen your understanding of pain resolution and build the knowledge and training to bring that work to others.

This sale does not apply to Scholarship Students and cannot be combined with other CPRS or The SANA Institute offers.

Explore Certified Pain Resolution Specialist Certification

Make This the Moment

If you've been waiting for a device, an accessory that could expand your treatment options, or another wellness technology you want to bring home, Early Black Friday is a chance **to make that investment go further.**

You've come a long way. Make this the moment for what comes next.

Shop the Early Black Friday Sale



Please note: *Some items are excluded from this sale. Offers are available to new and returning customers making qualifying purchases. Certified Pain Resolution Specialist Certification Early Black Friday savings do not apply to scholarship students. Early Black Friday savings cannot be combined with other offers or discount codes and cannot be applied to previous purchases.*

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



Beyond thirst: What your body needs to stay hydrated

How water and minerals support everyday health, and where hydration fits when you're living with chronic pain.



When you live with chronic pain, you learn to pay attention to the details of an ordinary day. You may know which chair lets you sit comfortably through dinner, how much activity you can manage before needing a break, or what a poor night's sleep means for the following afternoon. Taking care of yourself involves decisions that other people may rarely have to consider.

Hydration belongs in that picture, although the advice surrounding it can feel surprisingly incomplete. "Drink more water" offers little help to someone who already carries a water bottle everywhere, struggles to get up for refills, or has been told to limit fluids because of a medical condition. For someone experiencing fatigue, headaches, or dry mouth, it may also be hard to tell whether water intake affects how they feel.

How your body uses water

Water helps your body circulate nutrients, regulate temperature, digest food, and remove waste. It also contributes to the fluids that surround your tissues and cushion your joints.

Much of your body's water is inside your cells. After being absorbed through the digestive tract, water enters the bloodstream and moves between the spaces inside and outside cells. Water crosses cell membranes in response to differences in the concentration of dissolved substances, such as salts. This process, called osmosis, helps explain why hydration involves both water and minerals.

What about minerals?

Electrolytes, including sodium and potassium, help regulate fluid balance and support the electrical signals that allow nerves and muscles to function. Your body continually adjusts water and electrolyte levels to keep these processes working properly.

Your kidneys play a central role. As they filter the blood, they return needed water and minerals to circulation while removing waste and excess fluid through urine. Hormones help guide these adjustments, while thirst encourages you to replenish fluids.

Healthy hydration depends on maintaining an appropriate balance of water and minerals. Your needs reflect both what you take in and what you lose through urine, sweat, breathing, and other sources of fluid loss, including illness.

When pain makes it harder to stay hydrated

Pain, fatigue, nausea, and changes in your routine can all make it harder to drink regularly. A full water bottle may be hard to lift with sore hands, and getting up for a refill may take more effort after you have finally found a comfortable position. Appointments and travel can also interrupt the meals and breaks when you would normally have something to drink.



Understanding what gets in the way makes the advice more useful. Someone who forgets to drink may benefit from a reminder; someone who struggles to carry a full bottle may need a

Recognizing signs of dehydration

Tiredness, headache, lightheadedness, dry mouth, darker urine, and urinating less often can be signs that your body needs more fluid. If fatigue or headaches are already part of your life, you may easily attribute these changes to your usual condition.

Consider what else has been happening. A day spent sweating outdoors, an illness, or several hours without much to drink can provide useful context. Noticing a change from your usual pattern can help you recognize when hydration deserves attention.

Thirst can also become less noticeable with age, making regular opportunities to drink helpful even when the urge is less pronounced.

When symptoms need a closer look

Persistent symptoms deserve attention beyond simply increasing your water intake. For example, dry mouth can result from medications or conditions that affect saliva production. Frequent sips may provide comfort, but ongoing dryness should be discussed with a healthcare professional or dentist, especially if eating, swallowing, or speaking becomes difficult.

Confusion, fainting, very little or no urine, color or odor of urine, or difficulty staying awake could require urgent medical assessment. Persistent dizziness or unusual thirst also warrants a conversation with your healthcare provider.

How much should you drink?



Hydration recommendations can be confusing because they do not always measure the same thing. Some include water from both food and beverages, while others refer only to what you drink. Even the word cup can be misleading when your favorite mug or water bottle holds several standard servings.

Commonly cited guidance for healthy adults suggests approximately **nine 8-ounce cups of fluids a day for women and thirteen for men,** with additional water coming from food. These are general reference amounts; your size, activity, environment, elevation, pregnancy or breastfeeding status, and health can influence what is appropriate for you.

Your needs can change

An afternoon spent working outside may involve greater fluid losses than a day indoors. Fever, vomiting, diarrhea, and heavy sweating can also increase what you lose, while travel or recovery may disrupt the habits that usually keep you drinking regularly.

Certain medical conditions require a different approach. Some people with chronic kidney disease, for example, need to limit fluids because their kidneys cannot remove excess water efficiently. **Follow any individual guidance your healthcare team has provided about fluids, sodium, or potassium.**

To understand your current routine, start by noticing what you drink on a typical day. Include beverages with meals and between meals, and look for long stretches when drinks are unavailable or easy to overlook. That information can help you make a practical adjustment or ask your healthcare provider for a clearer daily goal.



Food, drinks, and electrolytes

Food contributes to hydration and nourishment. Fruits and vegetables supply water, while soup or broth can add fluid to a meal. Milk and suitable unsweetened, fortified alternatives provide fluid along with nutrients. Plain tea and coffee also count toward your daily intake, although caffeine needs and tolerance vary.

If cold water becomes less appealing as the weather changes, consider the foods and drinks you already enjoy. Vegetable soup at lunch, a pear as a snack, or a mug of unsweetened tea can make it easier to stay hydrated throughout the day.

Fluids also help dietary fiber work effectively. When you add beans, vegetables, fruit, or other fiber-rich

foods to support bowel regularity, appropriate fluid intake helps soften stools and makes them easier to pass. This is one reason to consider food and hydration habits together.

Do you need an electrolyte drink?

The electrolytes discussed earlier—including sodium, potassium, calcium, and magnesium—come from everyday foods and drinks. Whether you need additional amounts depends on your diet, fluid losses, medications, and health.

An electrolyte imbalance can involve levels that are too high or too low, so a product's "hydration" label doesn't tell you whether it suits your needs. Check the sodium, potassium, and added sugar content, and include those amounts in any dietary limits your healthcare team has recommended.

When vomiting or diarrhea causes significant fluid loss, a pharmacist or healthcare professional may recommend an **oral rehydration solution.** These products contain carefully formulated proportions of water, salts, and sugar, so follow the mixing instructions exactly.

How better hydration *feels*



When poor fluid intake adds to discomfort, correcting it may make a noticeable difference. A dehydration-related headache may ease, your mouth may feel more comfortable, or you may feel less tired after a day when you previously went too long without drinking.

For someone managing chronic pain, those improvements can matter even when the underlying condition remains unchanged. Feeling more comfortable during an afternoon or having one less headache is a useful outcome in its own right.

Pay attention to the pattern over time. Notice whether symptoms improve as your fluid intake becomes more consistent, and discuss symptoms that continue or change with your healthcare provider.

Can drinking more water improve your skin?

Some research suggests that additional water may modestly improve skin hydration, particularly in people who previously drank less. A review published in Skin Research and Technology also reported improvements in dryness and roughness, although overall evidence was limited.

Remember, skin appearance alone is not a reliable measure of whether you are adequately hydrated.

Hydration and the Hache Protocol

The Hache Protocol for Pain Resolution™ brings together five interactive elements: **stress reduction, nutrition, fitness, sleep, and microcurrent.** Hydration is part of the nutrition element, with connections to how the other elements fit into daily life.

Becoming more active may increase fluid losses through sweating. A stressful week may interrupt meals and drinking habits. Someone who carefully follows a microcurrent routine may still find that appointments, fatigue, or family responsibilities leave little time to prepare food or refill a drink.

Considering these elements together helps us recognize where a care plan needs practical support. It also allows the plan to change as someone recovers, becomes more active, or moves through a demanding period.

Making hydration easier every day

A useful hydration routine accounts for your preferences, abilities, and schedule. Begin with the part that is hardest to maintain, then choose an adjustment that makes it easier.

Keep drinks comfortable to use and easy to reach

If a large bottle is heavy or awkward, try a smaller container or an easy-to-hold cup. Before settling down to work or rest, place your drink within reach and think about how you will manage refills.

When helping someone else, check whether they can lift and open the container independently. A drink can be in sight and still hard to use. Someone who has trouble swallowing should receive guidance from their healthcare team about appropriate drinks and textures.

Build on habits you already have

Breakfast, lunch, and an afternoon break provide familiar opportunities to drink. Connecting hydration to those moments can make it easier to remember without adding another task to your day.

Choose drinks you enjoy and tolerate. If you routinely leave cold water untouched, a room-temperature drink or warm tea may be more appealing. The aim is to establish a pattern you can comfortably maintain.

Plan for travel and holiday gatherings

Changes in routine can remove the cues you normally rely on. Before leaving home, consider whether drinks will be available and where you can take comfortable bathroom breaks. Packing a manageable bottle or planning a stop can help you avoid long stretches without access to fluids.

If you are hosting, set out water when you prepare the table and offer drinks throughout the gathering. For guests who need help, keep drinks within reach after everyone settles in.

If bathroom concerns are causing you to restrict fluids, discuss that difficulty with your healthcare provider. We explore bladder health and persistent thirst more closely elsewhere in this issue.

Make hydration part of your daily care

As November brings fuller schedules and changes to familiar routines, include your own needs in the planning. Knowing what your body requires—and making it reasonably easy to provide—belongs in the care you give yourself every day.

Continue learning about microcurrent, the Hache Protocol, and whole-body support in the **Pain Free Living Lab.**

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National Institute of Diabetes and Digestive and Kidney Diseases. Healthy Eating for Adults With Chronic Kidney Disease.



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



SLEEP NUTRITION STRESS FITNESS MICROCURRENT

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

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

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

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

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

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

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

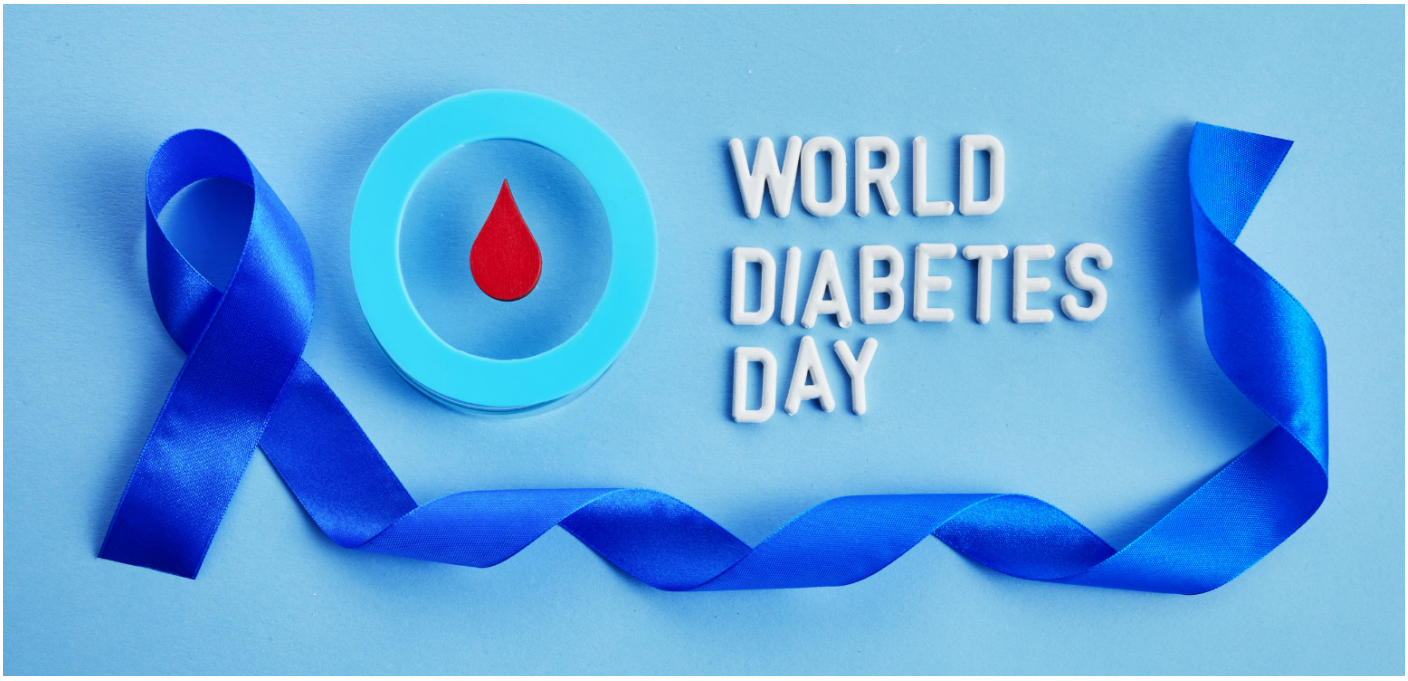
Take the First Step Toward Living Pain-Free with The Hache Protocol™

Learn more



World Diabetes Day: Understanding the link between thirst and blood sugar

When constant thirst, frequent bathroom trips, and lagging energy deserve a closer look.



You begin keeping a larger glass of water beside the bed. Bathroom trips interrupt your sleep more often, and by afternoon, you feel tired enough to wonder whether those broken nights are finally catching up with you. Each change seems easy to explain on its own, particularly when pain, medications, and a busy schedule already give you plenty to think about.

But when thirst feels noticeably different from your norm, it deserves attention. Repeatedly refilling your glass may ease the immediate feeling without explaining why it keeps coming back.

World Diabetes Day, observed on November 14, offers a timely reason to understand that connection. The International Diabetes Federation's theme for 2026–2027 is **"Early Action on Diabetes,"** emphasizing earlier diagnosis and risk reduction.

At Pain Free For Life, we encourage people to pay attention to changes in how they feel and function. That includes noticing when a familiar explanation no longer seems to account for what is happening.

Why high blood sugar can make you thirsty

Glucose, often called blood sugar, is a key energy source. The hormone insulin helps glucose move from the bloodstream into cells. When the body doesn't make enough insulin or use it effectively, glucose can build up in the blood.

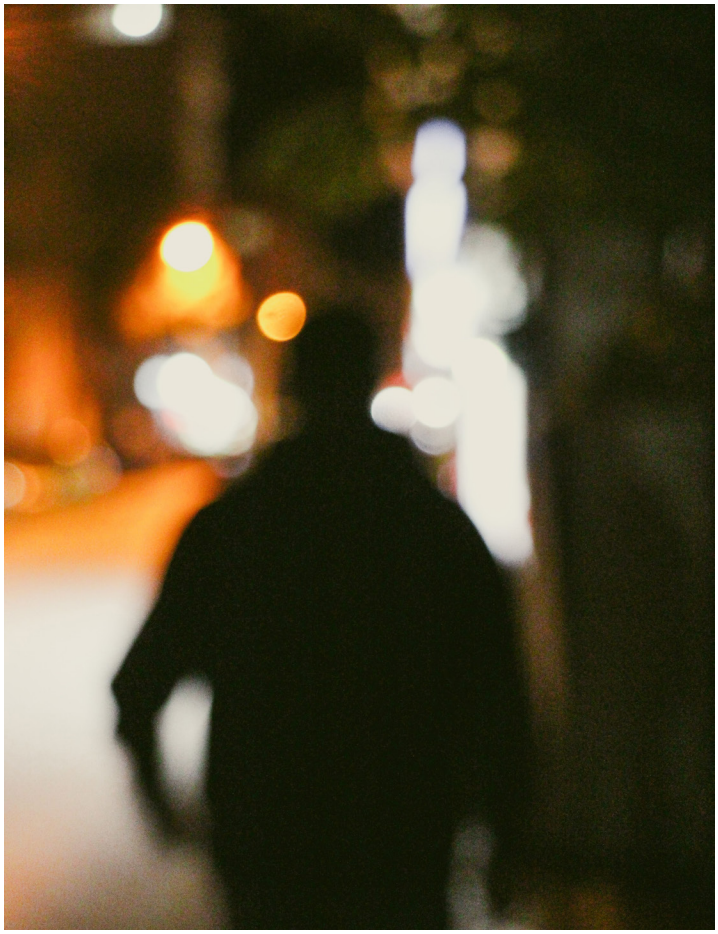
The kidneys help explain what happens next. They normally filter blood and return needed substances, including glucose, to circulation. When blood glucose rises sufficiently, some of it passes into the urine, drawing additional water with it.

The result can be increased urination and fluid loss, followed by greater thirst. You drink because you feel thirsty, yet the underlying cause of the fluid loss may still be present.

This is why persistent thirst and frequent urination are worth discussing together. Someone might mention disrupted sleep at one appointment and unusually strong thirst at another without realizing that the two could be connected.

Water remains important, but understanding why the body is losing fluid helps determine what care is needed.

Notice what has changed for you



An occasional thirsty afternoon is different from a pattern that keeps returning. The useful question is whether your thirst, bathroom habits, or energy have changed enough that you are adjusting your day around them.

Perhaps you have started planning errands around bathroom access, waking repeatedly to urinate, or carrying water everywhere because the thirst feels difficult to satisfy. Those observations are worth sharing with a healthcare professional, even if you are unsure whether they belong in the same conversation.

Other possible diabetes symptoms include:

- **Fatigue that feels unusual for you**
- **Blurred vision**
- **Weight loss without trying**
- **Sores that heal slowly**
- **Repeated infections**

These symptoms can have other explanations, and experiencing one does not establish a diagnosis. You also do not need to wait until several appear before asking about a persistent change.

For someone already managing chronic pain, this distinction can be especially useful. It is easy to fold another difficult afternoon into the explanation you already know: the pain disrupted your sleep, the week was demanding, or you have been doing more than usual. That explanation may be reasonable, but it should remain open to reconsideration when something changes.

Diabetes does not always announce itself

Type 2 diabetes can develop gradually, with symptoms that are mild or absent. Feeling well therefore does not necessarily mean that blood glucose is within a healthy range.

Type 1 diabetes can develop at any age, and symptoms may appear over days or weeks, although some adults experience a slower onset. Age alone cannot tell you which type of diabetes someone has.

The pace of a change matters. Tell your healthcare professional whether symptoms began suddenly, have been building over time, or are becoming more pronounced.

Testing gives you more useful answers



If you have persistent, unexplained thirst or other possible diabetes symptoms, contact your healthcare professional promptly. You do not need to spend weeks experimenting with different drinks before making that call.

A brief description can help: when the thirst began, whether you are urinating more often, what has changed in your energy or weight, and whether you have started any new medications. Bring the information you have without feeling that you need to arrive with a complete explanation.

Blood tests can help establish what is happening. An **A1C test** estimates average blood glucose over approximately three months, while a **fasting plasma glucose test** measures it at a particular point after fasting. When symptoms need timely assessment, a clinician may use a **random plasma glucose test**, which does not require waiting for a fasting appointment.

Your clinician chooses the appropriate test and determines whether confirmation or further testing is needed. Home glucose meters can be useful in diabetes management, but they do not replace clinical testing for diagnosis.

Screening matters even without symptoms

Ask whether you are due for screening based on your age, family history, previous results, and other risk factors. A history of diabetes during pregnancy also belongs in that conversation.

Noticing symptoms and keeping up with screening serve different purposes. One helps investigate a change you are experiencing; the other may identify a problem before you notice any change at all.

Why this matters when you live with pain



Over time, diabetes can damage peripheral nerves, often affecting the feet and legs. Symptoms may include burning, tingling, numbness, or pain that worsens at night. Some people develop sensitivity to light touch, while others lose some ability to feel pain or temperature.

A new burning sensation in the feet may initially seem like another version of an existing pain problem. Numbness can be easier to dismiss because it may not hurt. Both deserve assessment, especially when they occur alongside other changes in health.

Understanding the cause of a symptom

helps guide the care it needs. Diabetes is one possible explanation for nerve symptoms, and a clinician may investigate others, including vitamin B12 deficiency or thyroid problems.

For those who already have diabetes, daily foot checks and regular professional exams matter because reduced sensation can make injuries harder to notice.

If microcurrent is part of your pain care routine, bring new symptoms to your healthcare team as well. A change in sensation deserves its own evaluation, and pain-care decisions should account for those findings.

Recognize when care cannot wait

Some symptom combinations require immediate attention. Unusual thirst and frequent urination accompanied by vomiting, abdominal pain, trouble breathing, fruity-smelling breath, or fainting can signal **diabetic ketoacidosis,** a medical emergency.

This condition occurs when there is too little insulin and acids called ketones build up in the blood. It can be the first recognized sign of diabetes.

If you notice these symptoms, seek emergency care immediately. Don't wait for a routine appointment or try to manage it by drinking more water.

Make room for the conversation

As November schedules fill with travel, family plans, and holiday preparations, a health appointment can become one more thing to postpone. It may feel easier to keep an extra glass nearby, accept another interrupted night, and promise yourself that you will look into it after the holidays.

This year's World Diabetes Day message gives us a reason to act sooner.

For someone living with chronic pain, making that call does not mean assuming another diagnosis or starting over with everything they know about their body. It means allowing new information to become part of the conversation.

The same applies when someone close to you says they cannot seem to stop drinking water or keeps getting up repeatedly at night. You can encourage them to seek care and offer practical help arranging an appointment or getting there.

You do not need to know what a symptom means before asking for help understanding it. "I've noticed a change, and I'd like to know why" is enough to begin.

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Let's talk about bladder health

Everyday habits that support comfort, bladder control, and confidence—plus the changes worth discussing with your healthcare provider

A comfortable walk, an uninterrupted conversation, a good night's sleep. Bladder health can influence these ordinary pleasures, yet it rarely receives the attention we give to digestion, exercise, or other parts of our daily care.

When changes do appear, we may subtly adjust around them. Perhaps we stop an activity because of leaks, accept frequent urgency, or assume that getting older means getting used to discomfort.

Bladder changes are worth talking about. Understanding the habits that support healthy function—and recognizing when something needs attention—can help us feel more comfortable and confident in everyday life.

Give your bladder time to do its job



Your bladder is a muscular organ that stores urine until you're ready to release it. Emptying involves coordination between the bladder, nerves, and muscles that help control urine flow.

Some of the most useful habits begin with how we use the bathroom.

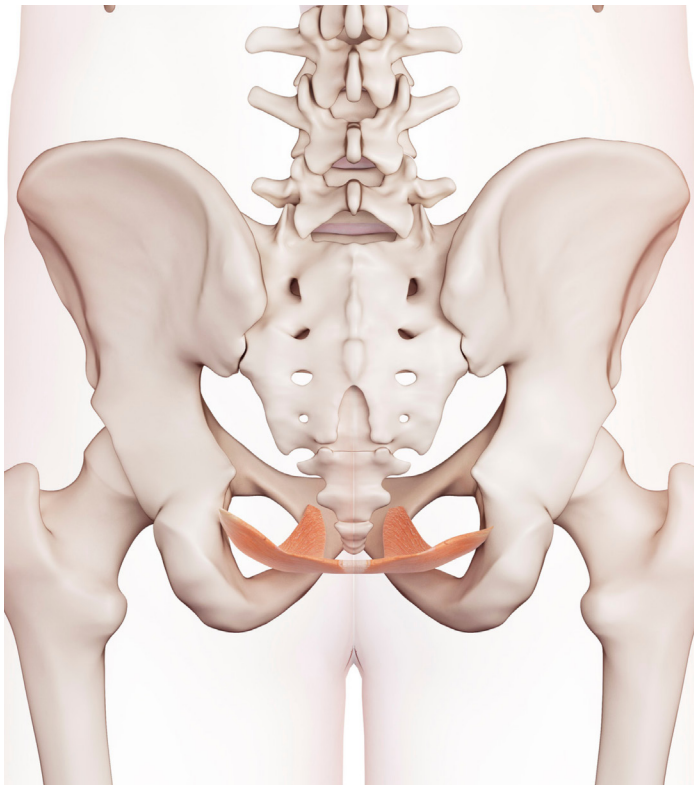
During a busy day, it can be tempting to ignore the urge until a meeting ends, the shopping is finished, or one more task is complete. Try to make room for regular bathroom breaks instead of routinely holding urine for long stretches.

Once you're there, give yourself enough time to relax and empty comfortably. Rushing through a bathroom visit can make that harder.

Get comfortable rather than hovering

If you sit to urinate, settle onto the toilet seat instead of hovering above it. Hovering can make it difficult to relax the muscles involved in emptying.

Allow the process to happen without trying to hurry it along. If starting is consistently difficult, your stream has become weak, or you often feel that your bladder hasn't emptied, mention those changes to your healthcare provider.



Get to know your pelvic floor

The pelvic floor is a group of muscles that supports the bladder and other pelvic organs. These muscles help maintain control, and their ability to relax matters when it is time to empty.

Pregnancy, childbirth, surgery, and aging can affect pelvic-floor function. **Both women and men can benefit from appropriate pelvic-floor care.**

You may already be familiar with Kegel exercises, which involve contracting and relaxing these muscles. They can help with certain types of leakage, including leaks that occur when coughing, laughing, or lifting.

However, choosing the right exercises and performing them correctly matters. A pelvic-health physiotherapist or other qualified healthcare professional can assess your needs and help you learn the technique.

Relaxation belongs in the exercise, too

A pelvic-floor contraction includes a full release afterward. Continually tightening, using the wrong muscles, or doing more repetitions than recommended can work against the intended benefit.

Avoid routinely practicing by stopping urine midstream, which can interfere with complete emptying. Exercises belong outside your bathroom visits.

Look after your digestion, too



The bowel and bladder sit close together, which helps explain why constipation can affect urinary comfort. A buildup of stool can put pressure on the bladder, and constipation may worsen bladder-control symptoms.

Supporting regular bowel movements therefore deserves a place in bladder care.

Make room for fiber-rich foods, such as vegetables, fruit, beans, and whole grains, alongside adequate fluids and regular movement. These are familiar habits, but their benefits extend throughout your body.

Movement can be adapted to your circumstances. A walk, a swim, or another comfortable activity can help you stay active without making your routine unnecessarily demanding. If urgency or leakage keeps you from exercising, bring it up at your appointment so you can get support for both the symptoms and the activities you want to enjoy.

Notice your own food and drink patterns

Hydration remains part of everyday bladder care. Your fluid needs depend on your health, activity, and environment; follow any individual guidance you've received.

What you drink may also matter. **Caffeine and alcohol can worsen urgency or frequency for some people.** Others notice symptoms after carbonated drinks, spicy foods, citrus, or certain sweeteners.

These responses vary. You don't need to remove every food on a possible-trigger list.

If you suspect a connection, keep a brief record of what you eat and drink, bathroom visits, and any discomfort or leakage. Patterns may become easier to describe when you can look back at a few days together.

That record can also make a healthcare conversation more useful. Instead of trying to remember whether symptoms usually appear after breakfast or during the evening, you'll have something concrete to discuss.

Remember the less obvious influences



Bladder care also includes habits and health decisions that may not immediately seem connected.

Bathroom hygiene matters. For women, wiping from front to back—particularly after a bowel movement—helps keep bowel bacteria away from the urethral opening.

Medications can play a role. Some affect bladder signals or control. If urinary changes begin after you start a medication or change a dose, ask your prescriber or pharmacist whether there could be a connection. They can review your options without you having to stop or adjust treatment yourself.

Smoking affects bladder health, too. It increases the risk of bladder cancer, while a persistent smoker's cough can contribute to leakage. Support with quitting can benefit bladder health as well as the rest of the body.

Know when a change deserves attention



Leaking when you laugh, sudden urgency, and difficulty emptying are different experiences. Describing what happens helps your healthcare provider determine what may be contributing and which care is appropriate.

Make an appointment if you notice persistent or bothersome changes, including:

- Leaks during activity or before you reach the toilet.
- More frequent or urgent bathroom visits.
- Repeated nighttime trips that disrupt your sleep.

Difficulty starting, a weak stream, or a feeling of incomplete emptying.

Burning or pain when urinating, or blood in the urine, should be assessed promptly. Seek urgent medical care if you suddenly cannot pass urine, or if urinary symptoms occur with fever, chills, vomiting, or pain in your back or side.

Depending on the cause, care may include changes to daily habits, pelvic-floor therapy, guided bladder training, medication, or other treatment.

You don't need perfect terminology to begin the conversation. Explaining what has changed and how it affects your day is enough.

Being able to move, rest, laugh, and spend time with others comfortably matters. Your bladder health deserves a place in that conversation.



Hydration and Microcurrent: What to know before your next treatment

Why steady hydration deserves a place in your microcurrent routine.



When you are learning to use microcurrent, it is natural to focus on the device: which program to choose, where to place an accessory, how much power to use, and which steps to follow.

Hydration may be less visible, but it still deserves a place in your treatment routine. At Pain Free For Life, we encourage clients to think about hydration as part of the broader environment the body relies on for normal nerve activity, muscle function, circulation, and recovery.

That does not mean you need to drink a large amount of water immediately before every session. Hydration is more useful as a steady daily habit than a last-minute treatment step.

Why hydration matters

Your body's fluids contain electrolytes, including sodium, potassium, and chloride. These minerals carry an electrical charge when dissolved in fluid and help support normal nerve signals, muscle contractions, and fluid balance.

Microcurrent therapy works with the electrical side of physiology by delivering very low levels of current. Hydration is not a program, setting, or protocol, but it contributes to the internal environment in which the body's nerves, muscles, and other tissues are functioning.

Think of hydration as one part of your overall treatment preparation. Following the correct protocol remains essential, but regular fluid intake helps support the body receiving the treatment.

Think beyond the glass of water before treatment

Drinking a glass of water before a session can be a helpful reminder, particularly if several hours have passed since you last had something to drink. However, it cannot immediately make up for inconsistent hydration throughout the rest of the day.

A more useful approach is to build fluids into routines that already exist. You might have water with meals, keep a manageable bottle nearby while you work, or pause for a drink during an afternoon break.

There is no need to force more water than feels comfortable. The goal is steady access to fluids and a routine you can maintain.

If your healthcare team has given you specific instructions about fluid, sodium, potassium, or mineral intake, continue following that guidance. Individual needs can differ, particularly for people managing

kidney, heart, or other medical conditions.

Can the way a session feels tell you whether you are hydrated?

Not reliably.

A microcurrent session may occasionally feel different from what you expected. The sensation may seem stronger or weaker, the device feedback may change, or the treatment may simply feel different from a previous session.

Hydration may be one consideration, but a single treatment cannot diagnose dehydration. Several factors can affect the experience, including:

- The program you selected
- The power level
- The accessory you used
- Placement
- Treatment duration
- Changes in your activity, health, medication, or daily routine
- Stress and the state of your nervous system
- How rested you are



Some microcurrent treatments may also produce very little noticeable sensation even when the device is being used correctly.

Instead of using one session as a hydration test, consider the larger pattern. Have you been drinking regularly? Have you recently exercised, traveled, been ill, spent time in a warm environment, or experienced another change that may have affected your fluid needs?

Those observations provide more useful context than the sensation of one treatment alone.

A simple hydration check before treatment

You do not need an elaborate checklist. Before beginning, take a moment to consider:

- Have I had fluids regularly today?
- Has it been several hours since I last drank something?
- Have I recently been sweating, exercising, traveling, or feeling unwell?
- Am I following any individual fluid or mineral guidance from my healthcare team?
- Do I have water nearby if I would like it during or after the session?

The purpose is not to achieve perfect hydration before turning on your device. It is to make regular fluid intake part of the care surrounding your microcurrent routine.

Do you need an electrolyte drink before microcurrent?

Using microcurrent does not automatically mean you need an electrolyte drink.

Water, meals, and everyday beverages all contribute to hydration and provide varying amounts of minerals. Whether additional electrolytes are appropriate depends on factors such as your diet, activity, medications, fluid losses, and health conditions.

If you choose an electrolyte beverage, check the sodium, potassium, added sugar, and other ingredients it contains. A product labeled for hydration may not suit every person or every dietary need.

For a fuller discussion of water, minerals, and electrolyte drinks, see **Beyond Thirst: What Your Body Needs to Stay Hydrated** earlier in this issue.

Nourish the processes that produce energy

If you have access to Treatment Coordinator support with your membership, specific observations can make it easier to review a session that felt different.

When asking for guidance, include:

- The device and program you used
- The accessory and placement
- The power level and treatment time
- What felt different
- Whether the change happened once or during several sessions
- Whether your hydration, activity, medications, or health had changed



Instead of saying only, "My treatment felt different," you might explain:

> **"I used the same program and power level as usual, but the session felt stronger today. I had also been traveling and had not been drinking as regularly."**

That context gives your coordinator a clearer place to begin.

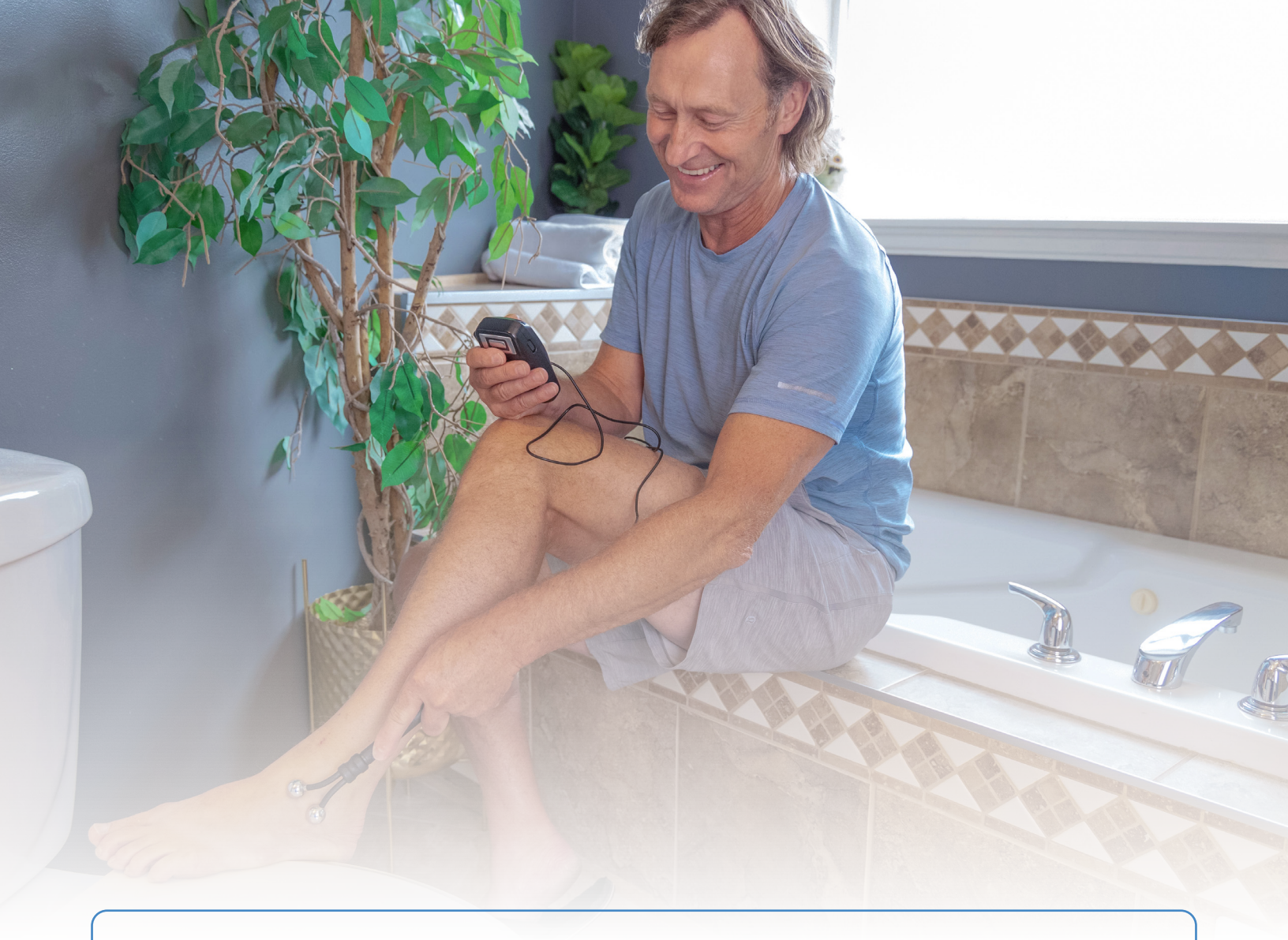
New or worsening symptoms, significant dizziness, unusual weakness, or other health changes should be discussed with an appropriate healthcare professional rather than automatically attributed to hydration or microcurrent.

Make hydration part of the routine

Hydration is not a replacement for the correct program, placement, accessory, or treatment instructions. It is one part of the everyday care that supports your body before, during, and after treatment.

A glass of water before a session can be a useful cue, but the more important habit is what happens throughout the day: drinking regularly, noticing when your needs may have changed, and following any individualized guidance you have received.

The goal is not to prepare perfectly for every treatment. It is to build a routine that feels manageable, repeatable, and supportive of the larger work your body is already doing.



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 November 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: November 10-minute trainings

- **Week 1: Inflammatory Foods: What to Eat and What to Avoid**

  Discover how the foods you eat can influence inflammation, chronic pain, and overall wellness. Dr. Rob explains which foods may contribute to inflammation and which ones can help support your body's natural inflammatory response. Learn simple, practical nutrition tips to make healthier food choices and support a more balanced, pain-free lifestyle.

- **Week 2: Exploring the Connection Between Dental Pain, Organ Function, and Microcurrent Therapy**

  Dental pain can affect your comfort, sleep, and daily activities. Dr. Rob will explore the connection between oral health and overall well-being, including organ function and the potential role of microcurrent therapy in managing dental discomfort. Learn how microcurrent may complement professional dental care.

- **Week 3: Enhancing Beauty Naturally: Cosmetic Microcurrent Treatments**

  Explore how microcurrent therapy may complement your natural skincare routine. Dr. Rob will introduce cosmetic microcurrent techniques and explain how they differ from pain management protocols. Discover a new way to incorporate microcurrent into your beauty and wellness routine!

- **Week 4: VIP Only! Six Points (New Training)**

- **Week 5: How to Use Avazzia Life Pinnacle**

  Get more comfortable and confident using your Avazzia Life Pinnacle device. Dr. Rob will walk you through its key functions and share practical tips for everyday use. Keep your device nearby and follow along!

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

The kind of help that actually helps

Supporting someone you love with chronic pain



"Let me know if you need anything." Most of us have said it sincerely. We want a friend, partner, or family member to know that we care and would gladly help. But for someone living with chronic pain, turning that offer into something useful can require more effort than we realize.

They may need groceries, a ride to an appointment, or help carrying laundry upstairs. They may also wonder whether you really have time, how much is reasonable to ask, and whether accepting help today will create an expectation that they'll explain how they're feeling tomorrow.

Sometimes, a more specific offer makes the conversation easier: "I'm going to the grocery store this afternoon. Would you like me to pick up a few things?"

As November brings gatherings, holiday preparations, and more opportunities to spend time together, it is worth thinking about what kindness looks like in practice. For someone managing pain, it might mean a shorter visit, a comfortable place to sit, or an invitation that remains open even after they have had to decline several times.



Useful support begins with paying attention to what would make life easier for that particular person.

1. Believe what they tell you about their pain

Someone can be laughing at the dinner table and still be in pain. They can enjoy an afternoon out and need to change their plans the following morning. Persistent pain can fluctuate, and what you see during a visit may represent only a small part of someone's day.

It can be tempting to interpret a good day as evidence that things have finally improved. Enjoy those moments together, while leaving room for the person to tell you how they are doing.

Instead of drawing conclusions from their appearance, try something simple:

"It's good to see you. How are you feeling about staying for dinner?"

That gives them space to answer honestly without having to correct your assumption that they must be feeling better.

You also do not need to fully understand the sensation to take it seriously. Listening without immediately questioning, comparing, or explaining can make it easier for someone to tell you what they need.

2. Make your offer specific

An open-ended offer of help leaves several decisions with the person receiving it: what to ask for, when to ask, and whether the request is too much.

A specific offer gives them something clear to consider.

You might say:

- ***"I can drive you to your appointment on Thursday. Would that help?"***
- ***"I'm making soup tomorrow. Would you like a portion, and is there anything you need me to leave out?"***
- ***"Would you like me to carry the decorations upstairs while I'm here?"***

These offers name a task and give the person an easy opportunity to accept or decline. They also make your availability clearer.

Think through the details, too. A meal may be more useful if it arrives in a container you don't need to return. A grocery delivery may help more if you can bring the bags inside with permission. Offering a ride means confirming whether you can also wait or return for the trip home.

The details can determine whether an offer removes a task or creates another one.

If the answer is no, accept it without insisting. You can remain available without making someone responsible for reassuring you that your offer was appreciated.

3. Ask which part they want help with

Helping someone does not always mean taking over the whole activity.

A person who enjoys cooking may want help lifting a heavy pot while continuing to prepare the meal themselves. Someone who loves decorating might welcome another pair of hands for the ladder but still want to decide where everything goes.

Ask which part would be useful for you to handle:

"Would you like me to bring everything to the table so we can work on it together?"

That question leaves room for participation, preference, and independence.

The same principle applies at medical appointments. If someone asks you to come along, find out whether they want you to take notes, help remember a question, or simply keep them company. Give them room to speak for themselves and follow their lead when contributing.

A little planning beforehand can keep a well-intentioned helper from becoming the person who makes all the decisions.

4. Build flexibility into holiday plans



An invitation can be both welcome and difficult to answer. Someone may want to attend but know their ability to manage the drive, seating, or length of the visit could change.

A flexible invitation makes those practical details easier to discuss.

"We'd love to have you for dinner. You're welcome to come just for the meal, and we can check in that morning about what feels manageable."

If you are hosting, ask privately about anything that would help. A chair with back support, fewer trips up the stairs, or a place to rest may make participation easier. Let the guest identify what works for them.

Make leaving easier, too

Agreeing beforehand that a shorter visit is welcome can spare someone the pressure of explaining their departure in front of everyone.

When they say it is time to go, a warm goodbye is enough. Offer to help with their coat or belongings if they want, and let them leave without negotiating for another half hour.

If plans change altogether, ask whether they would welcome a different kind of connection. A brief phone call or a visit another day may be a better fit. Keep offering invitations in a way they appreciate, so declining one occasion doesn't gradually turn into being left out of the next.

5. Ask before offering advice

When someone you care about is hurting, it is natural to want to find something that helps. You may remember an article, a treatment that helped you, or a recommendation from someone with a similar condition.

Before passing it along, ask whether they want that kind of information.

"I came across something you might find interesting. Would you like me to send it?"

A person who has already spent the morning arranging appointments or researching treatments may have little energy for another suggestion. Giving them a choice allows the information to arrive when they are ready to consider it.

If they ask for help, follow their lead. They may want assistance finding a resource, writing down questions, or learning how to use something already included in their care.

6. Keep sharing the rest of life



When pain becomes a regular subject of conversation, it can begin to crowd out everything else two people used to share.

Ask about the book they are reading, the project they are working on, or the grandchild whose latest adventure you have not heard about. Send the funny photograph. Tell them what happened on your own day.

There is room to acknowledge a difficult week and still enjoy talking about something completely unrelated to health.

Shared activities can change shape, too. You might watch a movie at home, spend a shorter time at a favorite café, or work on a hobby together with breaks. Ask what sounds appealing rather than assuming every visit needs to be organized around their symptoms.

It also helps to check what kind of company they want that day:

"Would you like to talk about how things have been going, or would you enjoy some distraction?"

Then give their answer room to stand. Someone should be able to talk about pain without being hurried toward a brighter subject, and enjoy a conversation without providing a health update first.



7. Offer support you can sustain

Partners, family members, and close friends have needs and responsibilities of their own. An offer is more dependable when it reflects what you can realistically manage.

"I can help with the shopping on Saturdays, but I'm not usually available during the workweek."

That kind of clarity gives both people something they can plan around. It is often more useful than promising to be available at any time and later struggling to follow through.

If you regularly provide care, make room to discuss how the arrangement is working for both of you. Tasks may need to be shared differently, additional help may be needed, and your own health and relationships deserve attention.

Support can also be mutual without looking identical. Someone who needs physical help may still be the person you turn to for good judgment, encouragement, or a conversation that makes a difficult day feel more manageable.

If you're the one living with pain

You may recognize the care behind someone's offer while wishing they understood what would actually help. When you have the energy, a specific request can give them a clearer place to begin.

Try adapting one of these:

- ***"I'd love to come for dinner, but I'll need to leave after we eat."***
- ***"I want to do this myself. Could you help with the lifting?"***
- ***"I'm not looking for treatment suggestions today, but I would appreciate some company."***
- ***"Please keep inviting me. I may need to decide closer to the day."***

You do not need a polished explanation for every request. Start with what the other person can act on, and remember you can update them as your needs change.



A little more thought can mean the world

This month, consider one person whose day might be easier with a thoughtful offer. Think about something you can realistically do, ask whether it would help, and follow through if they accept.

It might be picking up groceries, making room for a shorter visit, or spending an afternoon together without expecting them to be cheerful about how they feel.

Kindness becomes useful when the person receiving it can shape what it looks like. Leave room for that conversation, and you may discover that the help they value most is something you are already able to give.

For more conversation, education, and connection with others living with pain, join the **Pain Free For Life Online Support Community.**



The twelve gifts of wellness: Our team's holiday picks

Personal recommendations, everyday comforts, and wellness favorites from the people behind Pain Free For Life



A thoughtful gift often begins with a personal recommendation: something a friend uses every evening, a tool that makes preparing good food easier, or an accessory that has become an indispensable part of someone's treatment routine.

For our November issue, we asked twelve members of the Pain Free For Life team to share a favorite and explain why it has earned a place in their lives. Their recommendations connect with many of the daily practices we discuss throughout **The Hache Protocol for Pain Resolution™**, including nutrition, sleep, stress reduction, and microcurrent therapy.

From Dr. Rob's homestead kitchen to Nicole's bedtime routine, here's what our team reaches for—and their suggestions for making the most of it.

Let's go shopping...

1. Dr. Rob's pick: Presto Precise Digital Pressure Canner



For **Dr. Rob Vanbergen, our CEO**, healthy eating includes thinking beyond what is growing in the garden today.

"As a Doctor of Natural Medicine, I believe healthy eating should be practical enough to carry through every season," he shares.

"We put real care into growing good, healthy food on our homestead, and preserving the harvest lets us enjoy those ingredients long after the garden slows down. It also helps us waste less and build a pantry around foods we know and choose ourselves."

His pick is the **Presto Precise Digital Pressure Canner**, an electric canner that makes preserving that harvest more manageable.

"This electric pressure canner makes that goal much more achievable. Its display guides you through the steps, then manages the processing time and cooling."

For Dr. Rob, those automated features make the process easier to fit around busy family life. Following the canner's prompts, instructions, and model-specific recipes remains essential.

"For me, that convenience makes preserving our harvest a realistic part of planning for our family's wellbeing."

We love gifts that keep on giving long after the holidays. If you do, too, take a look at Dr. Rob's pick.

Explore the Presto Precise Digital Pressure Canner

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2. Nicole's pick: La Courtisane Frosted Mint Herbal Tea

Nicole Jobson, our Director of Operations, makes time to wind down before bed. She values the transition from a busy day into an evening routine that helps her feel peaceful and ready to rest.

"My bedtime routine involves taking a relaxing shower, using a calming scent, adjusting the room temperature to the recommended sleep temperature, turning on my air purifier, and finally enjoying a hot cup of tea," she shares.

Her favorite is La Courtisane® Frosted Mint Herbal Tea, which adds a comforting finish to the routine.

Mint also has a long history of use for digestive comfort, an aspect of herbal medicine that interests Nicole. For the tea lover on your list, Nicole's recommendation offers something simple to enjoy as part of an evening ritual. Pair it with a favorite mug and a little encouragement to make time for rest during the holiday season.

Another brand Nicole enjoys: **Two Leaves and a Bud Organic Peppermint Tea**



Shop La Courtisane Frosted Mint Tea



3. Robin's pick: Steam Eye Masks

"I'm a huge fan of Steam Eye Masks," says **Robin Yazzie, our Treatment Coordinator and Client Support Specialist.**

Robin enjoys them as a comforting addition to a wellness routine that also includes microcurrent sessions for concerns such as eye strain and stress. She describes them as ***"relaxing, cozy, warming, easy to use"*** and particularly enjoys them when preparing for bed.

Robin's suggestions for winding down

Make yourself comfortable and play a favorite **sound bath or meditation through a speaker** while wearing the mask. Robin also mentions **Alpha ear-clip** sessions as part of her relaxation routine; ask **your Treatment Coordinator** about appropriate sequencing before combining a heated mask with microcurrent accessories.

Pay attention to fragrance when selecting a mask. Robin enjoys having scent options, while the version linked below is unscented for those with fragrance sensitivities.

And for contact lens wearers, she offers this reminder:

"If you wear contact lenses, I would recommend removing those before using these eye masks."

Follow the mask's directions for application and wear time.

Explore Robin's Favorite Steam Eye Masks

4. Ran's pick: Pure Form Magnesium + Ashwagandha

Randylle "Ran" Deligero, our Marketing Coordinator and video editor, selected a supplement that has become a familiar part of his routine for sleep and stress reduction.

"This is one of the supplements I regularly include in my wellness routine. I like that it combines magnesium glycinate and ashwagandha in one product, and for me, it fits naturally with the Sleep and Stress Reduction pillars of the Hache Protocol."

His recommendation reflects the attention he gives to recovery alongside the more active parts of his life.

"It has become part of my routine for prioritizing rest, recovery, and taking time to wind down."

Supplements should suit the person taking them. Before adding this product or buying it for someone else, check its suitability with a healthcare professional, especially if you're taking medications or have existing health conditions.



Explore Pure Form Magnesium + Ashwagandha

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5. Dr. Lorry's Pick: A Hot Water Bottle



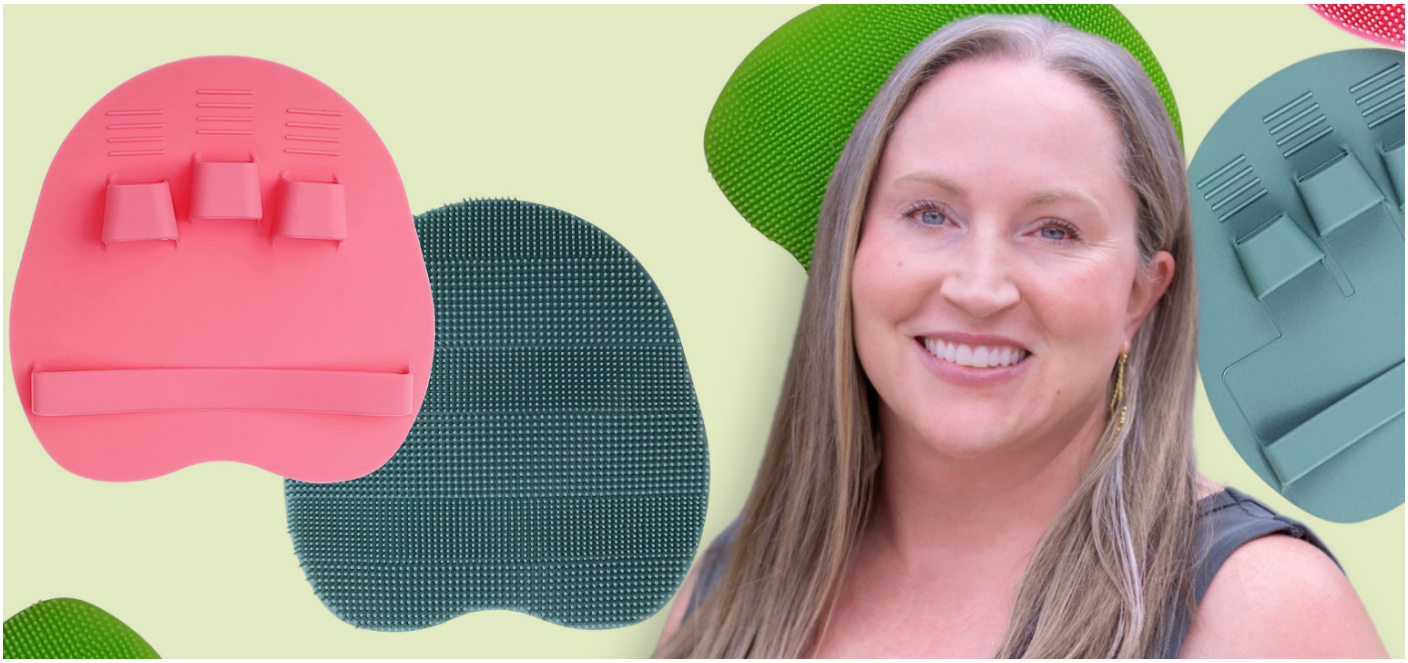
Pain Free For Life co-founder Dr. Lorry Hache chose a familiar comfort that has become part of her preparation for microcurrent treatments.

"I love my hot water bottle," she shares. ***"It complements microcurrent therapy; I use it before a treatment to warm the area."***

That straightforward use is what makes it valuable to her: a way to bring warmth and comfort to the area before a session.

Dr. Lorry also points out that the bottle she linked is just an example. Similar options are available at most pharmacies and through online retailers, making this an accessible gift for someone who appreciates a little extra warmth.

See Dr. Lorry's Hot Water Bottle Pick



6. Annie's pick: Silicone Body Scrubbers

For **Annie Svensen, our Lead Treatment Coordinator,** the right texture makes a difference in her skin-brushing routine.

Annie's interest in the practice comes from her focus on lymphatic wellness. She uses soft **silicone mitts in place of a hard-bristled dry brush** because she finds them more comfortable against her skin.

"I find these mitts to be gentler on my skin," she explains.

How Annie uses her mitts:

Annie puts a mitt on each hand and follows a sequence of strokes around the body:

- **Legs:** Start at the feet and brush up each leg toward the groin.
- **Groin and lower abdomen:** Continue from the groin creases toward the abdomen.
- **Glutes, lower back, and waist:** Work around toward the front of the body and the belly button.
- **Chest:** Use light strokes toward the upper chest.
- **Arms:** Work from each wrist along the arm toward the armpit.
- **Underarms:** Continue gently toward the chest.
- **Neck:** work down the neck from the jawline to the chest.

For additional reach, Annie suggests a **silicone back scrubber**, working from the mid-back toward the armpits and from the upper back over the shoulders.

Keep pressure light, avoid broken or irritated skin, and stop if brushing causes discomfort. Body mitts should stay on the body; use products specifically intended for facial skin on the face. Anyone managing persistent swelling or a diagnosed lymphatic condition should seek individualized guidance.

Shop the Silicone Mitt **Explore the Back Scrubber**

7. Ali's pick: Whipped Beef Tallow



Treatment Coordinator Ali DeLong selected a clean moisturizer she enjoys using on her face.

"I love this whipped beef tallow because it's been so nourishing to my face," she shares. "It leaves my skin feeling super soft and hydrated."

Ali also appreciates the product's short ingredient list and the fact that she only needs a small amount.

Ali's application tips

- Start small: Apply a pea-sized amount to damp skin.
- Apply gently: Spread it over your face in gentle circular motions, avoiding the eyes.
- Find your frequency: Ali suggests using it once daily or a few times per week, depending on what suits your skin.

For someone who enjoys a rich moisturizer and has been curious about tallow-based skincare, Ali's recommendation offers a personal starting point.

Explore Ali's Favorite Whipped Beef Tallow

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8. Andria's Pick: A Refillable Aromatherapy Inhaler



Andria Seymour, one of our Treatment Coordinators, recommends a compact aluminum aromatherapy inhaler that is easy to carry throughout the day.

"It is perfect for a pocket," she says.

The reusable design is a large part of its appeal. The inhaler holds a wick for essential oil, so aromatherapy fans can keep their preferred scent nearby without carrying a full bottle.

"You can choose the essential oil brand that is right for you."

Andria also likes the reduced waste of a reusable holder and suggests multipack options if you are buying gifts for several people.

Making it personal

Choose an inhalation-safe oil the recipient already enjoys, and follow the inhaler and oil instructions when filling, using, and replacing the wick. A refillable inhaler can be a thoughtful addition to an existing aromatherapy routine, with the scent chosen around the recipient.

Explore Andria's Aromatherapy Inhaler

9. Lyn's pick: Y-Electrode Probe and Conductive Pads

Annalyn "Lyn" Gutierrez, our Virtual Executive Assistant, chose two accessories that help her maintain her microcurrent routine as her energy and treatment needs change.

"My favorites are the Y-Electrode Probe and Conductive Pads for microcurrent. I love the probe because it helps me target those hard-to-reach areas more precisely."

The Y-Electrode Probe gives her more flexibility when positioning an accessory. Conductive pads offer a different kind of convenience, particularly on days when actively moving a probe feels like more effort than she wants to take on.

"The conductive pads are my go-to on days when I don't have much energy to actively treat myself but still want to get my microcurrent session in—I can simply place them and relax while they do the work."



Shop the Y-Electrode Probe

Shop Conductive Pads

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10. Caren's pick: Avazzia Blue



Caren Sereño, our TSI and Product Fulfillment Assistant, supports students at The Sana Institute as they work toward becoming Certified Pain Resolution Specialists™. Her own favorite device is the **Avazzia Blue.**

"My favorite device is the Avazzia Blue. It is simple to use but incredibly powerful in supporting the body's natural healing processes."

Caren appreciates its two easy-to-navigate settings, which make incorporating microcurrent into a home routine feel more approachable. Her recommendation highlights the different purposes described for each mode:

- **77 Hz Mode:** A fixed-frequency setting used in protocols addressing pain, scar tissue, and tissue regeneration.
- **Blue Stimulation Mode:** Described as supporting ATP production, mitochondrial function, and reduces inflammation. ATP supplies the energy cells use to carry out their work.

For Caren, the appeal extends beyond straightforward controls. She also sees a connection between managing physical discomfort and making room for relaxation.

"Persistent pain can place additional stress on the body and make it harder to relax."

She values a consistent microcurrent routine as part of that larger picture, alongside stress-reduction practices and other daily habits in **The Hache Protocol for Pain Resolution™.** A device she finds easy to use makes microcurrent an effortless part of that routine.

Her enthusiasm comes from both her own experience and the feedback she hears from clients:

"I've seen clients love this easy yet amazing device; I'm loving it too!"

If you're considering the Blue as a gift, our Care Team can help explain its settings, appropriate use, and available education.

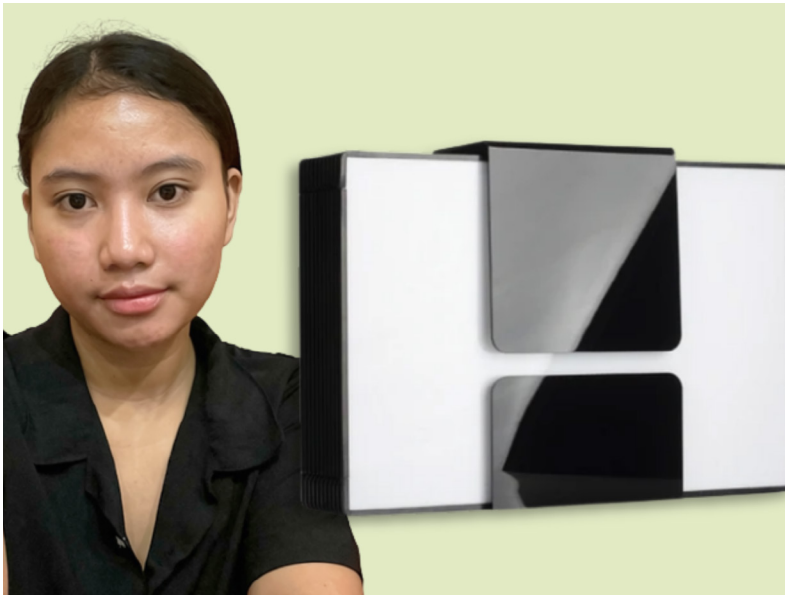
Explore the Avazzia Blue

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11. Althea's pick: 2-in-1 Air Purifier and Disinfectant Device

Althea Marie C. Avila, our Marketing Coordinator, shares her home with a Shih Tzu mix, and her recommendation comes from the practical realities of living with a dog in a small space.

"I live alone with my dog, a mixed Shih Tzu, in a small house, so dog hair, dust, and that dog smell can easily build up," she explains. "Before, I would clean the house, but the air would sometimes still feel a little stuffy."



Althea says her home feels fresher when she uses the 2-in-1 Air Purifier and Disinfectant Device. She also appreciates its unobtrusive operation while she goes about her day.

"Since I live in a small space with my dog, this has been a really helpful addition to my home."

Explore Althea's Air Purifier Pick

An everyday comfort Althea also wanted to share

Althea's submission included a home remedy she learned from a client: gargling with warm salt water when her throat feels sore.

The suggestion came after he noticed her repeatedly clearing her throat during meetings. She was initially skeptical.

"I didn't believe him at first because I was like, how can salt even help with a sore throat?"

It became a practice she found soothing. For adults who want to try it, dissolve half a teaspoon of salt in a glass of warm water, gargle, and spit it out rather than swallowing. A sore throat that persists or keeps returning deserves medical attention.

12. Olivia's pick: MobileFloww

Olivia Cole, our Treatment Coordinator and Certified Pain Resolution Specialist, shares her recommendation:

"Your phone is something you carry with you all day, every day! Mobile Floww is a small device you place directly on your cell phone for EMF protection. Small, simple, and easy to keep on your phone wherever you go!"



How to use it:

"Just remove the backing from the adhesive and stick the device onto your phone. That's it! I've had mine for over a year, and I've had no issues with the adhesive!"

Explore Olivia's MobileFloww Pick



Gifts to enjoy long after the holidays

A thoughtful gift can become part of someone's day: the tea they look forward to each evening, a little warmth before a treatment, or a tool that makes caring for themselves easier. We hope our team's favorites help you find something that says, "I thought of you."

If a Sana Shop favorite caught your eye, save the **Early Black Friday Sale, November 4–11, 2026,** to your calendar. Select gifts featured here will be available at **some of our biggest discounts of the year,** making it a good time to choose something for a loved one—or yourself.

Explore the Early Black Friday Sale at The Sana Shop





Rethinking the year-end cleanse

Before you commit to a fresh start, consider what your body needs to stay nourished and hydrated through the season ahead.

The appeal of a cleanse is easy to understand: it gives the desire to feel better a plan. It includes a start date, a shopping list, and a set of instructions to follow. For someone who has spent the year managing pain, keeping appointments, and trying to understand what helps, that sense of direction can be persuasive.

By November, a fresh start may feel particularly timely. Travel, gatherings, and changing schedules can interrupt familiar routines, leaving you ready to give your health some attention before the year is over.

But a plan's simplicity does not tell you how well it meets your needs. A few days devoted to juice, tea, or lemon water may seem like a healthy change, especially when hydration is already on your mind. What matters is the whole picture: the fluids you take in, the food you keep eating, and anything that increases what your body loses.

A fresh start should leave you nourished and supported enough to keep going. Before starting a cleanse, consider whether the plan can deliver that.

Start with what you want to change



"Cleansing" can mean very different things. One person may use the word to describe cooking more often and drinking less alcohol. Another may be considering a juice fast, an extensive list of food restrictions, or supplements intended to flush out toxins.

Dr. Rob encourages paying attention to nutrient-rich foods and making changes gradually. That emphasis gives you a useful place to begin: identify what you hope will improve, then consider what would address it.

If your meals have become irregular, a more dependable eating routine may be what you need. If you want more vegetables in your diet, finding a few preparations you enjoy can make them easier to include. Neither change requires an elaborate program.

Persistent bloating, constipation, fatigue, or other symptoms deserve a different kind of attention. They can have many causes, and assuming that you need a cleanse may delay understanding what is actually happening.

The distinction is important. **Improving a habit and investigating a symptom are different tasks,** even when both begin with the same wish to feel better.

A liquid cleanse can still disrupt hydration



Drinking throughout the day may create the impression that you're hydrated. Your body, however, regulates water alongside electrolytes, including sodium and potassium. Food, fluids, and losses through processes such as urination and sweating all contribute to that balance.

Some cleansing practices can interfere with it. Laxative teas may cause diarrhea and dehydration. Drinking excessive amounts of water or herbal tea while eating very little can also disturb electrolyte balance.

A **juice-only diet** presents another concern. Juice can provide vitamins and minerals, but most juicing removes much of the fiber in whole produce. Replacing meals with juice also makes it hard to get enough protein, fats, and the full range of nutrients your body needs.

That does not mean you have to give up a juice you enjoy. It means considering where it fits in your day. A glass alongside a meal serves a different purpose from a bottle intended to replace that meal. Blending

the edible parts of fruits and vegetables into a smoothie also retains more fiber than extracting their juice.

Plans such as the Master Cleanse take restriction further, replacing food with a sweetened lemon drink and sometimes adding laxative teas. The combination of inadequate nourishment and fluid loss can put your health at risk.

The amount you drink is only one part of the story. A plan that overlooks food or encourages unnecessary fluid loss deserves careful reconsideration.

Keep the useful habits; look closely at the claims



There is often something worthwhile inside the desire to cleanse: more attention to food, less reliance on alcohol, or a renewed interest in preparing meals. Those intentions can stand on their own.

The claim that a commercial detox diet removes toxins is another matter. There is no compelling evidence that these diets achieve that result. Your liver already processes nutrients, medications, and potentially harmful substances as part of its everyday work, and a short cleanse has not been shown to undo damage from overindulging in food or alcohol.

Warm lemon water, for example, can be an enjoyable way to begin the morning. It contributes fluid without having a special ability to flush toxins from your body. You can appreciate the ritual and still have breakfast.

Raw-food plans invite a similar distinction. Fresh fruit, salads, nuts, and other raw foods can contribute to a varied diet, but requiring everything to be raw can make adequate nourishment harder to achieve. Cooked vegetables, beans, lentils, and whole grains offer valuable variety, too.

A bowl of vegetable and lentil soup brings food and fluid together. Roasted sweet potatoes can make vegetables something you look forward to eating. The benefits of including those foods do not depend on calling the meal a cleanse.

Bring microcurrent into your year-end reset

If stress, discomfort, or low energy prompted you to consider a cleanse in the first place, this may also be a good time to revisit your microcurrent routine. Consider what you hope to improve and what feels manageable during a busy season.

We often feature **Vagus Nerve Stimulation (VNS) and Grounding** in our work on stress and relaxation, while **Mitochondrial Recharge** is one of our energy-focused protocols. Other options to explore include our **Discharging C7** and **Elimination Assistance** protocols.

All five protocols can be found in *Current Medicine, 3rd Edition*. Use it as a reference when returning to familiar instructions or learning about something new, alongside the instructions for your specific device.

If you have an active **Hache Protocol Private Membership** and work with a **Treatment Coordinator**, they can help you decide what to prioritize and review placement, settings, accessories, and pacing for your device. Let them know what you hope to improve, what you've noticed during sessions, and where you need guidance.

You don't need to introduce every protocol at once. Start with what you can comfortably manage, keeping nourishing meals, appropriate hydration, movement, and rest part of your routine. **Your fresh start should feel personalized and supported.**

Build a fresh start you can live with

Within The Hache Protocol for Pain Resolution™, nutrition sits alongside stress reduction, fitness, sleep, and microcurrent therapy. Giving food its place in that larger picture means considering how an eating plan fits the rest of your life.

A plan that requires extensive preparation may be difficult when pain limits your time in the kitchen. One that removes most of your familiar foods may make shared meals unnecessarily complicated. Those practical details matter because they influence whether a change can last.

Begin with a pattern that provides variety: vegetables and fruit, protein foods, whole grains, and sources of unsaturated fat such as olive oil, nuts, or seeds. Include fluids appropriate to your needs. Fresh, frozen, canned, and dried foods can all contribute, giving you room to choose what is affordable, enjoyable, and manageable.

Before fasting or making major dietary changes, seek individual guidance if you have diabetes, kidney disease, a history of disordered eating, or medications affected by food intake. Follow any fluid or mineral restrictions your healthcare team has provided. If you feel faint, weak, or unwell during a cleanse, stop and seek advice; don't push harder.

As the year winds down, consider what you want your efforts to make possible: feeling supported through a busy day, enjoying a meal with people you love, or having a routine you can return to when life becomes demanding.

The value of a fresh start is in what it helps you carry forward. Give yourself enough nourishment, appropriate fluids, and habits to carry you through this season and into the year ahead.

For more education on microcurrent, The Hache Protocol for Pain Resolution™, and supporting your health, explore the **Pain Free Living Lab**.

Sources cited:

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Herb-roasted beef with garlic & rosemary

A simple, savory roast for november gatherings and family dinners

The aroma of garlic and rosemary drifting from the kitchen is especially inviting on a cold November afternoon. A roast in the oven gives everyone something to look forward to, whether you're gathering for a holiday meal or sitting down to Sunday dinner.

This recipe brings together grass-fed beef, olive oil, fresh herbs, and a handful of pantry staples. Rosemary and thyme complement the beef's rich flavor, while garlic adds depth to the savory coating that develops as it roasts.

Serve it with roasted root vegetables, sautéed greens, or a colorful salad for a satisfying meal that feels special without requiring a complicated recipe.



Serves: 6-8

INGREDIENTS:

- 2½–3 lb grass-fed boneless beef roast suitable for oven roasting, such as top sirloin
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Sea salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Remove the beef from the refrigerator **30–45 minutes before cooking** while you prepare the remaining ingredients.
2. Preheat the oven to **375°F (190°C).** Pat the roast dry and place it on a rack in a shallow roasting pan.
3. In a small bowl, combine the olive oil, garlic, rosemary, thyme, salt, and pepper. Rub the mixture over all sides of the beef.
4. Roast uncovered for approximately **60–90 minutes,** checking the internal temperature with a meat thermometer. The thickest part of the roast should reach **at least 145°F (63°C).** Cooking time will vary with the cut, shape, and size of the roast.
5. Transfer the roast to a cutting board, loosely cover with foil, and let it rest for **10–15 minutes.**
6. Slice thinly against the grain and serve with your favorite seasonal vegetables. Spoon any accumulated carving juices over the slices before serving.

Health benefits

This roast provides **protein, iron, zinc, and vitamin B12,** nutrients that contribute to the body's everyday maintenance and repair.

Protein supplies amino acids the body uses to build and repair tissues. Including a protein source in a meal helps meet those ongoing needs, particularly when busy schedules make regular, nourishing meals harder to prioritize.

Beef also provides **heme iron,** a form the body absorbs readily. Iron is needed to make hemoglobin, the protein in red blood cells that carries oxygen throughout the body.

Zinc supports normal immune function and wound healing, while **vitamin B12** helps maintain healthy nerve and blood cells. These nutrients are part of what makes beef a useful source of nourishment within a varied diet.

Garlic, rosemary, and thyme bring plenty of flavor to the recipe, making a simple preparation feel generous and satisfying. Serve the roast alongside vegetables to add fiber, color, and a wider range of nutrients.

A nourishing November dinner can be this straightforward: good ingredients, familiar flavors, and time to enjoy a meal together.





Harvest for your health: sweet potatoes beyond the holiday casserole

A NOURISHING NOVEMBER FAVORITE FOR HOLIDAY GATHERINGS AND EVERYDAY MEALS

Sweet potatoes fit into many family traditions: a favorite casserole passed down through generations, a warming soup shared around the table, or a tray of roasted vegetables served at a holiday gathering.

They're equally welcome at an ordinary weeknight meal. Roasted with garlic and rosemary, mashed into a creamy side dish, or tucked into a pot of soup, sweet potatoes bring warmth and flavor to the table with very little fuss.

They also offer plenty of nourishment. **Fiber, potassium, and beta-carotene** give this versatile root vegetable a nutritional story worth knowing, wherever and however you enjoy it.

In this month's **Harvest for Your Health,** we'll explore what sweet potatoes contribute to the body, clear up the confusion about yams, and share ways to choose, store, and enjoy them in your own kitchen.



Sweet potatoes and yams: what's the difference?

If you've ever bought something labeled "yams" and wondered why it looked exactly like a sweet potato, you're in good company.

Sweet potatoes and true yams are different plants. The orange-fleshed vegetables sold as yams in some supermarkets are actually sweet potatoes. True yams typically have rough, bark-like skin and are common in African, Caribbean, and Asian cooking.

Sweet potatoes belong to the morning glory family, and the part we eat is an enlarged storage root. Despite their name, they aren't close relatives of ordinary white potatoes, which belong to the nightshade family.

What sweet potatoes bring to the table

1. **Beta-carotene supports vision and immune function**

   The rich orange color inside a sweet potato comes largely from **beta-carotene,** a plant pigment the body can convert into vitamin A.

   Vitamin A helps maintain normal vision and supports the immune system, growth, and development. Our bodies rely on it continually, whether we're reading in the evening, getting through a busy day, or responding to an infection.

   Orange sweet potatoes are a particularly useful food source of beta-carotene. Including them in meals is an easy way to contribute this nutrient alongside other colorful vegetables.

2. **Fiber supports digestive regularity**

   Sweet potatoes provide **dietary fiber,** which helps support regular bowel movements. Their edible skin also adds fiber, so you don't need to reach for the peeler.

   This becomes especially useful during a season when travel, gatherings, and changing routines can make regular meals harder to maintain. A baked sweet potato or a serving of roasted wedges offers an easy way to keep fiber-containing foods on the menu.

   Fiber and hydration work together. Drinking enough fluid helps fiber do its job, and increasing fiber gradually gives your digestive system time to adjust.

   If you've been eating fewer vegetables lately, begin with a comfortable portion and build from there.



3. **Potassium supports muscles, nerves, and fluid balance**

   Bananas may get much of the attention, but sweet potatoes also contribute **potassium.**

   This mineral is an electrolyte involved in fluid balance, nerve signaling, and muscle contraction. The body also needs it for normal heart and kidney function.

   That gives sweet potatoes a natural connection to this issue's discussion of hydration: the foods we eat help supply the minerals involved in regulating fluids throughout the body.

   A varied diet offers many opportunities to obtain potassium, including vegetables, beans, lentils, fruit, and dairy foods. Sweet potatoes are one flavorful option to include in that mix.

There's more than one color to explore

Orange sweet potatoes may be the most familiar, but you may also encounter varieties with **white, cream, or purple flesh.**

Their colors offer clues to their plant compounds. Orange varieties are especially rich in beta-carotene, while purple varieties contain more **anthocyanins,** pigments studied for their potential health effects.

Trying different varieties can also make a familiar meal more interesting. If your market carries a sweet potato you haven't cooked before, ask about its flavor and texture, then try it in a simple preparation where you can appreciate the difference.

What about blood sugar?

Sweet potatoes are a starchy vegetable, and their carbohydrates still affect blood sugar. Their nutritional benefits don't make portion size irrelevant.

For readers managing diabetes, include them in your usual carbohydrate planning. Preparation and serving size matter, including any added sweeteners.

For an everyday dinner, a modest serving alongside protein and nonstarchy vegetables makes a useful starting point for building a varied plate.



Choosing your sweet potatoes

Look for sweet potatoes that feel firm, with intact skin and no soft spots, significant bruising, or deep cracks.

If you plan to bake several whole, choose ones of similar size so they cook more evenly. For roasting or mashing, focus on sound, firm roots that will be easy to prepare.

There's no need to choose the largest one in the bin. Think about how you'll use them and how many people you're feeding.

Storing your harvest

Keep uncooked sweet potatoes in a **cool, dry, dark place with good air circulation,** away from the heat of the stove.

Plan to use them within about a week of purchase for the best quality. Before cooking, scrub them thoroughly under running water, paying attention to any soil caught in the skin.

Leave the skin on when it suits the dish, or peel it when you want a smoother texture.

Bringing out their savory side

Sweet potatoes are wonderfully adaptable. Their natural sweetness pairs well with earthy herbs, smoky spices, tangy dressings, and savory ingredients.

Roast them with herbs

Cut sweet potatoes into evenly sized cubes or wedges, toss with olive oil, and season with rosemary, thyme, black pepper, or smoked paprika.

Spread them out on the pan so the pieces have room to brown, turning during cooking. Enjoy them when the centers are tender and the edges have taken on color.

This would make a delicious side for November's Herb-Roasted Beef with Garlic & Rosemary.

Build a meal around a baked sweet potato

A tender baked sweet potato can become the starting point for lunch or dinner.

Try filling it with black beans, sautéed greens, and a spoonful of plain yogurt. Or add leftover chicken, chopped scallions, and a squeeze of lime.

You can change the toppings according to what's already in the refrigerator, making this an especially useful option during a busy week.





Make a savory mash

Mash cooked sweet potatoes with a little olive oil and enough warm broth to reach the consistency you enjoy.

Roasted garlic adds depth, while thyme or sage gives the dish a familiar autumn flavor. Finish with black pepper and a little salt to taste.

For a holiday meal, this is an easy side to set alongside turkey, roast beef, or a vegetable main dish.

Add them to soups and stews

Cubed sweet potatoes work well with lentils, beans, onions, and greens. They can also form the base of a blended soup with ginger and garlic.

If you're adding them to an existing recipe, consider when the other ingredients will be ready and simmer until the pieces are tender. Keeping the cubes similar in size helps them cook evenly.

A place at your table

Family recipes carry memories, and there's pleasure in preparing the dishes we look forward to sharing, whatever the occasion. Sweet potatoes can be part of those.

The Hearts and Minds
Behind Pain Free For Life

A conversation with Nicole Jobson
Director of Operations, Pain Free For Life



This month, we're getting to know Nicole Jobson, our Director of Operations, whose work helps hold so many parts of Pain Free For Life together. From making everyday tasks easier for her teammates to helping plan the magazines, podcasts, and educational events our community enjoys, Nicole brings care and organization to the work happening behind the scenes.

In our conversation, Nicole shares what makes her work fulfilling, how she recharges, and a timely holiday reminder: **make room for joy, and remember to celebrate the small wins!**

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

As Director of Operations, much of my work happens behind the scenes. Whether I'm creating a standard operating procedure to streamline our work or putting together planning documents for an upcoming project, knowing that those efforts help both my teammates and our clients is fulfilling.

What we do on the inside helps the outside. I love knowing that the work we do internally can make things easier for the people we serve.

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

I love a refreshing drink that is a little sweet. My favorite is horchata de coco, or coconut horchata—a creamy coconut and rice drink with cinnamon, served over ice.

The coconut gives it a lovely richness, and I like that you can adjust the sweetness to your taste. It's a favorite treat, and I'm happy to share the recipe with our readers.

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

I've learned how much hope and a positive mindset can matter during a healing journey. You may not get everything right the first time, and there may be moments when the process feels discouraging.

For me, approaching treatment with optimism means holding on to the possibility of progress, even when things are difficult. Hope and positivity can help sustain you through a journey that sometimes feels overwhelming. That doesn't mean you have to feel positive every moment.

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

My favorite is our 2-in-1 Air Purifier and Disinfectant Device.

I live in a desert with dry air and extremely hot temperatures, so the environment inside my home is something I pay particular attention to.



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

I'm an avid reader. Reading brings me a sense of calm and takes me out of myself while I decompress.

I venture into worlds of dragons, fairies, and wondrous things that let my imagination run wild with possibilities. It makes me feel like a kid again, and that lightness helps when life becomes hectic.

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

Hydration, hydration, hydration! As someone who lives in a desert, I know how important it is to stay hydrated.

One of the things I do is start my day with a cool glass of water. It helps me feel clear-headed and refreshed, ready to tackle whatever comes my way.

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

Some of my favorite moments happen during the summer, when we begin planning for the next year. We discuss new products and what our clients have been asking for, while giving ourselves a chance to reset and regroup.

We plan magazine layouts, podcast episodes, new educational resources, and our events schedule, always keeping our clients' requests in mind.

We want to show up for our clients in a real way. Planning events and creating tools and resources that help people feel excited about their healing journey makes me grateful to be part of Pain Free For Life.

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

As we enter the holiday season, take time to find joy in the little things.

Take a walk, spend five minutes doing a deep breathing exercise, cook a meal with your family, or have a game night and laugh together. And never forget to celebrate the small wins.

Thank you, Nicole!

From Nicole's kitchen: horchata de coco

A creamy coconut and rice drink with cinnamon and vanilla

When we asked Nicole about her favorite food or drink, her answer came with a recipe she was happy to share.

"I love a refreshing drink that is a little sweet. My favorite drink is a horchata de coco, or coconut horchata."

This Mexican-style coconut rice drink combines the richness of coconut milk with cinnamon and vanilla, then finishes with plenty of ice. It's cool and creamy, with a sweetness you can adjust to suit your taste.

Nicole's version includes shredded coconut for extra flavor and optional sweetened condensed milk. The recipe below uses her overnight soaking option, so plan to begin the evening before you'd like to serve it.

Serves: Approximately 8–10

Soaking time: 8–12 hours in the refrigerator

Chilling time: At least 30 minutes after mixing



INGREDIENTS:

- 1 cup long-grain white rice, rinsed
- ½ cup unsweetened shredded coconut
- 1–2 cinnamon sticks
- 8 cups water, divided
- 1 can coconut milk, approximately 14 ounces
- ⅓–½ cup sweetened condensed milk, optional, adjusted to taste
- 1 teaspoon vanilla extract
- Ice, for serving
- Ground cinnamon, for garnish, optional

Ingredient notes:

Choose unsweetened coconut milk. Canned coconut milk provides the creamy texture Nicole enjoys. Sweetened cream of coconut is a different product and would make the drink considerably sweeter.

Adjust the sweetness gradually. If you're using sweetened condensed milk, start with less, taste, and add more if needed. You can also leave it out.

For a dairy-free version, omit the condensed milk or use a dairy-free alternative. Standard sweetened condensed milk contains dairy. Check the labels of any substitutes to make sure they meet your needs.

Let the cinnamon infuse overnight. The cinnamon sticks flavor the soaking liquid and are removed before blending. Add a little ground cinnamon at the end for an extra touch of spice.

INSTRUCTIONS:



1. **Soak the rice and coconut.** Place the rinsed rice, shredded coconut, and cinnamon sticks in a large bowl. Add **4 cups of water,** cover, and refrigerate for **8–12 hours.**
2. **Blend the mixture.** Remove and discard the cinnamon sticks. Transfer the rice, coconut, and soaking liquid to a blender, working in batches if necessary. Blend on high for **1–2 minutes,** or until the rice and coconut are finely ground.
3. **Strain into a pitcher.** Pour the mixture through a fine-mesh strainer lined with cheesecloth into a large pitcher. Gently press the solids to extract the liquid, then discard the pulp. Strain again if you prefer a smoother drink.
4. **Add the remaining ingredients.** Stir in the coconut milk, vanilla extract, and remaining 4 cups of cold water. If using, add the sweetened condensed milk gradually and whisk until well combined.
5. **Chill and serve.** Cover and refrigerate for at least 30 minutes. Stir well before pouring, serve over ice, and finish with a light sprinkle of ground cinnamon if desired.

Make it your own

For a richer drink, start with less water than in step four, then gradually thin it to your preferred consistency. For a lighter version, add a little more cold water.

If you prefer a less sweet drink, try the coconut, cinnamon, and vanilla combination before adding any condensed milk. You can sweeten individual glasses so everyone can choose what they enjoy.

This recipe also works well as a smaller batch. Halve the ingredients when you're making it for one or two people.

Keep it chilled

Keep the soaking mixture and finished horchata refrigerated at **4°C / 40°F or below.** Store the finished drink in a covered pitcher and enjoy it within **two days.**

Some settling and separation are normal. Give the pitcher a good stir before each serving.

Why we love it

Nicole's horchata brings together familiar ingredients in a drink that feels a little special. Coconut milk supplies its creamy texture, while cinnamon and vanilla add flavor you can appreciate even with less sweetener.

Making it at home gives you control over the sweetness, richness, and serving size. It also gives people who avoid dairy an option when prepared with suitable ingredients.

Most of all, it reflects Nicole's reminder to find joy in small things. A favorite drink, a good book, or a few unhurried minutes can be something to look forward to in a full day.

The confidence to do more: Caroline's microcurrent success

After years of pain following motor vehicle accidents, learning to manage flare-ups at home helped Caroline feel more in control.

Caroline wanted to lift weights and do Pilates. What held her back was the possibility of a pain flare that could affect her for days or weeks afterward.

"I used to be afraid to do things I really wanted to do, like lift weights, do Pilates, etc., because I knew that a flare could set me back for days to weeks and I wasn't willing to deal with that."

By the time she began using microcurrent, Caroline had spent **more than five years living with chronic pain following motor vehicle accidents.** Her primary concerns were her cervical spine, left shoulder, and nervous system. She also reported developing central nervous system sensitization during those years.

She had already found treatments that helped. What she wanted next was something she could use at home, with greater independence.

**Caroline is a pseudonym used to protect her privacy. If you would like to share your microcurrent success story, reach out to Support@painfreeforlife.com privately.*



Looking for something she could do at home

Prolotherapy and platelet-rich plasma therapy, commonly called PRP, had helped Caroline's neck and shoulder considerably. With additional support from her chiropractor, craniosacral therapist, and massage therapist, she had been managing her pain relatively well for several years.

Even so, occasional flare-ups remained part of her life.

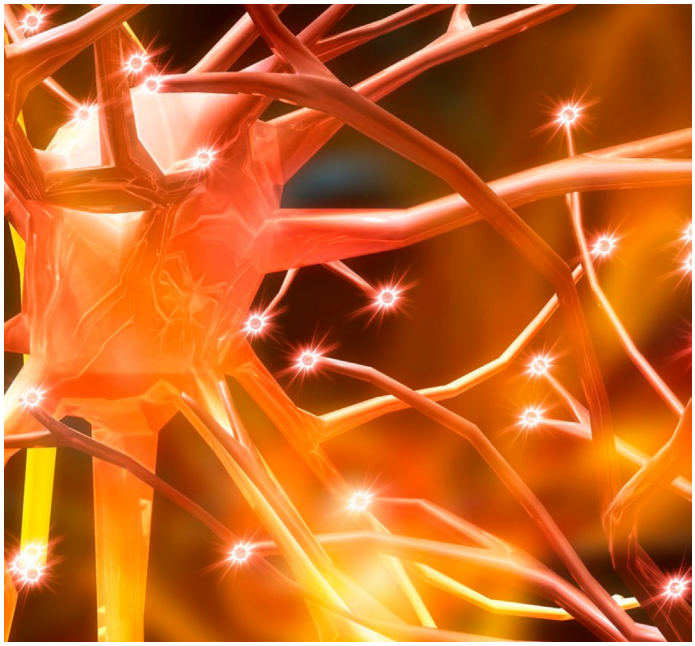
A colleague suggested she look into Pain Free For Life. The idea of a tool she could use herself appealed to her.

"I'd been managing my pain relatively well for several years after prolotherapy and PRP, with the help

of my chiropractor, craniosacral therapist, and massage therapist, but I wanted something I could do at home on my own."

She wanted to manage those remaining flares more holistically and feel better equipped to respond when discomfort returned.

Starting with the user guide



Caroline began with **vagus nerve stimulation and the Joint Pain Protocol** in her device's user guide. She also discovered the Alpha Ear Clips protocol, which quickly became a favorite.

She reported noticing improvements **within the first week.**

The ear clips became especially meaningful in a situation that still felt difficult after her accidents: riding in a car.

"I'm a nervous passenger in a car (from my car accidents) and will often use the ear clips during long drives or road trips to stay out of fight or flight."

She was clear about one detail: **she uses them only as a passenger.**

That protocol remains one of her favorites, alongside the treatments she uses for physical discomfort

Learning what to do when pain flares

As Caroline became more familiar with her device, she began learning about its different modes and discussing other options with her Treatment Coordinator.

For her neck, that meant moving beyond the initial Joint Pain Protocol. Her coordinator recommended an approach incorporating **121 Hz, FM RSI, 7–12 Hz, and 77 Hz.**



Caroline describes that guidance as particularly helpful when joint or spinal pain flares. During one recent episode of neck pain, she noticed a substantial difference in how long the flare lasted.

"I recently had a really bad neck flare, and those modes turned weeks of suffering into mere days."

Knowing how to respond also changed her experience of a flare.

"I now know exactly what to do when things crop up and need to be addressed."

"Taking the time to really understand the different modes and how to use them has been very helpful, as have my Treatment Coordinator and the Hache Protocol Video Library."

Building on what she had learned

Over time, Caroline added the **Qi Wave Pad and Via Qi PEMF tools,** along with the **Scalar Qi,** to her at-home resources.

She also found another use for her microcurrent device that mattered to her personally: managing menstrual cramps she had experienced for decades. She reports that **conductive pads used with 7–12 Hz** became a particularly valued part of her routine.

"I've suffered with cramps for decades and wish I'd known about microcurrent a long time ago!"

These details reflect the routine Caroline developed through her own experience and guidance from her Treatment Coordinator. For her, getting familiar with the equipment and knowing when to use it were important parts of the process.

Feeling more confident about movement

The possibility of a flare had previously influenced what Caroline felt willing to try. Her growing confidence in managing discomfort began to change that.

"Now I know I can overcome those flares quickly and in a way that aligns with my values. This gives me the confidence I need to pursue everything I want to do."

Her account still includes occasional pain flares. What has changed is how prepared she feels to address them, and how much that preparation affects her outlook.

She now enjoys weight training and Pilates with greater confidence. She is also thinking about how to continue caring for her health and stay active as she gets older.

A personal commitment to learning

Caroline speaks candidly about how deeply chronic pain had become part of her identity. Reflecting on her experience, she emphasizes the effort it took to learn to use her device and become an active participant in her care.

"As someone fascinated by the human body and a strong desire to buck the system and manage my health without Western medicine, this company and its products are a Godsend."

Sharing what has helped

Caroline says she has helped family and friends with her device and by sharing her experience. Several people in her life have since purchased devices and shared their own accounts of progress with her.

When asked to describe her overall experience, she chose two words:

"Transformative and empowering."

Is, knowing where to turn for guidance, and feeling better prepared when pain interrupts her plans.

Having something she can do at home has helped her feel more in control of what comes next.

Are you ready for the same?

This account reflects one person's reported experience. Individual results vary.

Thank you, Caroline!





Protocol spotlight: Pharyngitis (sore throat)

Description: Pharyngitis is inflammation of the back of the throat (the pharynx) that causes a sore throat, difficulty swallowing, and throat scratchiness. Pharyngitis is one of the most common reasons for doctor visits.

Cause: Pharyngitis is caused by both viruses and bacteria, with viruses being more common. Children in daycare and healthcare workers are the most likely to develop pharyngitis as they are frequently exposed to colds and flu. Additionally, people with allergies and those who are regularly exposed to second-hand smoke are also more likely to develop pharyngitis. Antibiotics do not treat viral cases caused by the flu, common cold, or mononucleosis. Conversely, bacterial cases caused by strep throat, gonorrhea, and Corynebacterium respond to antibiotics.

Symptoms: Depending on the underlying condition, pharyngitis may cause a runny nose, sneezing, cough, headaches, chills, fatigue, body aches, and a low-grade fever (with a cold) or a high-grade fever (with the flu).

Treatment Method:

To combat inflammation and symptoms of pain:

- Set your device to a comfortable power setting.
- Use **SANA Soft T, AVA 90 Hz, or 77 Hz** when painting over areas of soft tissue.
- Use an anti-inflammatory setting such as **SANA Pain, Modulate, 350 Hz, or Blue Stimulate** for areas of redness, pain, swelling,

Treatment Areas:

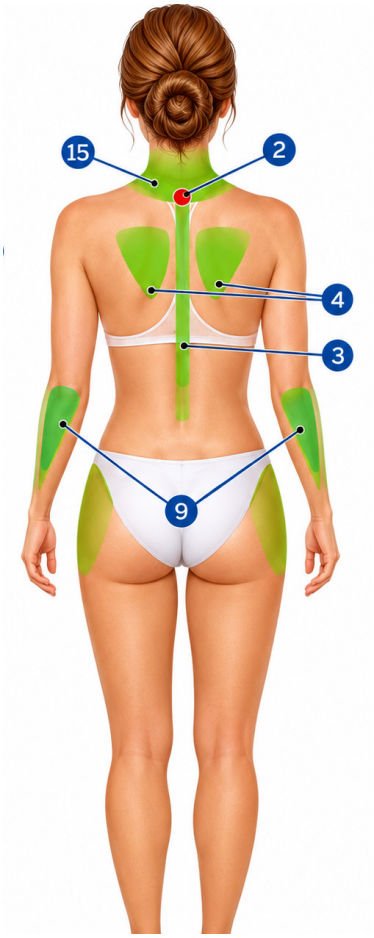
Start by treating the most painful area

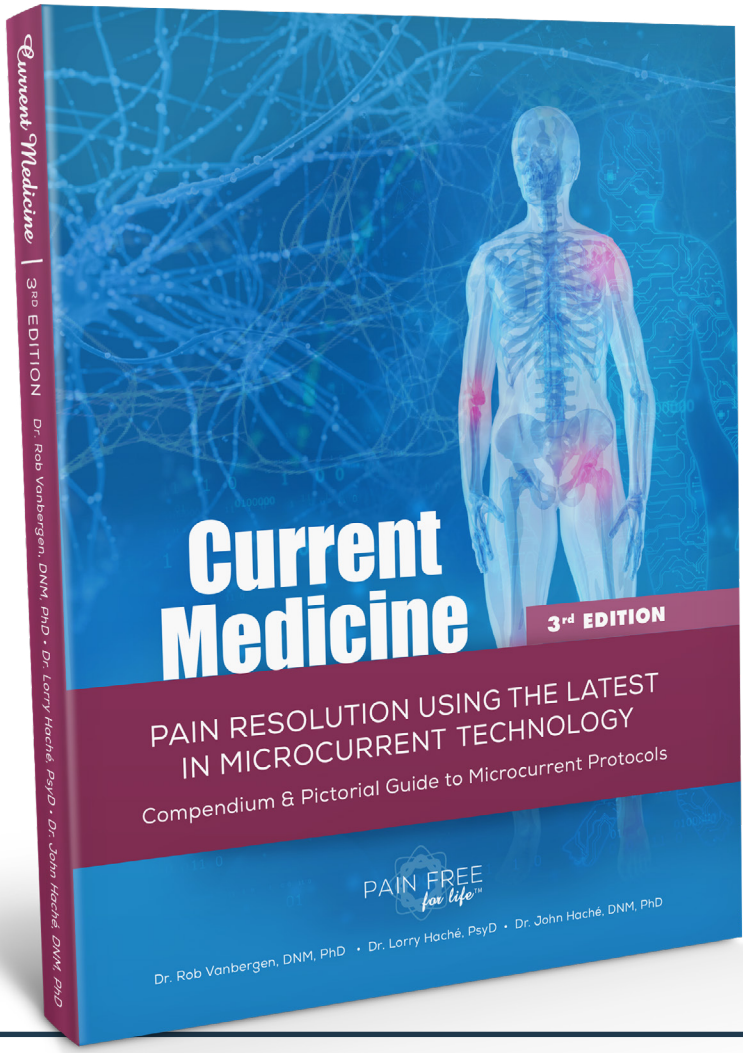
1. Pirogov's Ring
2. 7th cervical vertebrae area
3. The area over the thoracic vertebrae (thoracic spine area)
4. Scapula
5. Sternum
6. Jugular fossa - Anti-Inflammator
7. Infraclavicular area
8. Supraclavicular areas

Additional Treatment Areas:

9. External forearm surface
10. Front and outer surfaces of the shins
11. Nostrils and bridge of the nose
12. Maxillary sinus
13. Frontal sinus
14. Forehead between the eyebrows ("the third eye")
15. Cervico-occipital area







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

Ready to explore it more deeply? Review the **Pharyngitis 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: November 10-minute trainings

Week 1: Preparing Your Body for Holiday Stress: Nervous System Support (REPLAY)

The holiday season can bring added stress that affects both physical and emotional well-being. In this training, Dr. Rob shares practical ways to support the nervous system through microcurrent therapy and lifestyle strategies, helping the body manage stress and maintain balance during the busy season.

Week 2: Repairing Tissue Damage with Microcurrent (REPLAY)

Tissue damage can affect mobility, comfort, and the body's ability to recover. In this training, Dr. Rob explains how microcurrent therapy may help support tissue repair, reduce inflammation, and encourage the body's natural recovery processes..

Week 3: Inflammatory Pain Versus Degenerative Pain (REPLAY)

Not all pain comes from the same source, and understanding the difference can help guide treatment. Dr. Rob breaks down inflammatory and degenerative pain, explaining their characteristics and how microcurrent therapy can be incorporated into different pain management approaches.

Week 4: Six Points (NEW)

The Six Points protocol is an important technique featured alongside Three Pathways in ***Current Medicine 3rd Edition***. In this new VIP training, Dr. Rob provides a detailed, slide-based walkthrough of the Six Points methodology, helping members better understand each step and confidently apply the technique during microcurrent treatments.

Week 5: Passive vs. Active Microcurrent Therapy: What's the Difference (REPLAY)

Both passive and active microcurrent treatments have their place, but knowing when to use each can make a difference. In this training, Dr. Rob explains their key differences, benefits, and practical applications to help you choose the right approach for your treatment goals.

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

This November, the **Pain Free For Life Podcast** explores **Habits, Holidays & Healing Boundaries,** with conversations about making room for your health as everyday routines meet a busier season.

Dr. Rob takes a closer look at protecting your progress, shares the rituals he relies on in his own life, and explores what helps healthy habits last. The month also includes a Q&A on preparing for the holidays while respecting your needs and making time for the practices that help you feel well.



November 2026 featured episodes

November 2, 2026

Energy boundaries: protecting your progress

Making progress with your health takes time and attention, and it can be difficult to protect that investment when other demands compete for both. In this educational solo episode, Dr. Rob explores creating emotional and energetic space to support long-term healing, focusing on boundaries that help you care for yourself while staying connected to the people around you.

November 9, 2026

Advanced healing rituals: a day in the life of Dr. Rob Vanbergen, DNM, PhD.

What does Dr. Rob's own wellness routine look like? This week, he shares the daily practices and personal rituals he uses to care for his health. This solo episode offers a more personal look at how he puts what he teaches into practice and makes those habits part of everyday life.

Available on: Apple | Spotify | Youtube

Explore the Pain Free For Life Podcast Collection

November 16, 2026

EMFs: 5 Ways to Reduce Your Exposure

We're surrounded by EMFs every day, but what do we really need to know about their potential impact on our health? Dr. Rob sits down with EMF expert Lloyd Burrell to separate the practical from the overwhelming and share simple ways to reduce everyday exposure and create a healthier environment.



November 23, 2026

Ask Dr. Rob: holiday readiness & protecting your healing space

Holiday plans can bring plenty to look forward to, along with changes to your schedule and new demands on your energy. In this Q&A, Dr. Rob answers questions about boundaries, stress reduction, and protocol adjustments to help you prepare for the season while continuing to care for your health.

Have a question you'd like Dr. Rob to answer? Send it to **support@painfreeforlife.com** for a chance to have it featured in the episode.



Available On: Apple | Spotify | Youtube

Stay connected to the conversations that move healing forward

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

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

Subscribe today



Your Gateway to Effective Pain Management

Hache Protocol Reset

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

Join the thousands worldwide who have reclaimed their lives.

THE Hache Protocol RESET Your Path To Pain Free Living

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.

THE Hache Protocol Basic-Intermediate MICROCURRENT TRAINING

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.

THE Hache Protocol Advanced MICROCURRENT TRAINING

Master Advanced Microcurrent Techniques

MEAD-20: Bring meridian analysis into your home or practice

Explore meridian patterns, compare your readings over time, and get started with self-paced video training and a guidebook included at no extra cost.



If you've explored acupuncture or used microcurrent protocols that work with meridian points, you may already be familiar with the idea of energy pathways throughout the body.

Understanding how practitioners evaluate those pathways can bring another dimension to what you've learned.

The **MEAD-20 System**, short for **Meridian Energy Analysis Device**, combines readings taken at selected acupuncture points with computer software that organizes the results into a detailed report.

For practitioners and people interested in studying their own meridian readings, it offers a guided process and a record they can return to over time.

First, what are meridians?

In **Traditional Chinese Medicine (TCM), meridians are** pathways through which qi, often translated as vital energy, flows. The twelve principal meridians are associated with different organs and functions within this traditional framework.

Acupuncture and other meridian-based practices work with specific points along these pathways. Meridian evaluation brings an electronic measurement tool into that process, taking readings at selected points and interpreting them through the meridian model.

That is where the MEAD-20 comes in.

What happens during a MEAD-20 evaluation?

The MEAD-20 connects to a compatible Windows computer via USB. Its software guides you through the measurement process with diagrams showing the points to evaluate.

A handheld probe makes contact with selected points on the hands and feet, and the readings are recorded in the software. Once the measurements are complete, the program organizes them into a report.

The system is designed to collect an evaluation in about three minutes, with additional time needed for

setup and reviewing the results.

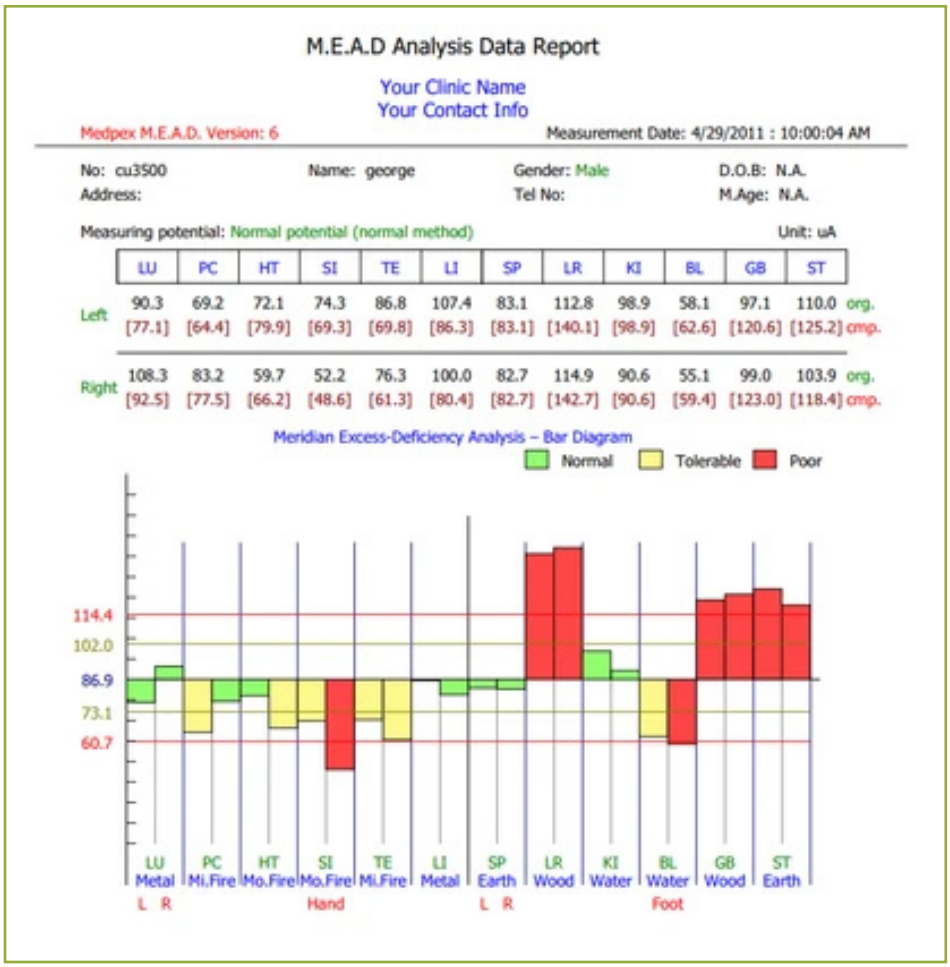
The process gives you:

- **On-screen guidance** for locating the measurement points.
- **Non-invasive readings** taken at the skin's surface.
- **Visual reports** that organize the results.
- **Stored records** you can revisit and compare.

You don't have to memorize every point before beginning, but learning consistent technique is an important part of using the system well.

What does the report show?

The MEAD-20 software presents readings in charts and reports organized around meridian relationships. Its reporting categories include body energy, autonomic nerve balance, metabolism, yin-yang, Qi-blood, and the Five Elements.



These are the software's interpretations within its evaluation framework. They should not be treated as medical diagnoses or as proof of how well a particular organ is functioning.

For someone learning about meridians, the visual format can make the material easier to follow. You can see the readings together, examine differences between points, and review the explanations provided by the program.

keeping a record over time

One helpful feature of the MEAD-20 is its ability to **save reports for future reference.**

For a practitioner, that creates an organized record of evaluations to revisit during later appointments. For someone using the system at home, it offers a way to keep previous readings together as they continue learning.

Consistency matters when comparing those results. Skin moisture, contact pressure, point placement, and measurement conditions can influence electrical readings, so a change on a chart needs to be

interpreted with those factors in mind.

Taking the time to learn the procedure helps make the reports more useful and the comparisons more meaningful.

Where MEAD-20 fits alongside microcurrent

If you already own an Avazzia Life device, the MEAD-20 adds an **evaluation tool** to your resource tool box.

Your microcurrent device delivers treatment through the protocols and accessories you use. The MEAD-20 collects readings and produces reports, and **your purchase includes a training course that explains how to read and interpret them.**

Whether you're a practitioner or using the system at home, working through that course is an important part of learning to use the MEAD-20.

How the MEAD-20 changed one practitioner's routine

For **Sandy Barrett, a kinesiologist and holistic practitioner,** introducing the MEAD-20 changed how he gathered information during appointments.



In a conversation with Dr. Rob Vanbergen, Sandy explained that his meridian evaluations had previously involved more extensive muscle testing. The MEAD-20 gave him a faster way to collect readings and review patterns within the meridian framework he uses in his practice.

"It was just a game changer for doing kinesiology balancing because it was a really quick way to determine what meridians were out of balance."

That convenience also carried into follow-up appointments. Sandy could return to earlier reports, compare readings, and consider those changes alongside what clients shared about their symptoms and daily lives. He used that information to help guide his selection of microcurrent protocols and adjustments to care.

For Sandy, the value extended beyond a single evaluation. Having a record to revisit helped him follow each client's experience over time, bringing previous readings into the conversation as their care continued.

His experience shows how the two tools work together: the MEAD-20 provides readings and reports for review, while a separate microcurrent device delivers the selected treatments.

Training to help you get started

Learning to use the MEAD-20 is part of getting the most from it, from taking consistent readings to understanding the reports.

Your purchase through The Sana Shop includes the **Exclusive MEAD Video Training Class and Unofficial**

Guidebook at no additional charge, giving you resources to work through as you begin and return to as your familiarity grows.

Bring meridian analysis into your home or practice—and save 20% November 4–11

With guided evaluations, detailed reports, and readings you can compare over time, the MEAD-20 offers a practical way to explore meridian analysis alongside your existing microcurrent routine or professional work.

From **November 4–11, 2026, save 20%** on the **MEAD-20 System** during ou**r Early Black Friday Sale.** If you've been considering adding meridian evaluation to your home or practice, this is a great opportunity to get started, with savings and training included.

Explore the MEAD-20 and Save November 4–11

Our team can help with questions about computer requirements, training, and whether the system fits your goals. Email **support@painfreeforlife.com**, and please allow up to **48 business hours for a response.**





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

Pain Free For Life Partner: Ryan Sternagel

How a father's search for answers became a lifeline for countless families

In May 2014, just eleven days before their son's first birthday, Ryan and Teddy Sternagel learned that Ryder had stage-four neuroblastoma, a childhood cancer of the nervous system. The diagnosis changed their family's life and began a search for information that would eventually become the foundation of Ryan's work as a health educator and advocate.



As Ryder underwent chemotherapy, Ryan and Teddy also consulted integrative practitioners and researched nutrition, their home environment, and other ways to support their son during treatment. Their family's story describes the questions, decisions, and extensive learning that accompanied that experience.

Turning experience into education



For a family facing a serious diagnosis, finding information is only part of the challenge. Understanding unfamiliar terminology, weighing different perspectives, and deciding what to discuss with a healthcare professional can become a considerable undertaking alongside the everyday responsibilities of caring for someone you love.

Ryan's work grew out of that experience. Together with Teddy, he founded **The Stern Method**, an educational platform that brings together practitioner interviews, lifestyle resources, and lessons from their family's experience navigating childhood cancer.

His interests extend across nutrition, household products, environmental exposures, and integrative approaches to health. Through interviews and educational programs, he

explores these subjects with practitioners and shares those conversations with individuals, families, and caregivers.

Getting to Know Ryan's Resources

Over the years, that work has expanded into several connected platforms:

- **The Stern Method** shares the family's story alongside articles, interviews, and resources exploring nutrition, lifestyle, and the home environment.
- **The Anti-Cancer Revolution** brings together podcast conversations and online summits featuring practitioners discussing integrative cancer care and related health topics.



For more of Ryan's educational resources, visit [The Stern Method website](#).

For readers exploring these resources, the educational conversations can provide topics and questions to bring to their own healthcare team as they consider what is appropriate for their circumstances.

Sharing What We Learn



This November, as we reflect on kindness, gratitude, and the people who help us through difficult seasons, Ryan's story offers a personal example of what it can mean to share hard-earned experience.

At Pain Free For Life, we know how much people value being heard, understanding more about their health, and having somewhere to turn with questions. Ryan and Teddy's work began with those needs in their own family and grew into resources intended to help others feel more informed and connected.

We're pleased to introduce our readers to Ryan and the story behind his work.

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 Evolution of Alternative Wellness
THE SANA INSTITUTE
For the Next Generation of Practitioners

The SANA Institute: November 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 104 – Sleep Enhancement**

  Quality sleep plays an essential role in overall wellness, especially for those managing pain. This session takes a deeper look at SI 104: Sleep Enhancement from the Certified Pain Resolution Specialist curriculum. Explore the connection between sleep, health, and recovery while strengthening your understanding of this important topic. Gain valuable insights to better support your clients' wellness journeys.

- **Week 2: Certified Pain Resolution Specialist Deep Dive: HC 101 – Coaching & Communication Skills**

  Effective communication is essential for building strong relationships with clients. This session explores HC 101: Coaching & Communication Skills, focusing on active listening, thoughtful questions, and clear communication. Discover how these skills can help you better understand client concerns and encourage meaningful conversations. Strengthen your ability to guide clients with confidence and empathy.



- **Week 3: Garments and Accessories How-To: Ankle Wrap**

  Discover how to incorporate the Ankle Wrap into your microcurrent treatment routine. This hands-on training covers proper setup, practical application, and important considerations when using this conductive accessory. Learn how to use the Ankle Wrap more effectively during treatments. Build your confidence and expand your knowledge of microcurrent accessories.

- **Week 4: The Science Behind It All: Voltage & Amperage**

  Understanding the science behind microcurrent therapy can help you become more confident with your equipment. Building on October's discussion of waveforms, this session explores the fundamentals of voltage and amperage. Learn what these electrical terms mean, how they differ, and how they relate to the delivery of electrical current. Gain a clearer understanding of the technology behind microcurrent therapy.

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

Learn more

"As someone fascinated by the human body and a strong desire to buck the system and manage my health without Western medicine, this company and its products are a Godsend."

–Caroline

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

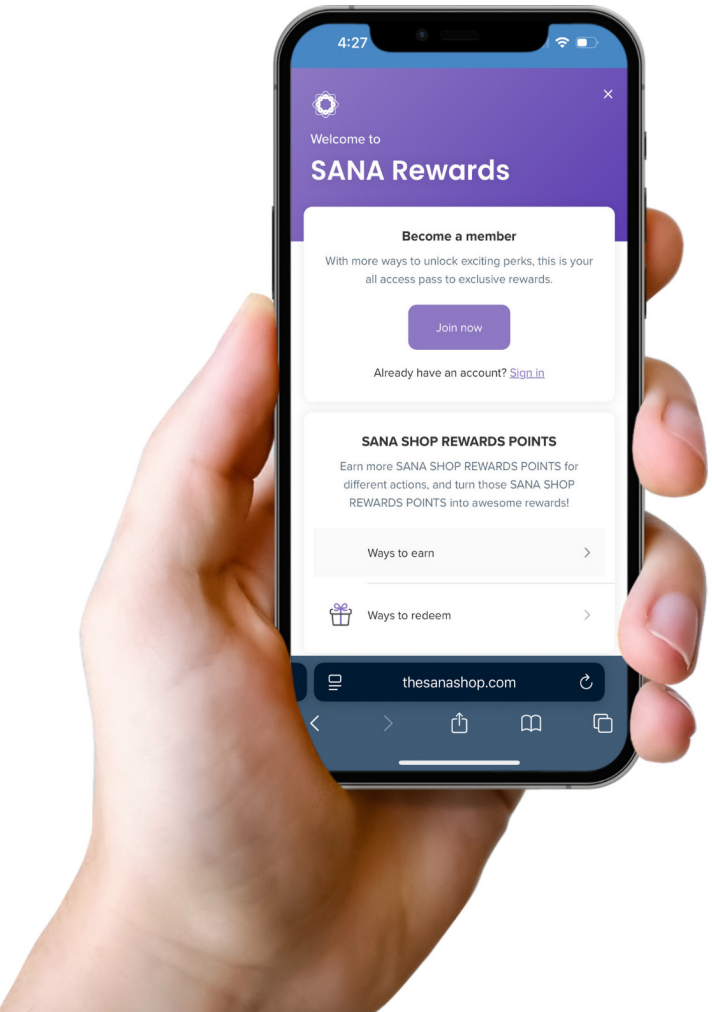
We love giving back to our incredible worldwide healing community. This month, we're spotlighting SANA Rewards, our loyalty program that thanks you for choosing natural healing tools. It's easy to join, easy to use, and now crystal-clear on how points work.

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



Early Black Friday Sale

The Pain Free For Life Early **Black Friday Sale runs November 4–11,** with some of our **best savings and bonuses of the year** across Avazzia Life microcurrent devices, accessories, PEMF and scalar technology, wellness tools, and professional education.

Our biggest offer? Purchase a brand-new **Avazzia Life Pinnacle Deluxe Kit** and choose **ONE:**

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.

- **FREE Scalar Qi – $1,595 value OR FREE Via Qi – $1,595 value**

  OR
- **SANA Qi at 50% OFF – $1,497 value**

Plus:

- **FREE Microcurrent Goggles** with an Avazzia Life Pinnacle Lite Deluxe Kit
- **FREE 6” × 12” Qi Wave Pad** with an Avazzia Life Evolution Classic Kit or Avazzia Life Evolution Deluxe Kit
- **15% OFF** Avazzia Life Genesis II Classic and Deluxe Kits

- **15%+ OFF** all microcurrent accessories
- **18–20% OFF** select wellness technologies
- **20% OFF** the Avazzia Ezzi-Lift (device only) during its **FINAL CLOSEOUT**
- **20% OFF** Certified Pain Resolution Specialist Certification tuition when paid in full + your choice of bonus

November 4–11, 2026
You've come a long way. Make this the moment to keep going!

Shop the Early Black Friday Sale!

Certified Pain Resolution Specialist Certification Early Black Friday savings do not apply to scholarship students.

Please note: *Early Black Friday savings cannot be combined with other offers or discount codes and cannot be applied to previous purchases. All prices are listed in USD.*

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



Find Healing Through Community

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

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

Explore the community

We're here to help

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

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

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

Monday to Friday: 9:00 AM – 4:00 PM PCT/PT (British Columbia Time)

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

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