

Episode 149: One year BOOBIE update! Life after explant.

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SPEAKERS

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Welcome to the Manifestation Babe podcast. My name is Kathrin Zenkina. And I'm a manifestation expert, master mindset coach, and multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies, and teaching that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So, thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls. And welcome back to the Manifestation Babe podcast. As you can see in the title, it has been a year since I removed my breast implants. And I have recorded two episodes last year around my surgery and I promised you guys that I would keep you in the loop and let you know what's up. And though I have two Instagram highlights dedicated to my journey, as well as two podcast episodes that you can listen to if you're just tuning in for the first time, and maybe you have breast implants, or maybe you are going through a similar situation. Or maybe you have no context whatsoever to this podcast episode. Go back to

episodes number 88 which is where I share why I'm removing my implants, and kind of the research that I've done. I also provide some research for you, and just some facts, data, and all that good stuff around how I've discovered that my breast implants were actually making me incredibly sick. And then Episode Number 97 is a six-week update where I shared how about 90% of my symptoms have gone away. And now we are here one year later. I know that this isn't exactly my surgery anniversary, my surgery anniversary was actually on April 16. And a funny story, my husband's birthday is on April 18. And last year, I was high as a kite for his birthday, we played what's that game citizens of humanity or you know that card game? I've only played it once, literally. So I know everyone's played it but Kathrin. And we invited some friends over and I was recovering from surgery and there's also Brennan's birthday. I wanted to make sure he had a great time. I was high as a kite, and we played that game, and that's all I remember. But anyway, I shared in that episode, how about 90% of my symptoms have gone away and how I believe, again, using my intuition, which is what I used to pretty much allow me to get to this place where I removed my breast implants. My intuition told me that the last 10% would leave when I would have heavy metals taken out of my system. And so I underwent a couple of heavy metal detoxes and I still am constantly removing, pretty much like maintaining, I guess, adding in heavy metals into my body. Where I'm not as strict as I was before, but I'm still going through the protocols and just kind of maintaining that sense of clarity that I feel in my mind now. Because of the lack of heavy metals that are clogging my brain, that is clogging my body, which is getting in the way of my biology. And I made a post the other day, I mentioned this in the last podcast episode around the conspiracy theories and all that stuff that I shared and my thoughts around that. I shared how I made a post with, essentially a topless post where I had two posted notes. One said, "Thank you," and the other one said, "Intuition." And my husband took that picture, which goes to show you how supportive he is, and I just love him so much. And so anyway, I thought it'd be time to share my one-year update, also share with you guys, a lot of you guys had questions under that post around what I did to remove heavy metals from my body. And again, I'm not a doctor, I'm not a healthcare professional. I feel like I don't even have to say this disclaimer, but just in case I do, I'm going to say it. That I did a tonne of research and I'm not going to share with you exactly what to do. I'm just going to share with you what to look into and some of the modalities that I have used in order to remove these heavy metals from my body. So before I get started, I just want to share the post, I want to read it out loud to you guys. Because I think it's a good post, but also because it's really fueling this podcast episode. So my post said, "But it's proven to be safe, they said. A breast implant illness is not a thing, they said. It's all in your head, they said. You must have other underlying health issues and it's not our fault your body's reacting this way, they said. I'm so glad my intuition called bullshit in 2019 when I just couldn't handle it anymore. The symptoms, oh my God the symptoms. One year ago this month, I went through a surgery to remove my five-year-old breast implants. 12 to 18 months prior to the surgery, I

progressively felt worse and worse and worse until I found myself unable to get out of bed and could only work on my business one hour at a time before I'd fall back asleep from exhaustion. The way my body was acting just didn't make any sense. Test after test after test and everything came back normal. But yet my body was showing signs of extreme stress. I went on a ski trip with my husband in February of 2019. And coming home from that Ski trip, my intuition told me loud and clear, Kathrin, it's your breast implants, they're poisoning your body and you need to go get them out, now. Most people would go, "Oh, yeah, okay, whatever. That's just a weird thought." Or "Let me Google this and see what comes up." Oh, I see breast implants are safe and have never caused any issues according to the FDA. Gotcha must be in my head. But I've always been one to question authority, to question things that just don't add up, to question things that don't feel intuitively right to me. Is a foreign object in the body made of silicone safe? I had to dig really deep to find that answer and take a risk of going through surgery to find out. Nine days, literally nine days after surgery, 90% of my symptoms were gone. And one year later, guys, not a single symptom, especially after doing heavy metal detoxes which they don't tell you that implants are filled with them. lessons I learned from this experience which, cough cough could totally apply to the Great Awakening. Listen to your intuition, question everything. Listen to yourself. If something doesn't feel right, it's not right. Dig into why from there. Practice discernment. Don't take everything at face value because all sides could be wrong and all sides could have the truth. Listen to "victims," quote-unquote victims and their stories, especially when they have nothing to gain from it. I hate using that word. So it's in quotation marks. do research that goes beyond Google. Google is censored you know, I use DuckDuckGo. Swipe through to see what I looked like before I got my implants out and after Thank You Intuition." So on that post, I have also some pictures of my eyes before and after. And kind of what my face looked like before when I was on my sickest. And I just remember that that was what I saw in other people when I started doing my research and seeing theirs before and after pictures. Where I was like, "Oh my god, there is something here." It's just like seeing that physical proof. You know, it's one thing to have someone share with you, "Here are the symptoms I had before. Here are the symptoms that I no longer have or still have after or the symptoms that have lessened or decreased." It's one thing, but when you see it in a photo, it just does something different to your mind where you can't deny it anymore. We're like, Okay. If your eyes were bloodshot and red two days before surgery and were like that consistently, it had nothing to do with being tired, it had nothing to do with, I don't know, being on drugs or high or something like that. It had nothing to do with anything external. And then four hours after surgery, your eyes are completely clear because your body is that amazing and it starts the healing process essentially just like that. There's gotta be something here. And I remember for me, it was literally seeing those pictures that were everything for me. And I use my intuition to help guide me to read other women's stories and look at research out there. And look at stuff that breast implant companies and surgeons are not talking about, maybe even perhaps

hiding because there's just so much money in breast implants, the surgeries and stuff like that, but that's a different story. And so, you know, I ended up, because there is no test for this, taking a risk going through surgery. And it's been such an incredible journey, I am so alive today. And something that one of my followers actually brought up which I ended up looking into that night that I just wanted to share with you guys because a lot of my symptoms that I had, which I'll recap for you guys and share with you that I literally had none of these symptoms. So I'm not even going to share with you what's changed because everything's changed. One year later, I am alive, I am a completely different person. So one of my followers said that a lot of breast implant illness isn't caused by breast implants, which is why that's sometimes when people take their breast implants out how they still have the symptoms, or could have the symptoms or could have a lot of symptoms, or how perhaps sometimes even gets worse, temporarily, or why for some people, they don't even have implants, they don't have anything in their body, but they're feeling these symptoms as well. And just to let you know, any foreign object in the body can cause the symptoms even fillers, a lot of people don't talk about botox and fillers in the face. But fillers in the face are foreign objects, even though they say that it's made from the same stuff that your body naturally makes. It's still synthetically made, right? And so unless you're injecting your own fat into your face, which is cool, and I probably might do that at some point. Maybe that might be my form of natural botox. I don't know I haven't made that decision. But one thing I made a decision on is that I will never put a foreign object in my body, I'll never put a toxin in my body. I've lived through that mess and I will never live through it again. So if it's not like an IUD, if it's not a filler, if it's not breast implants, if it's not some other foreign object in your body, maybe from an accident or a surgery or something like that. Then what it could be is essentially you have toxins in your body that are feeding the Epstein-Barr virus, I'm not an expert on this. You can look it up on the interwebs. You can look up Medical Medium, you can do your own research. This is just something that came to light for me, which makes complete sense and how a lot of the ingredients that are in these foreign objects, for instance, a silicone implant, which actually all implants are made of silicone. So a lot of people go, "Oh, it's because he had silicone implants." Well, saline implants, the alternative to silicone implants are actually made of silicone too, because their shell is made of silicone and also saline implants are more prone to mold. So they each have their own shit, right? They each have their own pros and cons, the only pro I can see is that your tits look nice, right? But besides that, it's all cons from there, at least in my experience. I'm not saying that everyone has this experience, but a lot of people do. And the ingredients inside these foreign objects, like heavy metals, for instance, basically feed and flare up this virus. And this virus is what causes the symptoms and when you allow your body to heal after removing these foreign objects, after removing the heavy metals, after removing the toxins. And going through detoxes and allowing your body to heal, your body heals. And therefore, I don't know if the virus stays in your body, it is just there are no symptoms or it removes the virus. I have no

idea, again, I haven't gone past this point. But I did want to share on this podcast because I know a lot of people are like, "Congratulations, that's so amazing that you removed your implants and went away. Why didn't happen for me? Or why is it that I don't have implants yet I'm feeling the symptoms." So it could be that and I just want to invite you to look into that. So my old symptoms were, and I wrote this in my notebook before I went through surgery just so I could have this for myself. And I also use this in the other podcast episodes. So if these sound familiar, it's because I literally just voiced these in my other episodes. So my energy level started to decrease over time. That's the first thing I noticed. I then eventually had never-ending fatigue. It doesn't matter how much coffee I had, I could sleep eight to nine hours a day, eat super healthy, have all my vitamins and minerals, exercise, practice self-care, get massages, all this stuff. It doesn't matter, never-ending fatigue. I lost my creativity. I lost my zest for life. I experienced brain fog. Short term memory loss, forgetting what I was talking about. You can find proof of this if you were just to go back to my episodes before my breast explant surgery, and you will find that so often and it doesn't happen, it rarely happens now. It will happen maybe once in an episode or once every three episodes where I forget what I'm talking about where I forget a word, just because I'm a human being and that's what human beings do. But it was consistent, I would forget what I'm talking about. I had such short-term memory loss, that it was embarrassing. It was actually embarrassing me. My PMS symptoms got really bad. I would experience suicidal thoughts during my PMS cycle, which would really worry Brennan. I experienced depression cycles, not as bad as it was when I actually had depression back in the past. Way back in the day before I went into this personal development rabbit hole and learn how to empower myself to choose different thoughts, to create different feelings, and create different actions from that. I just would experience these cycles were for two to three weeks at a time I was just feeling, "Do I have depression? What's going on here?" Again, I couldn't function without caffeine. I had back pain, a really bad back pain, a really bad neck pain, heart palpitations. I even forgot some of these symptoms, as I'm reading this list, I'm like, "Oh, yeah, I had heart palpitations like every hour on the hour." I had inflammation in my body. I had constant pathogen and parasite infections. Loss of libido like crazy. Trouble taking a deep breath. I didn't even know what it was to take a deep breath until I got my breast implants out, because I forgot what it was like to just breathe deeply, I really couldn't breathe deeply. I had blurry vision. I had vertigo. I thought I was an LSD half the time. Because the walls would just move by themselves, it was really weird. I didn't want to get out of bed most days, I had constant cold hands, and lack of body temperature control. My eyes were constantly bloodshot. I had lactose intolerance that I realized after digging deep into my past and history and health history that it developed after I got my implants, so it triggered that. And then I was always looking tired, I had really dark circles under my eyes, I remember considering getting filler, which would make it worse now that I look back. Because I was so tired all the time. Not only was I tired, but I also looked tired. So it was just a bad

combination. And then, hypothyroidism, I was treated for hypothyroidism with one natural path. After I got my breast implants in and it improved, phenomenally. I got so much of my energy back. All my tests came back normal after this treatment that I did use alternative medicine. But I could still tell my metabolism wasn't really up to speed, and guys now my metabolism is so much faster, which is so exciting. And then, of course, with that comes the inability to lose weight, and no matter how strict my body, my diet was, my exercise, I was constantly bloated. It's like my body was under stress 24/7. And so when I took my implants out, 90% of this went away. I remember I'll never forget waking up on Day five of the surgery or Day four after surgery, looking out the window, and having a will to live again. I will never forget what that felt like, I remember listening to some music in the morning because that's all I could do was to watch TV and listen to music because I was recovering. And I was listening to some music and I was doing some visualizations, and I was like "Whoa, my visualizations are different. They feel real and exciting." And I looked out the window and I looked at the back hills of Los Angeles. The Holmby Hills are my view. And just be saying, "Wow, I have a will to live. I can't wait to create something amazing, I want to be here." And I didn't feel that for a year and a half prior. I just felt so dead inside and that was such a relief to me. Day nine after surgery, I launched a program my Manifestation Babe Academy, and I actually had the energy to show up. And it was exciting and people were commenting, "Kathrin, you're glowing, there's something so different. I can't believe I'm saying this but I totally believe in breast implant illness because of just watching you transform." And it was just amazing. And then, six weeks later, I was saying, "You know what, yeah, I still have some fatigue." And I know that sometimes people would experience flare-ups. You know, through the healing process. You would have flare-ups and it would feel like nothing changed for a day or two, and then go back to your new normal. And that's just your body's way of adjusting. So I had some flare-ups here and there. But I would say about 90% of the symptoms are gone and about 10% were there and I went to my favorite place in the world called Next Health. And I got my heavy metals tested. And in there, I realized that I had high levels of mercury, and I was pretty good and all the other levels, so it's really just mercury. And from then on, I basically did this. This is what people were asking me and I said I will share this in a post or a story or a podcast, I decided to go the podcast route, which is, I, first of all, stopped eating fish because I love sushi. I still do. I love tuna especially. But I knew that I could not be detoxing and eating heavy metals at the same time and tuna is notorious for being high in mercury. So I decided to go mercury fish-free for six months and only eat fish that I knew was lower in mercury and also just really looking at things and just being really careful. I also changed my water source to distilled water. Now people have their opinions on distilled water and how there are better ways to do this or whatever. But at the time, even now Brennan and I aren't really even sure where we're going to live, we're just kind of figuring things out as the days go by. So investing in a water system and a place that we're not staying in for very long. Distilling my water just works for me right now. So I

bought a water distillation kit. And because drinking pure distilled water is actually not good for your body because your body needs minerals. I add minerals via pink Himalayan salt. So in my water, I will put some salt in it and make sure I'm getting my minerals and make sure I'm eating foods that are high in different minerals. And there's also if you choose this route, you could also buy these drops that have minerals in them and I know that a lot of cafes like coffee shops near me sell pure ocean water that you could drink to remineralize your body if you need that. And distilled water also gets rid of fluoride and gets rid of a tonne of other things that are just not good for your body. And if you guys ever looked inside of my water distiller, you would puke from what you can see in there. It's disgusting like what's in tap water, it's just like gunk. It's like this brown sludge that builds up in there. And you just think to yourself, "Wow, that's what I drink in. And that's what goes into my body every single day." So I make sure I drink the cleanest, purest source of water. And I do want to say that not all bottled water is equal. So just because you're drinking bottled water doesn't mean that it's been cleared of any potential metal sources, as well as fluoride, as well as other things that could be harmful to your health. I started taking bentonite clay and activated charcoal, first I started using one that was a mixture of bentonite clay and activated charcoal. And I would put it in my glass of water and mix it and be like this black, it's kind of nasty but I would drink that every single night. Because activated charcoal and bentonite clay poles everything, I could be butchering this but I believe positively charged because your body needs to be negatively charged. And metals are positively charged. So it's pulling anything that's positively charged in your body, which it's known that cancer cells and tumors and all that stuff are also positively charged. So any positive charge, it's pulling it from your cells, pulling it from your body, and basically allowing you to pass that through. And it's not recommended for you to take this with food because it's going to pull nutrients as well. It's like a magnet to anything in your body that isn't supposed to be there and sometimes it can pull minerals and nutrients. So you definitely want to time it where you're taking this, first thing in the morning, an hour before food or any vitamins or minerals that you take. I just did it at night because it was easy because at night I'm not going to eat or drink, and then in the morning, I go to the bathroom and it's all going to come out through me. So I started doing that. And again, I would advise you to do your own research and look into the stuff and dose yourself and figure it out. I don't want to be the one who tells you how much to take and what to take. I'm just sharing the things that I took. Cilantro in general is a great puller for heavy metals as well as Cilantro heavy green juices. I drink green juices every single day, I still do detoxifying, alkalinizing green juices that aren't heavy and like fruits. Celery juice also I used to drink it every single morning. I'd wake up the first thing I would do is the celery juice cleanse from Medical Medium that really helped me as well. I did daily coffee enemas every single day for two months straight that really helped my liver detox. My liver was overloaded trying to process all of the micro leakages that were coming from my implants. They say that implants don't leak, especially the gummy bear

kind yet so often, if you go in, do your research and find surgeons that are removing breast implants, they are like sticky coming out of your body. And no one's testing breast implants at 98.6 degrees Fahrenheit. They're testing them at room temperature. So of course, if you stick a breast implant in a microwave, it's going to create a different effect than if you're just looking at it at room temperature. So I knew my liver was overloaded. And so I did those, especially for the liver. And then something I got recently that I didn't use back then but I do want to share this because it's a much more gentle, heavy metal detox because a lot of this stuff can get you to have certain reactions. You could have certain symptoms they call them like when you're killing pathogens in your body, they're calling them die-off symptoms. And pathogens in your body like parasites and pathogens love to feed off of heavy metals. So when you remove heavy metals from your body, they kind of die off too. So you could be passing parasites and pathogens, as you're doing this, which is really cool as well. So it just goes beyond removing heavy metals. And look up what heavy metals do to your body, we are supposed to have some heavy metals like very, very few heavy metals in our body because it helps us function. But most of us are overloaded because it's in our food. It's in our air. It's in our water. It's in our breast implants, right? So it's everywhere. So it's important to constantly be detoxing your body. So the spray that I got is called a Zeolite spray. And it's by a company it's called TRS by Cassava. This is an MLM. So I know that there are people out there that you can contact to find more information, you can also look it up online. I bought it from some random distributor that I don't know on Instagram, because I just wanted it and they make you sign up with a distributor or they assign you a distributor. But whatever, you don't have to subscribe to anything, you don't have to pay for anything outside of the bottle. They encourage you to make an account so that you can get a discount because it is an MLM and if you guys know how MLM is working, I used to be a part of one so I completely understand the process. But anyway, this has been really awesome. I've been using it the last week because I haven't really been using my usual stuff in a while except for my green juices, my cilantro green juices and really minimizing my fish. I introduced tuna back into my life, I've been eating some sushi, but it's literally just once a week. And so I'm continuously maintaining this process and the Zeolite spray I can already tell difference. They claim that it can remove mercury out of your body in two to three days and then it's a 30-day process of removing other heavy metals that are not supposed to be there. And I'm just going to vouch for this because I can totally feel a difference. Again do your own research, see if it's right for you, see both sides I guess, look at what the people who are saying it doesn't work are saying, and look at what the people who are saying it does work are saying. So get a nice, well-rounded viewpoint of it. But in my personal opinion, I've totally noticed the difference. So yeah, removing heavy metals and maintaining that has made a world of a difference. Guys, I cannot tell you how incredible I feel today, I feel energized. I feel lit up by life. This doesn't mean that I don't have bad days. And I'm not a human and I don't get tired and that I basically become an energizer bunny because

that's not true. But I do feel like myself again. And I can think clearly the way that I'm present with what I'm doing. Like these podcast episodes, the way I'm present with my studying, in my teaching, and in conversations, everything is just flowing for me. It's not I don't find myself blocked very often, like in the past, I would find myself energetically blocked all the time because I was energetically blocked. I was physically, mentally, emotionally energetically blocked on all levels because that's what these things do. They affect you on all different levels. And so, for anyone who's listening out there who has breast implants and who is feeling so many symptoms, go out there and look at what's up. Look at the hashtag #Breastimplantillness, do your own research, join some Facebook groups, there's a lot of great groups out there. A lot of great resources that I shared, I don't want to just reiterate what I already said in previous episodes. So if you want more information, go to episode number 88 and number 97. 88 is why I'm removing my implants and number 97 is a six-week update. It's some really good stuff. And I just want to personally thank my intuition and source for leading me down this path. And for anybody who feels inspired to look into this stuff, and anyone who has any questions again, look into those episodes, look into the research that I provided, look into some of the stuff and also send me a DM and just let me know how my journey has helped you if it has helped you. Or maybe you're coming across this stuff for the very first time and just let me know if you have any questions. I do my best to answer my DMs and if I can't get to your DM just because there's a lot of them that come at me every single day. I will encourage you to check my Instagram highlights. In my highlights I have two highlights called Bii journey I think, I think it's a Bii journey and then Bii/explant. There are two of them. And you can find more of my journey and you can kind of see what I looked like before I got my implants out, and to compare that to who I am today, which is a more lit up, authentic version of myself. All right, you guys, thank you so much for listening to this. I just wanted to do my due diligence and update you guys. And just remind you that the overarching lesson and all this is to question everything, discern, use your intuition. Don't expect authority figures to have all the answers for you. Be your own best health care provider. Be the sovereign being that you came here to be, do your own research, dig into the truth, and also know that the truth is different for all of us. I know this has been a theme with the last episode and this one, that it's all a subjective illusion based on our filters, and truth can look different to all of us. And maybe you have implants and aren't experiencing this, you will never experience this and don't believe that this is real. That is cool with me. Seriously, it is all good. I am just sharing my perspective, my experience, and my story, and I hope if you guys enjoyed it, and yeah, I will catch you guys in the next episode. Love you so much, mwah, bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by following @manifestationbabe, or visiting my website at manifestationbabe.com. I love and adore

you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic.