



JUMPSTART

Hosted by Dr. Robert Vanbergen

This Is Your Jumpstart
WORKBOOK

LEARN
The #1 Protocol
TO GO FROM
“I Tried Everything”
TO
“Finally! A Solution!”
IN JUST 5 DAYS

JANUARY 22-26, 2024

+ BONUS TRAINING DAYS!



IMPORTANT LEGAL NOTICES

Every effort has been made to ensure that the information in this workbook is complete and accurate. However, neither the publisher nor the author is engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions contained in this book are not intended as a substitute for consulting with your physician. All matters regarding health require medical supervision. Neither the author nor the publisher shall be liable for any loss, injury, or damage allegedly arising from information or suggestion in his book. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of Pacific Health Options Inc. in writing.

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Meet Your Jumpstart Host

DR. ROB
VANBERGEN
DNM, PhD

It is an honor to share my story with you. I'm Dr. Rob Vanbergen, author of The Hache Protocol For Pain Resolution, Certified HHP (Holistic Healthcare Practitioner), and Doctor of Natural Medicine.

My mission is to strive towards creating a world where 1.5 billion people no longer suffer from chronic pain or illness once and for all.

After naturally recovering from debilitating anxiety and scoliosis issues as a child, I have devoted my professional life to helping people find relief through holistic health interventions for resolving pain, inflammation, anxiety, and so much more.

My journey began with a Bachelor's in Holistic Health Sciences from Quantum University in Hawaii; where I continued on to obtain a Doctorate of Natural Medicine and Ph.D., both with groundbreaking dissertations on the benefits of non-invasive microcurrent Vagus nerve stimulation for resolution of inflammation.

Throughout The Pain Free For Life Jumpstart, I am thrilled to share the foundations of the techniques that provided me (and thousands of others) lasting relief after years of struggle.

Let's Begin!



JUMPSTART WORKBOOK

HOW TO USE THIS WORKBOOK FOR ACCELERATED RESULTS

Make sure to read and complete the tasks that come along with the program - this will propel you toward real success!

This workbook is also great for keeping your notes as you move through the 5-Day Program. Join each session LIVE in The 5-Day Jumpstart Group or Zoom to complete your workbook!

Here are some quick tips to help you get the most out of this one-of-a-kind event:



COMMIT: Block off the time to attend the training (LIVE is best!) If not, we've made it very easy for you to get caught up with DAILY REPLAYS. Replays are released after the live training, making it essential to stay on track. If you have trouble at any time, reach out to your concierge via text right away.



PLAN: Add all Jumpstart events to your calendar.



CONNECT WITH YOUR CONCIERGE: Think of your Workshop Concierge as your personal guide through this 5-Day program. They are here to help answer any questions and keep you on track. Please respond to their "welcome" text right away to get the ball rolling.



ENGAGE: This is an excellent opportunity for anyone looking to break free from chronic pain. It is also an opportunity for you to meet our team of Doctors, Treatment Coordinators & Workshop Concierges to get support on the spot – for free!

Our goal is to help you gain the tools, knowledge, and strategies needed to break through old patterns and resolve your pain issue quickly and easily. Every day will bring new information, tips, and activities to help you reach your goals of less chronic pain and better lifestyle well-being.



DO THE HOMEWORK: Would you like some support from our team and Dr. Rob? Post your homework in the thread each night to get feedback to make sure you are on the right track to pain resolution.



ASK FOR HELP: If you need help or get stuck, confused, or have trouble getting into our Jumpstart Group, ask for support! We are here to help you get the most out of this opportunity.



JUMPSTART PRE-EVENT CHECKLIST

If you haven't already, there's still time to plan ahead and set yourself up for success! Before we kick things off on Monday, January 22nd, be sure to:

- ☐ **Get VIP Access to our Jumpstart Group on Facebook.** (This is where the 5-Day Jumpstart takes place – be sure to answer the questions to gain instant access.)

Gain VIP Access right now and start building your foundation of pain-free living!

JOIN

The Pain Free For Life Jumpstart Group!

Not a fan of Facebook? Reach out to Support@PainFreeForLife.com to get the Zoom link. Remember, **to get the most out of this opportunity, you need to be in the group.**

- ☐ **Respond to the "Welcome" text from your Workshop Concierge.** Think of your Concierge as your personal guide through this 5-Day program. Please respond to their "welcome" text to learn about your Jumpstart Bonus!

- ☐ **Add the event to your calendar!**

The Pain Free For Life Jumpstart
January 22-26, 2024 + BONUS Days!

- ☐ **Plan to attend as many events LIVE as possible.** (There are bonuses – ask your Concierge for more info!)
- ☐ **Keep an eye on your email inbox.** There, you'll learn how to make the most out of this truly unique opportunity, receive nightly recaps, and more.
- ☐ **Spread the word.** Please invite your friends, family, and co-workers to participate in The Pain Free For Life Jumpstart before we kick off on January 22nd!

**We look forward to seeing you on January 22nd,
in the Jumpstart Group on Facebook or Zoom.**

NEED SUPPORT?

If you're having trouble, please reach out to Support@PainFreeForLife.com.

Or give us a call at 1-888-758-0851. We're here to help!



JUMPSTART DAILY SCHEDULE

Follow along with each session LIVE with Dr. Rob in The Pain Free For Life Jumpstart Group to complete your workbook and get on track to vibrant health and pain-free life - naturally!

Not a fan of Facebook? Email us at support@painfreeforlife.com for a Zoom link. Remember, to get the most out of this opportunity, you really need to be in the group. You will also need to be in contact with your Workshop Concierge to get your Jumpstart Bonus!

Can't attend LIVE? Please note that replays will ONLY be available until January 31st, 2024, at 5:00 PM Pacific.

Stay tuned for Case Study Interviews and ask your Workshop Concierge about Private Close Door Sessions.

All Times Below Are Pacific Time

MON Jan 22	4:00-4:45pm PST	Session #1: The Pain Epidemic: 5 Ways Conventional Medicine Has Failed You
TUES Jan 23	4:00-4:45pm PST	Session #2: Identifying the Root Source of Your Pain + The Aggravators
WED Jan 24	4:00-4:45pm PST	Session #3: The Hache Protocol: 5 Interactive Elements to Becoming Pain Free
	5:00-5:45pm PST	Sessions 1-3 Review
THUR Jan 25	4:00-4:45pm PST	Session #4: The Secret to Resolving Pain Permanently: Microcurrent
	5:00-5:45pm PST	Closed Door Session with Dr. Rob Vanbergen To Learn About The Hache Protocol Reset (Ask your Concierge how to get invited)
FRI Jan 26	4:00-4:45pm PST	Session #5: The 3 Cornerstones to Resolving Chronic Pain Permanently
	5:00-5:45pm PST	Learn About The Hache Protocol Reset & How It Can Help You
	6:00-6:45pm PST	Session 1-5 Review



JUMPSTART BONUS DAYS!

All Times Below Are Pacific Time

SAT Jan 27	4:00-4:45pm PST	Live QA with Dr. Rob (Your Burning Questions Answered!)
	5:00-6:30pm PST	Closed Door Session with Rob Vanbergen (Ask your Concierge how to get invited)
SUN Jan 28	Catch Up on Replays, Rest, Relax, and Recharge!	
MON Jan 29	4:00-4:45pm PST	BONUS Session #1: Developing the Pain Free For Life Mindset to Accelerate Healing
TUES Jan 30	4:00-4:45pm PST	BONUS Session #2: Exciting Ways to Use Microcurrent Outside Healing Pain
	5:00-5:45pm PST	Closed Door Session with Rob Vanbergen (Ask your Concierge how to get invited)
WED Jan 31	4:00-4:45pm PST	BONUS Session #3: Inside The Treatment Room with Dr. Rob and Lead Treatment Coordinator Annie Svensen
	5:00-5:30pm PST	Closing Event Ceremony & Next Steps for Your Pain Free For Life Journey

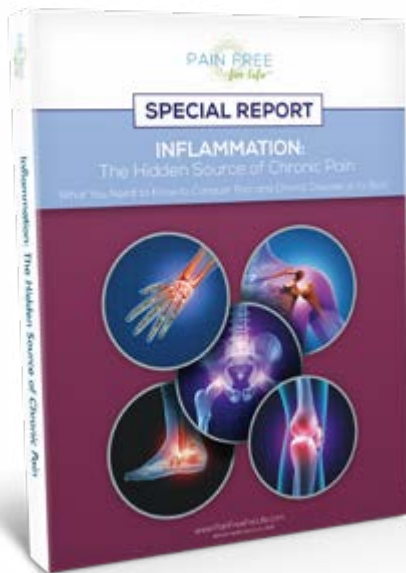
Our Pain Resolution Jumpstart lasts 5 days, but the learning doesn't end there! We're also offering a way to keep the ball rolling in our Hache Protocol Reset 90-Day Program.

JUMPSTART YOUR EVENT BONUS

SPECIAL REPORT

INFLAMMATION: The Hidden Source of Chronic Pain

Our gift to you!



Our Doctors' groundbreaking investigation reveals a direct link between inflammation and chronic diseases that often have no clear cause. Microcurrent therapy can provide relief from pain by eliminating its underlying inflammatory source, so you and your loved ones can enjoy lives free of suffering.

TO GET YOUR FREE REPORT & MORE:

TEXT Your Workshop Concierge

We're thrilled to extend this bonus opportunity to all Pain Free For Life Jumpstart attendees
- All you need to do is get in touch with Your Workshop Concierge, and they will make sure you receive the materials and guidance necessary to live a pain-free life!

Your Workshop Concierge is also your resource for success all along the journey!
So don't hesitate to text them and take advantage of their expertise.

Can't reach your Concierge? Reach out to support@painfreeforlife.com.



THE PAIN EPIDEMIC: 5 WAYS CONVENTIONAL MEDICINE HAS FAILED YOU

The first day of the Jumpstart was all about setting yourself up for success and evaluating what you've already tried for your pain. We also revealed something we'll delve deeper into in the coming days, The 3 Cornerstones to Resolving Chronic Pain.

The 3 Cornerstones to Resolving Chronic Pain Permanently Are:

1. _____
2. _____
3. _____

Consider your previous attempts to address your chronic pain for your first homework assignment. Whether they be conventional or holistic. Below, fill in the boxes to indicate what has worked for you in the past, what hasn't, and what you've already tried. Getting clear on this will help you move forward with solutions that align with your individual needs.

What Have You Tried?

What Has Worked?



THE PAIN EPIDEMIC: 5 WAYS CONVENTIONAL MEDICINE HAS FAILED YOU

What Has Not Worked?

DAY 1: HOMEWORK CHALLENGE

What Have You Tried, What Has Worked, and What Has Not

Share a summary of the answers to these questions in The Pain Free For Life Jumpstart Group on Facebook

(Look/Search for the Post with the Homework Session Title)

Don't Forget: Reach out to your Workshop Concierge via text to get your Bonus!

MY NOTES/SUMMARY to share in the Facebook Group

NEED SUPPORT? TEXT YOUR WORKSHOP CONCIERGE

If you're having trouble, please reach out to Support@PainFreeForLife.com

Or give us a call at 1-888-758-0851. We're here to help!



IDENTIFYING THE ROOT SOURCE OF YOUR PAIN & THE AGGRAVATORS

Based on today's lesson, answer the questions below:

_____ is the root cause of musculoskeletal pain.

Chronic Inflammation is the root cause of _____ .

Now, reflect on your chronic symptoms and their impact on your life. To help guide this process, answer the questions below.

What are the chronic symptoms that you experience? How long ago did these symptoms begin?

Are there any particular activities or triggers that worsen your symptoms?



IDENTIFYING THE ROOT SOURCE OF YOUR PAIN & THE AGGRAVATORS

DAY 2: HOMEWORK CHALLENGE

**What are The Chronic Symptoms You Consistently
Experience and What is the Impact On Your Life?**

Share a summary of the answers to these questions in The Pain Free For Life Jumpstart Group on Facebook
(Look/Search for the Post with the Homework Session Title)

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MY NOTES/SUMMARY to share in the Facebook Group

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THE HACHE PROTOCOL: 5 INTERACTIVE ELEMENTS TO BECOMING PAIN FREE

Today, I introduced you to the Hache Protocol and its pioneering founders, my parents, Dr. John and Lorry Hache. Their innovative approach has been life-changing for many of those suffering from pain.

What Are The First 4 Interactive Elements of The Hache Protocol?

1. _____
2. _____
3. _____
4. _____

Tomorrow is all about the fifth element and the synergizer!

What is the 5th (and most powerful) Interactive Element of The Hache Protocol?

5. Your Answer: _____

To ensure that you get the best possible result, please take a moment to give yourself **a score** out of ten for the first four critical areas related to achieving lasting pain relief. These answers will help you and your Treatment Coordinator gain an understanding of where you are in the process and how best to move forward together for the best results.

How often are you already applying the first 4 Interactive Elements of The Hache Protocol in your pain resolution plan? (1 being not at all; 10 being every day)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5	6	7	8	9	10
NOT AT ALL									EVERY DAY



THE HACHE PROTOCOL: 5 INTERACTIVE ELEMENTS TO BECOMING PAIN FREE

DAY 3: HOMEWORK CHALLENGE

The First 4 Interactive Elements of The Hache Protocol

Share a summary of the answers to these questions in The Pain Free For Life Jumpstart Group on Facebook
(Look/Search for the Post with the Homework Session Title)

MY NOTES/SUMMARY to share in the Facebook Group

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THE SECRET TO RESOLVING PAIN PERMANENTLY:



MICROCURRENT

It is true microcurrent therapy is quite different from any of the other four elements we've discussed so far. But, as you learned today, this element has immense potential to benefit our health and well-being.

For tonight's homework, please answer the question below:

Why is Microcurrent such a powerful tool for healing and regeneration? _____

HINT: To resolve your pain permanently, you need first to resolve the _____. Only then can the blockages in your body's communication flow be addressed and resolved.

DAY 4: HOMEWORK CHALLENGE

The Secret to Resolving Pain Permanently: Microcurrent

Share a summary of the answers to these questions in The Pain Free For Life Jumpstart Group on Facebook
(Look/Search for the Post with the Homework Session Title)

MY NOTES/SUMMARY to share in the Facebook Group

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Or give us a call at 1-888-758-0851. We're here to help!

If you haven't yet, reach out to your Workshop Concierge for your FREE Gift!



3 CORNERSTONES TO RESOLVING CHRONIC PAIN PERMANENTLY

We've reached the end of The Pain Free For Life Jumpstart, and it has been quite a journey! Today's 5th and final homework assignment is reviewing the Pain Free For Life Mindset, which includes 3 key cornerstones.

The 3 Cornerstones to Resolving Chronic Pain Are:

1. _____
2. _____
3. _____

These are the three cornerstones when it comes to resolving chronic pain permanently. They appear so simple, but they require courage, commitment, and determination to see them through and use them to better your life.

Remember: You have the power inside of you to make changes happen, and this mindset will help you discover a new way of living. We believe in you, we are here with you, and let's work through this together!

DAY 5: HOMEWORK CHALLENGE

Share Your Questions for Dr. Rob's LIVE Q&A Taking Place Tomorrow at 8 am PST.

Submit your questions for Dr. Rob's LIVE Q&A in the Jumpstart Group
(Look/Search for the Post with the Homework Session Title)

MY QUESTIONS for Dr. Rob's LIVE Q&A

NEED SUPPORT? TEXT YOUR WORKSHOP CONCIERGE

If you're having trouble, please reach out to Support@PainFreeForLife.com
Or give us a call at 1-888-758-0851. We're here to help!

If you haven't yet, reach out to your Workshop Concierge for your FREE Gift!



Your Path To Pain Free Living

HOSTED BY DR. ROBERT VANBERGEN

TEXT YOUR WORKSHOP CONCIERGE TO LEARN MORE

(Limited-Time Bonuses & Discounts Available for Jumpstart Participants)

Learn what it takes to curate a pain-free lifestyle with
The Hache Protocol™ and Microcurrent Therapy in 90 days!

The Hache Protocol Reset is a 90-day natural path to chronic pain resolution. With our exclusive resources, tools, and strategies, you can finally get back to the life you love!

How To Create a Life Free From Pain - Naturally

This 90-day guided program outlines the five key elements to help you resolve your pain and regain your control over pain.



We've helped tens of thousands of people worldwide learn The Hache Protocol to feel better and more engaged in their lives again.

Now it's your turn!

No matter what type of chronic pain you're experiencing, The Hache Protocol Reset offers you the natural path to a sustainable solution.

DOORS OPEN THURSDAY, FEB. 23, 2024

TEXT YOUR WORKSHOP CONCIERGE TO LEARN MORE

(Limited-Time Bonuses & Discounts Available for Jumpstart Participants)

Can't find your Concierge? Email us at Support@painfreeforlife.com



JUMPSTART
BONUS DAYS!

BONUS TRAINING SESSION NOTES

LIVE Q&A WITH DR. ROB VANBERGEN

MY NOTES



JUMPSTART BONUS DAYS!

BONUS TRAINING SESSION #1

DEVELOPING THE PAIN FREE FOR LIFE MINDSET TO ACCELERATE HEALING

MY NOTES



JUMPSTART
BONUS DAYS!

BONUS TRAINING SESSION #2

**5 EXCITING WAYS TO USE MICROCURRENT
OUTSIDE HEALING PAIN**

MY NOTES



JUMPSTART
BONUS DAYS!

BONUS TRAINING SESSION #3

**INSIDE THE TREATMENT ROOM WITH DR. ROB AND
LEAD TREATMENT COORDINATOR ANNIE SVENSEN**

MY NOTES

NEED SUPPORT?

Even if you've suffered from pain for years and tried everything without meaningful results, we want to assure you that The Hache Protocol presents a real, attainable opportunity for long-term healing. Microcurrent & The Hache Protocol have helped thousands of people just like you take their lives back from pain, depression, autoimmune symptoms, and so much more.

WHEN YOU NEED HELP:

TEXT YOUR WORKSHOP CONCIERGE!

They're here to help.

OR

Reach Out to Support@PainFreeForLife.com.

MESSAGE US