

THE TRUTH

about



Breast Implants & Breast Implant Illness

The complete guide to discovering
the root cause, safe alternatives,
explant, recovery, and beyond.

by Diane Kazer, FDN-P

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MY MISSION

I help purpose driven women on a mission, discover the hidden stressors that cause them symptoms and suffering, including breast implants, by empowering them to self heal with a holistic and customized approach so they can overcome breast implant illness, love the body they live in, live courageously and feel (and look) their best in the matter of months.




Considering breast implants? Know The Risks.

There are millions of women who receive breast implants for a variety of reasons. Unfortunately, many are simply unaware of the dangers associated with them. With more than 300,000 breast augmentation procedures being performed in the United States each year¹ for both reconstructive and cosmetic purposes, Breast Implant Illness is an issue that is impacting a significant number of women. It is becoming an epidemic in the breast implant world and has been referred to as a ticking time bomb. It's not a matter of IF it will affect you, but WHEN.

Any time you put a foreign material into your body, there is a potential for problems to arise and breast implants are no exception²³. Issues can develop from both silicone and saline implants either due to chemicals and heavy metals in the implants and shells, bacterial or fungal growth, or to their ability to impair the body's immune, endocrine, and detoxification systems⁴. All implants will leak, bleed, or eventually rupture⁵⁶⁷.

Breast implants might as well be called chemical soup, because they are full of cytotoxic, neurotoxic, and carcinogenic chemicals and heavy metals that are highly inflammatory to our cells, tissues and organs. The presence of these toxic implants in the body contributes to oxidative stress, fuels chronic inflammation, and overloads our detoxification pathways due to the fact that they are semi-permeable and begin to bleed silicone⁸. and other toxins into the body upon implantation.



We store most toxins in our fat, and bone. Guess what our brains are made of? 70% fat! Toxins are driven deep into the brain to protect your body from chronic exposure. Neurotoxicity causes symptoms of brain fog, memory loss, inability to learn new information, lack of focus, sensitivity to outside stimuli, forgetfulness, headaches, numbness and tingling, mood problems, etc. Ever wanted to introduce two people and forgot their names? Ever walked into a room and forgot why you entered in the first place? Ever struggled to complete a sentence? You know the words are there, but they just won't come to your brain? These are classic signs of neurotoxicity.

If you currently have or choose to get breast implants, you may experience symptoms immediately or even decades later, once your toxic bucket begins to overflow. Symptoms are the last thing to occur as the body is breaking down and they are our body's way of sounding an alarm to get our attention that something is very wrong.

Our bodies speak to us in a language of symptoms. It's not a matter of IF, but WHEN.

¹<https://www.plasticsurgery.org/news/press-releases/new-statistics-reveal-the-shape-of-plastic-surgery>

²<https://www.fda.gov/medical-devices/breast-implants/risks-and-complications-breast-implants>

³<http://web.archive.org/web/20040805034819/http://implants.clic.net/tony/Blais/019.html>

⁴https://www.breastimplantillness.com/wp-content/uploads/2017/08/Mechanisms_of_Breast_Implant_Toxicity_By_Dr._Brawer251503803405105-1098318890.pdf

⁵<https://www.breastimplantillness.com/truth-cohesive-gel-implant/>

⁶<http://web.archive.org/web/20031228073607/http://implants.clic.net/tony/Blais/018.html>

⁷<http://web.archive.org/web/20040804222605/http://implants.clic.net/tony/Blais/008.html>

⁸<https://clinmedjournals.org/articles/cmrcr/clinical-medical-reviews-and-case-reports-cmrcr-3-087.pdf>



The reported effects of silicone toxicity and the chemical soup of breast implants are widespread throughout the body including immune dysregulation⁹¹⁰¹¹, endocrine dysfunction¹²¹³, neurological impairments, gastrointestinal effects¹⁴, and metabolic chaos¹⁵. This causes a cascading effect of systemic dysregulation often resulting in the development of chronic, debilitating illness.

Silicone and many of the chemicals in breast implants are known endocrine disruptors, meaning they interfere with the body's endocrine system and produce adverse developmental, reproductive, neurological, and immune effects. This may result in effects such as decreased fertility, increased incidence of endometriosis, and some cancers, among other things. Additionally, research shows that endocrine disruptors may pose the greatest risk during prenatal and early postnatal development when organ and neurological systems are forming¹⁶.

Not only is every chemical and heavy metal used to make silicone breast implants toxic to the body, but these metals also feed pathogenic bacteria, yeast, and parasites in the gut and are used in the process of creating biofilm as a way for pathogens to protect themselves making them harder to kill. Below is a list of known heavy and light metals, minerals and chemicals used in the manufacture of silicone breast implants and in the shell of saline breast implants¹⁷:

Metals

Aluminum
Cesium
Magnesium
Selenium
Arsenic
Chromium
Mercury
Thallium
Antimony
Cobalt

Molybdenum
Titanium
Barium
Copper
Nickel
Tin
Beryllium
Geranium
Phosphorus
Vanadium

Bromine
Iron
Platinum
Zinc
Cadmium
Lead
Potassium



Chemicals

Methyl ethyl ketone (neurotoxin)	Hexon
Ethyl oxide (carcinogen)	2-Hexanone
Cyclohexanone (neurotoxin)	Thixon-OSN-2
Xylene (neurotoxin)	Stearic acid
Isopropyl alcohol	Zinc oxide
Denatured alcohol	Naptha (rubber solvent)
Acetone (neurotoxin)	Phenol (neurotoxin)
Urethane	Benzene (carcinogen/neurotoxin)
Polyvinyl chloride (neurotoxin)	Lacquer thinner
Amine	Epoxy resin
Toluene (neurotoxin/carcinogen)	Epoxy hardener 10 and 11
Dichloromethane (carcinogen)	Printing ink
Chloromethane	Metal cleaning acid
Ethyl acetate (neurotoxin)	Color pigments as release agent
Silicone	Oakite (cleaning solvent)
Sodium fluoride	Talcum powder
Lead-based solder	Formaldehyde

***This data came straight from “The Summary of Safety and Effectiveness Data” of each type of implant on the FDA’s web page**

I have saline implants so I’m safe, right?

Saline implants are made with the same shell as silicone implants, which contains silicone and many of the chemicals listed above. Saline implants have a valve that allows the surgeon to fill them after being implanted. The problem with this is that if the valve used to fill the implant is damaged during some kind of trauma, like a mammogram or a car accident, it can lead to serious problems if mold and bacteria get past the damaged valve¹⁸¹⁹²⁰²¹.



The valves are semipermeable and allow fluid to flow inside the implant, which also presents an opportunity for microorganisms to enter the implant. Many ladies who have explanted their saline breast implants have discovered their implants to be riddled with mold, which produces biotoxins that act as neurotoxins. Those suffering from mold-illness can often escape the moldy environment, but when the mold is literally living inside you, there is no escape but to explant.

Breast implants as a foreign body also continuously activate the immune system, eventually resulting in immune dysregulation²²²³. as they overstimulate the system. This leads to a muted immune system and thus an inability to fight off pathogens, resulting in the overgrowth of opportunistic organisms (bacteria, fungi, viruses, and parasites) which grow unchecked by the immune system as well as reactivation of once dormant pathogens such as Epstein-Barr or those pathogens that cause Lyme disease²⁴.

Low-grade subclinical infections are often found inside the capsules²⁵²⁶. You will often times see depressed Secretory IgA on stool analysis (see next page for my labs), which is the gut's main immunoglobulin and first line of defense in protecting the intestinal epithelium from enteric toxins and pathogenic organisms.



With depressed SIgA, the gut is left defenseless against pathogens, which you may hear yourself feel like you're sick and run down often, and in worse cases struggling to tolerate many foods, even healthy ones. In the setting of pathogenic organisms, leaky gut, toxicity, and low immune function, autoimmunity often ensues.

⁹<https://www.ncbi.nlm.nih.gov/pubmed/7570622>

¹⁰<https://www.ncbi.nlm.nih.gov/pubmed/7855864>

¹¹<https://www.ncbi.nlm.nih.gov/pubmed/8565558>

¹²<https://www.ncbi.nlm.nih.gov/m/pubmed/26264162/?i=1&from=silicone%20breast%20toxicity>

¹³<https://www.bmj.com/rapid-response/2011/10/28/concerns-estrogenicity-silicone-breast-implants>

¹⁴<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4036413/>

¹⁵<https://juniperpublishers.com/crdoj/pdf/CRDOJ.MS.ID.555710.pdf>

¹⁶<https://environmentalhealth.ucdavis.edu/endocrine-disruptors>

¹⁷https://www.accessdata.fda.gov/cdrh_docs/pdf3/P030053B.pdf

¹⁸http://mybreastimplants.org/PDF/Original_07242007.pdf

¹⁹<https://www.ncbi.nlm.nih.gov/pubmed/9207676>

²⁰<https://www.ncbi.nlm.nih.gov/pubmed/16996440>

²¹<https://www.ncbi.nlm.nih.gov/pubmed/7480245>



- A 100,000+ women study concluded that: The risk of certain autoimmune diseases increased by 800% (Sjogren syndrome), 700% (scleroderma), and 600% (arthritis) for women with implants compared to the general population of women of the same age and demographics. The longer they are in the more severe the AID symptoms present over time. Many women who have kept their implants in for 20+ years end up in wheelchairs, diagnosed with Lupus, MS and other severe auto-immune diseases...which their doctors are not trained to explore implants as a possible root cause, because the FDA has deemed them as 'perfectly safe'.
- A study conducted by FDA scientists found a statistically significant link between implants and fibromyalgia, as well as several connective tissue diseases. The study focused on women who had silicone breast implants for at least six years, and found that women with leaking silicone implants were significantly more likely to report a diagnosis of painful and debilitating diseases such as fibromyalgia, dermatomyositis, polymyositis, Hashimoto's thyroiditis, mixed connective tissue disease, pulmonary fibrosis, eosinophilic fasciitis, and polymyalgia.

²²<https://www.ncbi.nlm.nih.gov/pubmed/7855864>

²³<https://www.ncbi.nlm.nih.gov/pubmed/7570622>

²⁴https://www.youtube.com/watch?v=3JIAMYn_hws

²⁵<https://www.ncbi.nlm.nih.gov/pubmed/12655204>

²⁶<https://www.ncbi.nlm.nih.gov/pubmed/21717259>




Daunting Risk Factors with Breast Implant Illness.

INCREASED RISK FOR BREAST IMPLANT ASSOCIATED LYMPHOMA

Breast implants can cause cancer of the immune system called Anaplastic large-cell lymphoma (ALCL) which is a rare type of blood cancer. Since the initial case report in 1997, the American Society of Plastic Surgeons (ASPS) now recognizes approximately 293 cases in the US and a total of 779 worldwide as of September 3, 2019. Removing the implants usually eliminates the disease, but some women have opted for chemotherapy, and at the time of this writing, 33 deaths from this cancer have been reported worldwide as of July 24th 2019. What are the symptoms of BIA-ALCL? The most common is excessive inflammatory fluid buildup around the breast implant, which can cause pain, swelling, or lumps in the breast or armpit. ²⁷

INCREASED RISK OF OTHER CANCERS

A second NCI study found a 21% overall increased risk of cancer for women with implants, compared to women of the same age in the general population.[38] The increase was primarily due to an increase in brain cancer, respiratory tract cancers, cervical cancer, and vulva cancer. ²⁸



INCREASED RISK FOR SUICIDE

Women who have breast implants are THREE times as likely to commit suicide as women in the general population. ²⁹

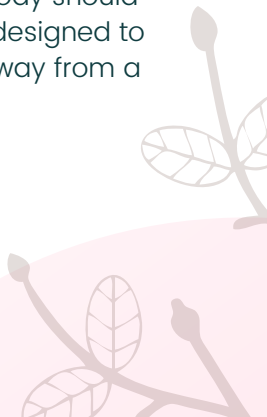
INCREASED RISK FOR DEPRESSION

A Danish study funded by implant manufacturer, Dow Corning found an increase in depression and found to be FIVE to SEVEN times more likely to be taking antidepressants than women without implants. ³⁰

INCREASED STRESS (“FIGHT OR FLIGHT”) RESPONSE

Breast implants, as a source of toxicity and a foreign object have the potential to place your body in a state of chronic “fight or flight” or sympathetic dominance. This may present as a “tired but wired” feeling or the inability to handle any form of stress regardless of how big or small.

The stress response is initiated when the brain perceives something as a potential threat. The body releases epinephrine and norepinephrine, which triggers the “fight or flight” response (increases heart rate, blood flow, blood pressure, blood sugar, and alertness, and provides the body with greater strength and speed to fight the threat or run away from the threat). This response also triggers the body to release cortisol, which limits the cell mediator response to the threat. Once the threat has been eliminated, the body should return to a state of “allostasis”. This response was designed to help us cope with short-term stress, like running away from a bear so as to not get eaten.



Long-term stress, on the other hand, is continual activation of these two systems over the long-term and it can damage the body and lead to disease. In today's fast-paced modern world, where we are under chronic stress on a daily basis, our fight or flight response is constantly being activated, even though these stressors do not pose a danger to our physical survival. The same could be said about breast implants. As a foreign body they are continuously activating norepinephrine/epinephrine and the fight or flight response because the body knows they are not "self" and is trying to get rid of them. This is why the body forms a capsule around them, to wall them off and protect "self" from "non-self". Since cortisol is a very potent steroid hormone, the body buffers and modulates its effects on different target tissues in order to prevent harm.

The body wasn't designed to handle continual exposure to sources of stress that constantly activate the HPA Axis. **ALLOSTATIC LOAD** is the price the body pays for being forced to adapt to adverse psychosocial or physical stressors (breast implants). It depletes the metabolic reserve in nearly every tissue in the body. The body reallocates resources and changes metabolic function to allow for the best chance of survival in the immediate future. The body chooses the immediate need for survival over long-term health and wellness. This is where you may find yourself drinking copious amounts of caffeine, feeling powerless to carbs in an attempt to grab a quick ounce of energy...until one day, you find yourself in a state of 'chronic fatigue' and you wonder if it's your hormones?

This consequently leads to the next point...

²⁷https://www.plasticsurgery.org/for-medical-professionals/health-policy/bia-aicl-physician-resources?fbclid=IwARIUNxDw7A5UDOAp_DVj3gkoUZMaYaZlIi5OYe5bQnO4NjC-HZm3VUCDI

²⁸<http://www.center4research.org/breast-implants-research-regulatory-summary/>

²⁹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366693/>

³⁰<http://www.center4research.org/breast-implants-research-regulatory-summary/>

³¹<https://www.ncbi.nlm.nih.gov/m/pubmed/26264162/?i=1&from=silicone%20breast%20toxicity>



HORMONES BECOME DYSREGULATED

When the body is in a chronic state of “fight or flight” reproduction is NOT the priority. Survival is the priority. The body will choose to down-regulate hormone production at the sacrifice of your fertility and state of hormone balance. This can lead to symptoms like low sex drive, vaginal dryness, anxiety, depression, weight-loss resistance, night sweats, hot flashes, migraines, lack of motivation, loss of muscle, etc.

Hormone replacement therapy (even bio-identicals) are not the answer here. They don't address the root cause, but rather cover up symptoms, and eventually they stop working.

Sleep also becomes an issue if cortisol is elevated at night because that blocks pineal gland production of melatonin (sleep hormone)³¹. Many clients come to me taking Benzo's to fall asleep, which are a nasty drug, most struggle to come off of. Rather than becoming addicted to this highly addictive medication, it's important to check urine status of cortisol metabolites and neurotransmitters to balance it naturally, by treating the root cause, such as explanting.

BREAST IMPLANTS DIRTY OUR GENES

Have you ever had a 23 and me done? Been tested for BRCA? How about MTHFR gene mutation? What you may have heard is this Myth:

'You can't do anything about your genes, you're stuck with them'.

While this is true, your genes are not your destiny. In his book “Dirty Genes” Dr. Ben Lynch highlights how you can turn your bad genes off and your good genes on by way of something called epigenetics.



While this is true, your genes are not your destiny. In his book “Dirty Genes” Dr. Ben Lynch highlights how you can turn your bad genes off and your good genes on by way of something called epigenetics. This means your environment interacts with your DNA to impact gene expression. Your genes can become “dirty” (or problematic) when they’re not getting the nutrients, lifestyle, or environment that they need to function at their best: too few vitamins, too little sleep, too many chemicals, and too much stress.³²

As a source of hidden physical and chemical stress in the body, breast implants have the potential to turn “on” our bad genes, which in turn impact how our body’s function.


Look at what ‘runs in your family’. This is your “weak link”. Breast implants, as long as they are present, may increase your odds of those conditions.

BREAST IMPLANTS MAKE DETECTION OF BREAST CANCER MORE DIFFICULT

According to the Mayo Clinic, breast implants can interfere with the detection of breast cancer in mammograms.³³ Approximately 55 percent of breast tumors will be hidden in women with implants, not to mention the increased risk of rupture during the exam.³⁴

INCREASED RISK OF STILLBIRTHS

Stillbirths increased by 450% in the women with implants who became pregnant (when a baby dies in the womb after 20 weeks of pregnancy).³⁵




BREAST IMPLANTS ARE ASSOCIATED WITH PROBLEMS WITH BREASTFEEDING

According to the Institute of Medicine (IOM), women with any kind of breast surgery, including breast implant surgery, are at least THREE times as likely to have an inadequate milk supply for breastfeeding³⁶. Concerns about the safety of breast milk have also been raised, but there has not been enough research to resolve this issue. A study of a small number of women with silicone gel breast implants found that the offspring born and breastfed after the mother had breast implants had higher levels of a toxic form of platinum in their blood than offspring born before the same women had breast implants.³⁷

50-75% OF WOMEN WITH BREAST IMPLANTS HAVE MAJOR COMPLICATIONS WITHIN 3 YEARS³⁸

The FDA found that most breast implant patients have at least one serious complication within three years of breast augmentation or reconstruction with silicone or saline implants. Studies of saline breast implants and silicone gel breast implants conducted by implant manufacturers have shown that within the first THREE years, approximately three out of four reconstruction (breast cancer) patients (75%) and almost half (50%) of first-time augmentation patients experienced at least one local complication – such as pain, infection, hardening, or the need for additional surgery. For example, among reconstruction patients: 46% of women with silicone gel implants and 21% with saline implants underwent at least one re-operation within three years; 25% of silicone patients and 8% of saline patients had implants removed; and... 6% of silicone patients and 16% of saline patients experienced breast pain.




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**THEY CAN CONTRIBUTE TO LEAKY GUT, WHICH
LEADS FOOD SENSITIVITIES, INCREASED TOXICITY,
AND AUTOIMMUNITY³⁹**

When your gut isn't happy, you're not happy. More than 2000 years ago, Hippocrates famously stated, "all health and illness begins in the gut". This means that every symptom can point back to a gut issue. The toxins from breast implants damage our gut lining, which leads to our immune system seeing normal everyday things as "foreign invaders". Have you noticed, suddenly: you're intolerant to foods you previously weren't? You're more sensitive to smells? Perfumes give you an instant headache? Maybe you're like some of our clients who are only able to eat 5 foods because their gut is such a wreck, their body is attacking everything they eat. This is far more common than you might think, but remember, "common" isn't "normal".

³²[Lynch, B. \(2018\) Dirty Genes. New York, NY: HarperOne](#)

³³<https://www.mayoclinic.org/tests-procedures/mammogram/expert-answers/breast-implants/faq-20057926>

³⁴<http://www.center4research.org/breast-implants-research-regulatory-summary/>

³⁵<https://www.sciencedaily.com/releases/2018/09/180917191649.htm>

³⁶<http://www.center4research.org/breast-surgery-likely-cause-breastfeeding-problems/>

³⁷<http://www.center4research.org/breast-implants/>

³⁸<http://www.center4research.org/breast-implants/>

³⁹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4036413/>



THEY CAN LEAK SILICONE INTO LYMPH NODES

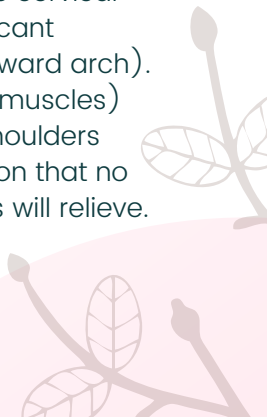
We mentioned that they bleed from day one of implantation. Numerous studies have shown silicone leaks into the scar capsules surrounding breast implants, even for implants that are not ruptured. More worrisome, researchers at Case Western Reserve and the Armed Forces Institute of Pathology reported finding silicone in the lymph nodes of women with breast implants, which can then migrate to other organs. Once migrated throughout the body, silicone is very difficult to detox, and may never be completely cleared from the body. Silicone-7 migrated outside of the breast capsule for 21 percent of the women, even though most women were unaware that this had happened and were asymptomatic. ⁴⁰

THEY RESTRICT BLOOD FLOW

This mainly happens to extremities such as fingers, toes and nipples. In its extreme form restricted blood flow can be a symptom of a condition called as Reynaud's. This is characterized by white fingertips and cold toes that the thickest socks and gloves won't warm up. ⁴¹

BREAST IMPLANTS MISALIGN YOUR SPINE & RIBS

One study concluded that the increased weight of breast implants causes several spinal postural alterations that reduce the ability to perform dynamic tasks requiring a stable balance. Researchers found that they impaired the cervical (neck) postural physiologic balance, plus a significant increase in lumbar (lower back) lordosis (large inward arch). This occurs because the pectoral muscles (chest muscles) must bear the additional weight, which pulls the shoulders forward. This results in a feeling of strain and tension that no amount of massaging or chiropractic adjustments will relieve. The pain is a signal of struggle due to weakness.



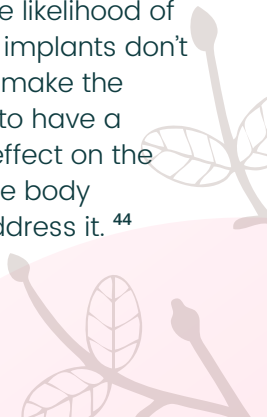
Additionally, ribs migrate, misalign and become concave to a greater extent with time. This can impair our ability to take a deep breath. We begin breathing up through our shoulders instead of out through our belly resulting in muscle tension and inflammation around the spine, neck and shoulders. ⁴²

THEY CAN DAMAGE NERVES

The combination of cutting through the nerves innervating the breast and nipples and the pressure of breast implants on those nerves results in reduced sensation, and often complete numbness that never returns to normal. Worst case, women end up with extreme nipple sensitivity or even pain. The amount of sensation loss is unpredictable, and explant doesn't always reverse this issue. ⁴³

IF LEFT IN THE BODY LONG ENOUGH, THEY ALL EVENTUALLY RUPTURE

There have only been short-term studies on this, but here's what they've revealed: Between 3-9% of all breast implants rupture within the first three years. One breast implant manufacturer's study of their own silicone gel implants actually found that between 3-20% rupture within three years. Most breast implant manufacturers say they'll last 10 years, but by the time they are 11-20 years old, the risk of rupture goes up significantly, and after 20 years the few that are still intact will rupture. In a study conducted by the FDA, most women had at least one ruptured implant within 11 years, and the likelihood of rupture increased every year. Even if your breast implants don't rupture, science shows us that "the dose doesn't make the poison". What that means is that you don't have to have a rupture for breast implants to have a very toxic effect on the body. At very small doses (as with gel bleed), the body doesn't recognize it as a problem and doesn't address it. ⁴⁴



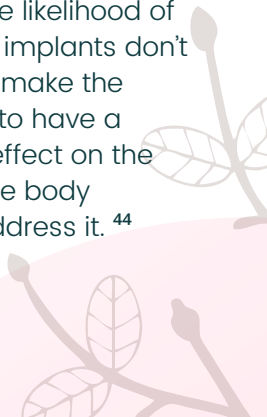
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THERE ARE NO LONG-TERM OR UNBIASED STUDIES PROVING THEIR SAFETY


When they approved silicone gel breast implants in 2006, the FDA required two implant manufacturers, Allergan and Mentor, to each conduct 10-year studies of at least 40,000 women to determine why implants rupture, how long they can be expected to last, and what the longer-term health consequences of ruptured and leaking breast implants might be. Those studies were never completed, and the FDA did not require the companies to substitute similarly well-designed studies. ⁴⁵

THE STUDIES THAT HAVE BEEN DONE ARE SKEWED

In late 2005, The FDA requested a longitudinal study of 40,000 women with breast implants for 10 years with Inamed (Allergan) or Mentor (Johnson & Johnson) breast implants. Many women testified that they were thrown out of the implant studies when they reported serious health problems from their breast implants or decided to have their implants removed. One Mentor whistle-blower reported that executives ordered him to destroy documents related to a high rupture rate of Mentor implants. This raised questions about the accuracy of the data presented. Nevertheless, the FDA accepted the studies and maintained that silicone implants were safe and effective. ⁴⁶

THEY'RE FINANCIALLY RISKY

When the FDA approved silicone gel breast implants in November 2006, it stated that women with these implants should have a breast MRI three years after getting silicone implants and every two years after that. ⁴⁷



The purpose of the MRIs is to determine if the silicone gel breast implants are ruptured or leaking, because there are often no symptoms. Breast MRIs usually cost between \$2,000 and \$5,000 and often lead to false results. If it is found that your implants are ruptured, they need to be removed. That is an additional expense of at least \$5,000 – \$10,000. Saline implants do not require MRIs to check for leakage, and do not usually cost more than \$5,000 to remove. The cost of MRIs and the additional cost of removing leaking silicone makes silicone implants substantially more expensive than saline. I was a financial planner for 8 years so I put together an opportunity cost analysis of breast implants for you, since 55% of Americans are living paycheck-to-paycheck.⁴⁸

HYPOTHETICALLY, because most insurance companies do not cover MRI's performed to check for rupture of breast implants that were placed for cosmetic reasons, and assuming we followed the FDA's recommended frequency of MRIs, we would need to budget for the following: 4 MRI's in a 10 year period, after which they should be replaced. Assuming an MRI cost of \$2k, that's \$8k for 4 MRI's in 10 years, plus the replacement cost around that 10-year mark at \$8k for a total of \$16k every 10 years. That's \$1600 per year or \$133 per month. Is it worth it? If a 25 year old woman had instead invested that money into a portfolio that grew at 8% over 30 years, at age 55, she would have \$280,000. That opportunity cost is pretty eye-opening, don't you think?

⁴⁰<https://www.ourbodiesourselves.org/book-excerpts/health-article/facts-about-breast-implants/>

⁴¹<https://journals.sagepub.com/doi/pdf/10.1177/1721727X1201000209>

⁴²<https://www.ncbi.nlm.nih.gov/pubmed/26218390>

⁴³<https://www.medicalnewstoday.com/articles/321610>

⁴⁴<http://www.center4research.org/breast-implants/>

⁴⁵<http://www.center4research.org/breast-implants/>

⁴⁶<http://www.center4research.org/breast-implants/>

⁴⁷<http://www.center4research.org/breast-implants-research-regulatory-summary/>

⁴⁸<http://www.center4research.org/breast-implants/>

⁴⁹<https://20somethingfinance.com/percentage-of-americans-living-paycheck-to-paycheck/>



Alternative Options for Breast Reconstruction Post-Mastectomy

(Including my interview with my surgeon)

Breast implants are not the only option for breast reconstruction post-mastectomy. Using your own fat is currently one of the most discussed breast reconstruction options.

I am an expert on breast implant illness, preparing for explant and healing after explant as well as how breast implants impact our emotional psyche, yet whenever it comes to surgical procedures and reconstruction options, I encourage women to speak with a surgeon that is well versed in customizing the journey to her body and desires. I want you to have all the facts in order to make an informed decision.

For more on this please watch my interview with my surgeon, Dr. Jon Bradley Strawn, of Scultura in Newport Beach, CA [HERE](#).

⁴⁹<https://dianekazer.com/33-reasons-not-to-get-breast-implants-your-doctor-didnt-warn-you-about/>



Do you already have breast implants?

How to Know If You Have Breast Implant Illness

Breast Implant Illness is a process by which vague and chronic symptoms develop following breast augmentation with silicone or saline implants. It can happen at any point: within days of augmentation or decades later. It is characterized by the following symptoms:

Partially adapted from “The Naked Truth About Breast Implants” Guide to explant⁵⁰:

Endocrine System

Thyroid: Hair loss, Constipation, Weight Gain, Dry Skin, Low basal body temperature, Cold hands and feet, Heart palpitations

ADH: Dry mouth, Excessive thirst, Shocks from static electricity, Frequent urination

Adrenal: Low blood pressure, Dizziness, Chronic fatigue, Shortness of breath, Orthostatic hypotension, Feeling as if you are dying, Insomnia, Edema, Anxiety/panic attacks

Sex Hormones: Irregular or lack of menses, PMS, mood swings, emotional instability, Hormonal imbalance, Low sex drive, Depression, suicidal thoughts



Neurological System

Arrhythmias	Muscle weakness
Cognitive dysfunction	Balance disturbance
Memory loss	Burning pain of the chest wall, breast, or axilla
Difficulty with concentration	Headaches or migraines
Brain fog	Tremors
Abnormal brain MRI	Muscle twitches
Blurred vision	Sharp pains
Sensory loss	Photosensitivity
Tingling	Seizures
Burning pain of extremities	

Immune System

Viral Infections: Mouth ulcers, Herpes Simplex, Epstein Barr, Cytomegaly, etc.

Fungal Infections: Mouth ulcers, Oral thrush (white tongue), Shortness of breath, Depression, skin rashes, Chronic yeast infections, hair loss, sugar cravings

Bacterial Infections: Chronic urinary tract infections, Low grade fever, Night sweats, Bronchitis, Sinusitis, Gastrointestinal/digestive issues, Periodontal disease

Autoimmune Disease: Rashes, Joint aches and swelling, Symptoms or diagnosis of any autoimmune disease, Dry eyes, Dry mouth, Photosensitivity, Difficulty swallowing, cough, or throat clearing, Abnormal blood clotting

⁵⁰[Kolb, S.E. \(2010\) The Naked Truth About Breast Implants. Savage, MN: Lone Oak Publishing](#)




Gastrointestinal System

Mal-absorption
Food allergies/sensitivities
IBS symptoms (gas, bloating, constipation, diarrhea, abdominal pain after eating) or diagnosis
GERD, heartburn
IBD (Crohn's or Colitis) symptoms or diagnosis
Gut dysbiosis
Leaky gut
SIBO (small intestine bacterial overgrowth)
Parasites, candida or pathogenic bacteria overgrowth
Symptoms or diagnosis of chronic Lyme Disease
Symptoms or diagnosis of mold toxicity

Detoxification System

Lymph node enlargement
Metallic taste in mouth
Sensitivity to chemical smells, bright lights, and/or sounds
Foul body odor
Premature aging
Liver or kidney dysfunction
Chronic inflammation
Lipomas
Muscle aches
New onset asthma
Ringing in ears
Hormone imbalances



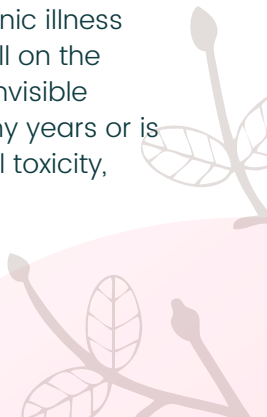
Metabolic System

Inability to lose weight or gain weight easily
Blood sugar dysregulation
Fatigue
Increased thirst and/or urination

Symptoms of Breast Implant Illness will vary from person to person as will the timing of symptom onset depending on a number of factors including: health status prior to implants, expression of inherent genetic weaknesses (such as MTHFR, HLA-B27, HLA-DR52, and HLA-DR53 gene mutations), overall toxic exposures, internal stressors at the time of implant, type of implants, and trauma to the implants. The most common and earliest symptoms we hear women report tend to be fatigue, brain fog, memory loss, joint pain, muscle aches, GI disturbances, thyroid symptoms, adrenal symptoms, and recurring infections. This is a multifaceted chronic illness and symptoms are generally vague and widespread throughout the body.⁵¹⁵²⁵³

Are There Labs to Test for BII?

At the present time there is no test to diagnose breast implant illness, therefore a pattern of symptoms should be used to recognize the characteristics associated with chronic illness caused by breast implants. Often patients look well on the outside while feeling terrible on the inside. It is an invisible chronic illness that often goes undetected for many years or is misdiagnosed. Silicone, chemical and heavy metal toxicity, and biotoxicity are underlying factors.



MYTH: Blood tests will reveal my health issues and my primary care doctor should know what to look for. If not, a naturopathic doctor will know everything I need to do to heal.

TRUTH: Unfortunately, most plastic surgeons and medical doctors will not be able to help with breast implant illness as much of the conventional medical community denies that it even exists.

It can be incredibly frustrating for the patient, who typically ends up going from one practitioner to the next in search of an answer, and ultimately help, only to acquire multiple misdiagnoses and prescription drugs to mask symptoms. The root cause is never addressed, and women are commonly told that this is all in their head and are recommended to seek counseling or are sent home with prescription drugs to mute symptoms such as:

- Thyroid medications
- Antidepressants
- Corticosteroids like cortisone or prednisone
- Hormone replacement therapy
- Benzodiazepines
- Sleep medications
- Opioids, narcotics, etc

These drugs often lead to far more toxicity in the body, adding to the overall burden the liver has to deal with, and don't solve the underlying problem. In fact, one drug manufacturer is currently undergoing bankruptcy to stop lawsuits over an opioid crisis. You can read about this [HERE](#).



We often ask our clients to write a self-narrative of their life, detailing when symptoms started to appear. There is typically a pattern that ensues after receiving breast implants. You must listen to your intuition.

We often ask our clients to write a self-narrative of their life, detailing when symptoms started to appear. There is typically a pattern that ensues after receiving breast implants. You must listen to your intuition. And, when it speaks to you, seek help from a practitioner familiar with effective labs to get a deep dive view for your body's functions, giving you a reference point to begin and customize your healing journey!

If I had gone with our my gut instinct and sacred intuition, I would have saved myself several years of misery and a lot of time and money searching for answers. The answer was literally inside me.

⁵¹<https://www.breastimplantillness.com/wp-content/uploads/2018/01/Vague-Syndromes-.pdf>

⁵²https://www.breastimplantillness.com/wp-content/uploads/2017/08/Mechanisms_of_Breast_Implant_Toxicity_By_Dr._Brawer251503803405105-1098318890.pdf

⁵³<https://www.breastimplantillness.com/wp-content/uploads/2017/01/chronology-of-systemic-disease-development-in-300-symptomatic-recipients-dr.-brawer.pdf>



And sure, you can run a Silicone test to see how reactive your body is to silicone, by checking antibodies to silicone chemicals, but it doesn't change the treatment protocol much, if at all. In our practice, I use a few solid foundational labs to check the core functions of the gut, immune, hormones, neurotransmitters, mineral and metal levels, and add to that a few assessments and quiz's to see what kind of toxic load a client is dealing with, but if you were to test for everything,

it would cost you several thousands of dollars. There are some labs I think are great, yet are a waste of money when done in the wrong order, such as Food Sensitivities, and sometimes Hair Tissue mineral Analysis.

The health consequences of having breast implants, whether silicone or saline, can be detrimental, but the good news is that most of the time breast implant illness can be reversed with the right holistic approach, with the right team who has been exactly where you are, and has the fastest formula to heal, so you aren't left prolonging your symptoms. The first step is en bloc explant surgery with complete capsulectomy. We'll go into this in more detail in a few pages.

But FIRST, a FREE Excerpt from my book, [Killer Breasts.](#)



My Reversing Auto-Immune Disease Journey and How Functional Medicine Labs Saved Me

THYROID HEALTH VIA COMPREHENSIVE TESTING

I self diagnosed Hashimoto's after running my own thyroid labs 6 years ago to discover what multiple doctors did not, because while they 'tested my thyroid', they didn't test it completely.

Pharmasan Labs, Inc. - Lab Request 712131 (Diane Kazer)

Immunology

Autoimmune

Antibodies - Hashimoto's Hypothyroid Disease (from toxins like Breast Implants, Botox & synthetic ingredients)

Parameter	Result	Reference Range
Thyroid Peroxidase (TPO) IgG 1 flk	85.5 U/mL H	Negative < 10 IU/mL
Thyroglobulin IgG 1 flk	<10.0 U/mL	Negative < 115.0 IU/mL

Hormones

Female Cycle Status Information not provided by patient

Thyroid Hormones

Low T3 usually caused by toxic liver, gut bugs, inflammation & antibodies

It is rare that I ever see a client properly tested for a complete thyroid panel, including these markers and more

Parameter	Result	Reference Range
Free T3 (fT3) 1 flk	2.18 pMol/L L	3.80 - 4.50 pMol/L
Reverse T3 (rT3) 1 flk	13.7 pMol/L	9.5 - 26.4 pMol/L
Free T4 (fT4) 1 flk	1.12 pMol/L	0.80 - 1.70 pMol/L
TSH 1 flk	1.14 uIU/mL	0.37 - 4.50 uIU/mL

dianekazer.com

It's common practice, as I have seen in helping hundreds of women through hormonal, gut, mood and BII symptoms over the last decade, that they only test TSH, T3, and T4, maybe Free T3 and T4, but they miss the antibodies, because Western medicine doctors are not trained that over 95% of thyroid disease is caused by antibodies, they are taught it's the other way around (per the work of Dr Isabella Wentz, Thyroid Expert). AND according to my friend Dr Tom O'Bryan, it takes, on average, 10-15 years before one is properly diagnosed with auto-immune disease based on the current Western medicine model and testing, which means they can ONLY catch it once it happens rather than explore predictive lab markers before it surfaces as a full blown disease.

Logically, wouldn't it make sense to test for an impending disease, symptomatically and with proper labs so you can prevent it before it happens? This is why I check for these things in my clients, the moment they feel something is 'off', which is exactly what I found in my own labs.

GUT HEALTH VIA STOOL TESTING

These were my results one year prior to removing my breast implants. Discovering what my bad ass body looked like inside, fighting to protect and keep me safe for nearly 10

years, dropped me to my knees in tears, holding it, apologizing to it for cutting it open, tearing it apart in the name of 'beauty'. Seeing the state my immune system was in, and meeting the warrior inside of me that went to battle to beat the bugs that were there because the boob bags were, played a major role in my decision to remove them.

Reason being, that for 6 years I had been on a gut healing protocol, including removing the bad bugs such as candida, bacteria and parasite overgrowth. After testing myself with these advanced functional medicine labs we use in my practice, I tracked the pattern back every year for 6 years and to my shock, the pathogens had not budged one bit. I had chronic critters inside of me that no amount of gut protocol would remediate. Once I learned that toxins taking up permanent residence in our body perpetuate them, it was an easy F*ck yes to explant.

After spending hundreds of thousands of dollars on my body in attempt to heal, discovering that the root cause of it was living inside of me, it was like a light bulb went off and it illuminated my path toward silicone sovereignty. Since I've removed them, my symptoms have improved significantly, chronic disease no longer chronic, confirmed by my ever improving labs I've tracked since D-Day aka explant day.

Breast Implants = Inflammation, Infection + Immune System Dysfunction
Gut dysfunction = Poor immune health = Hormone Imbalance

Patient: *Clara Kozar* Accession: 20180628-0204

Opportunistic Bacteria			
Additional Dysbiotic/Overgrowth Bacteria	Result		Normal
Bacillus spp	4.71e4		<1.50e3
Enterococcus faecalis	8.89e2		<1.50e4
Enterococcus faecium	481		<1.50e4
Margarella spp	Bacterial Overgrowth	1.80e3	High
			<1.20e3
Fungi/Yeast			
	Result		Normal
Candida spp	Candida Overgrowth	8.28e3	High
Candida albicans	481		<5.00e3
			<5.00e2
Immune Response			
	Result		Normal
Secretory Iga	Poor Immune Function	44	Low
Am-grain IgG	Gluten Intolerance	173	High
			510 - 2010 ug/g
			0 - 187 U/L

Gold Marker sIgA low due to chronic stress trying to attack implants


GI Stool Testing via GI Map

LET'S TALK GENETICS FOR A SEC

Of course, genetics DO play a role here as I am double Homozygous for the MTHFR 677 gene mutation, which can be overridden and biohacked with a healthy lifestyle, a peaceful mind and a body that is sync'ed with nature. However no matter how dialed in you are with all of those things, if you have breast implants, it can dirty that gene, causing it to act out and interrupt your Phase 2 detox pathways, backing your body up with toxins and hence sickness and symptoms. Add to that Botox, birth control, benzodiazapenes, and a Bully in your head, and you've got a recipe for Disease disaster. There are also

FAKE BREASTS = FAKE ESTROGENS

I talk extensively about a class of toxins known as Xeno-estrogens in my Book '[Killer Breasts](#)', which is loaded with advice on how to Overcome Breast Implant Illness. Xenoestrogens look like estrogen to the body so can occupy the receptor site, but aren't truly self made, so it drives up levels of estrogen in the body (as seen on my lab tests). These aggressive toxins can out-compete our own made estrogen and can be up to 1,000 times more powerful, hence are a major threat to us all today, because they 'grow things' such as tumors, cysts, fibroids, endometrium, cancers, lymph nodes, fat cells (including the brain) contributing to the hormone imbalance, cancer, obesity and chronic illness epidemic today. The greater our exposure, the greater the impact. They are extremely powerful and are stored in our fat cells, which the brain is primarily comprised of. (Hello brain fog, confusion and mental disease)



Silicone is a Xenoestrogen. Don't forget that saline breast implants are cased in Silicone, so all implants contain Silicone. It's an endocrine (hormone) disruptor and displaces zinc in the body which is a precursor to progesterone, so it drives that down, which can cause ED and ED related conditions and symptoms. This is evident on my 'before and after' lab results which, as you can see my progesterone rose 1.27%, and I can absolutely feel it too! I have seen this with the women I have supported to and through explant in their mind, body, spirit recovery and rebuild. Aside from breast implants, sources of Xenoestrogens include plastics, pesticides, processed meats, packaged foods, parabens in beauty care products, phthalates in the ingredient 'fragrance', and water. The majority of filters do not adequately filter out prescription drugs such as birth control and run off from hormones used in agriculture, which is why I recommend having a system like [THIS](#) at home.

The overload and malabsorption of foreign estrogens can lead to a buildup of more "aggressive" proliferative forms of estrogen in the body. And when this happens, a whole host of health complications can ensue, including Breast Cancer. A study conducted at the [University of Toronto](#) found that women who ate muffins with 5 teaspoons of flax seeds per day were able to lower their tumor markers from 30-71%, as my dear friend, Veronique Desaulniers, the Breast Cancer Conqueror advises.

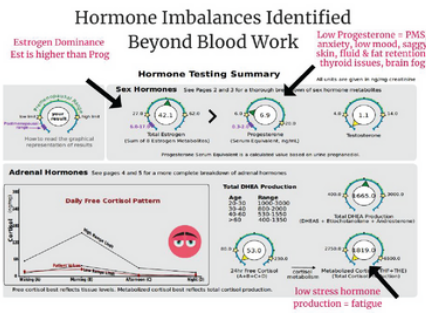
Additionally, [she references](#), "Because estrogen is involved in dozens of hormonal pathways in the body, the concern with Xeno-estrogen is also whether or not estrogen methylation in general is taking place in a healthy way. If your body is not able to metabolize or breakdown the chemical estrogens, then build-up and or estrogen dominance can occur."



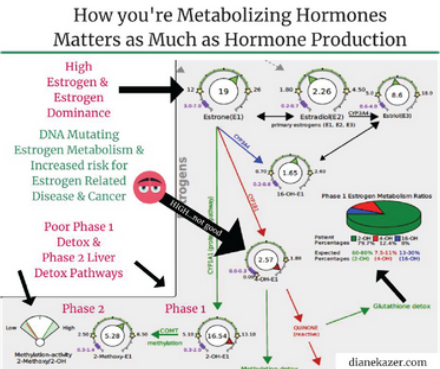
Another concern is how Xeno-estrogen interferes with not only the reproductive system (for both men and women - and children), but how it affects other cellular functions too. For example, Xeno-estrogen build-up can change brain chemistry and lead to neurological conditions.

It can also cause imbalance in cortisol levels and thyroid hormone deficiency.” For more on this topic, and how to heal the body from it, grab my book, *Killer Breasts* [HERE](#), where I provide solutions on Overcoming BII, detox'ing, which labs and scans are worthwhile and how to improve your hormonal and detox pathways, as you can see below with my 'After' results. It's important to work with someone who has a track record and experience in helping women in this journey and has also been through the journey of explant themselves.

HERE ARE MY 'BEFORE' RESULTS AGAIN:



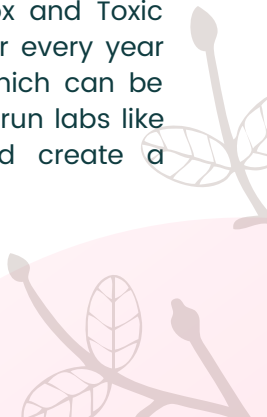
Estrogen Dominance (due to implant toxins?), Low Cortisol (stress & energy producing hormone), Low Progesterone



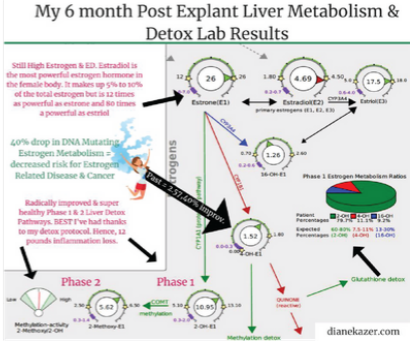
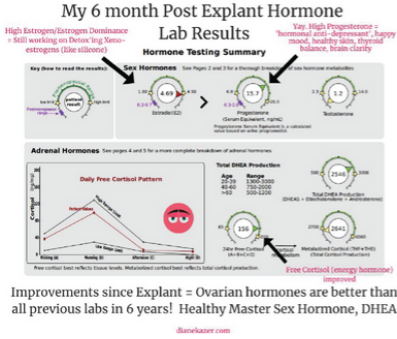
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THE IMPROVEMENTS:

- SEX HORMONES INCREASED DRAMATICALLY
 - PROGESTERONE SUPER HEALTHY LEVEL AND 227% HIGHER
 - STRESS HORMONE CORTISOL PRODUCTION GREATLY IMPROVED BY 45%
 - MASTER HORMONE DHEA PRODUCTION INCREASED 53%
 - PHASE 1 LIVER DETOX GREATLY IMPROVED
 - PHASE 2 LIVER DETOX WENT FROM LOW TO MID RANGE (AWESOME)
 - STILL ESTROGEN DOMINANT (but that will improve over time as I clear the debri of Breast Implants, Botox and Toxic Beauty residue. Generally, it takes 1 month for every year you’ve had implants to cleanse and heal, which can be expedited if you work with a practitioner and run labs like these to explore healing opportunities and create a customized, accelerated protocol)
- 

SO YOU CAN COMPARE THEM TO AND SEE THE DIFFERENCE IN MY 'AFTER' RESULTS:



You've Discovered You May Have Breast Implant Illness. Now What?

First off, take a deep, cleansing breath sister. While this can be a frightening topic, you don't have to do this by yourself, nor do you have to suffer in silence.

In my book, Killer Breasts, I include many Questionnaires scoring your Toxic Load, questions to ask your doctor and steps to heal post explant. One is symptoms checklist you can take to your doctor/surgeon to communicate your symptoms and goals with them. As well, it gives you an idea on what level, how long and how deep of a detox your body might need. It's important to work with a qualified explant practitioner after your surgery, which is what I and my team do, so please reach out if you want help.

Beyond that, for NOW, the most important things are:

LISTEN

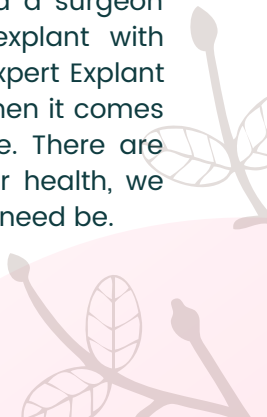
to the language of your symptoms and give your body what it needs. Surrender, slow down, self-care, self-love, support your tender heart. Ask your body, gently, what it needs, where it lives, and give to those parts of yourself.

NOURISH

your temple wherever you are in your journey. Start with lymph & liver-loving foods (leafy greens, nuts & seeds, garlic, turmeric, ginger, citrus, berries, beets) rest, hydration, etc. Not ALL symptoms we experience are from the breast implants. A lot also has to do with what we eat, how we hydrate, move, rest, how we think and talk to ourselves, the chemicals we put on our bodies and use in our homes, the people we surround ourselves with, and where we spend our time (in nature vs in cubicles, etc). We cannot stress enough the importance of building a foundation for health by grounding and nourishing your temple, reducing your toxic load, and calming your nervous system.

RESEARCH

your options: doctors, insurance, labs, procedures, scans, etc. This is an important step, and yet the most time consuming. If you don't find someone who knows how to remove the source properly, you are never going to be able to impact your health. This is why it's so important to find a surgeon who has a proven track record of enbloc explant with complete capsulectomy. You can find a list of Expert Explant Surgeons [HERE](#). These are the best of the best when it comes to getting your explant done right the first time. There are many more options, but when it comes to your health, we only recommend the best. The travel is worth it if need be.



Our private Facebook Support group is also good at pointing you in the right direction. You can join our tribe [HERE](#).


CUSTOMIZE

your Detox & Recovery Healing Protocol Pre and Post Explant (or just support until and if you decide to explant). Work with an expert who can guide you on properly detoxing the body at the cellular level, physical structure balance, supplements, functional lab work, self-talk, confidence, mindset. There is really no ONE SIZE FITS ALL approach to healing, so having it customized to you is best.

This will help you dig deeper and having experts on your team who have been in your shoes will help you craft your Roadmap back to optimal health. We recommend working on #2 until you have a surgery date, then you can work on #4 with custom functional labs (beyond mainstream medicine and basic blood work) to put a 3-6-month plan in place. This is what we work on in our Facebook group and CHI Transformational Program, designed to support and meet you where you're at.

CONNECT

with others who will support you emotionally & physically, be there with you along the journey, lift you up, hold space for you, and won't tear you down. Facebook groups are great, but there's something to be said about having others (family, friends, pets, churches, whatever resonates with you to see) to touch, cry, laugh with IN PERSON. Oxytocin hormones are low with most of us, so personal connection will get those levels rising.



The Solution to Reversing Breast Implant Illness: It's Not Just About the Explant

You may be thinking by now that explanting is going to solve all your health problems. After all, they're the root cause behind all your symptoms, right?

Unfortunately, this is a very common misconception and I don't want you to be misinformed.

Most people end up spinning their wheels after explant because they simply don't know where to go from there when symptoms don't magically disappear. Our philosophy is to remove the interferences and allow the body's innate intelligence to do the healing.

I believe you need to take personal responsibility for your health with simple, actionable steps. This is why I carefully crafted a 5-step plan for Overcoming Breast Implant Illness. We designed our approach to address ALL of the stressors that create chronic illness in today's world. Toxicity, Infections, Trauma, and Shame.

STEP 1: REMOVING THE SOURCE

The first and most important step in restoring your health is getting your breast implants properly removed. This means en-bloc explant with complete capsulectomy, regardless of the type of implant. This procedure involves removing the implant with the capsule intact, together as one unit, and making sure no pieces of the capsule are left behind in the body.




The capsule contains a matrix of pro-inflammatory cytokines which are capable of promoting an ongoing systemic inflammatory response. A perfect enbloc serves two purposes: avoid unnecessary silicone or microbial contamination of the pocket and the removal of the capsule which if not completely removed, will keep on producing inflammatory cytokines and causing chronic inflammation in our bodies. It's also important to note that the capsule also contains silicone and other toxins found in breast implants weaved within its matrix.

I can't stress the importance of a complete capsulectomy enough. I've heard many stories of women needing a second surgery to remove capsule tissue that was not removed with explant, in order to completely restore their health. I have also heard stories where surgeons say they will do an enbloc with complete capsulectomy and the patient wakes up from surgery only to discover that the surgeon did not remove the capsule or only partially removed it.

Many surgeons believe it's not necessary to remove the capsule. These surgeons do not believe in, nor understand breast implant illness. I highly recommend finding a surgeon who not only believes that breast implant illness is real, but also understands it and can describe the enbloc procedure to you. He/she should also provide you with written details of the procedure that is to be performed for you to sign prior to surgery. I recommend asking for photos and/or video of your enbloc with capsule intact, your implants without the capsule, and your chest cavity to show that all capsule has been removed.

Please, do your homework and be sure to choose a surgeon who is experienced and comfortable with enbloc resection. Again, you can find a list of recommended explant surgeons [HERE](#).



STEP 2: ADDRESSING TOXICITY

Simply stated, it's not enough simply to explant. The biggest and most dangerous myth we are constantly debunking is:

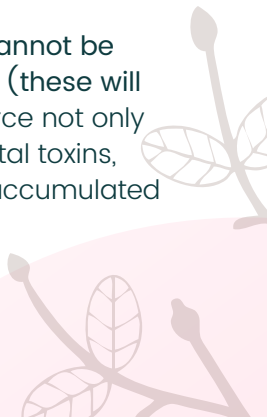
“Breast implants are the reason for ALL my symptoms and explant is going to solve ALL my health problems. All my symptoms are going to miraculously go away after explant.”

TRUTH = there are hundreds of other reasons why women suffer with symptoms of Breast Implant Illness, not caused by their implants. It's a PART of the picture but not all.

There is so much more to consider in the development of any chronic illness. It would be unwise to assume every single symptom is a result of one thing.

Explant is the first step, but toxic stressors in breast implants quickly shut down detox pathways and allow other toxins to bio-accumulate. Removing the source also doesn't stop at breast implants. This means addressing things like mercury amalgam fillings in your mouth, chemicals in your personal care products and household cleaning products, toxins in your beauty care routine in make-up and med spas (especially Botox), chemicals in your water, mold in your home, pesticides and herbicides in your food, EMF exposure, cavitations in your mouth, and also addressing pathogens in the body (parasites, viruses, fungi, bacteria, Lyme pathogens, etc).

And perhaps the most insidious toxin of all that cannot be understated is: the TOXINS of trauma and Shame (these will be discussed in Step 4 and 5). Removing the source not only refers to breast implants and external environmental toxins, but internal toxins that have stock-piled and bio-accumulated in our bodies.

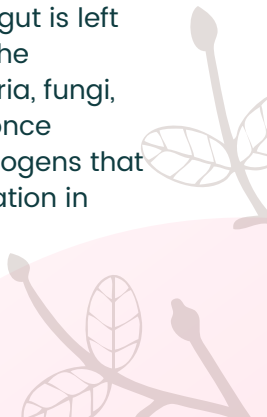


There is a lot of information today about different “cleanses”, whether it’s a liver cleanse, colon cleanse, foot baths, and even magnets on the feet, however, they fail to remove toxins at the cellular level. I don’t have a problem with most of these cleanses, but if you don’t remove the toxins from the cell, these cleanses fall short of true cellular detoxification and a real lasting solution.

Also, if you don’t understand how to fix cellular pathways that have been affected by a toxic cell, then truly restoring health after explant becomes impossible. Fixing the cell is the catalyst for healing. True detoxification has to occur at the cellular level, and once we impact the cell, we can now impact so much of the expression of adverse symptoms in the body. In other words, if you fix the cell the body returns to normal function.

STEP 3: ADDRESSING INFECTIONS/HEAL THE GUT

Breast implants as foreign objects continuously activate the immune system, eventually resulting in immune dysregulation as they overstimulate the system. Toxic chemicals and heavy metals in breast implants also trigger the suppression of a healthy immune system response. I often see depressed Secretory IgA on a stool analysis, which is the gut’s main immunoglobulin and first line of defense in protecting the intestinal epithelium from endotoxins and pathogenic organisms. With depressed SIgA, the gut is left defenseless against pathogens, which results in the overgrowth of opportunistic organisms like bacteria, fungi, viruses, and parasites, as well as reactivation of once dormant pathogens such as Epstein-Barr or pathogens that cause Lyme disease. This causes further deterioration in virtually every system of the body.




MYTH: I need to do a “candida cleanse” and/or “parasite cleanse” after explant to heal my gut caused by Breast Implant Illness.

It's not enough to simply go on a bug-killing spree. Many women have come to us having done this candida cleanse or that parasite purge and are no better off because of it. Not only do pathogens feed on heavy metals, but they actually serve the purpose of protecting you from even more heavy metal exposure by doing so. If the underlying heavy metal burden is not addressed, these infections will keep coming back over and over. By addressing toxicity alongside healing the gut lining and restoring immune function, we can successfully deal with infections.

STEP 4: HEALING PAST TRAUMA

The women we have treated who have the constellation of symptoms known as Breast Implant Illness, share a common thread of trauma. They place a LOT of emphasis on what other people think, others judgments about them, and fitting a certain mold of what they think they need to be to be loved, respected, accepted. These are deep pain wounds that have shaped stories and thoughts that impact choices, originating from:

- Ego Based Fears
 - Trapped Emotional Traumas
 - Spiritual Stuckness
 - Heart Blocks
 - Other People Pleasing
 - Crazy Busy Lives
 - Over Giving
 - A sense of lack in life
 - Misalignment with occupation & purpose
- 


The emotional trauma, leads to the physical trauma which is this case, installing the Breast Implants and the cycle continues since the energetic signature of trauma was never properly resolved. What we have seen, is that once we are able to support women post explant and on the other side of BII, they find peace within themselves, forgive themselves for their past (toxic) decisions and finally are free from the torment that they are not 'doing', 'looking' and 'acting' enough...because the trauma has been released from their physical body and energetic field...not to mention the physical trauma of having surgery, which is equivalent to being attacked by a bear.

Physical trauma is also important to address, working with a Physical therapist, Chiropractor, Lymphatic drainage massage expert, and more. I go into far more detail about these things in my book, [Killer Breasts](#).

STEP 5: CONFRONTING OUR SHAME

This section is more so for women who get breast implants for enhancements, although also for women who would be 'mortified' at the thought of not having breasts post mastectomy, especially after considering all of the new research on what implants are doing to women's bodies.

When I first got into connecting into the energetics and psyche of women who had breast implants, I was surprised at what I discovered. The majority of women were disconnected to the root of WHY they were incentivized to get breast implants. They thought they 'just wanted to fit in their clothes better' or 'even out their lopsided breasts' or 'lift their saggy socks' which in their words was omission of shame, which is defined by Brene Brown as:



“...The intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we’ve experienced, done, or failed to do makes us unworthy of connection.”

Shame = Flawed = I need to fix something about my body.

According to a study conducted by Dove Cosmetics, 96% of women don't think they are beautiful. And it's no wonder...most magazines spend 2 hours photoshopping ONE image. So, this is an epidemic. We are programmed for perfection, and anything less than, we are culturally conditioned to 'fix it'.

So think, REALLY think for a moment, what you were exposed to as a child? What did you watch on TV? Read in magazines? Cereal boxes? Play with as toys? Wanted to be for Halloween? These are all the icons we are programmed to idolize, and want to become when we grow into adults. And if we don't...we feel imperfect, a sense of shame for not being who we we hypnotized into believing we should be to feel accepted, adored, approved of by others.

Shame if we're not shaped like Barbie, perky breasted like Pamela Anderson, wrinkle free faced, pouty lips like Bratz Dolls. Or even slightly enhanced like our girlfriends who just wanted a little makeover.

So then, we either suffer in silence Ashamed...OR we spend tens of thousands of dollars on expensive cosmetic surgery to 'enhance' our look because the studies show that 'Over 90% of women reported greater confidence in their body after they got breast implants'.



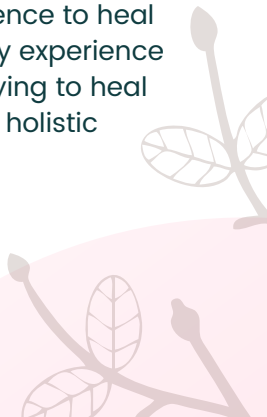
What the studies DON'T tell us is this: Breast Implants all bleed, eventually make us sick somehow, causing symptoms of varying degrees, depending on the woman...and hence, she'll later experience a deeper sense of Shame, in the form of Betrayal. Feeling upset with herself for ever thinking she needed to cut herself open, to appease others, because she was programmed to believe she wasn't enough as she was. On the other side of explant, this is what A LOT of women experience, and hadn't anticipated, so getting support here radically expedited their self love healing journey.

Now...having read all of this, where do you start if you are suffering with Breast Implant Illness OR have gone through en bloc explant surgery and are still sick? There is a lot of information out there about Breast Implant Illness (and a lot of misinformation as well), what it is, why it happens, and even things you can do to restore your health after explant.

[54https://www.womenshealthmag.com/beauty/a19910278/doves-choose-beautiful-campaign/](https://www.womenshealthmag.com/beauty/a19910278/doves-choose-beautiful-campaign/)

But what if learning all you can and going it alone fails?

OR maybe worse, you go about cleansing and healing your body alone, yet you only get half way, leaving 50% of your potential on the line, which leaves you more susceptible to illness down the road. I believe our bodies were designed perfectly. When given what it needs, and removing all the blocking factors, your body has an innate intelligence to heal and return to a state of normal function. Given my experience and hearing countless women's experiences in trying to heal their bodies alone, I always advise working with a holistic health expert who has been through



it and who can be there with you every step of the way when something veers off track, doesn't feel right or when life happens.

My 5-step process is built into every customized plan as it is the key to Overcoming Breast Implant Illness and feeling better fast.

My last and final Love note to you: Please Do NOT go about this alone. You've already been through enough. Have your personal moments of peace but keep yourself connected with a good balance between the two. Please, reach out and my team will do our best to support you and possibly invite you on a call. You're not alone. You don't have to be either. Hopefully that calms your beautiful heart enough to let this sink in deeper, so your ship doesn't.

If you've already made the choice to explant and have a surgery date scheduled OR if you've already explanted and are looking to expedite your healing journey, we're here for you. [CLICK HERE](#) to see more about how we can help, where you can schedule a call with me or someone from my online clinic to determine if we're a good fit to work with one another.



Diane's Story



Diane Kazer is a Breast Implant Illness Recovery Expert, and author of Killer Breasts, Overcoming BII. She is the creator of CHI Hormone Warrior Transformation which offers women three pinnacles to wellness: "CLEANSE your body, HEAL your hormones, IGNITE your life", and she is one of Orange County's top nutritionists and integrative health professionals.

Though she has long been a visionary in the world of women's health, for 10 years Diane was sick – really sick – and hundreds of thousands of women everywhere are going through the same illness right now.

A pro soccer player in her early 20s, and bikini competitor, Diane's intense training kept her slim and toned – but flat-chested. Following breast implant surgery, she began to feel her body slowly change and spent years fighting mystery ailments. When she realized that the foreign material inside of her was toxic, and was slowly killing her, she took the necessary steps to remove them and regain optimal health. But she understood that explant surgery was only part of her journey, she needed to build an entire ecosystem of health around her that not only addressed the physical implications of both pre- and post-surgery, but also the mental and emotional implications – not the least of which is the deeply ingrained sense self-loathing that lead so many women to harmful cosmetic surgeries.

Knowing that there were hundreds of thousands just like her, women feeling isolated and alone as they fought Breast Implant Illness (BII), Diane made her mission to help women explore BII as a root cause for women's symptoms and suffering. I empower women to heal themselves by addressing:

- **Toxicity**
- **Infection**
- **Trauma**
- **Shame**

In doing so, I and my team guide women to reconnect to their divine purpose by activating and aligning their 4 Superpowers: Mind of the Sage, Temple of the Goddess, Spirit of the Unicorn, Heart of the Warrior. It is here where spirituality and self-love meet soul food and sisterhood, and it has empowered thousands of women to break free of the self-doubt that held them back and the cosmetic modifications that made them sick, including Botox (another deadly toxin that causes illness, I talk about in my book) Read my full story [HERE](#).

Disclaimer

Diane Kazer is NOT an MD, nor do I diagnose or treat specific conditions. I always recommend you disclose your health concerns to your physician. Information in this ebook are shared as support for considerations and not medical advice. Diane and her business consultants do not endorse, recommend or suggest using any particular procedure, physician, or program mentioned in this ebook. All solutions discussed are for the convenience of the individual(s) receiving it to make their own informed personal decisions, based on the options provided.

