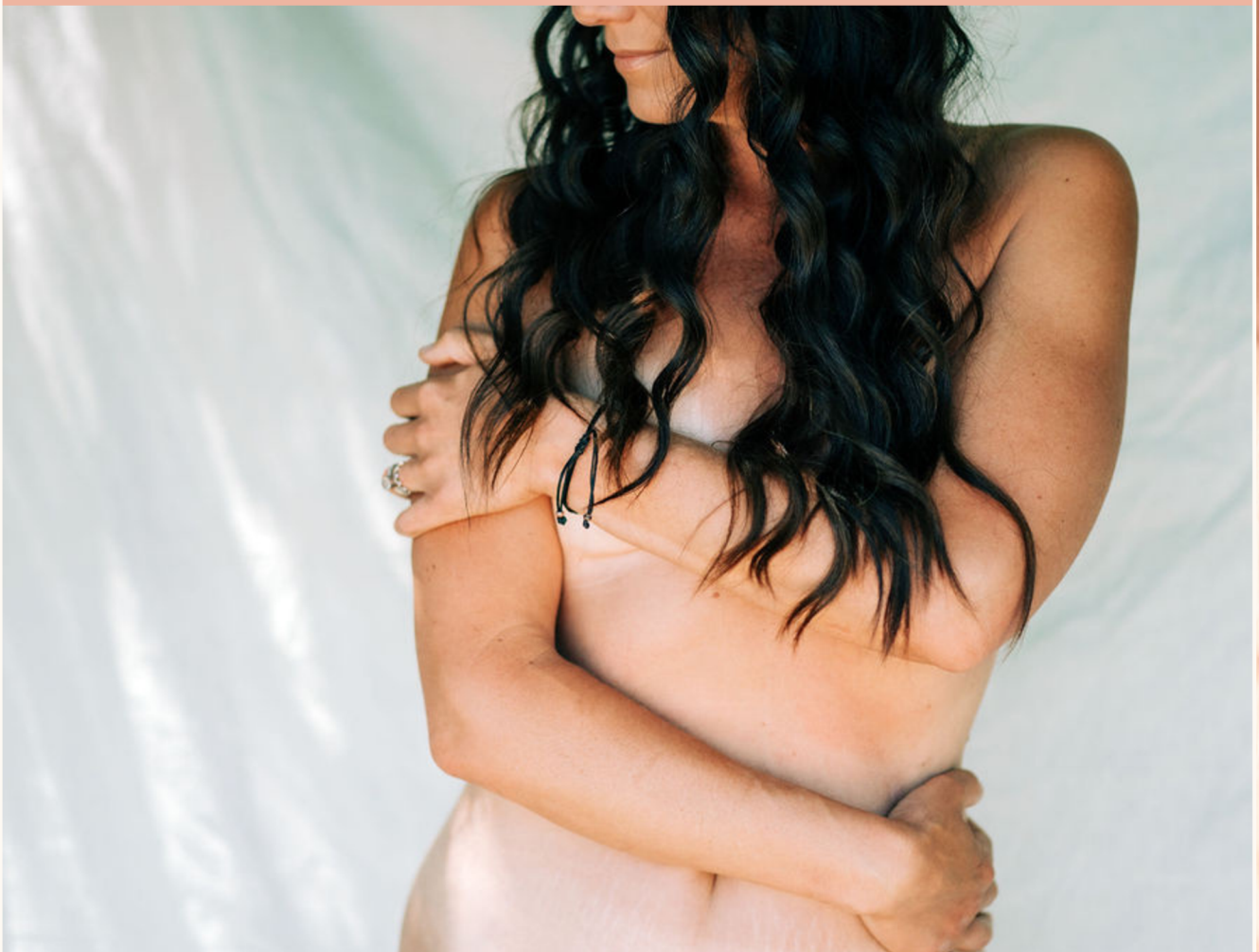


FREE BII HEALING WORKBOOK

A Guide to Navigating Breast Implant Illness

BY AMY ABBOTT

WWW.WELLNURTURED.COM





WELCOME

In this guide I will share my experience along with information to help you navigate your own health journey. Each of us came here with a unique mission, my journey will look different than yours. The journey is SACRAD. If anything in this guide does not resonate, please disregard. Honor yourself and listen to your intuition, it is the only way home.

Amy Abbott





01 - 04

WHAT IS BII?

Common symptoms, Diagnosis, and Amy's story.

05 - 08

TREATMENT & RECOVERY

Treatment. Removing Implants.
Choosing a surgeon.

09 - 10

SURVIVAL TESTIMONIALS

Hear from other women who have navigated
BII. Hope and healing. Life after removal

10 - 15

RESOURCES

Connection to groups.

Cleanse

Detox

FAQ's

Work with me!





CHAPTER ONE

What is Breast Implant Illness?

What is BII?

Breast Implant Illness (BII) is a clinical disease defined by a group of autoimmune and inflammatory symptoms that patients experience as a result of their breast implants. BII can also be referred as ASIA syndrome; Autoimmune Syndrome Induced by Adjuvants.



What is the Clinical Pathophysiology?

BII is the result of chronic immune activation from a foreign body – the silicone and other contaminants within the capsule of your breast implants. Silicone can migrate to various tissues where it accumulates and may cause a variety of conditions, from cognitive impairment and rheumatoid arthritis to lupus or cancer.

How is BII Treated?

It has been shown in scientific literature that there is a significant reduction in disease severity when breast implants are removed through explantation via total capsulectomy (removal of the surrounding tissue capsule)



Questions?

@WELL_NURTURED_

WWW.WELLNURTURED.COM

AMY@WELLNURTURED.COM





AMY'S STORY

*When I Knew Something
Was Wrong...*

In September 2014, on a beautiful, sunny California day, I woke up to a huge lump under my armpit. I could barely lift my kids without extreme pain. I couldn't help but let my mind wonder. I felt something was definitely not right. What my primary Doctor labeled as an enlarged lymph node from an infected hair follicle soon spiraled into the beginning of my mystery illness. At this point I had had my implants for 6 years and had not heard of breast implant illness. But, looking back, this was the point of no return for me.

One month later, we were surprised to find out we were pregnant with our 3rd baby, our sweet Ruth. Still unsure what was going on with my body, the pain and lumps around my breasts and arm pits increased, but every practitioner seemed stumped and unsure. With no other reason to blame, I was told it was likely hormones and to see how I adjust after pregnancy. My mind was put at ease and my focus was back on growing a healthy baby. After Ruth was born, I had multiple breast ultrasounds. All coming back clear. I was relieved, no cancer. However, what was lurking was still a horrible illness, one that would soon consume every part of me.

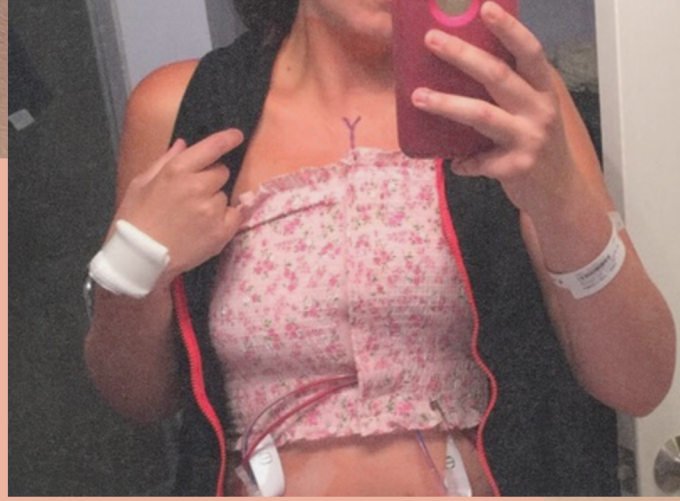
I began to lose my hair in huge clumps. Again, I thought ok, my hormones are just regulating. But then came the extreme brain fog, confusion, neck and back pain, vision disturbances, eye twitch, muscle spasms, full body fatigue, ear pain/pressure, headaches, food intolerances, alcohol sensitivity, moodiness, depression. I used to be able to do a million things at one time, (Mom life), and then I had to tell my brain one thing at a time. I'd constantly be going in circles, forgetting what I had just told myself out loud 10 seconds prior. It was extremely frustrating. Everyday tasks became hard to accomplish. I was existing, going through the motions, but so far from thriving through life.

Blood work done.....nothing. I believe that was the depressing part. Feeling like I was slowly dying and not sure where to turn for help. All the medical practitioners I was seeing kept telling me I was in great health.



AMY'S STORY

When I knew it was BII



As my health continued to deteriorate, we decided it would be best to move close to my family in Kansas. I sought help in Integrative Medicine. I saw a Naturopath, who did more blood work. I was diagnosed with adrenal fatigue, toxic overload, and vitamin deficiency and put on natural supplements and herbs. I also followed a diet filled with organic foods. Combined with acupuncture and chiropractic care, I started to see more good days. But I wasn't feeling like myself, so I kept searching.

I vividly remember the day I found out about Breast Implant Illness. I read a post from another young mom who was brave enough to post her story on social media. I will forever be grateful for her! I told myself, "No way, this can't be it. Every doctor along the way has promised me my implants were safe and would never hurt me." I denied it for months, then mentioned it to my husband, who (at first) thought I was crazy. Then one night my sister came over and mentioned a friend who was removing her implants because of similar symptoms. Now, there was no denying it. I knew I had BII.

I found multiple support pages on Facebook where I got the confirmation I needed. Thousands of women, all with the same symptoms... *my symptoms!* I can look back and see God's hand leading me to the people and answers I needed. My inner knowing confirmed this to be true, which helped in the days leading up to surgery and my path of healing afterwards. I learned to listen to my intuition like a wise old friend.

After a total capsulectomy removal of my 8-year-old saline (McGhan) implants, my doctors found a very rare and potentially fatal bacteria in my chest cavity. Removing my implants saved my life! My healing has been two steps forward and one step back, but I wouldn't change it because even though it has been extremely painful, it has also opened doors for me that I could only dream of. It's invited me to explore the deeper parts of myself and help others!

DO I HAVE BII?

Common Breast Implant Illness Symptoms

- Anxiety & Depression
- Chronic Fatigue
- Joint & Muscle Pain
- Insomnia & Night Sweats
- Brain Fog & Memory Loss
- Difficulty Concentrating
- Limb Numbness/Tingling
- Vertigo
- Fever & Chills
- Muscle Weakness
- Temperature Intolerance
- Sensitivity to Light & Sound
- Difficulty Swallowing
- Hair Loss & Dry Skin
- Slow Healing & Illness
- Sinus Infections
- Candida & Yeast Infections
- Skin Rashes & Lesions
- Visual Disturbances
- Ringing in Ears
- Headaches
- Decreased Libido
- Mood Swings
- Sharp Pains in Breast
- Unexplained Weight Gain
- Sudden Food intolerances
- Swollen Lymph Nodes
- Autoimmune Symptoms
- Fibromyalgia
- Chronic Inflammation
- Heart Palpitations
- Irritable Bowel/Bladder
- Shortness of Breath
- Eye & Muscle Spasms

Breast Implant Illness Diagnosis

Unfortunately, there is not yet a diagnostic test available specifically for Breast Implant Illness. BII is often diagnosed through elimination. Your healthcare provider can test various systems to rule out that there is no other reason for your symptoms. BII often presents in conjunction with other hard-to-diagnose autoimmune illnesses, so keep that in mind! BII may trigger or worsen autoimmune symptoms.

Choosing a *Qualified* Explant Surgeon



The decision to have explant surgery is not an easy one. But, if you are ready, there are many skilled surgeons around the world that are able to perform a proper removal of implants. Explant surgeons can also be referred to as 'Microsurgeons', so keep this in mind during your search.

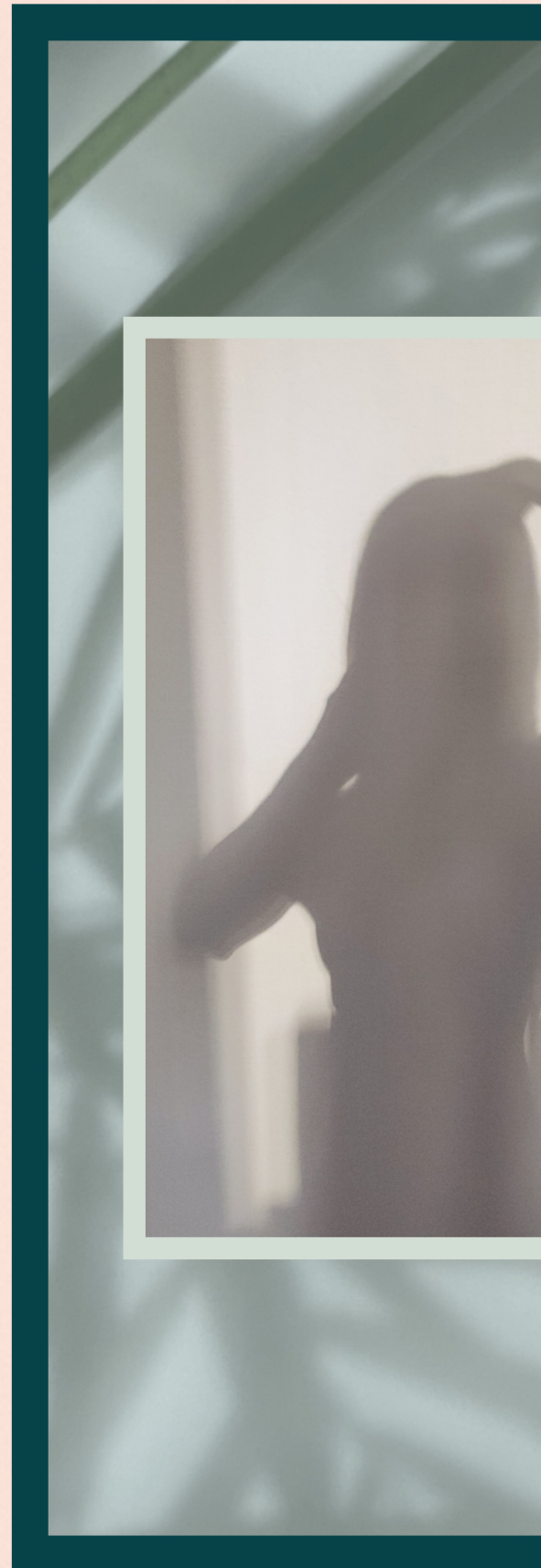
It is important that you consult with a few surgeons and ask the right questions to ensure that they are the right choice for YOU and your needs.

Questions to ask your surgeon:

- Are you able to do an "en bloc" Total Capsulectomy?
- Do you send tissue and implant to Pathology?
- Will you take pictures of implants and tissues removed?
- Do you return implants to patient?
- What is your procedure if there are pieces of capsule left on my ribs?
- Am I a candidate for mastopexy? (if desired)

Resources:

- <https://www.healingbreastimplantillness.com/explant-surgeons/>
- <https://www.breastimplantillness.com/explant-surgeons/>
- <https://www.breastimplantillnessandrecovery.com/recommended-surgeons>





CHAPTER TWO



TREATMENT & RECOVERY

1. Removing Implants

- This is the first and most important step.
- It is vital that this is done properly, by a skilled surgeon. (See previous page)
- Total Capsulectomy done En Bloc is the highest standard possible.

2. Pathology

- All implants and capsules should be send for evaluation.
- Fungal and bacterial cultures ran to check for biofilm
- These results could help determine plan for healing.

3. Post- surgery

- 1-2 weeks post-surgery will be the most restrictive.
- You will be emptying drains and measuring fluid removal
- Lots of water and rest. Planning meals beforehand may help.
- Some will choose mastopexy (lift) and/or fat transfer.
- Breasts will “fluff” and change shape following the first year of surgery.
- Keep a symptom tracker and check monthly for improvements.

“The Published research has demonstrated that autoimmune diseases are resistant to treatment and rarely resolved spontaneously since once immunological tolerance is broken, immunological memory will perissit. so, when breast implants are removed, symptoms such as fatigue and joint pain disappears but autoimmune diseases still need continuous treatment.”



Survivor Shares

My chronic fatigue is gone, my joints feel better and are no longer swollen. The pain on my right breast and shoulder is gone. I don't suffer from chronic heartburn anymore. I also smell better! Over all I feel great!

Alicia



"One of the best decisions I ever made." **Talia**

Removing my toxic breast implants which were also full of mold, didn't just improve my life, it saved my life in many ways. Although it took 8 years for me to learn how to heal my body, the journey to this point completely altered what matters most to me and how I see the world. It opened my eyes and set me on a path of connecting with nature, living more simply, being wiser about my choices and taking complete charge of my health and wellness. Our purpose sometimes finds us rather than the other way around, and this experience showed me the way toward helping others. Devastating as losing 15 years to chronic illness can be due to these faulty devices, I made the choice to allow it to grow into something positive and life-changing, and to turn my pain and anger into a mission.



"Taking complete charge of my health."

Removing my breast implants was one of the best decisions I have ever made. They were slowly poisoning me and causing so much stress on my body. I feel 100% better and am so thankful I came across an IG post talking about BII.

Stacy



CHAPTER FOUR

RESOURCES

Below are some of the amazing BII resources I have found most helpful in my Breast Implant Illness recovery journey.

Healing Breast Implant Illness with Nicole

Nicole has been a pioneer within the community. She started a Facebook group almost 10 years ago to help assist women on their journey. She has selflessly done so much for the community and has wonderful resources.

<https://www.healingbreastimplantillness.com>

Breast Implant Illness

This website goes into great detail on subjects like pathology, detoxification, surgeons, lawsuits and other resources.

<https://www.breastimplantillness.com>

Breast Cancer and Breast Implant Illness

<https://www.breastcancer.org/treatment/surgery/breast-reconstruction/types/implant-reconstruction/illness/breast-implant-illness>

Breast Implant Illness - CBS 5 Investigates

Kris Pickel has been a pioneer researcher, bringing awareness to thousands of women through her journalism.

<https://youtu.be/I3sdJ4GQT4I?si=KY8IGXNOB-ZUFy5o>

HOW DO I GET THESE TOXINS OUT?

What About Detox?



This is something I hear talked about often within the BII community. Truth is, our bodies know exactly what to do. They only need the ideal environment to do so.

What does that mean?

- Spring Water (or filtered)
(full of minerals to help remove toxins)
- Diversity of vegetables daily (5-8 servings)
(Helping escort toxins out of the body)
- Adequate sleep (7-8 hours)
(Allowing the body to detox liver)
- Lowered Stress
(Increased immunity through nervous system)
- Connection to community
(Sense of purpose and belonging)
- Limit alcohol and caffeine
(Lowering stress on liver- the master detoxifier)
- Prayer/Meditation
(Connection to something greater than self)

CLICK [HERE](#) TO CHAT MORE ABOUT A CLEANSE

HOW DO I GET THESE TOXINS OUT?

What Have I Done To *Heal?*

Over the last 8 years I have used various modalities on my healing journey.

1. Energy/Frequency Medicine
2. Talk therapy
3. Nutrition
4. Cleanses (Personalized)
5. QiGong
6. Acupuncture
7. Nature Therapy
8. Chiropractic care
9. Supplements
10. Trauma therapy
11. Spiritual (soul growth)



Through this integrated Mind, Body, Spirit approach, I have been able to address my health issues and grow along the way.

[CLICK HERE](#) TO START YOUR OWN HEALING JOURNEY

FAQ's

How Do I Heal BII?

There are various modes of healing post removal. Each persons journey will be unique, but nutrition is vital! If you don't adopt a healthier eating style, your body won't be able to fight the inflammation enough to get into a healing state.

What is a Capsule?

Essentially, the capsule is fibrous scar tissue that the body builds around any implanted foreign object. The body naturally does this as a protection mechanism. Removal of implants, along with the capsule, helps to improve symptoms. (1)

Do Breast Implants Cause Cancer?

Yes. "Breast implant-associated anaplastic large cell lymphoma (BIA-ALCL) is a T-cell lymphoma that can develop following breast implants." There are also reports of Squamous Cell Carcinoma and Mesenchymal Tumors (sarcoma).(2)

Are Saline Implants Safer Than Silicone?

Not necessarily. While a popped saline implant might be safer than a popped silicone implant, both are made with a silicone shell along with a myriad of included chemicals such as platinum which is one of the most toxic heavy metals.(3)

Who Can I Report My Adverse BII Symptoms To?

1-800-FDA-1088 or online at [MedWatch](#), the FDA Safety Information and Adverse Event Reporting program.

1. Metzinger SE, Homsy C, Chun MJ, Metzinger RC. Breast Implant Illness: Treatment Using Total Capsulectomy and Implant Removal. *Eplasty*. 2022 Mar 16;22:e5. PMID: 35602522; PMCID: PMC9097901.

2. Center for Devices and Radiological Health. Risks of Breast Implants. U.S. Food and Drug Administration. Accessed June 17, 2024. [https://www.fda.gov/medical-devices/breast-implants/risks-and-complications-breast-implants#:~:text=Capsular%20contracture%2C%20scar%20tissue%20\(capsule,cancer%20of%20the%20immune%20system\)](https://www.fda.gov/medical-devices/breast-implants/risks-and-complications-breast-implants#:~:text=Capsular%20contracture%2C%20scar%20tissue%20(capsule,cancer%20of%20the%20immune%20system)).

3. Lykissa ED, Maharaj SV. Total platinum concentration and platinum oxidation states in body fluids, tissue, and explants from women exposed to silicone and saline breast implants by IC-ICPMS. *Analytical Chemistry*. 2006;78(9):2925-2933. doi:10.1021/ac0514016

4. Center for Devices and Radiological Health. Q and a about breast implant-associated anaplastic large cell lymphoma. U.S. Food and Drug Administration. October 19, 2019. Accessed July 2, 2024. <https://www.fda.gov/medical-devices/breast-implants/questions-and-answers-about-breast-implant-associated-anaplastic-large-cell-lymphoma-bia-alcl>.

Work With Me

If you find yourself needing more support, in a more personalized manner, please feel free to reach out.

I offer free a 30 minute consultation and would love to use that time to see how I could help you on your healing journey.

Please remember, each of our journeys will look different, and they should.

THANK YOU FOR UTILIZING THIS RESOURCE

