



Top Takeaways: #322 Symptoms of Breast Implant Illness and Top 30 Reasons to Explant (Remove Your Implants) with Diane Kazer

Wendy Myers: Hello, everyone. My name is Wendy Myers, myersdetox.com. Welcome to the Myers Detox Podcast. Today, we're going to be talking about symptoms of breast implant illness and the top 30 reasons to remove your breast implants and get an explant. This is a topic and we're going to be talking with Diane Kazer. She had her breast implants explanted and we'll talk about her harrowing story, the symptoms that she endured, and how she found a doctor and all the other things related to her story, her journey of healing.

Wendy Myers: I have my own story. I discovered after 25 years of having my implants, I did a breast exam called the SonoCine to screen for breast cancer. I found that my implants were leaking. On this exam, you can tell if there is silicone in the tissue surrounding your breast implants. With that information, I made the very difficult decision to remove my breast implants. I'd had them 25 years. They're Dow Corning implants, which have been named in a class action lawsuit with tens of thousands of women.

Wendy Myers: I just decided it was time. I did not want these toxic plastic bags in my body anymore. I felt like they could possibly be contributing to some mild health issues I was having, fatigue and brain fog. I just felt like I should be feeling better based on everything that I was doing. I found a doctor and I had them removed. There's a lot of fear around that. Am I going to have frankentits, specifically? Are my breasts still going to look appealing? Are my breasts going to be really, really small? Are my breasts going to be healthy? There's a lot of concern around, obviously, getting your breast implants removed. We talk about all of those issues.

Wendy Myers: We also talk about how implants contain 38 heavy metals and toxins, what they are and what they're doing to your body. We talked about the symptoms of breast implant illness and toxicity, why you should avoid

mammograms if you have implants. There's safer alternatives. I'm not talking about thermography. I'm talking about SonoCine. That's a very, very different type of screening tool. It's a type of ultrasound. It's not the ultrasound you get at your doctor, much, much more accurate, detects breast cancer five to 10 years earlier than mammograms, and it doesn't rupture your implant like mammograms. If you have implants, you don't want to do mammograms. You want to do a SonoCine screening for breast cancer.

Wendy Myers:

We also talk about how women with implants have higher rates of autoimmune disease, depression, more likely to be on antidepressants. They're more fatigued. They have more candida and other infections. We also talk about alternatives to breast implants. There's other ways to enlarge your breasts. We talk about Diane's TITS method for prepping for implant removal and post-surgical healing and detoxification. We also discuss some studies on breast implants and their safety, the well done ones and the bogus ones and so really, really good show today. Thanks for tuning in.

Wendy Myers:

I had an amazing summer. I went with my fiance to Greece. I went to four different Greek islands. I went to Athens and went to the Acropolis. I went swimming in the ocean and the Greek Islands. I went to Italy and the Amalfi Coast. I went to Dubrovnik, Croatia. I also went to Paris, so I just had a wonderful, relaxing vacation. I was still working and seeing clients. I wasn't doing any podcasts, but had recorded plenty of them to be able to still publish one every week when I was on vacation. It was just a wonderful trip and just very thankful I'm able to do that. I got tons of sun and Vitamin D and swimming in the ocean every day I got tons of negative ions, so really, really happy to be back at my desk and just doing amazing podcasts like this I know are going to help so many women. One, prevent them maybe from getting implants, which is really my hope for this podcast and have women consider removing their breast implants, so thanks for tuning in.

Wendy Myers:

I know so many of you guys listening to this show are concerned about heavy metal toxicity and how to remove them, how to do it right, what works, what doesn't, where do you start? I created a heavy metals quiz at heavymetalsquiz.com. You can go there, take a two-minute quiz and discover what your body burden of heavy metals is. Is it low, medium, high? After you get your quiz results, you get a free video series on what the next steps you should do. What are the next steps you should take to start detoxing your body? Have this free video educational series after that, so go check it out at heavymetalsquiz.com.

Wendy Myers:

Our guest today, Diane Kazer, she is a functional diagnostic nutrition practitioner. She was a pro soccer player also. Today, she's a holistic health coach and hormone warrior. She's a visionary and game changer in the world of women's hormones and detox, empowerment, and self-love. Her clients come from all over the world to ditch their health roadblocks and discover their soul goal. She is a creator of the CHI

Hormone Warrior Transformation, offering the perfect trilogy for women's wellness. Cleanse your body. Heal your hormones. Ignite your life.

Wendy Myers: Through her own struggles, she birthed the TITS method, which supports women with symptoms of breast implant illness by addressing and reversing toxicity, infection, trauma, and shame, which all can be a part of breast implants. Diane's gift is to assist others in remembering their divine purpose by activating and aligning their four superpowers, mind of the sage, temple of the goddess, spirit of the unicorn, and heart of the warrior, where spirituality and self-love meet soul food and sisterhood. Her mission is to help purpose-driven women leaders get the body they want, the energy they crave, and the life they deserve in a manner of weeks, even if they've been struggling for decades. You can learn more about Diane and work with her at dianekazer.com. Diane, thanks so much for coming on the show.

Diane Kazer: Thanks for having me, Wendy. Stoked to be here.

Wendy Myers: Yeah, I am so excited to do the show. I have been wanting someone to come on for years to talk about breast implants, breast implant illness, toxicity, solutions, removing breast implants because I had my implants removed, or explanted, two years ago. I feel so much better as a result. I love that you're talking about this. You're going to be doing an upcoming summit about this. It'll be out in a while. Why don't you tell us your story about removing your breast implants and why you got them. Then I'll tell you my story.

Diane Kazer: Yes, love trading tits stories, Wendy. Before I even start, for those of you who are listening, I just want to share that this is difficult conversation because so many people bring in a lot of shame to the table and/or I have been experiencing some women pointing the finger saying that I'm spreading fear and I'm spreading lies and who am I to talk about this sort of thing. I'm not a doctor. I just want to start by saying this is a compassionate journey into your body, your cells and self-love, so this may or may not resonate with you now.

Diane Kazer: It took me three years from the time that I was alerted to the fact that breast implants were the ticking time bomb in our bodies to the time I actually had them removed. It was right around the time that you had had yours removed, Wendy, because I had sent you that article and said, "Hey, did you hear about this?" You're like, "I'm just about to have mine removed." I was like it took a while for me to really accept it and a lot of symptoms later, so we'll talk about that.

Diane Kazer: I played professional soccer in my 20s and then when I was 30, I moved to Orange County and enough said, right? You move to Orange County, California and you don't fit in unless you have these, so I didn't want to stand out. I wanted to fit in, into double D dresses, and so I was actually competitive body builder at the time, so when you lose body fat, you lose your tits. I say tits. So many people like, "I'm so offended you're saying

tits," but there's a reason we call it tits because there's a method that we actually have to help women to recover from explanting their toxic breast implants and recover their tissues. We'll talk about that later, so I'll use them interchangeably, breasts, tits, boobs, get the idea.

Diane Kazer: When I first moved to Orange County, I was 22% body fat, which that was a surprise to me because I was a pro athlete. Then I started doing bikini competitions, which you see a lot about all that on Instagram now. A lot of women are doing competitions or they're doing a lot of steroids or losing a lot of weight. That's really unhealthy for the female body to be under 15% body fat, so when I was competing, I was like 10.

Wendy Myers: Wow.

Diane Kazer: Yeah, and I was getting first place. I qualified for nationals. My head got a little big and my trainer said, "Hey, Diane, if you want to make it in this industry, if you want to get your pro card, you want to be on the cover of magazines, you need to get double Ds." At first, I was really triggered by that, but you know what happens with a trigger. You either defend yourself and you create more boundaries and self-love. I don't need that. I love my body the way it is. Or you cave into it and go oh, maybe they're right. Maybe they know better what I need than I do.

Wendy Myers: Maybe these are a means to an end to get me where I need to go or you feel like you need to go.

Diane Kazer: Yeah. Yeah, and not [crosstalk 00:11:28]

Wendy Myers: Or get the love that you want. That was, for me, I was like no one's going to be attracted to me unless I have breasts. That's a 19-year-old mentality. It's crazy.

Diane Kazer: Yeah. Yeah. It's very body dysmorphic and with Pamela Anderson and Playboy and Hugh Hefner and Barbies, there's all of this brainwashing, so of course, that was there. It was the seed was already planted or I should say the weed was already planted and then the fertilizer, glyphosate, was the fertilizer that grew it into yeah, you need breast implants in order to qualify for nationals and get all these things and so I did it. I got double Ds, silicone breasts implants. By the way saline or silicone, it doesn't matter. Saline has silicone, too, so before you hear yourself go, "Oh, well, I don't have silicone," they all have silicone in them.

Wendy Myers: And plastic, plastics.

Diane Kazer: And plastic and tons of other things we'll talk about. I got them and interestingly long story short, the next show I did, Wendy, was state and I almost got dead last. That was my first show with breast implants, so part of me wonders my soul may have been like screw you, Diane. You totally just cheated on this beautiful temple I gave you. You were already enough and now because you think that you're not enough, I'm going to

give you almost dead last in the competition. Then I quit competing in them because just something didn't feel right. That was 10 years ago. That's why I got them. I mean, in addition to the needing to have boobs to fit in where I was and to stand out and really, Wendy, to compete against other women because when I talk about a lot of men with this topic, they're like what are you guys doing to your bodies?

Wendy Myers: Women are weird. I mean, we do compare ourself to other women. We're competing with other women. It's not always necessarily for men and their attention.

Diane Kazer: Yeah. Right. Yeah. I mean, of course it's conflicting because men are getting their own degrees of brainwashing with porn and Playboy and stuff, too, but most men I've been talking to are like, "I don't know what you guys are doing injecting all this stuff in your body and duck lipping and whatever." We're doing a lot of crazy stuff in the name of looking better than the woman next to us and it's just sad.

Diane Kazer: Ten years fast forward, I explanted three months ago and even before that, I started to experience radical skin rashes, such bad skin rashes that I was clawing my skin off and to the point of bleeding. I was crying. I couldn't figure out what was going on with me. I'm like you, Wendy, a functional diagnostic nutrition practitioner, so I was should-ing all over myself. Diane, you should know how to fix this. Who are you to be a practitioner to help other people with their bodies when you can't even figure out your own? I was living in this just constant shame cloud, shame spiral, so should-ing. I was shaming.

Diane Kazer: I had this just toxicity all over my body and it was clear. My bowels were destroyed. I was back and forth between diarrhea and constipation. The things that were coming out of me that I was seeing in the toilet resembled parasites, but now looking back, I have lots of video footage of them looking exactly like silicone because now we know with the science and the research that 21% of women that have breast implants have traces of silicone in their lymph nodules.

Wendy Myers: Mm-hmm (affirmative). That was me.

Diane Kazer: Yeah. Well, I guess, where were you seeing yours come out of? It's like your ear, your pores. Your body will start pushing it out if it can't get it out fast enough, obviously, so it's a ticking time bomb. At some point, it'll just start rupturing. That's the gist of it for me. Do you want me to talk about the other symptoms I experienced or do you want to get back to the other questions?

Wendy Myers: Yes, please, yes, because I want women to be listening to this and maybe it's going to turn on some light bulbs for them about maybe their implants are causing their health issues when the doctors always say, "No, they don't cause any health issues." I mean, top surgeons because they don't want to stop putting fear in their patients or stop doing breast

implants. That's what they do for a living. With some women, they're dying to be beautiful, so I want women to hear every detail.

Diane Kazer: Okay. Cool. I just gave you a bigger detail, which was some people are like, "I don't want to know what comes out of you." It's like you got to look back, sister. It's just like you look at your baby's poop when you're changing their diaper and if it's a funky color, you take them to the doctor, so we need to do this for ourselves, as well, and stop putting so much trust outside of us because like Wendy said, they're going to say oh, it's no big deal.

Diane Kazer: It's time for us to take our power back and this is one beautiful blessing that I experienced, to fall in love with my body and have a deep reverence for it, that it was communicating to me all of these symptoms that I actually have tracked. Like you, Wendy, I was a functional diagnostic nutrition practitioner. For eight years I've been tracking all of these labs and seeing that I had been doing more and more and more to try to help stabilize my body, to cleanse my body, to love on my body, and my lab tests were getting worse.

Diane Kazer: The tipping point for me was when I went to go to my chiropractor and I had felt kind of like parasitic. You know how you can kind of feel ...

Wendy Myers: I definitely relate to that. I definitely feel that sometimes.

Diane Kazer: I can probably text you, be like, "Wendy, I'm feeling very parasite-y today." You'd be like, "I know what you mean, girl." You guys might be like what are you talking about, but there's like a smell associated with what comes out of your pores. It's how your stomach feels. You can almost feel like passing along it's a little weird and creepy, but the parasites are there because they need to be. They mop up the heavy metals of which there are 30 plus of them in our implants. What I was experiencing when it started, I mean, really even back before three years, Wendy, I had SIBO. I had super bloating right after I got my breast implants. I was so bloated. When I was on stage, I was having to hold it in to try to create the appearance of six pack, but I just had so much gas.

Wendy Myers: You just spray painted a six pack on, did the airbrushing.

Diane Kazer: Yeah. You could do that today, too, if you want to. You can do anything in plastic surgery if you want to, but yeah, they actually do that before we go on stage. They create the look of a six pack. I was just how uncomfortable. I'm a bikini. I'm wearing next to nothing and I just have total gas. I'm like I don't feel very sexy. Maybe that's why I got 11th place. They're like you have a gas-looking face on your face. That just is not comfortable.

Diane Kazer: I had a lot of gas, SIBO. On the labs, I saw I had chronic candida, so I see that on a lot of women now and they're chasing candida infections with candida cleanses, which will never get rid of the problem because it's

there as a buffer to protect you. It's a symptom. I had yeast infections. I had leukoplakia in my inner mouth, which is this white inner film, so it's just like your oral health, your gut health is so indicative of the rest of your body. Lots of inflammation. In fact, I lost 15 pounds immediately the first month I took my breast implants out, 15 pounds, and now I'm at 20 pounds. People keep looking at me going, "You look so much different," and just feel different.

Wendy Myers: Yeah, you posted on Facebook some before and after photos. I was like god, you're so less inflamed. You could see it in your face. It was like god, I didn't even think to take before and after photos. I wish I had documented all this stuff more carefully because I was just amazed by the before and after.

Diane Kazer: Yeah. That's what I wanted to do is I wanted to document this because I was seeing there's a lot of hype. There's a lot of sensationalism out there of before and afters and so what we'll see is like women do post their before and afters and their eyes are like a day apart, but then what happens is that's a lot of antibiotics that are going through the system and killing off a lot of everything. Then the woman will go back to her same lifestyle and she'll keep not eating super healthy. We'll talk about the healing aspects later on, but then I notice that people then even like three months later after that picture was taken, they're back to feeling sick again.

Diane Kazer: I wanted to document the whole thing as a practitioner with before and after labs, before and after pictures, and throughout pictures because how do you trust what's out there? Just because you see one picture of someone's before and after, it looks great, but is that the drugs, the antibiotics? Is it the pain pills? Is it placebo? Then we go back to that same person that we were before because hope can only carry you so far if you're not changing your diet and cleansing your body and repairing the hormones, so I think some of it is placebo for some of these people that we're seeing.

Diane Kazer: I wanted mine to be genuine and really track it the whole time, like a month later, two months later, three months later because I feel that's very important because that's where most people start to lose their health is a month later. Up to a month later they feel great, but then beyond that, they start to notice things come back, so it's not just the breast implants that are causing it. That was the tipping point.

Diane Kazer: I had low melatonin and insomnia. Not super bad insomnia, but I was definitely self-medicating. I was doing a lot of melatonin. I had lots of high inflammation markers on my labs, but the things that people can relate to is that I had a lot of food intolerances. I was getting to the point where I was like oh, no, I'm going to be one of those people that's just like our clients who can only eat five foods. That's so annoying.

Wendy Myers: Yeah, because, I mean, the breast implants, your immune system has to fight all this stuff or it creates this extra burden immune system malfunction. That causes symptoms like food sensitivities.

Diane Kazer: Yeah, food sensitivities, chemical sensitivities, people, toxic people sensitivities, although I think that's a great sensitivity to have at all times.

Wendy Myers: That's a whole other conversation.

Diane Kazer: Right? I was having a lot of constipation was a big issue with me. I was having irritability. I thought about this, too. This was really interesting when I thought about this. I was have irritability. I was pushing people away. I was pushing things away. I wanted to be alone, but I didn't know why. We think about it, your body is trying to push these implants out and it's trying to defend you getting them out of the body, so if you're in this constant state of pushing things away in defense, how we do one thing is how we do everything, so you're also possibly pushing people away, pushing opportunities away. That might sound woo-woo to some people, but that's exactly what I was doing.

Diane Kazer: I had major hormone imbalances, thyroid and adrenal hormone imbalances, lots of fibromyalgia-like symptoms. The worst things for me that were scaring the living daylights out of me were that I had these shocks that were going across my breasts. It's why I took the EMF course to understand more about electromagnetic frequencies and how they impact our body because I was thinking that wow, if these breast implants are full of heavy metals and heavy metals draw in EMFs and EMRs, then I am typing on my computer, touching my phone, next to wifi and microwave everything in a city and wow, no wonder why these things might be pulsating. I don't have these pulses across my heart anymore that I was concerned are these heart palpitations. Am I having a stroke because these implants, they leak down and they start to strangle the heart and the ribs.

Diane Kazer: They're finding these materials in a lot of places and I was concerned that maybe that was happening with me, although you can't see that really well on scans and MRIs and mammograms and things. You can't see the details, so that scared me a lot. I had lumps everywhere at this point. I was constantly holding my breasts and crying and apologizing to my body. I was like, "We only have five more months. Hang on." I found lots of lumps when I was sitting in the sauna one day. I had lots and lots of fatigue. I was so inflamed that I just didn't even want people to look at me anymore. I was so ashamed of my breasts. They turned into Es, as in E, not E-A-S-E. I wasn't easy, they turned into like size E. I couldn't fit in my clothes. I had like triple side boob.

Diane Kazer: My circulation was so poor, Wendy. This was one of the most annoying. My fingers were so cold that when I was typing, I had to pull them back. I'm like okay, I've got Raynaud's. My circulation was so bad. My ribs were out of place so often that I'd go back to my chiropractor. I'd have more

pain here. I'd move over here. My ribs were constantly out of place. I was getting sick often, poor immune system. I mean, I could go on and on and on. There was just a lot of that. That's the gist of it, but I had over 60 symptoms that was going on constantly.

Wendy Myers: Yeah. It's interesting when you talk about that and I start thinking about when I had my implants when I was 19, when I was also studying to be a brain surgeon. I say that facetiously, but you're 19, you're not that bright. I, unfortunately, had enough money to get this surgery and alter the course of my life. I was not in a position to make that kind of decision at 19 years old, but women tend to be very insecure as teenagers and make bad decisions.

Wendy Myers: For me, I look back at my symptoms and I'm like I had chronic yeast infections. It started around that time and continued. I thought maybe it was the birth control pill, but could very well have been my breast implants also, and fatigue and brain fog, and just all kinds of stuff.

Diane Kazer: Yeah. None of that's fun. None of that's fun. It'll show up on every woman differently. I'll share this one, too. What the heck? When I see a lot of women lots of puffiness ... Did you get this, too, Wendy, a lot of puffiness around your eyes? It just looked like a cloud was following me is the best way to say it. We have hooded eyes in our family genetically, but my eyes were so low ... I have pictures of this. I was so scary. I had a photo shoot one day and I had to cancel it. I'm like I look so scary right now. My eyes were drooping like this. I had black eyes and just my whole face was so puffy. I was trying prednisone at that point, two rounds of prednisone, all over the counters. Nothing ended up working. I was itchy still.

Diane Kazer: I ended up having an upper eyelid surgery called a bleph surgery. I didn't know it was the breast implants then, but my eyelids were so droopy that it was affecting my eyesight. I failed the visual field test, so I had that done. My insurance even covered it because it was so bad, so yet another surgery to cover up what one surgery had caused all kinds of other problems and complications in the body. This is what's happening in women we're seeing is one surgery results into another surgery, another surgery because we're so sick. We're that sick and that toxic.

Wendy Myers: Yeah. I mean, there are whole Facebook groups dedicated to breast plant illness with tens of thousands of women. There's a reason for this. You told us your own story, but what exactly is breast plant illness?

Diane Kazer: Yeah, breast implant illness, it's tricky because there's no ICD-10 code on this. Doctors are not trained on this, even functional medicine doctors. This is where it gets really tiring for so many women because we're in and out of doctors' offices. We go to the most advanced functional medicine doctors and they're not even aware of this yet, so my whole mission is to get this on your map, to get on women's map, to get on everybody's map and to get on a map of practitioners.

Diane Kazer: That's one of the top questions that they ask because the numbers are as high as 15% of women who have breast implants and 50,000 women removed them in 2017 and increasing. We're getting implants because of breast cancer and having a complete breast removal because depending on the type of breast cancer removal, mastectomies, people are opting for that, so it's pretty prevalent today and sometimes time that we really put this on the map.

Diane Kazer: It's really hard to say. All the symptoms that I just listed are characteristic of a lot of women who have breast implants that are complaining about similar symptoms. Now, those are also similar to someone who has MS. They're also similar to someone who has fibromyalgia because that's why they say on there fibromyalgia-like symptoms. It's such a loose diagnosis, fibromyalgia. It's like we don't know. You're inflamed. It's everywhere. It's systemic. Let's just call it fibromyalgia. I don't know. There's no root cause conversation of why you have this cluster of symptoms.

Diane Kazer: It's a little crazy right now in the whole definition of what breast implant illness is, but it just generally is a lot of skin rashes. I mean, that's one of the ones that we commonly see, lots of skin rashes. We also commonly see a lot of gut dysbiosis, lot of gut problems, leaky gut. These women are doing their best at being a warrior for their own temple and they're collecting tons and tons of labs, lots, but the biggest thing is autoimmune-like symptoms.

Diane Kazer: They've done studies on this now of different kinds of autoimmune diseases being more prevalent with women who have breast implants, up to 800% for various types of autoimmune diseases and so it's obvious that what causes autoimmune disease, sure, little bit of genetics, but it's foreign invaders inside of your body that we're trying to push out. You've talked a lot about this on your show, so I'm sure you can refer to a lot of other autoimmune disease interviews that you've done. Autoimmune disease is simply your body accidentally attacking itself because it's thinking it is trying to protect self from a foreign invader and it's your own tissue becomes the enemy by accident.

Diane Kazer: These breast implants are full of 38-plus toxins and the body is trying to push them out. We're seeing rupture rates ... Of course, rupture rates are higher over time, but your breast implants do not need to rupture for you to experience symptoms. In fact, like I said earlier, 20% of women who have were finding silicone in lymph nodes, but most of these women are asymptomatic. They have no symptoms, so they're like oh, everything's fine. In my personal opinion, no woman that has breast implants is fine because that's like saying that you could eat glyphosate, Roundup, pesticides all day long and no big deal. There's going to be some kind of impact. It may just not be super immediate, right?

Wendy Myers: Yeah. You're going to pay a price at some point. Your body has this extra burden it's dealing with. It might not be the straw that broke the camel's back, but add in another infection, add in a stressor, add in more toxins or

just stuff happens and then it just one more additional thing to add to the stack that one point could push you over into health issues.

Diane Kazer: Yeah, and that's just it is that that's my personal belief is that breast implants could be a big part of the equation of why a woman gets really sick because most women that we treat say, "I got sick pretty quickly after I got my breast implants." We can actually pinpoint to that, but then they just didn't want to admit it because they wanted to be in denial. They thought maybe it was something else because also no doctors are really talking about this either, so if it were the breast implants, wouldn't it the doctor would've said something, right? There's just like okay, what's wrong with me then?

Wendy Myers: Yeah, because you go to your doctor. You ask them questions. You ask the plastic surgeon questions. I've asked this to many plastic surgeons. I've been in many plastic surgeons' offices and I'll say why in a minute, but it's and they all say, "No. Breast implants, there's no research that shows that breast implants cause autoimmune disease or cancer. They don't have fungus." Just complete, 100% denial across the board. They're fine. I'm like you can become sensitive to blueberries. You could become sensitive to a plastic, toxic tit bag. I'm sorry. You can develop an immune response to that, okay, doc. Please, no. Even the doctor I had my breast implants removed said the same thing.

Wendy Myers: I had a girlfriend that went to a top surgeon in Australia. She decided at 45 she wanted some breast implants. After she had her children, her boobs were sagging. I begged her not to do. I said, "Here's this. It can grow fungus inside. It can get mold inside. There's toxins in it." She's like, "But my surgeon said that's all a bunch of BS," and she did it anyways. You're going to your doctor, that's probably the answer you're going to get.

Diane Kazer: Yeah. You know what, Wendy? It took me 11 doctors to decide on the explant surgeon I worked with and here's why. The first one I went to sure, explant was covered by my insurance through him provided that we had all the proper diagnosis codes and reasoning. That's another story, but we help women with that, too. We have a Facebook group, as well, called Reversing Breast Implant Illness with Sarah and Diane. My explant only cost me 150 bucks through my insurance, whereas a lot of women are paying 7000 to \$8000, so we help women with that.

Wendy Myers: I paid \$15,000.

Diane Kazer: Just to remove it or did you also have the lift?

Wendy Myers: I had a lift also, yeah.

Diane Kazer: Yeah, not fat transfer though, right? It was just the lift.

Wendy Myers: No, just the lift, yeah.

Diane Kazer: Yeah. Yeah. That's what a lot of women are opting to do because these things pull our skin down and my nipples were like hey, south. How you doing down there? I'm like I can't see my nipples [crosstalk 00:33:02]. Where'd you guys go?

Wendy Myers: Yeah. I had visions of National Geographic magazines and the breasts hanging down to my belly button or having frankentitties or scarred up breasts. Mine are fine. I'm happy. They're not perfect, but I'm good. I'm good.

Diane Kazer: Yeah, and why was our goal ever to be perfect anyway? Where did we get that stupid idea? Every year they're going to sag more. Let's redo it again. In other cultures, this is the whole thing and this is what my mission is, too, is to shift the culture about what makes us beautiful because in other cultures, it's like saggy tits is a trophy because you're like look at how many kids I've breastfed. In other cultures, long necks and big earring things are that's what makes you beautiful and more regal and more royal. It's just it's a cultural thing and it's going to take a while to deprogram us.

Diane Kazer: The other thing I wanted to mention, too, because some of the things that I experienced were not necessarily what I'm seeing other women experience, too, so ladies, also watch out for hair loss and to the point where you're like I'm seeing clumps of hair falling out or in my case, I had about half of my hair was not growing back, so my hair thinned a lot. Getting sick often, that's because breast implants are our body's trying to push them out, so that's a lot of work for the body to do. It ends up screwing up your hormones because at some point, your adrenals release cortisol trying to push them out. That's a stress hormone. Your sex hormones get the back seat. You lose your sex drive. Oops, I got some brain fog. Do I even remember that I want sex? Then you've got low melatonin. You're not sleeping. You're like oh, god, my life is a living hell. It must be my hormones. It's like no. It's-

Wendy Myers: It must be I'm getting older.

Diane Kazer: Must just be I'm getting older. Maybe it's just my genes or maybe it's just my husband or maybe it's just my job. We come up with all this stuff because that's just the standard thing that everybody says, right, but it's not. You got this ticking time bomb in your body and you beautiful temple is speaking to you in the language of symptoms trying to get your attention and we're cursing our body saying, "Screw you. Why me? Why am I having all these symptoms? This is terrible. My body hates me." It's like no, your body loves you. It's just trying to get your attention and so it's our job to listen. Unfortunately, very few, if not anybody in Western medicine is teaching you how to listen. Here's what this symptom could mean, especially with regard to breast implants.

Diane Kazer: Other things is like sensitivity to sound, sensitivity to light. That's a big one. I was like things are so bright outside. Lots of temperature

intolerance. It could be 90 degrees outside. You need a blanket. Really difficulty concentrating, lots of night sweats. Sure, you might be going through menopause, but if you're having night sweats and they're so bad that you can't sleep and you're not able to have sex and you're not even able lay next to your significant other, it's a problem. I mean, I have all this stuff on my website so you can read more about this, like lab markers. We have videos that show what we typically see as patterns on lab markers, but the biggest one that I'll say is that there's a lot of very poor immune system function.

Diane Kazer: Then we see a lot of people doing all these different bug killing things like candida and parasites. They go on these bug killing sprees, but it's because their immune system is so low. Wendy, my secretory IgA, which is one of the markers we look at, the goal would be that's like 1200 on a stool test. This is not something that your insurance approves. Doctors wouldn't even know it in allopathy world if you asked them for it. The goal would be 1200 for that one marker that's a indicator of your immune system health. Instead of 1200, I was 44.

Wendy Myers: Wow, that's so crazy. I mean, that's a marker of your immune system functioning, so not good.

Diane Kazer: No. No, especially because we are having so many problems now with recurrent and very frequent infections. We go to the doctor and put on all these antibiotics and antibiotics, especially the systemic ones that go throughout your entire body, overuse of those things can actually lead to tendon and tissue and all kinds of connective tissue, including your hair and your skin disorders. In fact, I'm sitting here right now three months post-explant and I have ruptured my Achilles tendon completely. I had taken three antibiotics doing your surgery, my explant surgery and last year, there was a few days I took Cipro, which is fluoroquinolones, a class of antibiotics that actually make your tendons completely weak. You add that to dehydration. You add that to hormones not producing super well. You add that to, sure, age, stress. You add that to having breast implants in for 10 years and your body just goes, oh, tipping point and it just is this straw.

Diane Kazer: One thing I want to impart upon all you guys is that just because one thing happens at the end, you can't correlate that to just the previous thing that just happened. Food poisoning, sure, but you could also avoid food poisoning if you have a better immune system function, you have a higher ... That's why you say like, "Oh, this person didn't get sick and this person did get sick and we ate the same meal." Well, how is that? It's because that marker, secretory IgA, as well as many other things in the body might be much healthier in this other person. You might have your husband may have not gotten sick and you ate the same meal, but you over here with breast implants and years of hormonal chaos and your body trying to fight these things off and you may get sick.

Diane Kazer: It's like another thing and then another thing and then another thing and before you know it, you're like I can't get out of bed and filing for disability and having to quit your job. This is the worst of it that we're seeing. This is not small stuff. What we're trying to avoid is you going to get overly medicated, which actually makes you sicker and sicker and then your bones and your tissues get more brittle. Sometimes it's hard to bounce back from that, if at all.

Wendy Myers: Yeah. I mean, I saw this on Facebook that you had a complete rupture of your Achilles tendon. I was like crap. That is classic fluoroquinolone toxicity side effect, which I have a number of clients that have severe damage, I mean, nerve damage and pain syndromes from taking fluoroquinolone antibiotics. Some people genetically, they just can't tolerate it, so you have to be really, really careful about that.

Diane Kazer: Yes. Please, you guys, please be very careful. I mean, this for your kids, too. I mean, we're talking tits today, but think about your kids. Antibiotic overuse today is such a problem and especially fluoroquinolones and even, Wendy, you know what else, too, though, I just started researching this. I was like is it just fluoroquinolones and I started finding even more articles that even things like Macrobid, which is standard UTI. Lots of women that we work with, too, that have had breast implants or have them, chronic UTIs. They've been using Macrobid and also amoxicillin and tetracycline for skin. Oh, I got acne. Give me some tetracycline.

Diane Kazer: That's also another point I wanted to add is that women who have breast implants, they did one ... It's not published or anything just yet, but my doctor told me about this, my surgeon, but they did a little case study and they found that women that had breast implants and they swabbed the breast implants and the tissue around it, which is called the capsule that we all build around it. We literally build a wall around our breast implants to protect us from that toxicity touching our tissues. That's how beautifully intelligent your body is. It's like no, we got to protect her. Oh, I'm so fascinated by this stuff.

Wendy Myers: They call it scar tissue. They said it's just scar tissue.

Diane Kazer: Oh, it's just scar tissue. It's like no, that's like your soul going hey, I'm protecting you here. Looking out for you, girl. We're like why?

Wendy Myers: Yeah, and then you massage it. The doctor tell you to massage it, break it up.

Diane Kazer: Yeah. Then that moves and it could rupture your implant, which, by the way, most mammograms, we're seeing a lot of women who do mammograms that have breast implants. They have ruptured them.

Wendy Myers: I have two friends that their breast implants were ruptured by mammograms and they had to pay out of pocket to have them redone. It's like hello, you can't see through breast implants. There is no point in

getting a mammogram if you have a breast implant. You need to get a SonoCine. I did a podcast on that, but that's what you have to get.

Diane Kazer: Thank you, Wendy, because that's 55% reduced ability to see infected tissues like breast cancer when we have implants. We got in there thinking it's the right thing to do because we're brainwashed into it and we're actually shamed by our doctors to do it. I actually did a podcast, too, with Felice Gersh on this, Dr. Felice Gersh. That'll come out soon about mammograms and how it's actually making us sicker even with women without breast implants, but I digress. Listen to Wendy's show on that.

Diane Kazer: Yeah, there's like 10 different kinds of bacteria they found consistent among women that have had breast implants in that swab of tissue, 10 kinds of bacteria. The unfortunate thing is that in between that shell and if you're listening to this podcast, you can't see my hands, but there's a shell and the implant. In between the implant and that capsule that our body creates, that's where these bacteria live. Our immune system, secretory IgA immunoglobulins being sent to try to kill those bacteria, can't get there because it's perfectly protected in this little bunker, so then you get the breast implants out and this bacteria flies everywhere.

Diane Kazer: One of these is a type of bacteria that's called acne something da, da, da, da, da acne, so women who have breast implants get acne all over their body. They take tetracycline for that acne, but tetracycline is now also known to reduce tendon health and circulation and oxygenation to the tissues, which is a big part of probably why I got injured. There's even beyond now, even beyond the fluoroquinolones, course, they're the worst, but then you start adding all of these other antibiotics and then you start using antibiotics on your skin for hand cleaners and sanitizers. Before you know it, we're so sterile, we have no more good bugs left to fight for us.

Wendy Myers: Yeah. I hate those hand sanitizers. I mean, the essential oils are fine, but the other ones, those toxic chemical ones, yuck, they're so disgusting.

Diane Kazer: Yeah. We're at the store like get oh, this out of here please.

Wendy Myers: I'll take the bacteria. I love bacteria. Yeah, except the ones on breast implants. Yeah, and antibiotics also kill mitochondria. This is something a lot of people don't realize that our mitochondria are relatives of bacteria, so you kill mitochondria and your energy production, little powerhouses, with the antibiotics, too, every round you take.

Diane Kazer: That's why you get chronic fatigue.

Wendy Myers: Mm-hmm (affirmative). Yeah, and so let's talk about what are the toxins that are in breast plants, exactly. I know there's heavy metals, but can you name some of them, just to make it crystal clear that these aren't this innocent little beauty bags.

Diane Kazer: Right. They're just filled with rainbows, unicorns, sparkles, so beautiful. Oh, I was hoping you would ask this next. I actually have lists of these on my website, too, but there are 38 known toxins in breast implants. I'll read them directly from my list. Most of these are what's referred to as xenoestrogens. I know a while back there was a really cool supplement summit that you interviewed me for. We were talking about this that you can maybe link in the show notes, if you'd like.

Diane Kazer: Xenoestrogens are things that look like estrogen to our body. They plug up our estrogen receptor sites, so our own created estrogens can't get into the cell. This applies to men and women. It doesn't matter. We all make estrogen, but specifically for women, a lot of times, they were like, "I don't know what's wrong with me. I have crazy periods. They're super heavy." They explain all these things. I'm like that sounds really like estrogen dominance, so you could have low estrogen on a lab test, but still have estrogen dominance symptoms because of these xeno, artificial estrogen-like chemicals inside of the body.

Diane Kazer: Breast implants are a huge one, specifically because of the plastic, so, I mean, look at Mother Nature. She's got like a Texas-sized plastic island in the middle of the Pacific Ocean. It's like if you look at Mother Nature, our planet has breast implants right on her skin on the surface of the sea, so as above, so below, women, we heal ourselves, we heal the world because if we're less toxic, we're not pooping and peeing and breathing toxicity everywhere. That's how we save the world is by getting these things out.

Diane Kazer: There are about 30 plus different kinds of heavy metals in here. There's zinc oxide. There's tin and so your program, Wendy, that goes through all of the heavy metal detox, too, it's so important. There's 10 in here. There are a lot of other things, too, that are like preservatives in there. There's denatured alcohol. There's methyl alkyl ketones, which is a huge neurotoxin. There are rubber solvents. There's also phenol. There's benzenes, lacquer thinner, epoxy resin, epoxy hardener, printing ink, like we're being branded from the inside.

Wendy Myers: Because there is printing on the implants. They print the serial number and the maker and their logo.

Diane Kazer: Right, the logo. Yeah, there's pictures of me and the one that you could use for this is a picture of me holding implants and it says the name, the brand name. There's also the heavy metals. The one that's the most concerning to me is aluminum. There's a huge neurotoxin link to Alzheimer's and autoimmune disorders and so if you have the APOE 3/4, 4/4 and you have a high disposition, high odds of getting Alzheimer's, which I do. I'm a 3/4 on my genes. It could actually increase your odds for Alzheimer's or just brain fog in general or forgetfulness and not being super sharp.

Diane Kazer: There's platinum. There's silica, talcum powder, formaldehyde, lead-based solder, sodium fluoride, silicone, of course, chloromethane, dichloromethane, which is a carcinogen, so there's just lots of these neurotoxins, carcinogens. Acetone, which ladies, you know. You go get your nails did and that's what they're using. Why are these things permanently inside of our bodies? This is insane.

Wendy Myers: Yeah, and so what kind of studies have been done on breast implants and their safety? I mean, I saw one recently that said breast implants were linked to a very rare form of cancer. There's more and more studies out there, but say 10 or 15 years ago, there really wasn't.

Diane Kazer: Right. That's the tricky part is that we have made the assumption. I love the documentary Bleeding Edge because it exposes a lot of other things being used in women's bodies like mesh that there were not studies done on or there were, but they were just pushing them to the side. There was a lot of push by the FDA for these companies to do studies, but they were incomplete and so why would that not be finished because they asked for a 10-year study. Then people recently were like wait, there seems to be really high prevalence of women getting sick, so what's the deal with this? Where is the data?

Diane Kazer: What they found is that in late 2005, the FDA requested a study of over 40,000 women with implants for 10 years with a couple different companies. Many of these women testified they were thrown out of the studies when they reported things like serious health problems I talked about today from having their breast implants, after having them installed. Or they decided to have their breast implants removed, so they were kicked out. One of the employees of the companies admitted that the executives had ordered him to destroy documents related to high rupture rate of these implants, so of course it raised questions about the accuracy.

Diane Kazer: Now what they've asked for is they decided to do their own different third party study. There was a study that was done over 10 years with over 100,000 women. That's where I've been quoting a lot of those statistics saying that up to 800% of different kinds of autoimmune diseases like Sjogren's syndrome 700%, scleroderma 600%, arthritis. Wendy, my wrists hurt now. I got this injury happened. I feel like I have -itis in many places, which is just inflammation of whatever that body part is, so my wrists are hurting. I can't really hold a plank. I'm just like I feel like my body's falling apart.

Diane Kazer: My face was aging fast, too, so of course, that's another part of it is huge, huge to know this, too. Women, you want all this talk about antiaging, right? Breast implants actually create our own body attacking our own naturally made collagen. That's crazy because we go spend all this money and do all these things to boost collagen in our body. I was doing hyperbaric oxygen therapy. That's like a hundred dollars a pop. We're injecting all these things because natural collagen boosting, but really,

what's the question of where is my collagen production going and why is it so low? It's not just because aging. It's what is aging us from the inside with these chemicals.

Diane Kazer: I already talked about the mammograms. Women who have breast implants are three times as likely to commit suicide as women in the general population. Also, they found that there was increase in depression and found to be five to seven times more likely to be taking antidepressants than women without implants. This is the research that I can share with you in the show notes because there's lots and lots of data on this. There's American Society for Aesthetic Plastic Surgery. They found that, like I was saying, 50,000-plus women had their breast implants removed in 2017 because of all the complications.

Diane Kazer: Of course, what they're talking about with cancer, it's like there actually may be a reduction in breast cancer because of the implants here, but then there's increases of cancer in other parts of the body, so what I'm seeing in a lot of clients is that they have MS. They have lupus. Some of them had ruptures. Some of them did not. What they're also finding is a much higher rate of things like colon cancer, three times higher rate of colon cancer because you think about all this toxicity moving down into the area causing all kinds of gut dysbiosis, which means more bad bugs than good bugs. They're finding a lot of these things that they've been testing in women longterm.

Diane Kazer: They also found that the risk is higher, much higher, this is from the Institute of Medicine, that women with breast implants are at least three times as likely to have inadequate milk supply for breast feeding and, in fact, we're working with a very sick woman right now who's just about to have her breast implants removed. She's living in so much guilt and shame because her son is extremely sick and her stool test is the most unhealthy stool test that we've ever, ever seen, more bugs than any 30, 50-year-old human we've ever seen and she feels terrible that a lot of this was passed down because there aren't studies to show us is the toxins from breast implants being passed down to the baby. Well, the stool test that we're seeing is absolutely yes. They've been finding a lot of this stuff gets passed down. They've also been like I was talking about earlier with stillbirths, so they find that women that have implants have a three times higher risk of stillbirth.

Diane Kazer: It's we're passing these toxins down to the next generation, so we have a long way to go, Wendy, but the point is is that the studies are us. We are the studies. We're the case studies. We're the ones doing the work because there were never adequate studies done by the FDA to prove that these things are safe longterm.

Wendy Myers: Yeah. It's funny you say that because I had a lot of guilt breastfeeding my daughter Winter because I actually had two breast surgeries because the first one there was a problem and so they cut around the areola, your nipple, both times and they cut milk ducts when they do that and so I just

wasn't producing enough milk and had to supplement. After six months, they just were not making milk because they just didn't recover. The doctor said, "Oh, they'll grow back." When I was 19 and I got breast implants, my doctor went to Harvard. He had all of the credentials, so I trusted him. I said, "Will I be able to breastfeed?" He's like, "Of course, no problem. That's not even a concern at all."

Wendy Myers: He didn't know what the hell he was talking about. He had no studies or yeah, you can breastfeed, but it's not going to be like when you don't have a breast implant. Plus, your breast can't ... It's not squishy, where your nipple can easily fit in a child's mouth. You have this round, hard ball to a certain degree, depending on how much fat tissue you have. It just makes breast feeding much more difficult.

Diane Kazer: Yeah. It really does. It's also a part of it is that we can't really test for this stuff either. We can't test to see how because people are always asking me well, I'm not really sure if I'm going to listen to all this. I want to keep my boobs and I'm going to have a kid anyway, but maybe there's a couple tests that I could run. Could I check to see do I have silicone toxicity? There's just not. There was a test that people offered a while ago and it was pretty accurate. They were showing and finding a lot of people, a lot of women had excess high levels of silicone. They took that off the market and plus, there are now other ones, but they're several thousands of dollars so we can just infer that you're toxic.

Diane Kazer: I say to women with breast implants or not, work with a practitioner to clean your body out three to six months. Check all your hormones. Make sure everything's optimized far beyond blood testing for hormones. Look deep in the tissues. Do some urinary testing for your hormones. Do some deep stool testing. Do some heavy metal testing. Balance your minerals. Balance your mindset. Improve your love. Get your oxytocin high. Make a healthy baby.

Diane Kazer: Give yourself that time because a lot of women are not able to even carry a baby breast implants or not, but we're finding that most women that have implants have progesterone deficiency because also this estrogen dominance factor. Progesterone is the beautiful nest the keeps the baby in, which is why ... I said it earlier three times, but 450% increased risk of stillbirth, not three times, 450%. We had women come to us and they're like, "I can't get pregnant. I'm embarrassed. I've done IVF therapy. I've spent 30 grand." I'm like, "Well, do you have breast implants?" "Yes." "Okay. Are you ready to have this conversation? How bad do you want this baby?"

Wendy Myers: Yeah, and having that ... No, thinking about getting explanted, thinking about removing your breast implants is not the conversation a lot of women want to have because it costs money. It's not always going to be covered by surgery. I had a lot of fear around am I going to have Frankenboobs. Am I going to have cut up, scarred breasts that no one is going to want to touch or look at? You know what I mean?

Wendy Myers: I went to a couple different doctors. One of them wasn't even a plastic surgeon. He was a cosmetic surgeon. I talked to a girlfriend of mine that works in a plastic surgeon's office. She's like, "Make sure it's a cosmetic plastic surgeon or a plastic surgeon." I realized I was talking to a cosmetic surgeon. He was like, "Sure, I'll take your money to take the implants out. No problem." You have to be really careful there. Lots of people will take your money and take them out.

Wendy Myers: My doctor that I chose had ... He actually did a study with 300 women and explanting. The name is Dr. David Stoker in Marina del Rey, California. He's done his own study on implants and he's done a lot of implants. Then my girlfriend looked at my breasts and she's like, "You need to sue him," because she's like she didn't think my boobs looked as good as they should have because she had another friend that had a breast lift and she said her boobs looked unbelievable, looked amazing. I don't know what her deal was, what her surgeon was, or how much breast tissue she had naturally, but I was very happy with the results and my breasts turned out a lot better than I thought they did.

Wendy Myers: I definitely feel a lot better. I definitely feel like I'm less inflamed. I feel my brain works better. I have better mood. I sleep better. I have more energy. I had a period where I was like you. I felt like I was being fraudulent to a degree because here I am this health coach and helping people detox and I felt I had a period where I just did not feel good. My NES Health Bioenergetics definitely helped me feel a lot better and really moved the needle for me, but getting the implants out was a big step.

Diane Kazer: Yeah. It's a big step because we think they're just in us and they're separate, but the whole time between three to 9% of them break within the first three years. One implant study of the silicone gel implants doesn't say that silicone's in the clear, found that between three to 20% break within three years, but most implants last 10 years. However, we're seeing many women have them for 25, 30 years and that's scary. That's the ones we're seeing really crazy sick tissues that block that's created around or the capsule, but by the time implants are 11 to 20 years old, most will break and after 20 years, the few that are still intact will break. In fact, there was a study that was conducted by FDA scientists and most women had at least one broken implant within 11 years and the likelihood of rupture increases every year, but all of them are leaking. All of them are leaking slowly.

Diane Kazer: I mean, just think about this. When you're in your car and you have a plastic water bottle, air pockets and you open up that cap and it kind of spits out water, it's compressing oxygen inside. Then you also have this hot temperature of the car that's heating up the plastic that leeches into the water. They've done studies on this. Our bodies are 98.6 degrees and different areas of the body are different temperatures, different pHs, but it's inevitable. Our body is just leaking these things everywhere and we may not see them.

Diane Kazer: You said something earlier, too, Wendy, about implants being expensive to remove them. The financial planner in me, because I was a financial planner for eight years and I was like okay, let's look the opportunity cost that if someone didn't get implants and if they invested that into a 401K or 529 plan or something for their future, for their children because so many women are like, "I feel so guilty for spending all this money to bring myself back to health." I'm like, "Let's think about how much money you would've spent in the next 10, 20, 30 years to get these things replaced and to get MRIs to make sure everything is intact."

Diane Kazer: We're supposed to get them removed every 10 years and replaced, which is 10 grand. We're supposed to get an MRI every three years and that's three grand. That's not covered by insurance. Now we're talking 20 grand every 10 years if you're doing it right, which is still not healthy. Assuming a 25-year-old woman, she got implants and replaced them every 10 years. If she had instead invested in a portfolio that grew at 8%, 30 years later, she would have \$167,000. Assuming a 25-year-old paid for implants at that time and then got proper MRIs every three years and replaced her implants every 10 years, if she had instead invested that money, she would have \$280,000 30 years later. You tell me what's more expensive.

Wendy Myers: I love the financial analysis. I love that. Yeah, well, it's like it's crazy because I got my breast implants when I was 19 and the doctor cuts ... He's this really nice surgeon in La Jolla, California, but he cut a ligament too much or something happened. The tissue between my two breasts was raised, so I was like the unibooper. I didn't have cleavage.

Diane Kazer: Oh, no. Oh.

Wendy Myers: I lived like that for a few years. It was fine, whatever, but I went to another doctor, the Harvard guy, and I had to have my implants taken out, my skin sewn to my sternum, and then he's recommended I put the same implants back in and so I had that surgery. There's all that extra scar tissue and recovery and expense. Then I had those implants 25 years.

Diane Kazer: Yeah, wow.

Wendy Myers: 25 years.

Diane Kazer: Oh, wow.

Wendy Myers: They were made by Dow Corning who there's a huge class action lawsuit against, which I actually am participating in.

Diane Kazer: Good.

Wendy Myers: It closed in June 2019 to join it, but they're going to be paying out billions of dollars to women with breast implant illness and health issues as a result.

Diane Kazer: Yeah. America is totally different than every other country. I mean, Australia is kind of like us, but in March of 2019 of this year, Headline News reported that 38 countries in total and counting, including 33 countries in Europe, have been banning a lot of implants because of what they're doing to their people, their women, their citizens. There's going to be a lot of lawsuits. There's going to be a lot of class actions, but in that, I think there absolutely needs to be retribution because we're paying a lot of money to find our health. I mean, it's hard to quantify, right, Wendy? I would say that we've probably spent hundreds of thousands of dollars ourselves as biohackers and health practitioners to lead the way on this so other women don't have to be so blind and they can find their way faster than we did. You can't really quantify how much money you've spent to regain your health back and that's what's really difficult.

Diane Kazer: I've also seen a lot of women and we can start shifting it to like well, what do we do now? If I have breast implant illness or I want to explore if I have it or not, I'd like to talk about that next if that's okay. If you have a lot of these symptoms, then you probably have something going on. Even if you don't have symptoms, a lot of women are coming to me and saying, "I don't have these symptoms, but I just want these things out because I don't want to wait until I do. They're just not that important to me and you know what? I've heard about fat transfer, so Diane, what's fat transfer? Can we talk about that?" I talk a lot about fat transfer because you can still look beautiful in whatever way that you define. I would still say like why does beautiful need to be defined on the body, but we were all raised the same way, so we do like to look nice.

Diane Kazer: You can do a fat transfer. I spent 15 grand on mine. You can have fat taken from the areas that are your "problem zones" like your belly and your rear and your inner thighs and you can move it right up here like Mr. Potato Head or Mrs. Potato Head and have larger breasts and have cleavage. I've seen lots of really beautiful pictures of women who have done this and hey, Wendy, I've got a little bit of a thigh gap going. I didn't have a thigh gap before. I'm like do I really need a thigh gap? Whatever. I had a little bit of fat there. I didn't have much fat to begin with. I was only 16% body fat when I ... No, no, no. When I went into surgery, I was 19.

Wendy Myers: I hate you.

Diane Kazer: Probably it's my muscle memory there, Wendy.

Wendy Myers: That is not my body fat percentage, but proceed.

Diane Kazer: [crosstalk 01:04:45] I'm a little crazy, though. I like to run up mountains [crosstalk 01:04:48]

Wendy Myers: Yeah, you're crazy super, super into working out.

Diane Kazer: Yeah, I'm super fit, but I was not feeling very good when this happened, so it's 19% body fat before. He took some fat in those areas, put them

here. I had Dr. Strawn in Newport Beach. He's amazing. Long waiting list, some of these doctors, when they really know what they're doing. That was my 11th pick because the first doctor was like, "I don't believe in breast implant illness." I didn't finish that story, but I was like, "Oh, I don't know if I want to work with you then because you have zero empathy. I'm not sure if I want someone cutting me open with zero empathy," so took me 11 doctors because I learned that lesson the first time.

Diane Kazer: They take fat. They put it in that area and then over time, your body settles in. A year later, your body's where it's going to be again. Well, my breasts are perky. My girlfriends are like, "You have like 21-year-old tits." I'm like, "Great. Thanks." I got a lift. My nipples are in the middle again instead of facing south. It's okay if they are, ladies. This is no shame or anything, but because my implants were so heavy, they were 1.2 pounds each because I had double Ds, 1.2 pounds. No wonder why everything was falling forward.

Diane Kazer: By the way, when they cut your implants out or when they cut your body open to put implants in, you lose function of a big part of your chest tissue, your pec. It doesn't grow back, so that's another thing they don't tell us is that you lose you know up dog, upper facing dog presses, you lose a lot of that mobility because you lose that tissue. They never tell us that. Oops. As a yoga teacher, too, wanting to use that, I'm like how come I can't get up all the way? That function's pretty important if you're an athlete to know those things before you get cut open.

Diane Kazer: Yeah, I'm now 14, 15% body fat. I've lost 20 pounds of weight. A lot of that was inflammation. A lot of that was toxicity stored in my fat cells, so if you're having a hard time losing weight, which is another symptom of breast implant illness, a lot of that's inflammation it's toxicity. It's a little bit of everything, xenoestrogens, too, because more fat releases estrogen and xenoestrogens in the plastic, so it's difficult to lose weight.

Diane Kazer: The options are so amazing now to reconstruct your body that we just don't need implants anymore. You can use your own tissue. The only thing is is that you will lose some of that, of course, after and some doctors will say, "Oh, you're not going to lose that much," but you do. Yes, you do. The surgeons are not going to tell you all that. I lost about 50% of mine, so could I have had it without fat transfer? I think so. I think so. Had I done it again, I might have just chosen to have them removed and have a lift and then see how my body adapted and then maybe do fat transfer as a second surgery. About half of women opt to do it that way. Half of women are doing fat transfer, lift, removal and then the other half are just having them removed, maybe with a lift, just get them out.

Wendy Myers: Yeah, it's interesting. I didn't even get that option. The doctor didn't talk about fat transfer as an option at all, but he did talk about hey, if you want to put in a smaller implant, you can do that.

Diane Kazer: Cut the toxicity in half.

Wendy Myers: I seriously considered it for a second because I was scared about how my breasts were going to look. I was scared about having no breasts. Definitely, that's why I got implants in the first place. I felt like I didn't have large enough breasts. I'm so happy that I didn't do any of that and I just wanted to see what my breasts were going to look like with a lift after I had them out. I'm super happy, super, super happy.

Diane Kazer: Me, too. I mean, I-

Wendy Myers: I have boobs. I didn't know.

Diane Kazer: Yeah. I delayed it for three years thinking that I was going to have Frankenboobs. I was so scared. That was the main thing and I suffered that whole three year time period. My symptoms got worse. I was really angry at myself thinking did I just wait too long to the point of do I have breast cancer? Am I going to die? Did I really sing the song I came here to sing? Did I listen to my intuition? It was just like I love my body so much now.

Diane Kazer: There's the victimness that I see also in women who are like, "Oh, my god, the FDA, screw them and the doctors." They get real mad, but here's the thing. We made the choice and even if the information was out there when we first got these implants in, would you really have listened? Would you really have listened? It's like I think about that all the time. I'm like they could've showed me a whole list of all the increased risk of this, this. I'd be like I don't care. I just want to look better.

Wendy Myers: I know. I did not care. I'm like where do I sign for boobs? Where do I sign?

Diane Kazer: Right.

Wendy Myers: That was the first thing the minute I got my hands on some cash, first thing I did.

Diane Kazer: Yeah, that's what a lot of people say. It's like women say, "I didn't get them, but if I had the money, I would've done it," and so this is an epidemic. It's not just the women who've done it. I know very few women that have said, "No, I've never thought about getting breast implants." Everybody has said the same thing that I've talked to is, "I'm glad I dodged a bullet listening to your story." Of course, on the other side of breast implants, too, we've got some irrigation to do, so do you want to talk about that part next?

Wendy Myers: Yes, please.

Diane Kazer: Yeah, so a lot of women and if this is you and you're like I'm going to get these out. I'm over it. This totally resonates with me. What next? You can go to my website. There's a lot of like I have breast implant illness what now. There's all kinds of blogs. There's like 12 of them that you'll find right

off the bat when you get on there depending on when you listen to this, dianekazer.com. Once you decide that you're going to have them taken out, then you can start getting planning.

Diane Kazer: That's where my team comes in. We look at okay, well, when's your explant date? It's a good idea to get some labs done prior to. I'm not just talking blood tests. I'm talking like the standard CBC and everything. I'm taking deep level, advanced, looking at the root cause issues that I've talked about today that I looked at, how many metals? What is your hormonal status? What's your body using in hormones? Do you have xenoestrogens? What's in your stool? What's on your gut, inflammation, infection, imbalances and then integrating all of that.

Diane Kazer: Then when you get your implants out and you can start preparing your body because lot of women go into surgery and they are so depleted and so many nutrients and hormones and oxygenation and dehydration that their surgery happens and it takes them a long time to recover from the surgery. A lot of women are just not doing well after surgery. They're bedridden for three months. They have to check out of work. That costs a lot of money. The opportunity cost of not working could be 10 grand a month. That's \$30,000 of lost revenue and then maybe your children. You can't take care of them. There's the emotional hit of that. Marriage start to fall apart. I see this on the other side all the time.

Diane Kazer: If you can, get a plan before so that right after you explant, your body's more ready for the surgery and then a month later, once your body's had its adjustment period, then you can start working on the TITS protocol. We have the TITS method, which is we're looking at toxicity. It spells tits, spells tits.

Wendy Myers: I love that.

Diane Kazer: The TITS method, toxicity, infection, trauma, and shame, so we have all of that. Every woman has that. Some women are like, "Oh, I don't have any shame." It's like if you didn't have shame, you wouldn't have got them to begin with, so let's just be real here. How do we love our body more? The antidote is self-love. Then the trauma of our physical body and what's happen inside of the body, ATP generation, like you said, we can't make our own energy. The toxicity is so deep, so our body does not detox on its own with implants. It does, of course, sure, but we have to give it extra help. Our hormones don't just bounce back. Our immune system doesn't just automatically adjust.

Diane Kazer: The biggest myth I see in the breast implant illness world is that oh, that's just a detox reaction or just get the implants out and everything will be fine. Yes, like you said, Wendy, you felt a lot better. So did I, but we're practitioners. There's a lot of women that just don't get that you've got to go in there and really bind these metals and pull them out, get into the brain. You've got to have all these pathways open. You've got to be

sweating a lot. You've got to be pooping enough and you've got to have your kidneys open, too, so all of these pathways need to be open first.

Diane Kazer: There's a very strategic method of getting these things out, so it could take three years for you to bounce back, if ever, or you can get it done in like three months and be back to where you want to be and better because sure, what most women will say, 70 to 80% of those symptoms resolved after, but then a year later, they're going, "But now I'm worse."

Diane Kazer: This is the most common thing we're seeing because the gut issues infection was never addressed. The toxicity was never all the way comprehensively addressed and didn't detoxed and the emotional component of it, too, because now what we're seeing and this is why I'm doing this big summit on it is that women go from okay, I had my breast implants removed. What do you think about Botox, Diane? What do you think about fillers, Diane? What do you think about hair dye, Diane? I'm like we still have the same problem and the problem is deep-rooted shame that we need to look younger all the time. It's pretty crazy what we'll do for beauty. We're dying to be beautiful.

Wendy Myers: Yeah. We are dying to be beautiful. Yeah. I know so many women, certainly myself, have suffered from body dysmorphia and feeling the need to do all this stuff to us, but ultimately, yeah, you've got to work on that part of yourself which is just loving yourself how you are. I think that gets easier with age.

Diane Kazer: It sure does.

Wendy Myers: You become more accepting and you develop more self-love and just don't care about the same things, find your partner who loves you just how you are. Think that journey is easier as we get older, but not always, not for everyone. That's a great part, great part of this conversation.

Diane Kazer: Yeah.

Wendy Myers: Tell us how can people work with you if they are concerned about the breast implants, concerned about breast implant illness and want to get information about explant surgery?

Diane Kazer: Yeah. Yeah, good questions, so we have something on my website that you can go to, dianekazer.com. At the very top, you'll see watch your [masterclass](#). I want you guys to watch that. We have taken all of this, compiling all this data has taken me years to put together in a tiny, 50-minute video. We talk about the top five things that you need to know if you're going through this process and the most empowering steps to get you from explant to recovery, whatever that looks like to you because some women are like, oh, my gosh. All of a sudden, I had the clarity to dream into a life that I didn't even realize I wanted because I was living in my nightmare and that was bigger than my dream, so watch that.

Diane Kazer: We don't work with just anybody. We work with the women who really, really want good health for themselves, who really understand their value in this life, so if a woman says, "I just want to feel better. I just want to get back to the gym," that's not going to get you across the finish line. That'll be a waste of your time, money, and energy. Then you'll be upset that you're spending more money on your health. We work with women who are really invested in bringing their life back and so watch that. That'll educate you on some things that you can do.

Diane Kazer: Also, if you're like wow, I'm feeling really inspired. I want to talk to someone from Diane's team, then you can book a call with us and we'll have a conversation and get you on the exact map, like what's going on with you. What things have you tried? Where do you want to go? We'll tell you if you're a good fit for the kind of work that we do. Some women, we refer them out to our detox program or we refer them to other practitioners or other surgeons. It just depends on where you're at.

Diane Kazer: We work with women who have made the decision to explant and are a couple of months away or have explanted and want to bring their body back. If you're the kind of person that's like, "Oh, I don't even know what to do. Can I talk to you?" That's why I created those blogs and we have a Facebook group, too. That's Reversing Breast Implant Illness with Sarah and Diane, lots of videos. We do in there Q&A support for you guys, so doesn't matter where you are in your journey. We're here to support you. If you're the kind of woman that is just on the other side of bringing your body back to life, that's where we really come in handy and can save you a lot of time.

Wendy Myers: I love that you're doing this. I think this is so needed. I think it's so important. There is not a lot of information or help out there. I know because I did all the searches and was looking for information even like two, three years ago. There's not a lot of things that helped to guide women on what to do because I was searching how to detox after breast implant removal or what's in breast implants and what supplements remove the toxins and what removes silicone. There's just no information out there about that, so thank you so much for putting all this together and helping women because they really need education about this.

Diane Kazer: Yeah. That's why I created it, so same thing, Wendy. I felt so alone in my searches. I was by myself and I know what to look for, like you as a practitioner. I'm not finding anything or I'm seeing eat some more cilantro, drink some chlorella, and then seeing people doing all these things. I saw one woman's site that was like here's 130 supplements that you need to take once you explant. I was like no woman is going to do this, so I was like I have to create a realistic, in order protocol that women can follow and customize it to them because we can't just go out there and start taking box cleanses and think it's going to get better or bug killing blends and think it's just going to get better.

Diane Kazer: We have to understand why everything is happening the way that it is, have it customized exactly to you so that you know what your roadmap is. It is not an easy process. This is not an easy recovery, but my goal was to make it so easy on women so they can get back to being the mom or the wife or the boss or the crazy wonder woman in bed or whatever it is that she wants again because we're supposed to thrive here. I want that for all women, breast implants or not.

Diane Kazer: I have so much compassion and empathy for women who are struggling and just don't have the answers because just so you know, too, searching online, there's going to be a lot of limited information that you're going to find on this kind of stuff. The game's going to start changing, so follow Wendy. Follow me. That's good source of all this information because it's going to start to change a lot what you can find.

Wendy Myers: Yeah, because it's interesting. I got breast implants because I was trying to feel better or I wanted men to be more attracted to me. I got them and what happened was actually just more people looked at my breasts. That was really the only and I started dating guys that were like I really don't like implants at all. Most of the guys I dated, they hate implants. I'm like oh.

Diane Kazer: I know.

Wendy Myers: That was part of my education and so you have to ask yourself if these implants are really serving you anymore. Are they serving their purpose? Do they have their expiration date now? I think a lot of women may ask themselves these questions. Are these serving me anymore? The answer is probably no. Is this really who I am? Is this really what I want in my body? I have these foreign bags in my body that could be potentially a risk factor for current and future health issues. It's a conversation you have to have with yourself.

Wendy Myers: Everyone, thanks so much for tuning in. I'm Wendy Myers for myersdetox.com, where we talk about everything related to detoxification of heavy metals and all kinds of things, including toxic tit bags. Thanks for tuning in. Talk to you guys next week.