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Foreword by:  
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# EXPLANT

**The Essential Guidebook to Surgery,  
Recovery & Breast Implant Illness**

## FOR ALL THE BRAVE WOMEN WHO REFUSE TO BE SILENCED

Breast implant removal is more than just a surgical procedure—it is a deeply personal and transformative journey. For many women, the decision to explant comes after years of physical symptoms, emotional struggles, and a quest for self-discovery. This book is a reflection of my own path, a journey marked by challenges, healing, and ultimately, empowerment.

When I first considered removing my implants, I was filled with uncertainty. Would my body ever feel whole again? Would I regain my health? Could I learn to embrace my natural self? These were questions that lingered in my mind, but as I navigated the process, I discovered a strength within me that I never knew existed.

This book is not just my story—it is a guide for any woman facing the same crossroads. Whether you are struggling with breast implant illness, considering surgery, or already on the road to recovery, I hope this book offers you reassurance, guidance, and a sense of community. You are not alone.

Healing is not just about removing implants; it is about reclaiming your body, your health, and your confidence. My goal is to provide insight, support, and encouragement to help you through this journey.

**You are strong. You are enough. And you are not alone.**

Recovering from breast implant removal can be life-altering. The emotional upheaval was intense—something I never anticipated. I vividly remember crying in my husband's arms every single night for four months. The grief was overwhelming. Looking back, I think it was my body's way of shuddering in gratitude—finally relieved of the pain, the swelling, and the inflammation it had carried for nine long years.

I couldn't control my feelings. It was like a train barreling toward me, unstoppable. I cried and cried. And cried some more. But slowly, the pain began to subside. The swelling and inflammation started to go down. My body began to heal, and my breast implant illness symptoms started to improve.

The scars under my breasts began to heal—little by little. And *I* began to heal. Piece by piece, Lindsey came back. Oh, how I missed her.

If you're in the middle of this journey, I want you to know something important: **you will get through this.** You will learn to release the pain and anguish you've held on to for so long. Let it out. Cry in the shower. Scream. Yell. Swear if you need to. Throw a rock (just not *at anyone!*). Let the pain out.

Talk to other women who have gone through this—they *understand* you. And know this: **you are not alone.**

You *will* survive this. And one day, you'll feel yourself coming back, too.

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