



Reverse Autoimmune Disease Summit

Dr. Keesha Ewers Interviews Sarah Phillipe

- Dr. Keesha: Welcome back to the Reverse Autoimmune Disease Summit. I'm Dr Keesha Ewers and I am delighted to bring you the subject matter that's pretty new actually with very little science behind it in terms of what can happen except for what we're seeing in our clinical practices; which is always the canary in the coal mine. So, I'm going to introduce you now to Sarah Phillipe who has a passion for restoring health that's been taken. It's taken her along the path from being a registered nurse to a fitness enthusiast to become a certified health coach. She's going to show you how reversing breast implant illness is important for reclaiming your health and vitality. Welcome to the Summit, Sarah.
- Sarah Phillipe: Thank you so much Keesha. Happy to be here and happy to be talking about this really important topic.
- Dr. Keesha: So this is actually a topic that has not hit the media in full storm yet, right?
- Sarah Phillipe: I would say it's starting to kind of take hold and starting to get some momentum. There are some news stories that I've seen online here and there. Some articles I've seen published. There are some celebrities starting to talk about it, but I don't think quite blown up in the media yet.
- Dr. Keesha: Stay tuned, everybody, you're getting this cutting-edge information. Sarah, I always like to know, we're going to dive into what breast implant toxicity and breast implant illness is, and its connection to autoimmune disease and all the different types of what we can do about it. But first I always like to know how people get to the niche that they're in. Everyone has their own story. So, I would love for you to share your story around them.
- Sarah Phillipe: My story comes from my own struggle. That started back in 2011 when I had my breast implants placed and came from a place of vanity and wanting to look a certain way and fit a certain image and be as fit; and you know as womanly and feminine as possible. It was that 30-year-old turning point where I was like, oh gosh, I'm turning 30. I used to get in good shape and along with that came breast implants; that had been something I struggled with personally forever since we started developing as a teenager and just being like, oh, I don't really have much there. And feeling really shameful about that. You see this image of women, what femininity is in the media and it just puts that in your mind. What men are attracted to, what you should look like, what you need to, that standard you should fall into.

Sarah Phillipe: That definitely plays a place with your mind and it had a significant impact on me even as a young child. I'd always wanted bigger breasts. So I got them. Reluctantly my husband agreed that he would support me at that even though he wasn't thrilled about that idea. And within six months I started developing a lot of vague symptoms and I didn't put two and two together for quite some time, but that kind of began my journey of trying to figure out what was going on with my body because I had never had any symptoms before and I may have not have led a perfectly healthy life. I probably actually in fact led a fairly unhealthy life. I never had any symptoms develop up until that point. So it may have been that tipping point for me to where I had all these other things going on.

Sarah Phillipe: The implants just overflowed that bucket and I started developing symptoms. I chased trying to figure out what was going on with me, from doctor to doctor. No one could help me. No one knew what was wrong. All my labs look normal. That's when I started looking deeper and doing more research on, into, okay, from a functional perspective, what is going on with me? I need to figure out the root cause and a discovered, you know, Isabella Wentz' book, Heal The Root Cause. And I discovered Hashimoto's and trying to figure out, okay, how can I heal that? So it was still not quite far enough upstream where I was looking and it sent me down a path of becoming a health coach so that I could maybe figure out what was wrong with me first of all being my own patient then to help other people who are maybe struggling with the same thing I was struggling with.

Sarah Phillipe: I come from a medical background. I started off as a nurse. So that's been my passion; really helping people, taking care of people, very nurturing kind of personality. And so that's what led me to this path. And it wasn't until maybe three or four, maybe three years later I started thinking like, I wonder if my breast implants can be an issue here. And then intuitively I was thinking, you know, they're a foreign object, they probably could be affecting me somehow as a foreign object. But I didn't really understand like the details and the science about how that could impact me. And there was nothing online at that point. There were no Facebook groups, there was no web, there were no websites with any information about this; just wasn't being talked about at all.

Sarah Phillipe: And so I just had this fear that if I were to get my implants out and it wasn't the cause, then like I would have gone through all this for nothing. And so it really was a struggle. It was a battle in my mind and in my heart of what to do and put it off for a very long time. I tried working on my health, tried to test parasites, candida, and Lyme disease and just working on gut healing and hormone balancing and supporting my adrenals and doing the right exercise, eating the right foods. And while that helps,

Dr. Keesha: Hang on just a second because all those things that you just listed are the usual things that everybody always talks about in functional medicine, right? Nine of the, Epstein Barr, parasites, can be that. And my statement has always that

there's a critical mass; that it's a whole bunch of things that finally tip your ship. It sounds like working on all that and that was, as you were saying, it got you to a certain point, but it didn't tip it all the way.

Sarah Phillipe: Yeah. And I remember, , just something, one significant thing stands out to me in my mind when I think about where I used to be and where I am now, when I still had my breast implants in; and I wasn't quite there at that point of like making that choice to get them out; and coming to that realization that like this is it. I need to get them out. I was having a photo shoot for my new website and during that photo shoot I was in the middle of my treatment for Lyme. I just remember smiling for these photos and literally my nervous system was so shot, I could barely hold a smile and my lips and my cheeks were just quivering like crazy. And I just thought to myself, oh my gosh, here I am in this photo and going into this health coaching business, wanting to help other people and I'm not fully helping myself.

Sarah Phillipe: I ended up getting to a point where what it boiled down to was I wasn't able to get pregnant. Our future, my future with my husband, and a family for the two of us was at stake. My fertility was very, very poor. I had endometriosis stage four endometriosis, which I discovered far, far longer in the future than I should have. It just wasn't going to happen. And then I had thoughts of, well, if even if I did get pregnant, I would forever feel guilty and regret if I had a baby and there were problems with that child's health and feeling responsible for that. And I had this in my mind all along and I had that choice and I didn't make it, so if there's a difference between having that knowledge and choosing not to opt on it; or act on it and not having that knowledge and just being in the dark.

Sarah Phillipe: As soon as I got to that point of, okay, I'm ready mentally, emotionally; I'm ready. I need to do this. I got them out a month later. I did it the correct way, there's a wrong and right way to get the surgery done in order to give you the best chance at restoring health; and had it done and have looked back since. I'm super happy and much healthier because of it. Everything is so much more balanced and my symptoms are gone; and it wasn't just an automatic my symptoms are gone; there's a lot of work that has to be done afterward. That's the short version of my story. I know that was a little bit long.

Dr. Keesha: Very compelling and it's very moving because everyone does have a story. And one of the things that I always talk about is that we're all a puzzle. We're all unique, we're all individuals, and whatever that missing piece of the puzzle is going to be the thing that keeps us from getting to that hundred percent optimal wellness that we're seeing. And actually your breast implants weren't it, it was the shame you felt about not looking like everybody else that's always the missing piece of the puzzle is trauma. How we see ourselves and perceive ourselves and the lie that it is inside of mother culture. Healing that ultimately, the breast implants just happens to be a beautiful teacher and a tool for you to heal that.

- Sarah Phillipe: Exactly. Thank you. I've really grown to love my body the way it was designed. It's a beautiful thing and I'll take that.
- Dr. Keesha: Yes it is. I hiked up a mountain yesterday and I did a little Facebook post, and I was like, I love my beautiful body, you know, like I love this body that carries me through this world; and it's the me that's caring is my soul, you know? And so ultimately, if we're so obsessed by the car that the soul is in then we lose sight entirely of the point. You're just so beautiful and I mean you could be Snow White.
- Dr. Keesha: To have your takeaway from the cultural overlay that you are to say that there's something more that I need to look like obviously breaks my heart. And so I'm so happy that you're to the place that you're in; and now let's dive into what breast implants, toxicity or illness is. We'll then walk through some more of how to do the surgery for removal properly and we'll get to that too.
- Sarah Phillipe: I think this is just such an important topic to cover when discussing autoimmunity first of all because there are millions of women walking around with breast implants for a variety of reasons. And unfortunately, many of them are just simply unaware of the dangers that are associated with them. The statistics are showing that every year 300,000 breast implant procedures are occurring. That's just in the US, that's not worldwide, that's just the u s so 300,000 women a year are getting these breast implants and that's the, has the potential to impact a significant number of people.
- Dr. Keesha: A lot of United States citizens are going to other countries to get them too. So there's a whole cosmetic surgery tourism that happens around that world that we're probably not tracking. It's probably staggeringly higher than that.
- Sarah Phillipe: It's just becoming an epidemic really. Breast implants have been referred to as the ticking time bomb. And I 100% believe that, I think that's not a matter of if they'll start affecting you, but when, and so for some people that might be on day one after the surgery and some people that might meet decades later. What I'll say about breast implant illness in general is that it is a pretty generalized term and it's given to across us, that by which vague and chronic symptoms develop over time following a breast augmentation and it can be silicone or saline implants. It really doesn't matter. It's characterized by such a wide range of chronic symptoms that it's really, really hard to pinpoint for a lot of women.
- Sarah Phillipe: Doctors too, because most doctors aren't thinking about this. So, it can be, things like chronic fatigue cognitive dysfunction. Brain fog, difficulty concentrating, poor word retrieval, memory loss. Things like when you walk into a room, you forget why you walked in there; or you forget where you parked your car and you're like wandering around for 10 minutes trying to find it. I had one woman tell me she even left her keys in her car with the car running on accident because she forgot to turn the car off. Serious cognitive dysfunction,

muscle aches and pains, joint pain, hair loss, weight gain, weight loss hormone imbalances, heart palpitations metallic taste in the mouth, shortness of breath, or feeling like you have a really difficult time taking a breath.

Sarah Phillipe: Insomnia, migraines, headaches GI issues like gas, bloating, diarrhea, constipation things like intolerance to chemicals, like the smell of chemicals and intolerance to light and sound. So really your nervous system is very irritated. Chronic inflammation, chronic cough mood swings anxiety, depression, panic attacks, even suicidal thoughts. That's just the smallest I can think of. There are many other symptoms that could fall in this category of breast implant illness. And it's really not specific. There aren't any category of symptoms that are super specific to breast implant illness; it could be any number of things.

Dr. Keesha: It's always a problem because it's the same with all autoimmune illnesses and also mold toxicity and Lyme and I want to help our listeners understand it's pairing away, yes, it could be the mercury implants that are still in your mouth. It could be an abscess root canal or a crown. It could be the fact that you're dying your hair, and it's pairing away all of those insults to the body. What I'm hearing and I want everyone to really understand is someone will come out with a book or an article about Epstein-Barr being the cause of all illness. And I just stop the train. 95% of people have Epstein Barr, I've heard the herpes virus or Lyme disease, and I'm positive for Lyme.

Dr. Keesha: So many people are positive for Lyme. It's really removing each one of the pieces that are weighing your scale in the wrong direction because it isn't about a critical mass and a final tipping point. So this one that I think people aren't thinking about and you know, people are all about getting the mercury out now and they're no dyeing their hair and wearing toxic makeup. I want to add in the implant piece. As this too can be one of the things that we have to look at when we're talking about trying to right your ship. So yeah. But also not saying this is the only thing because that's just so important, really runaway train when we do that.

Sarah Phillipe: Anytime you put a foreign body or foreign material into your body, there are potential for problems to arise. And you know, breast implants are no exception. Implants in general, there's cheek implants, chin implants, lip implants, butt implants; there's so many of them.

Dr. Keesha: Can we just age the way that Mother Nature asked us to, and became wise woman elders who have got this already. We're making ourselves sick, quite literally killing ourselves. It's like a brand name and it's affecting, here's the thing you mentioned and I really want people to hear this. It's affecting the fertility and the actual health of our children. Autism is going up like this along with the rate of, you know, [inaudible] states that we're using, but also all the other things that we are doing to ourselves. Our health or fertility actually matters about the intelligence and the health of our offspring; so, we're actually talking

about a species wide issue here. I don't want to sound dramatic, but really pulling us away from the brink of extinction.

Dr. Keesha: I live in Seattle and Microsoft is here and they serve free drinks to all their employees out of aluminum cans. And now I'm on a rampage right now about that because that can contribute to Alzheimer's. And I'm like, can they all just have their own glass thermos or stainless steel that they can refill? I mean, just like that right there would stop the brain drain at one of the most intelligent-centric places in the world, right? We don't want to be draining our brains, like breast implants are another one of those things that are a brain drain and really impact the health of our entire species. So this conversation is important. Let's talk about, I had asked you off air, because I know people have these questions. You said there's no difference between silicone and saline and there's also different ways that implants are put in. And I know plastic surgeons will tell people, because I've heard this from my patients when I mentioned breast implants, well I have the one my plastic surgeon said that doesn't cause a problem. It's under the muscle flap or it's over the muscle flap. Can you walk us through the differences between those and we can help people understand that implants are just a foreign body in your body.

New Speaker: Yeah. Regardless of what material, whether it's silicone or saline it's still a foreign object in the body and it's overstimulating the immune system on a chronic basis and over time that down regulates the immune system and you end up with self-pathogenic infections and chronic infections, even if they're low grade, can be very inflammatory to the body. On top of that, the level of toxicity they contribute. So I'll just say, the difference between silicone and saline. Silicone implants have like 30 plus different chemicals and heavy metals within them. So saline implants may not have quite as many chemicals and heavy metals, but they contain a silicone shell. So there's still some chemicals and metals in that shell as well. So if we're concerned at all about silicone, you're not getting anything better with saline implants there's still a silicone shell there.

Sarah Phillipe: The other thing is with saline implants; there's a valve that's used to fill those implants with saline. So they're placed, then they feel the implant after they're placed. What can go wrong there is if for some reason, either the valve is faulty or you have maybe a car accident or some kind of direct trauma to the chest and that valve that closed the wrong direction, then you can have fluid coming in and out of that implant. And it may not be a significant amount to be able to notice a difference in size of that breast versus the other breasts or whatnot. It can be just small amounts and that opens a door for mold bacteria, viruses, other things to get in the implant, grow and thrive in that water environment, that liquid environment. It's like a petri dish.

Sarah Phillipe: It's warm, it's moist, it's dark. A lot of women have come out of explant surgery and found that their saline implants are just filled with black mold. That's really

unfortunate because if someone has a genetic predisposition to mold illness or becoming ill when exposed to mold and they're dealing with remediation or you know, moving or getting rid of their things and trying to escape the mold, they can't escape it. If it's in their body, they're living with it in their bodies. So that just adds another layer of complexity to what's going on. So to me, there's no safe implant. I would say your exposure toxicity is significantly higher with the silicone implants. But there's other variables that come into play there. There are microbes growing in your saline implants because that's another level of toxicity as well. Those are my thoughts about silicone versus saline as far as over and under the muscle. There is no difference. The only difference I can think of is that the explant surgery if you have implants over the muscle is going to be a bit easier because they don't have to work as hard to get it out. Other than that, it's still a foreign object in the body. It still stimulates the immune system the exact same way regardless of where it is.

Dr. Keesha: So let's talk about the explant surgery because you had mentioned earlier that it matters how it's done, there's a proper way and there's an improper way. Kind of like having your fillings removed, by the way you guys, to be really careful and have the right kind of person do it. Actually here's a great niche for a plastic surgeon who wants to just do explants, right? It reminds me of the Dr Seuss Book. Oh, what was the name of it though, when that, where the guy shows up with a big machine on the beach and there are all these little guys and some of them have stars on their bellies and others don't. And he's like, everybody should have a star so that everybody goes through and pays him money to get a star and then he waits and then he goes, the fashion says that everybody should be without a star and then it gets all the money for like, oh yeah, that's exactly what's going on. Dr Seuss actually nailed this a long time ago. How susceptible we are. So I'm just thinking, any plastic surgeon that's listening, you could probably make a lot of money right now taking all of these out.

Sarah Phillipe: Yes, there's a right and a wrong way. I will say in general the explant surgery is going to be a bigger investment financially than the implant's going in. And that's because it's a much more complicated surgery, which is why you want a specialist. You don't want somebody who will just go in, drain your saline implants, then pull out the implant and leave the capsule behind. It needs to be done in such a way that minimizes your exposure to those implants. The proper way of going about this is having a complete en-block, which means that the surgeon is removing the implant with the outer capsule that has formed around the implant, which is just kind of like a calcified shell to help protect you from that implant.

Sarah Phillipe: Your body is very smart; it's walled that implant off because it knows it's foreign and doesn't belong there. We want both of those things to come out intact together. And the reason is because if you have a rupture and that capsule gets cut open, what do you think is going to happen? Contents are going to spill all over the inside of your chest cavity and you have a lot of lymph nodes right

there. And so that's just going to take all of that exposure and migrate it throughout your body. That's already happening on a very small level with implants inside the body anyway, but why make it worse? That's really important that those come out together so you don't increase your exposure there. And then there's like I said before, bacteria that could be growing in and around that implant and you don't want to expose your body to that huge source of stress as well.

Sarah Phillipe: And then if for some reason they're not able to get all of the capsule out with the implant en-block, then a full, complete capsulectomy needs to be performed as well. And that's where they're going in and piece by piece getting that capsule out because a lot of the time it will be attached to the ribs on the surrounding tissues and that sometimes means going and scraping the ribs and scraping that capsule off. And that really requires a skill; a very honed skill because you risk, anytime you're scraping the ribs like that, you're risking damaging the lungs. Not everyone is going to be comfortable doing this. Not everyone has the skill or the knowledge to do it. You want to take your time and really interview various different surgeons to find the right one for you that you feel comfortable with, that can assure you that you're going to have a complete capsulectomy regardless of what happens during surgery because that capsule contains, it's silicone and heavy metals and chemicals and bacteria and biofilm, and that is toxic and immune stimulating.

Sarah Phillipe: And so you want to make sure all of that has come out. And what I've seen, and this is so unfortunate, but what I've seen is some women not doing their due diligence or maybe having too much trust and faith in a particular surgeon, whether it be someone who's less equipped, less expensive, or maybe their surgeon that did their implants who says, oh, I'll take them out for free and giving them the idea that yes, I'm going to do a complete capsulectomy and they've been lied to because they're still sick. When they get their implants out, they don't get better no matter what they do. And then they go in for an exploratory surgery for a second opinion basically with a surgeon who does do it properly and they find maybe one or two or three capsules depending on how many other implant procedures have been done.

Sarah Phillipe: Sometimes people get replacements over and over. And those capsules never come out at that point. They leave so they leave them in. And many people can have a lot of different capsules and so they find them on that second exploratory surgery and it's just baffling to me that someone would lie. I don't know what the motivation is there behind behind doing that, but that's why it's so important to make sure you're with someone you trust who has a track record, who has testimonials, who has done hundreds of hundreds and hundreds if not thousands of excellent surgeries the right way.

Dr. Keesha: Do you have a referral list?

- Sarah Phillipe: Yeah. I have a list of the top, I think six or seven, that I would feel comfortable going to. They're not my recommendations but has to kind of go forward and find who they feel is going to be the best fit for them. But they're the surgeons that I know do the surgery correctly. I have a lot of experience and a lot of them don't even do implants anymore. They just do explants and so sometimes you're going to wait upwards of six months for one of these surgeons because they're in such high demand. There are so few people doing them correctly and there are so many women who are sick who want them out.
- Dr. Keesha: Wow. It really is like that Dr Seuss book. Wow. I'm just amazed at this and especially the information about leaving capsules behind.
- Dr. Keesha: I'm picturing women going in from mammograms and having them squeezed.
- Sarah Phillipe: Yeah.
- Dr. Keesha: And then beginning to have illness afterwards and not realizing the correlation, you know?
- Sarah Phillipe: Yeah. That's definitely a possibility. The risk you take with mammograms and having breast implants and most doctors will tell you that that's safe, but I mean, I wouldn't subject myself to that potential risk. There are other alternatives out there now other than mammograms that are pretty good at detecting abnormalities.
- Dr. Keesha: I always recommend thermograms and then that's the hot spot like that then go for an ultrasound or an MRI and I think mammography is becoming obsolete.
- Sarah Phillipe: Yeah. Yeah. I completely agree.
- Dr. Keesha: All right. So you have a little acronym; talk about that.
- Sarah Phillipe: The first step to restoring health is always going to be removing the source. Getting the explant, you don't, there are still things, a lot of things that can be worked on before explant if you have a long period of time that you're waiting. If you've gotten your implants out and you're thinking, okay, now what, I've removed those toxic tits. But where are we? What we always say is, well, you still have to address the tits, which is an acronym, *t i t s* and that stands for toxicity, infections, trauma and shame. So these are the top four things that we see that create chronic illness and autoimmunity is part of that. So when we're looking at addressing toxicity, we really need to consider all sources of toxicity, not just the breast implants. They are one source and then we also have talked about amalgam fillings being a source and cavitations on the jaw being a source. That's also a source of infection though too, which is the second one. Personal care products hair color, makeup, cleaning products using in the homes, pots and pans being toxic pots and pans perfumes candles, air fresheners the kinds of

carpet and furniture that you're buying, the kinds of materials that are using to build a new home. All these things give off gas chemicals.

Dr. Keesha: We went up to Mount Rainier base camp yesterday. My daughter, and me, and my husband and I had asked my husband to grab three garbage bags, big black garbage bags because we are going to go glissade down the snow fields on our way back down. And that means like sitting on the garbage sack and sledding down, basically. A lot of times you slog up there it's so hard you're getting elevation and then you get to come down. My daughter is 25 and she's also one of the experts on this summit for conscious conception and fertility. He pulls out the garbage sacks to each of us and I went, wow, that really has a strong smell and my daughter said, my future children are not happy about your choice of garbage sacks here.

Dr. Keesha: And I thought, wow, this is so great. Because my husband had just picked up something off the shelf I hadn't looked to see. It had fragrance, Febreze, or something infused into the garbage. Why? So he got a lesson right up there on Mount Rainier in the snowfields about my daughter worrying about her future children, rubbing her butt on one of these garbage sacks and going down the mountain. That level of awareness happening and we live in a country where we vote with our dollar. So yeah, what you're talking about again is universal for all reversing autoimmunity. We have to actually pay attention to all the things you're talking about and then paying attention to where they're stored and how they're made and the materials and from your house all the way down to the microcosm of what you're putting in your house and on your house. Even the garbage sacks you guys we had a personal experience with this yesterday.

Sarah Phillipe: Like bile accumulates in the body and it all adds to your toxic bucket and you know, when overflows, that's when you start getting chronic illness, she is sick at that point. Addressing all those sources of toxicity is super important. But then also working on detoxing the body. So getting rid of the sources that you're exposed to, the things that you can control because we're not able to control everything, but the things you can control. Getting rid of those and then also doing the proper detox a real true detox that isn't just, taking chlorella or cilantro, which you know, isn't really going to get detoxification at the cellular level. It's the food, your microbiome, you know, modifies that to something else and really getting at the cellular level; using true binders too, and strong binders that are going to get in the cells, pull out these heavy metals and toxic chemicals and get them out of the body. And so that process, if it's done correctly and gently can take upwards of a year, maybe two or three years, even though it's a long process and it's not, there's no quick fix. There's not a 30 day cleanse or 30 day detox or whatever that's going to magically get rid of all of these things that have been building since you were in the womb.

Dr. Keesha: And we do have to be careful that your adrenal glands and all your organs of detoxification work properly before you do that. I'm board certified in heavy

metal detoxification. I'm always very concerned when people call at my office and say do I do IV chelation and I say, I don't anymore. And here's why. And what I do first, I will not just jump into chelating unless I know that all of your organs, including your skin, can get rid of them to pull them out of why his body has stored them to get them away from your nervous system. We're actually pulling him back out in front of your nervous system and your immune system. We want to make sure that we're getting them out, not having to be stuck.

Sarah Phillipe: Exactly. And you know, that's where you see people when they're trying to go alone and self-treat and do some kind of detox program they found online. Sometimes they're going to make themselves so much sicker if their pathways aren't open and flowing and working the way they should. So that is always step one in my book.

Dr. Keesha: I did genetics on all my patients and one of the things I'm looking for is whether phase two and phase one of their liver pathways match and are efficient. And if they're not, then you have to actually personalize that detox patient. You can't take one product and say it's going to do the same thing in each person. So just a little word of learning to all of you that are listening because if, like what Sarah was just saying, y'all read plenty of things on the Internet about how to detox and you've got to make sure that you know how your body needs to be taught.

Sarah Phillipe: Yeah, definitely. So "i" n tits stands for infections. These are things that are kind of like a downstream effect of toxicity and an altered microbiome, altered terrain in the gut because of the toxicity that we're dealing with. And it's important to just not think you can go on this bug killing spree and be successful because that's typically, it typically isn't successful to just go in and kill, kill, kill. It's same with other things like Epstein-Barr, cytomegalovirus or Lyme or things that may not be in the gut but are throughout the body. It's important to address, to go further upstream and address why they're there in the first place. They're there because they can be, because your microbiome, your terrain in the body is altered and it's toxic and so they can thrive in that environment.

Sarah Phillipe: And so really, you know, the better approach is working on the toxicity and detoxing and supporting those detox pathways while also remodeling the microbiome, working on remodeling that microbiome so that it's healthy and thriving and functioning well and balancing out the bacteria and addressing parasites and Candida and things like that if they're an issue at the same time, because oftentimes people will say, Oh, I have candida, I need to do a candida cleanse. And you know, they'll cleanse and cleanse and cleanse and cleanse and think they're killing off Candida. And the missing link is usually parasites that also have candida in them and other things too. But and then the other missing links is toxicity is so, you know, these bugs are there because also they're protecting you against a lot of those toxins and chemicals and heavy metals. They feed off of them, they use them to create their biofilm around themselves

to protect themselves from being killed and they are providing a level of protection.

Dr. Keesha: You remove them and you wind up having a worse leaky gut with the same feeling forever. And ever and ever.

Sarah Phillipe: Everything has its time and place in working on healing the body and restoring normal function. It's not just about, okay, I'm going to really do this detox and really go after these bugs. It's more complex than that and there are far more things to consider. So the third thing is trauma. Now this could be mental, emotional, it could be physical, it could be structural. So there's so many different types of trauma that we're dealing with today and you know, mental, emotional could be death of a loved one, a divorce, something like that. Physical could be, you know, abuse in the past. That can also fall into the mental, emotional category. Physical could be a car accident and structural could be birth trauma and misaligned physical subluxations in the spine. There's a lot of different types of trauma and sometimes that can be the missing piece of the puzzle that prevents healing if it's not, if it's not addressed or identified and addressed. I think that is really, really important

Sarah Phillipe: And then we have the aspect of shame and sometimes shame comes from trauma. So what we want to know is, what are the things we're ashamed of? For me it was my body and the idea of having to be perfect, having to look perfect, having to be a certain way and where did that come from? And really, really dealing with that and think getting deep with it and figuring out who you really are and, and gaining an appreciation and a love for who you are and really understanding like what's important in the identity. Where does your identity come from? Sometimes we want to know, where did we first learn the things we're ashamed of? Where did that come from? And then what areas of our life are we overcompensating? I'm in for these things, you know? So there's so many different layers here of things that need to be addressed that create illness in the body. It's important to make sure we're leaving no stone unturned. That's what I always like to say. And getting a good look under the hood and just addressing things in the right order too. That's always important.

Dr. Keesha: Beautiful. My doctoral research was the healing unresolved trauma study. And you know, where I go through in solving the autoimmune puzzle, the exact mechanism of how shame is created and the meanings and beliefs we create. What I came out of that with was that every single person with autoimmune disease has perfectionism. People pleasing and poison from past hurts. And it can be emotional and physical, and so all three of those will be in place if you have autoimmune disease. So what we're doing right now is we're highlighting one more of those and why we actually subject ourselves to that particular trauma is going to be of course based in that old hurt, meaningful belief that we created that then we have adaptive behavioral strategies that we've put on top of it. And you know, one of those can be making sure that we're looking like the

rest of the women in our society. So what Cosmo says we should be when we're in the grocery store checkout aisle.

Sarah Phillipe: And what I find is, true for most women going through this process of explant and coming to terms with and learning to love themselves, their new body, their old body, the body they were born with. It's a struggle for people. Most of us got these implants because of vanity and for lack of self-love. And sometimes there's other things like reconstruction from cancer, but oftentimes it's more of a vanity thing. And so it can be a difficult process to work through that. And come to accept yourself and love yourself and learn from the, from the mistakes, or not necessarily mistakes, but just the choices that have been made that have led to all of this. And there's always something that can be learned. I don't believe that we experience anything for no reason. So there's always a greater reason, a greater purpose behind our suffering. And so discovering that is where you grow as a person as a mother, as a wife, as a friend, as a whatever an employee. We learned so much about ourselves and this is just such an important part of the journey, such an important part.

Dr. Keesha: Thank you, Sarah. I appreciate you taking this time and going and leading the band with that because it's again, just one more thing I don't think people have thought about and I appreciate you bringing it up into the forefront of the discussion.

Sarah Phillipe: Yup. Thank you for helping me on.

Dr. Keesha: All right, everybody, until next time, more Reverse Autoimmune Disease interviews coming in the days to follow.