

# Episode 88: Got Breast Implants? WHY I'm REMOVING Mine & How...

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## SUMMARY KEYWORDS

implants, breast implants, surgery, symptoms, surgeon, breast, feel, body, capsule, saline implants, called, silicone, plastic surgeon, people, women, plastic surgery, share, life, thought, decided

## SPEAKERS

Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a 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, 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 tools, resources, strategies, and teachings 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. Welcome back to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I am so excited that you are here, whether this is the very first time that we're connecting, or if you've been a loyal listener for a while now. I'm just so grateful for every single download, listen, and review that this podcast gets. So, I just want to start this episode by first thanking you so much. Today's episode is going to be so different from anything I have ever created an episode around. If you're familiar with the podcast, I am always talking about manifestation, mindset, and money. Today, we are shifting the topic a bit because I am going through something and it is negatively affecting my health. In turn, it is also

negatively affecting my mindset. This is so unlike anything I've ever created, but I just have this faith. I have this trust and intuitive sense that this is going to help someone in a massive way, and this might save someone's life. So, I'm going to go ahead and do this. I strongly believe that my breast implants - yes, those silicone bags in my chest - have been making me sick. They have been sucking my precious energy; they have been taking my creativity away, and they've been preventing me from stepping into my next level. I have reached this point where I have finally accepted that enough is enough, and I'm ready to take them out. I am ready to explant - which is the opposite of implant - my breast implants. Breast explant surgery has been on the rise for the last few years. I just want to share my journey as a way to inform you; share my decision making process; and share with you everything that I have personally experienced and learned, and the things that have spoken to me that led me to making this decision. I think it's so important to start this - by the way, I'm getting chills right now, which is a confirmation that this is supposed to be said. So, I first want to start with a disclaimer and share with you that this episode is not here to scare you. I am so against fearmongering; I'm so against people who just want to scare each other. You guys know I never watch the media or the news. But sometimes it's so important to be informative and share your personal experience with something that you're going through. When you find out that you're not the only one going through this, it's very important for other people to know that they are not alone. I am not sharing this episode with some of the information that I'll be sharing with you to scare you. Not everyone will have symptoms like mine; not everyone will have a story like mine. My mom, in fact, has breast implants as well; she's had the same ones for 11 years, so they're quite, quote-unquote, old in the plastic surgery world and she experienced zero symptoms. She has no idea what I'm talking about, but she's still very supportive of what I'm going through. She's actually very excited for my explant surgery. I just know that even within my family this is not a guarantee; that if you have breast implants, they're going to affect you in a negative way. Not everyone will have a story like mine, and not everyone will experience what I experienced. I'm obviously no expert, I'm not a doctor, and I don't claim to have all the answers. I'm simply sharing my personal decision making process and informing you only on what I know and have learned over the past few weeks. This is so new to me. I'm doing this as a way to help any other woman out there who also has implants and has been feeling the same way that I felt in the last 12 to 18 months. If you've been following me on Instagram, especially my stories - I actually have a highlight. In case you're curious and want to follow along this journey, pause this podcast episode and go ahead and give my Instagram a follow. I will be periodically updating you because I have scheduled my surgery and it is coming up within the next few months. I am taking the time to document here and there more of my symptoms and answering your questions to the best of my ability and knowledge. I'll be posting a lot more updates past the explant surgery as well. So, really great resource for you. I'm going to give you guys a few other resources so that if you're interested, if this is speaking to you, or if this is blowing your

mind, I will give you the places where I found my information, and I will give you the exact same resources that I have so that you can make your own decision according to your own health issues depending on what you're experiencing. Maybe you're not experiencing anything, but you're just curious. This also goes to say that I am not against plastic surgery, but what I am pro, is pro health. And sometimes, when the two conflict with each other, I am always going to choose pro health. I want to give you guys a background story. So many of you didn't even know I had breast implants, which I take as a huge compliment because I went with a surgeon who refused - literally, I begged him to put in bigger implants and he said, "Girl, I am not going to turn you into a porn star. We are not going to give you any access issues that you don't need to be dealing with," which was really awesome, to have such a plastic surgeon. I actually love my plastic surgeon, the one that did my implants. He's a really nice guy with great energy. I just think that not every single surgeon is informed of this thing called breast implant illness, which is what I am now. I strongly believe I'm dealing with it. It's not that they don't care, it's just that it goes so against their knowledge, their education, and everything that they know. They claim that there's no scientific evidence and that there's no proof, and there really isn't that much information out there. But when you continuously come across story after story and find yourself in a Facebook group of 60,000 women dealing with the exact same issue, it really makes you wonder. So, a little bit of a background story of why I even have implants in the first place. For as long as I can remember, I had loathed my body. I was an overweight child, pretty much 30 to 40 pounds overweight between the ages of eight and 13. I finally lost a ton of weight from dieting. I started my first diet when I was 12 years old, and within that year period, I lost about 30 to 40 pounds and finally started to look good. But as you can imagine, getting teased about my weight as a child kept me in the delusion of "I am still fat." I know you guys have seen those Instagram posts or memes. I think I've seen these for as long as I can remember, even just on Google Images; where there's a girl looking at herself in the mirror and she's pretty much anorexic, but what she sees in the mirror is a very overweight woman. That just goes to show you how delusional you get when you do suffer from an eating disorder, which is what I had. I was a bulimic teenager; even past the point of me being pretty healthy and fit, I still thought that I was fat, like continuously. So, that turned into bulimia, and it was a huge mess of just body loathing. Eventually I got over and out of that. But regardless of how much weight I would gain, it would never go to my chest. So, I never ever had boobs. I was very flat-chested growing up, and I never thought anything of it, as most kids don't think anything of it - even teenagers - until someone else points it out. So, I was constantly made fun of between the age of 14 to 16 or 17, when all girls would sprout and get big, beautiful breasts. Kathrin, on the other hand, was very flat-chested. I would say my bra size was 32AA, if you wanted to really fit me correctly, which is very tiny. Something else I didn't learn until much later, when I actually scheduled my consultation with my plastic surgeon, was that I had something called tuberous breasts. That just means that the breasts have not fully

developed; they're underdeveloped. You can Google this just so you can get a nice visual, in case you're curious. But basically, they're very cone-shaped breasts; they don't have very much of a round shape, they're pointier. The tissue on the top and the bottom of the breast is kind of missing. Most of it is in the middle, so it creates this kind of tube shape. And so, of course, I was made fun of for that - for my pointy boobs. And really, there was not much tissue at all. I remember, even in ninth grade, I had a group of girlfriends - or so I thought they were my friends. I remember in summer school, between ninth and 10th grade, right before I moved to Washington State. I spent a year in High School in Los Angeles here in the San Fernando Valley and Woodland Hills, El Camino Real High School, if you're familiar. I remember some of my girlfriends saying, "Kathrin has a little boy's body." I was said, "What do you mean I have a little boy's body?" And they said, "You have a little boy's chest, it's so cute. You look like a little boy." And that just killed me inside, as you can imagine. Here's another thing; I've been surrounded by plastic surgeons my whole life. Not that many, but I've been very immersed in this world of plastic surgery, so it was never something that was a big deal or unheard of, especially living in Los Angeles. But actually, my best friend's dad was a well-known plastic surgeon in Europe. He first came to the United States - they all immigrated to the United States. He tried to get his license in the US but couldn't pass his exams or something happened. So, he went back to Europe and would pretty much travel back and forth between Europe and Los Angeles. He became very famous and well-known in Europe. Me and my best friend would always dig into his camera out of curiosity and look at Before & After's of the women he worked on. It was just so open; there was nothing taboo about plastic surgery in my life. My mom was also a plastic surgery nurse since, I want to say early teen years, because I know that when she graduated from nursing school, I was about six years old. Then she had her little hospital journey: she worked at home health centers and nursing homes, and was getting her start in nursing. But I do remember that at one point, she worked in Beverly Hills. Later on in my life, I learned that she was a plastic surgeon nurse, and she just knew a ton about plastic surgery. It wasn't a taboo. Around the age of 17 or 18, in my senior year of High School, my breasts were not fully formed or there. I decided that I was going to get breast implants. I started to do my research, and of course, I had no job. I was in High School, so there was no way I could afford the surgery. But I decided to plan for it. My parents, family, and friends have always been supportive of me, so it was such a no-brainer. There was nobody against this; there's nobody questioning me; so, I decided to go for it. I waited until I was 22, for various reasons. I didn't have money at 18 years old. I got my first job when I was 19 years old, just for reference. So, I literally had no money, except for the allowance my mom would give me for making sure I had enough gas in my car or so that I can go out with friends from time to time. Around 21, when I was nearing the end of college, I decided to really look into breast implants, actually figure out the cost and healing time, and look at people's journeys on YouTube. I learned that in order for you to - especially for someone who has such little tissue, it is recommended to have silicone implants because

they're going to feel more natural and have them under the muscle. That way, there is no rippling. Especially if you have saline implants, typically there's rippling if you don't have much tissue to mask the implant. Because saline are essentially bags of water with a silicone shell, I could get them as early as 18, because that's the first approved age to get implants without parental consent. I wanted silicone because I felt like that was going to be the path for me. There's a law in effect that states that women under 22 cannot get silicone; only after you're 22 years old can you get silicone. I scheduled a consultation two weeks before I turned 22. I decided that by the time I would even have or consider this surgery, I would be 22 years old and therefore be okay. So, I went to go see this surgeon in Seattle. I really liked the guy; he taught me a lot about my anatomy. It was actually very interesting, just explaining "This is why this happened," or "That is why this looks that way," and whatever. We all have opinions of this. Some of us would get offended and be like, "Oh my God, this doctor is showing me how deformed I am." But I have always been so curious and more objective about the human body, especially since at this time in my life, I was still working on becoming a doctor. I actually considered becoming a plastic surgeon at some point, you guys. That's how familiar I was with plastic surgery, that I recognized that plastic surgeons make a ton of money and they are essentially artists of the human body. Their work is a work of art, and I've always been interested in being creative in my future career, instead of just operating on people in the hospital, or whatever. At that point in time, I was so set on becoming a doctor, so I considered being a plastic surgeon. It just blows my mind now, thinking about it. Anyway. I found a surgeon, I went home, I talked to my mom, and my mom said, "Well, there are ways for you to get this financed." I actually had a job at the time at the movie theater. I also had my boyfriend at the time, who was very supportive, who said, "Kathrin, I'll help you make your payment. Go for it if this is what you really want." This was my college graduation present for myself, even though I had another year of college since I was a fifth-year college student. I scheduled my surgery in winter break so that I would heal and be able to go back to school. My boyfriend was very supportive. He said, "If you can't make all your payments, I will help you. We'll figure it out. Just go for it." I took out a loan of about \$10,000 via Care Credit and decided to go for it. I got my surgery in December of 2014, and I loved the results. I was so happy, I had zero complications, I had no issues, nothing. At this time in my journey, no one ever told me of any potential side effects of breast implants, except for the most common ones, like implant rupture. I actually have 325CC textured gummy bear silicone implants, which actually got outlawed in Europe. I don't remember exactly when, but they recently got outlawed because there are so many issues with textured implants. When I got them in, I was told that these are the best, safest, and the ones that have the least amount of complications. When I share with you some of the things that I read from a New York Times article, stuff that doctors have written or that women in this breast implant illness group have shared, I was shocked. But anyway, I knew the general complications, like rupturing. Well, I was told that silicone textured gummy bear - especially if it's gummy

bear and cohesive - even if there's a rip or a rupture, that nothing can get out. Well, now I know that that's a lie, but whatever. I got him under the muscle and got my implants put in. I knew about capsular contracture, but I was also told that textured gummy bear implants don't get capsular contracture. Funny story: guess what I got two months ago? Capsular contracture. Anyway, in the very beginning between December 2014 and about a year and a half ago, I had zero issues. When I think about my timeline and see when all this started to change, I want to say it was end of 2017, beginning of 2018. So, what is that? About a year and a couple of months? Only then is when things started to shift for me. Up until that point, I had zero issues, and was the happiest I can be. My right breast kind of inverted itself, and so it points inward, and that kind of bothered me; but I figured that that's the worst that's going to happen. I told myself it was not worth a revision surgery. "I'm just going to leave it and let it be." I always had plans that when I would have kids, I would get them redone because of breastfeeding and maybe get a mommy makeover. Again, nothing against plastic surgery, but I am pro health here, which is why I'm going through this explant surgery. So, when things got a little weird. At the end of 2017 and beginning of 2018, up until now, I noticed that things started to change. I made no connections whatsoever to my breast implants. I made every connection; I literally convinced myself because I saw so many specialists who said, "Kathrin, why are you so stressed? Your body's under so much stress." And I convinced myself by saying, "You know what? I really hustled in 2017. I didn't take a single day off; I've been building a business; I'm an entrepreneur; I barely slept. I was very much so in hustle mode in 2017 with my business. So maybe that's what's contributing to this list of symptoms," - which I'm about to share with you. But I never made this connection to breast implants, until a couple of weeks ago. Really, this is so new to me. I started to connect my story with other women when I recognized myself in other women's stories, who also have breast implants. Just seeing the shifts in their life and seeing the physical transformation on even their faces and in their eyes before and after explants, I was so shocked. So, here's what started to happen. From late 2017, early 2018 up until now, when it got so much more severe, especially after getting capsular contracture about two months ago. I noticed my energy level starting to decrease; I started to get never ending fatigue where I had to take naps every single day. I remember talking about adrenal fatigue in 2018, when I went to see a naturopath for adrenal fatigue. He gave me a protocol, which helped me tremendously. It actually took me from needing naps every single day to not needing naps every single day, but the fatigue is still there. It never truly went away. The way that I would describe how I felt, especially with this brain fog and short-term memory loss that I experienced and forgetting what I was talking about. This is huge, because especially if you've been listening to my podcast for a while, I have brain farts all the freakin' time. I thought that that was just who I was. When I started to connect the fact that all these women also started complaining about forgetting words. "Oh, that's funny. I always forget words, and I laugh at myself for thinking, 'Oh, this is just me and that's who I am.'" But then I thought,

"Wait a second, is that really normal?" Because when I started to connect how I used to talk and how I used to be back in the day, I never remember having trouble remembering things. In fact, I've always proudly known myself as having an excellent memory. It started to blow my mind as I started to connect these things. How I describe how I felt is like a cloudy day. So, in Los Angeles it's been so rainy and cloudy this entire winter - which is great for the environment - but it's really foggy and really cloudy. The way I look outside, I would say that's what my mind looks like sometimes. That's how I feel, as if it's a cloudy day inside of my head - every single freaking' day. My PMS symptoms got worse. I would get severe PMS for three days. I hardly ever feel cramps or physical pain, but it would be a mental and emotional struggle. Brennan would know, "Oh shit, it's three days before her period." I actually have a very interesting cycle, which I'll share with you in a moment why that is; it has something to do with something else. But he would just know what day of the week it is and the timeframe; he's calculated this all to a tee. He just knows that whatever comes out of my mouth, whatever I think, or whatever negative mindset I'm in, to just let me go through it and not get involved with it, because it just makes it worse. This is scary, but I started to experience suicidal thoughts during the worst of my PMS. I would literally tell Brennan, "I don't deserve to live, I don't want to live, I want to kill myself." It's even hard to admit this to you, but I would fall into these depression cycles from time to time. The only reason I know that it is so like depression - I'm not claiming myself as depressed; I'm a pretty happy person. The tremendous amount of inner work that I've done to control my thoughts, switch and reframe them, focus on the positive, and really live a life of gratitude, I would never claim myself as depressed. But I would say that I have depressed patterns. There would be weeks of time when I just don't want to get out of bed. I just don't want anything to do with anything. People have asked me, "Kathrin, what really happened in 2018 when you wanted to give up your business?" I would say it was a depression cycle; I would say it was the suicidal thoughts; I would say that this is actually some of the symptoms starting to come up, to where I still feel them now at least once a month, but I have claimed them as normal to me. I'm no longer surprised when it happens. I can understand and talk myself through it and say, "Kathrin, you're going to feel this for a few days and then you're going to feel so much better." But is that really normal? Should it be that way? Is that actually healthy? I would notice that I just can't function without caffeine. I shared this as one of my symptoms the other day on my Instagram, and of course, everyone and their dogs started pitching me their health supplements. I kept responding to them, saying, "It's not my lack of health supplements." I take so many vitamins and minerals; I eat super healthy; I sleep eight to nine hours a day; I exercise; I practice self-care; I get vitamin IVs; I go see people who can help me with my health. I am so good. It is not just a lack of vitamins. And coffee is what helps me get through the day. There are so many tasks right now; there's so much going on inside of Manifestation Babe behind the scenes. We declared 2019 as the unsexy year for us; where it's the year of strategy, systems, processes, and putting things into place. So, even though

I'm responsible for content and continuously will produce content like podcasts, posts, and emails, behind the scenes, me and my team are freakin' busy. We are doing stuff behind the scenes every day: processes, systems, and all this stuff. In order to move through my to-do list, even after the first two tasks, I'm exhausted. I'd feel like I ran a marathon. So, I'd find myself drinking coffee at 7:00 pm at night, and it would not keep me up. People who are very sensitive to caffeine, having a cup of coffee at 7:00 pm is a big no-no. But for me, I find that I need a cup of coffee to finish the last thing on my to-do list before I go to bed, or to be able to function and speak to Brennan and ask him about his day. I would just need coffee, which of course is a problem. It does not help adrenal fatigue, but even being diagnosed with adrenal fatigue by one of my naturopaths, I gave up coffee when I did the protocol. And it helped, but not so much. So, I'm aware that coffee doesn't help. I'm aware that it's a stimulant, but for the sake of the next two months of my life, in order for me to function. People always ask me, "Kathrin, how do you show up in business? We would have never guessed that you feel like crap every single day." Well, it's because I don't want to inundate you with, "I'm feeling like crap, poor me." I want to come at you from a place of positivity and reframe, and show you that there is always a light in life, and that there's always a silver lining. I'm actually excited for this, and I actually don't regret my surgery at all. That might come as a shock to you. You might be thinking, "How can you not regret feeling this way? How can you not regret the thing that's causing you to feel this way, or at least believe that this is the cause?" Because we're never really certain, right? I just learned so many important life lessons around my health and how much I value my energy and vitality, and everything around my life that fuels my creativity. I really value that. It taught me so many beautiful lessons. A couple more symptoms I've been dealing with; you might already be like, "Well, this is intense." But I'm not even halfway down the list! Back pain, neck pain... I had to go see a chiropractor because I legit started crying from this intense back and muscle pain. It was so deep that a massage couldn't help me. I couldn't explain it. I would feel it around my spine, and laying down, standing up, sitting down, and any position would hurt me. I remember there would be team calls where we'd be discussing something important. Brennan would say, "Sorry, guys, Kathrin's laying here listening, but she just cannot function right now." I find myself getting sick more often. And this is so weird, because I'm someone who rarely gets sick; maybe once in 18 months or once a year max. I find myself getting sick every few months, and I'm wondering, "What the F is going on?" Neck pain: no matter how many massages I would get - and let me tell you, chiropractors have scanned me, and I've done all sorts of x-rays, MRIs, and all this stuff. They couldn't find the root cause of why my muscles are so freakin' tight and tired, and why I have back and neck pain. Yes, there are a couple of things that I can tweak with my posture, but they said, "Your posture doesn't really contribute that much to what you're feeling. It should bother you a little, but not to the level that you're feeling." Inflammation in my body is huge. I am constantly bloated, and I have a really hard time losing weight, no matter how strict my diet is. I just feel like no matter what, I can tell that it's not just fat,



but it's water weight. I can feel it jiggling, and I, for some reason, can tell the difference between fat weight and water weight. I can just tell that I'm so inflamed, and my face started getting really round. I started losing bone structure. I have this very sharp jawline, that I remember I always used to get compliments on. I noticed that I just don't have that anymore, and I started to look really tired in my face. My eyes are always bloodshot, I have very severe dark circles under my eyes that have been getting worse, to the point where I contemplated getting fillers. I was like, "I'm 26 years old, I guess I should get botox and fill in my undereye hollows." I actually made my appointment to go get fillers under my eyes, and for some reason - and this kind of gives me chills right now - I cancelled it last minute. I thought, "No, this is not the answer. There is more to this," - even though I wasn't willing to admit yet, or not knowledgeable enough to admit yet that this could be the case of breast implant illness, something I'd never heard of before. But once I discovered it, I was like, "Oh my goodness, this is it." I'll share with you how I knew that as well. Heart palpitations are really freakin' scary. It feels like you're having a heart attack and you can't catch your breath. It just catches you so off-guard. I never remember having heart palpitations until about two years ago. Pathogens; parasites; gut infections. When I recognized that I was not the only one who started getting all sorts of gut infections after my breast implant surgery, and that other women were also complaining that their doctors and naturopaths are constantly finding pathogens and parasites in their body... My naturopath told me that I have an abundance of E. coli in my stomach, an H. pylori infection, and this infection, and that infection. My gut is like a freakin' mess. I was so confused. He told me that it's because I travel the world so much. So, I contributed that to travel. I go to places like Southeast Asia, India, and a lot of third world countries; even though I do my best to eat the best quality food I can find, you just never know. Drinking water, you just never know; you might pick something up. So, I started doing regular colonics and parasite cleanses. I worked with my naturopath to cleanse me out, but it would continuously come back. I would feel these foreign bodies within my gut draining my energy, like they're just so hungry for all the food that I eat, so it also contributed to my loss of energy - and that's one symptom that I never had before. Trouble taking deep breaths. Sometimes I feel like I'm going to puncture my lungs with my implants. Blurry vision, even when I'm wearing my contacts or glasses. Sometimes my vision will just start blurring, and I'd be really confused, and it will last for a couple of minutes, and then it'll come back. It's weird. Vertigo: I'm not sure if this is 100 percent what you call vertigo, but sometimes I would see walls move like I'm on LSD. I would look at someone, space out, or look at the wall, and all of a sudden, everything's turning into like a wave. It's like moving and I'm just like, "Whoa, this is crazy. I know I'm not on drugs. What's going on over here?" At some point, when I heard other women's stories, I thought, "Oh my God, that's not normal." Not wanting to get out of bed most days. Constant cold hands and lack of body temperature control. Having chronic cold hands bothers me so much. Constant bloodshot eyes. Lactose intolerance. My mom has been perplexed for the last year of where I picked

up lactose intolerance. She said, "Kathrin, you never had an issue growing up. You're Eastern-European, and us Eastern-Europeans are so good with lactose; we're filled with lactase. You should not be having issues. You never had issues as a kid or a teenager. What the hell happened to you?" Whenever I visit, she has to buy me almond milk, and she keeps offering me cheese and I say, "Mom, I can't have cheese." Then she keeps buying me Lactaid, so I can have cheese. All of a sudden, in the last couple of weeks, I realized that I've only been lactose intolerant since I put my breasts implants in. When I made that connection, and also hearing other women share that they've also started to experience food intolerances that have never been in their entire life until they got their implants in, I was again more and more convinced. I mentioned always looking tired. Hypothyroidism. This is crazy; I got diagnosed with hypothyroidism and actually got treated by a naturopath. Although I improved phenomenally, and my metabolism spiked tremendously. I can still tell my metabolism isn't quite up to speed. So, when I noticed that a lot of women with breast implants - after they get their breast implants in - have thyroid issues of all sorts. I already shared inability to lose weight. Over the last 14 months, or maybe even longer, I've been seeing specialists. They would all draw my blood and say, "Your symptoms are out of complete whack, but we can't tell what the root cause is. There's no root cause; there's no explanation." Only my naturopath said that my body's under constant massive stress. He said, "Girl, you need to stop working so much." Even though I'm not stressed out at all, I lowered my work hours, delegated more, and really took to heart what he said. I even started taking vacations and enjoying time off; I hired people and really started to delegate to where sometimes I'm only working two hours a day. But I'm still so exhausted! It was as if I was hustling. My body's under constant stress. When my naturopath first tested me for adrenal fatigue, he said, "Kathrin, you're like one step above adrenal failure. You're one step above dead." That, of course, scared me. So, that's when I gave up coffee and stimulants and went under his adrenal protocol. And again, some improvement, but not much. It's almost like it came back, and it's coming back really hard right now. After sharing my journey, I think that I came across someone sharing that they're getting an explant surgery and bringing up this issue called breast implant illness. I actually thought nothing of it. I thought, "That's impossible. There's no such thing. Implants are safe." That's what you hear from plastic surgeons. "Silicone implants are medical-grade and do not affect the body." I would start convincing myself, "Implants have existed for decades, and I know tons of women who have no problems" - which is so true. You might have breast implants and be listening to this podcast and can't relate at all to what I'm saying. And that's totally fine because every single body is going to be different. People in the breast implant illness call it the ticking time bomb. They say that, maybe not now, but at some point, it will negatively affect you. I don't know if that's 100 percent true because I still believe that all bodies are different. But what I do know is that, for instance, something that allowed me to start making this connection was that I'm biology student/pre-med student who was so gung ho about going into the medical field. I

should know - and I can't believe I didn't make this connection at all - that any foreign object in your body is going to cause an immune response. When you have something like silicone or even saline - because saline implants are still made of silicone; they have a silicone shell. So, when you have these big foreign objects - like they're pretty big for an object - your body never stops attacking them. Your body never stops fighting them or going to work. Eventually, all of your resources - all of your white blood cells and anything else involved in this autoimmune response - will go to your breast implants. Something that your body actually does is it creates a capsule, and that's where capsular contraction comes in. It's because there's a capsule around your breast implants, essentially protecting your body from the breast implants. So, it creates this kind of shell around the breast implants, making sure that the implants are no longer touching the rest of the body, and this is what your body does. Essentially, silicone - even in saline implants - but especially having such an abundance of silicone - you're always told that they're impermeable. But they're not. Sometimes capsular contracture happens because of a rupture, and the rupture happens when the silicon starts leaking into your body. So, the capsule gets thicker and thicker because your body is going like, "Oh, no. You're staying in here. We're not letting you go into the organs or any other vital parts of the body. We're going to keep you locked in here." But the thing is that your capsules are still permeable as well. I've heard scary stories - and again, I'm not scaring you, because it's not that bad for me - but I've heard stories where women almost died because of their implants; because they had a rupture that went undetected. And again, textured gummy bear - the gummy bear cohesive - they can still rupture too. You're told that they're cohesive, but they're cohesive under about 77 degrees Fahrenheit. When your body is 98.8 or 98.6 degrees Fahrenheit, that's so much warmer than when these implants were tested to be cohesive. So actually, they're not that cohesive and they can also have a rupture as well. And, eventually, silicone - and some of the ingredients that I learned that implants are made with, that's going to go straight into your lymph nodes, which if you can think about, breast lymph nodes and breast cancer; there are lymph nodes there that can get inflamed and develop all kinds of issues. You have all those ingredients in your body. Many women have been tested and found silicone in parts of their body that matches the same concentration as their breast implants. It's crazy stuff. But anyway, I don't want to get too ahead of myself. I do want to share with you how I came to this decision-making process. Everyone keeps asking, "Kathrin, how did you decide?" So, someone brought up breast implant illness to me, and I thought, "Whatever, that doesn't make sense." I didn't do much research, because I honest to God didn't think that this could be the reason. Then I got capsular contracture two months ago. I noticed that my right breast got really tight and it would feel painful. Brennan would lean against me, and I would scream and tell him to get off. Okay, not scream, but I would whimper and tell him to get off, to go to my left side, or not hug me too close on my right side. At first, I didn't think anything was weird there. I thought that I bruised myself, I tore a muscle, or I was sore from the gym. I just

made no connection. And then I noticed - oops, sorry. I should put my phone on 'Do Not Disturb.' My apologies. And then I noticed that my right breast was higher than my left, and that's classic capsular contracture; when it's tighter and higher than your other one and looks nothing like your other breast, then that's capsular contracture. I was like, "Crap." So typically, the fix of capsular contracture is that you need to get a surgery to get it fixed. So, I decided that if at some point, I want my breasts to look even, if I want to look normal, I'm going to have to get a surgery. That was lingering in the back of my mind. A few weeks ago, Brennan and I went to Mammoth; we went skiing for a couple of days. When we drove back, I decided to not do anything. Brennan had some music going; I had my phone in front of me, but I decided not to touch it; I decided not to talk. We were just silently driving, and I decided that that would be my reflection time. I was asking myself - I always pose this question to my higher-self - "What do I need to be doing to get to my next level? Who must I become to get to my next level? What else is out there for me? How can I become that?" I'm always asking myself questions, because it's amazing what comes in when you allow your mind some space to finally think, and not just scroll on Instagram, respond to DMS and comments, and talk, talk, talk... But when you give your mind some space, you start to get intuitive ideas. That's why I always say, if you're not meditating or if you're not giving yourself time to think, you probably should. You'd be amazed with how many brilliant ideas come into your mind when you give it space. When leaving Mammoth, my intuition told me to look at hashtag breast implant illness on Instagram, out of nowhere. I've never looked at this hashtag before, but out of nowhere, my intuition just told me to go for it, and I felt, quote-unquote, inspired to do so. And so, I dug in, and what I found was astounding. Every woman documenting her explant shared my exact symptoms. I literally could have written all of their stories. The way that they were describing the way they feel, I felt like I could have written this, or they could have written what I'm telling you right now on this podcast. Like we could be the same person sharing the same story. It was so scary how similar it was. And this hashtag, I don't remember how many like posts are under it, but it's pretty big. There's also a group on Facebook called Breast Implant Illness and Healing with Nicole. There's about 60,000 members in there. If you go in there, it's post after post after post... they're 60,000 women; we can't just be making this up. It's not a coincidence. It is totally the real deal - at least, I believe now that it's the real deal. You could be listening to this; you could be having similar symptoms; you could still be either in denial or strongly believe that it's a root cause of something else, and that's completely fine. I respect your journey and ask for you to respect mine as well. I came across a woman through that hashtag called Karissa Pukas, you may know her. She's an influencer. She's awesome and I love her. The way I came across her was when she posted about her breast augmentation journey that I followed in college. Me and her got the same implants at the same time. Maybe a month or two prior to my surgery is when she got her surgery. So, I was able to watch her surgery process, thought process, healing process, and her whole breast augmentation journey,

and she really inspired me. And then I saw a picture of her under this hashtag, holding implants out and talking about how explanting and removing her implants saved her life. She said that the implants are making her sick and she's like, "I'm so grateful to get these toxic bags out of my body." I thought, "That's interesting." Me and her have had the same implants for the same length of time, and are feeling the exact same way. That's very interesting. I then started looking up other influencers - even celebrities. There are celebrities getting them out right now. You can just Google this stuff, and you'll see article after article about it. I think Cosmopolitan has some great articles covering this. And they all got them explanted - all of them! That made me wonder. And the next thing - and this is what sold me. This is what made me go, "Holy effing crap." You can read the stories; you can read a caption and be like, "Okay, but I don't know for sure." Sometimes when you see physical proof of someone transforming before and after implants, it makes you think. But when you're just reading, you take each other's words for it, but it's not necessarily all the proof that we need. We think, "Okay, that's their experiences. That's their story. They claim to feel better, but how do I actually know?" Under the hashtag, there are so many Before & After's of people's faces. They take the picture the morning of their surgery, and then 24 hours after their explant. Some of them do it for longer - like a week before surgery, and then two months after surgery. But I was paying attention to the ones that were literally before surgery and 24 hours after surgery. There is a ton of these pictures. When I compared the before and after, they look like completely different people; the whites of their eyes came back; their pupils changed color; their dark circles went away; they look like they got color in their faces. You can visibly see that they were a sick person on the left. And I looked at myself in the mirror, and I noticed that my face without makeup or without filter, if you just look at me right when I wake up in the morning, I look the same way. I look like a sick person. I'm getting emotional right now because I have wondered why my eyes are so bloodshot, and why my eyes have gotten so dark over the last couple of years; why I have these dark blue circles under my eyes, and why I always look so tired. I was so worried because I'm only 26 years old, and I should be enjoying my youth and beauty, but I look like I already need some face work done. And that scared me. This was all the proof that I needed. My intuition immediately said, "Remove them immediately." And so, the next day, I did some research, I looked up some reviews, I looked up recommendations, and I found a surgeon in Beverly Hills - which is not even a mile from my house. So, I Ubered, walked in, scheduled a consultation, and loved my surgeon right away. So, I scheduled my surgery date for June 18 at first. And then, just a couple of days ago, I called them back and decided to get my explant surgery right after I come home from Bali and right before my next launch for Manifestation Babe Academy. I decided that enough is enough; I do not want to go through another launch feeling like crap. I do not want to go through another trip - because we're leaving for a month in May to Australia, and we're going to go see Tony Robbins at Date With Destiny - so I don't want to go through another month of my life feeling like absolute crap, filled with travel, time zone

changes, and a lot of stress. I just couldn't do it anymore. And so, I said, "Enough is enough." And as I said that, I went to go see my surgeon and brought up my symptoms. Here's the thing: when you go up to a surgeon who is actively doing breast implants and all this stuff... my surgeon was really kind, because although he didn't admit to breast implant illness, he did say that he has been doing a lot of explants recently. He said that this is going to be on the rise because he's noticing this huge shift in how implants are making women sick. Of course, he's not going to guarantee anything - and he's a smart man for not guaranteeing anything - but he said, "Of all my patients who I explant, not everyone feels better, Kathrin, and but I would say that the majority do. So, I just want you to know, going into this, to not expect this to be the answer because I don't want you to have such high hopes, get your implants out, have no changes, and then potentially want to get them back in and have to go through a whole other surgery," - which I have no plans of getting them back in, even if I don't feel better. After I learned what's inside implants and all the ingredients, I was absolutely disgusted. So, there's no way that's ever going to be in my body again. But anyway, we agreed; I scheduled my surgery; and between me scheduling my surgery and asking my surgeon a couple more questions, I decided to do more research. I felt like I didn't ask my surgeon enough informed questions. There's this word called en bloc in the explant community. This is a method of taking implants out, to where there is no contamination in the body. En bloc means that the capsule is still around the implant when you remove it. What some surgeons do is they just remove the implant but keep the capsule in - which does absolutely nothing, especially if you're dealing with breast implant illness. Because the capsule is where the bacteria, the silicone and the heavy metals are, as well as all of the cross contamination. Surgeons claim that the capsules dissolve over time, but there have been pictures - especially in the explant community, there are certain surgeons that just do explants and they shared an image of a 10-year-old capsule that did not dissolve, even 10 years over time. By not taking the capsule out - which is called a total capsulectomy - if you get an en bloc, if you get it removed with the capsule still intact around the implant, then that's obviously the capsules coming out. It's also total capsulectomy. But surgeons have different methods. First, they take the implant out, and then they might cut it open while it's still in your body, take the implant out, and then pick apart the capsule and take pieces of it out. But then you risk cross contamination as well; because remember, the capsule is protecting your body from the implant and when you open whatever's inside the capsule, it can essentially spill out into your body, which I definitely did not want to happen. So anyway, in between me scheduling my surgery and ensuring that I will have the procedure done in the correct way - which I will - I continued to do more research. This time I didn't just do my research by Googling what other plastic surgeons have to say about this. I try to go to the best sources that I could, because most plastic surgeons are not going to admit to this. They say that there's no evidence. And honest to god, I get it, because the symptoms are so vague and so widespread. Most of the symptoms resemble

autoimmune disorders, and so most doctors are going to say, "You have an autoimmune disorder," without recognizing that the autoimmune disorder comes from your body fighting the implant. So anyway, every single woman's story I heard in the Facebook group, on Instagram, in articles, from celebrities speaking out about it, they all shared the exact same list. There's a list that you can Google; there are some graphics that people have made, but you can also Google it. I think the website is [HealingBreastImplantIllness.com](http://HealingBreastImplantIllness.com), but I want to send you to the Facebook group, just so you can hear the stories from people making posts, because it really is mind blowing. They share the exact same list that I have. So, I want to share with you two or three things that spoke to me most: one of them is my own recognition that any foreign object in the body is going to create an autoimmune response. That I just know from my previous education in biology, very simple. Your body never stops fighting the implant ever, because it's in constant fight-or-flight mode - which explains the adrenal fatigue and stress. But here are some things that I read that literally shocked me. This is from a New York Times article in 2017. "A rare cancer first linked to breast implants in 2011 has now been associated with nine deaths, the Food & Drug Administration said Tuesday. As of February 1, the agency had received a total of 359 reports of the cancer associated with the implants. The deaths were not caused by breast cancer, the agency said, but by a rare malignancy in the immune system, anaplastic large cell lymphoma. In cases linked to implants, this rare form of cancer grows in the breast, usually in the capsule of scar tissue that forms around an implant. It is usually treatable and often not fatal. The problem is more likely to occur with textured implants which have a pebbly surface, than with smooth implants, the agency said. Of the 359 reported cases, 231 included information about the input surface: 203 were textured, and 28 smooth. The contents of the implants appeared much less important: Of 312 cases where the contents were known. 186 were filled with silicone gel, and 126 with saline." So, it doesn't matter if you have saline or silicone, because even though saline is just saline solution within the breast implant, saline implants are also known to get mold, because again, implants are not made to be stored at body temperature. That's the thing that blows my mind the most; they're meant to be stored at around 77 degrees. So, your body is constantly heating up the saline solution, and if there's any rupture, holes, or permeability within the implant, that makes your implant susceptible to mold. I've seen pictures and stories from women where they've taken their saline implants out, and there's, in fact, mold growing inside. And so, they are permeable. Also, saline implants have a silicone shell, so the ingredients that are inside the silicone implants are still within saline implants. People have asked me, "Kathrin, is there a safe way to get breast implants as of right now?" No. And also, it doesn't matter what it's made of in the future, because if you think about it, it's still a foreign object. You were not born with implants, and therefore, it is always going to be a foreign object. This cancer is only found in breast implant patients, this Anaplastic large cell lymphoma. My doctor said that he's going to send my capsule for a biopsy, so that's very important. He said, "I've never

used textured implants. I hate them. I don't know why they were invented. And actually, they're outlawed in many countries now because of this issue." So, when I realized that I am putting myself at risk for cancer over completely voluntary surgery, that just blew my mind. I'll give you guys links to these articles, the Facebook group, and the list of ingredients inside breast implants. So, you can do your own research. I don't want you to look at me or listen to me, and think, "Kathrin has all the answers," because I really don't have all the answers. There are so many resources inside the Facebook group of stuff actually written by doctors, plastic surgeons, and the FDA. There are a lot of documents that you can read there, and you'll just be shocked. So, some of the ingredients; there's a list of 37 inside of silicone breast implant ingredients. I just want to mention some of them to you, because I don't know what all of these are. Something I learned in Chemistry in my college days is that sometimes something might have a very scary name, but it's actually not scary at all; it's something that we breathe every single day; it's already in the atmosphere; it's something that's already part of our bodies, but it has such a scary name, and it sounds like a chemical, but it really isn't. It's just a compound. So, I'm not going to go far into listing all 37, but something that did stick out to me, which I thought, "This definitely does not fucking belong in the body," is heavy metals - such as aluminum, tin, lead and platinum - color pigments as released agents, metal cleaning acid, printing ink... And then there are a lot of these that say neurotoxin or carcinogen next to it. I would say about half of them are either a neurotoxin or carcinogen which makes sense with the cancer. It also makes sense for the fact that everyone has foggy brain syndrome. It's not called foggy brain syndrome, but I have been calling it that, because everyone reports that "you have cloudy day inside your head." Anything that's a neurotoxin is affecting your brain in a very negative way, causing you to lose memory, creativity, and this zest for life because you just feel like you live in a freakin' cloud. There's denatured alcohol in here; there's lead based solder, which I don't know what that means. One of these is a cleaning solvent. Let's see what else is here... A lacquer thinner. What the EFF? Benzene is in here. I mean, you can look at this list for yourself. All of these are known to wreak havoc inside of your body, causing inflammation. It's just crazy. There are so many more resources. Because I don't want to overwhelm you, I don't want to make this longer than it has to be, especially since I will be recording another podcast episode sharing with you what actually happens after my surgery. It's one thing to share this information while I still have my breast implants in, but I am so curious to report what I'm feeling afterwards and after I've healed: have the symptoms gone away? Have they not gone away? And so on. And so, I want to share with you some resources. Just know that there's another future podcast episode coming out. There's a Facebook group that you can join; there's hashtag breast implant illness on Instagram. I obviously can't summarize everything because I'm not a doctor, and I'm not trying to be a doctor. I scheduled my explant surgery for April 16. I am not here to say that this is going to fix it completely, or that it's the complete root cause of my symptoms, but I'm willing to experiment. I think you know that about me by now. I'm



willing to experiment anything, see for myself, and be my own health advocate. A lot of you have been asking me which surgeon I am going with. There's actually a list of surgeons inside the Facebook group who do the explant technique properly, because you want it to be a proper technique. I have personally decided to go, after interviewing my own surgeon and doing my research. Even after mistakenly putting down a non-refundable deposit, I realized that I didn't ask him the most important question. I emailed with him back and forth, and he said, "I always do en bloc," - which gave me so much relief. I'm going with Dr. Danielpour in Beverly Hills, who agreed to do a full capsulectomy with en bloc method. My surgery is April 16, so it's coming right up. This podcast is intended to share my decision-making process. So again, I'm going to share with you guys a podcast episode after my explant surgery to let you know what happens afterwards. I'm so excited, because if this is all the truth and if this is all the case and I actually feel like myself again, I will be the happiest person alive. I will be so much of a better person; I will be showing up so much more in my business; so much more for my team; so much more for my husband; and so much more for myself. You can expect way more podcasts episodes and content. I just know that the way that I felt before all these symptoms came in is so radically different from the way I feel now. Not wanting to get up from bed in the morning just sucks! I wanted to mention something else. Breast explant surgery is not the only thing I'm going to do, because it is also known - and this is also talked about in the breast implant illness community - that IUDs cause similar symptoms, because an IUD is a foreign object in the body. I actually have a copper IUD, which is a heavy metal, so of course it's going to cause symptoms. But I'm going to wait until I'm healed from the explant surgery before I do my copper IUD removal. I have also had IUD people reach out to me who don't have breast implants, saying, "Kathrin, I had the exact same symptoms, got my IUD out, and it actually cleared it up completely." So, in case people have been watching your journey or listening to what you're talking about, and being like, "I feel this way, but I don't have breast implants. So, what could that be? If removing your breast implants helps you, how am I going to get helped if I don't have implants but feel this way?" You might have an IUD, which could be causing it as well. So, two things I'm actually doing: I'm documenting my explant surgery and sharing how that makes me feel different; and then I'm going to take out my IUD and also share that as well. I'm tired of feeling tired all the time, and my intention of sharing my journey is to help at least one person out there understand that they're not alone, and that there are resources out there for them if they choose to go through the same surgery. I get asked all the time, and I've said it in the beginning of the episode, do I regret my breast augmentation? No, because I believe I was supposed to do this. I believe that I was supposed to go through this journey to prevent women from getting breast implants; to help people make a more educated decision on their potential explant surgery. I want to spread the word. I believe I was meant to spread the word because I feel that this is so important, since no one ever told me this. No one ever warned me about this when I got my implants in, and I just learned how much I value

my mindset, my energy levels, and my health. If you know someone who has these symptoms, has breast implants, is considering them, or knows someone who is, I want to spread the word. Can you please help me out and share this podcast episode with them? Either send them the link, tell them to go to this episode number, or send them to my Instagram, because I'll also put this inside of my explant highlight on my Instagram. Also, if you want to leave me a review or tag me on Instagram and let me know what you think; let me know if you feel the same way; let me know if this is educational, informative, or made you just go, "Wow, that's crazy." Tag me on Instagram. Screenshot you listening to this episode, go to your stories, add the image to your story, show that you're listening to the episode, tag me, and just let me know what your a-ha! moments or takeaways were, or what you think. There's so much more to come. Again: podcast, the full explant process, what to expect, healing, and after-effects are coming. Thank you so much for listening. Thank you so much for spreading the word, for sharing this episode, and for giving it to as many women as possible. This also affects the trans community. Maybe you have someone in mind who's undergoing a transition in their life and is considering breast implants; just so that they're informed as well. I know that this doesn't just affect women; this can affect people who are transitioning genders and want to look more womanly by having breasts. One of the only ways besides a fat transfer is to get breast implants. So, I want to make sure that they're informed as well. So not just women, but anyone who's considering it, it would mean the world to me and I cannot wait to update you guys again. I love you so much. Thank you so much for listening, and have a phenomenal day. 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 up 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 searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.