

1) To properly detox the body, the first step is to have the breast implants removed through an En Bloc/Total Capsulectomy procedure performed by a qualified and experienced surgeon. Allow at least one month for the body to recover and heal post-surgery before beginning any detoxification process.

2) Many women who have toxicity from breast implants may experience issues with digestion and bowel problems, potentially from leaky gut, gut dysbiosis, IBS, Crohn's, inflammation, fungus and parasites. Some women may develop allergies due to leaky gut and lose the ability to digest certain foods such as dairy, gluten grains and other inflammatory or allergenic foods. To lower inflammation in the gut and support digestion, it is essential to cut out all inflammatory and allergenic foods from the diet. When inflammation is present in the gut and digestive tract, the body slows down or stops digestion and detoxification. A diet rich in whole foods, as outlined earlier, and cutting out inflammatory and allergenic foods such as dairy and gluten will help alleviate gut problems and improve digestion and detoxification. To heal the gut, consider incorporating bone broth and powdered collagen, as well as ensuring adequate intake of betaine HCL and digestive enzymes. If gut problems persist, consider following the GAPS diet guidelines or the Autoimmune Protocol diet to bring down inflammation in the gut and modulate the autoimmune response in the body. Probiotics, especially lactic acid-producing probiotics and soil-based probiotics found in fermented foods and raw fruits and vegetables are crucial for healing, restoring healthy gut flora, modulating the immune system and chelating toxins from the body. When buying fermented foods such as sauerkraut, obtain them from a health food store that carries traditionally cultured veggies and avoid grocery store varieties made with vinegar. It is easy and inexpensive to make your own cultured vegetables at home which supply much larger quantities of probiotics than store-bought supplements. Companies such as Xymogen produce high quality Probiotics and supplements to help ensure effectiveness.

3) Checking for MTHFR genetic variants and supporting methylation and detox pathways is important for proper detoxification. MTHFR genetic variants may inhibit the body's ability to detox if left untreated. These variants impair the body's ability to break down necessary B vitamins. MTHFR can be easily tested through a lab at Venturis. MTHFR variants can be treated with supplements such as Methylfolate (L-5-MTHF) and B12 supplement (Methylcobalamin, Adenosylcobalamin or Hydroxocobalamin, all different forms of B12 targeting specific purposes) and MethylB6 (Pyridoxal-5').

4) After breast implant removal, some women may discover fungal colonization in their saline implants and chest. Additionally, exposure to mold in their environment can lead to mold infections in the body due to immune deficits caused by breast implants. Many women also experience an overgrowth of fungus such as yeast/Candida in their gut and even systemically in the body due to immune deficits. Other common infections include H-pylori and SIBO, bacterial infections in the capsules, and mycoplasma infections. Some women may also have Lyme, EBV and herpes infections, which can contribute to their health problems. To achieve a full recovery, it is essential to eliminate these bacterial, fungal, viral and parasitical infections caused by immune deficits due to breast implants.

5) Taking vitamin and antioxidant supplements can help lower inflammation in the body and promote detoxification and healing. It is important to carefully read all labels and research the supplements that you take, as some may contain unhealthy ingredients that should be avoided. Some supplements that may help lower inflammation and support detoxification include vitamins A, B, C, E, Selenium, Zinc, CoQ10/Ubiquinol, Turmeric/Curcumin, Milk thistle, Ginger, and Krill Oil. Vitamin D is also important for healing, as it controls all hormones and is often low in many individuals. Additionally, most people are also low in B vitamins, particularly B12.

6) Glutathione, which is a naturally occurring molecule in the body that acts as a master detoxifier. It helps to pick up free radicals, toxins, and heavy metals and escort them out of the body. In a healthy body, Glutathione is produced and recycled, but when the toxic load becomes too high, it can become depleted. Glutathione is made from the amino acids Cysteine, Glutamine, and Glycine. Dr. Philipose recommends glutathione be administered intravenously

7) Sauna therapy and Epsom salt baths can be useful for detoxifying the body. If you have access to an infrared sauna, it is recommended to use it two to three times a week. Sweating through the skin is known to eliminate toxins and heavy metals and infrared sauna can help to kill microbes in the body.

8) Heavy metal testing is an important consideration for women experiencing breast implant toxicity, as it can help to identify and address any potential sources of toxic exposure. Heavy metals, such as lead, mercury, and aluminum, can be found in various environmental and occupational sources, and can accumulate in the body over time. They can have a wide range of negative effects on health, including damage to the nervous system, kidney and liver function, and the immune system.

In the context of breast implant toxicity, heavy metal exposure may play a role in the development of symptoms, as these toxins can accumulate in the body and contribute to inflammation, immune dysfunction, and other issues. Additionally, some breast implants, particularly older models, may contain heavy metals such as aluminum and titanium, which can leach into the body over time.

Testing for heavy metals is typically done through a blood or urine test, and can help to identify the specific metals that are present in the body. Once identified, Dr. Philipose can work with the patient to develop a plan to address any heavy metal exposure, which may include dietary changes, chelation therapy, and other interventions.

It is important to note that heavy metal testing should be done by a qualified healthcare professional, as interpreting test results and developing treatment plans require specialized knowledge and expertise.

9) A C-reactive protein (CRP) test measures the level of CRP in the blood. CRP is a protein that is produced by the liver and its levels can increase in response to

inflammation in the body. Elevated CRP levels may indicate an infection or inflammation. In women with breast implant toxicity, a CRP test can be used to help identify and monitor the presence of inflammation or infection in the breast tissue. However, it's important to note that CRP test is not specific to breast implant toxicity, and other conditions such as arthritis or injury can also cause an increase in CRP levels. A doctor should be consulted to interpret the results of the test in the context of a patient's symptoms and other medical information.

10) Ozone therapy is a form of alternative medicine that uses ozone gas to treat a variety of medical conditions. In the context of breast implant toxicity, ozone therapy may help by increasing the oxygenation of the body and supporting the body's natural healing mechanisms.

One proposed mechanism of action of ozone therapy is that it can help to kill off harmful microorganisms such as bacteria, viruses, and fungi. This is important in breast implant toxicity, as many women experience fungal and bacterial infections in their chest and gut as a result of their implants. Ozone therapy may also help to reduce inflammation and support the immune system, which can be compromised due to breast implant toxicity.

Additionally, ozone therapy may help to improve circulation and oxygenation of the body, which can help to promote healing and detoxification. Some practitioners also claim that ozone therapy can help to chelate toxins and heavy metals from the body, which can be beneficial in the context of breast implant toxicity.

It is important to note that ozone therapy is considered an experimental and unproven treatment and it's not FDA approved. It is recommended to consult with Dr. Philipose before undergoing ozone therapy.

****The recovery time after a breast explant (removal of breast implants) for implant toxicity can vary depending on the individual and the severity of their symptoms. It's important to note that recovery is a process and not an event.

Immediately after surgery, it's normal to experience pain, swelling, and discomfort, and it may take several weeks for these symptoms to subside. It's recommended to follow post-surgery instructions given by the surgeon and take time to rest and recover.

After the initial recovery period, many women begin to notice an improvement in their symptoms, such as a reduction in fatigue, brain fog, and other symptoms associated with implant toxicity. However, full recovery can take longer, and it may take several months to a year or more for the body to fully heal and detox from the effects of the implants.

In addition to the physical recovery, some women may also experience emotional healing. The decision to remove the implants is not an easy one, and it's normal to grieve the loss of something that was an important part of one's identity. It's important to allow time to process the emotions and to reach out for support if needed.

It's important to remember that every person's journey is different, and the recovery process may be different for each person. It's important to work with a qualified healthcare professional such and to be patient with the recovery process.

*****Clinical and personal experience with Breast implant toxicity

In 2018, I had several patients who reported symptoms and had methylated B-12 injections while also removing their breast implants, believing they were making them sick. One patient in particular convinced me to look into the issue further. Around this same time my wife, Alicia, began experiencing severe joint pain, fibromyalgia symptoms, and depression. After conducting her own research, we came to the conclusion that her breast implants may have been the cause of her symptoms. I ran various tests, including a CRP level check and autoimmune disease screening, and found that her CRP levels were abnormally high and that she had Hashimoto's of the thyroid. She then found a local experienced surgeon who performed implant removal surgeries and scheduled her procedure. Almost immediately after the surgery, her symptoms disappeared, and her energy levels and inflammation returned to normal. I believe that people should consider implants as a potentially toxic procedure. I advise my patients that diseases can exist without symptoms, such as a heart attack, and that ultimately, the decision about their health falls to the individual. My wife and other patients like her have experienced relief after having their implants removed, and understand the cause of their symptoms.

