



Episode 064

Adrian Ellison - Healing After Explant: Adrian's Journey + Wisdom

Laura Foster [00:00:13]:

I could feel the potency of a conversation that was starting to build since the moment I reached out to you and said, I've been peeking in on some of the things. You've been putting out into the world and some of your offerings and some of the wisdom that you have embodied over, I think, probably a number of years, to say the very least. And I feel like there is a really potent conversation that we could have about breast implants and explanting and that journey to self healing. Thanks for showing up to it.

Adrian Ellison [00:00:53]:

Yeah, it's all I really want to talk about right now. So feeling just grateful to have the invitation.

Laura Foster [00:00:59]:

Sweet. Okay, so let's start where it started. Let's first talk about, I guess, your journey. If this feels natural for you to talk about your journey with having breast implants and why you wanted or needed to remove them. How did that all come about for you?

Adrian Ellison [00:01:17]:

Yeah, so I was 19 when I got my implants put in. I couldn't even afford to have them put in. It was like the hoops that I had to jump through that my surgeon allowed me to jump through to get them was something that I was an unstoppable force. I was getting those implants, and that was that. And to be honest, there's a big conversation, too, around explanting that's like taking ownership for the decisions that we make in our life. And for me, at the time, I honestly didn't care about the consequences, not to mention there wasn't a lot of informed consent around the consequences. But even if there had been, I still would have gotten my implants. And so that's just something to note about. We become attached to this idea of this kind of carrot that's dangling on the string in the future that's like, when I get to this place. And for me,

there was a lot of that. I had a pretty interesting upbringing. I grew up in a little country town with 300 people, all white, very conservative, very religious, but also a very heavy drinking culture. And so I was exposed to the way that I always say it, and I talk about this on Instagram. It's like, as a child, you are the greatest artist. You're like your pure art creation. At that point, everything is just creation based on your feelings and your emotions. And emotions are just like the wind they pass through. They're very quick, and they inspire us to express in a certain way. And if we have a good channel and direction to express in, then we create things that help us really see our own experience and to really feel ourselves and then for other people to feel us as well. So I think so much of getting implants or any kind of plastic surgery is really a cry for, like, see me, acknowledge me, notice me. Give me attention. Tell me that I'm loved or tell me that I'm enough. Or anything that is of the essence of like I'm changing the way that I look as a way to receive something else in my life. And so because I didn't have really good direction and paths to pour my creativity, my body became the canvas. And so I've had a few plastic surgery surgeries. I've done the Botox and the lip injections, and I used to have eyelash extensions and long extensions. And everything for me was about, how can I change my body to create the reality that I'm so desperate to have? Which is really it was just a connection. I just really wanted to feel connected. I didn't have the language around that, so I mustered up all the chaos that was in my life, and I was like, boobs, that's where it's at. I wanted breast implants since I was like eleven years old. Growing up with pop culture in Hollywood, it was like, you get implants. It's like the thing everybody tans in a tanning bed, you get implants. That was just the culture that I was seeing, and I also saw how heavily praised that culture was. So that's really where it started for me.

Laura Foster [00:04:07]:

You just said so much in there that even some connections there that I wouldn't even have said I would made on my own. But I would agree. I'm quite a bit older than you. But I will tell you at the same thing, growing up, I was like, if I could change my body in any way, I would have had breast implants at that time. Me now and through the years, maybe. No, but that's the thing. You make these decisions at a time when it aligns with how you're feeling about yourself and how you're feeling about your life. And I could see myself having gone in that direction, and clearly a lot of people do. Was there at what point did you decide or why did you feel like you needed to do explant surgery? What came up for you?

Adrian Ellison [00:04:54]:

Yeah, so it's such a funny question because so many people assume that I had severe breast implant illness, but the truth is I was sick long before I really got my implants in. I had a pretty intense capital T trauma experience when I was 13, and that led to ten years of pretty severe substance abuse. And then substance abuse tends to just create more traumatic experiences. And so, yeah, I say the straw that broke the camel's back there was technically two the second breaking of the back, but the first one was my dad dying. And it just was like the first time that all that chaos of me reaching for the world and changing my body and doing all of these things externally and not really having any kind of a center just stopped it froze time for me for the first time in my life. And obviously I started to question, death is like, such a wild mirror for us. It's really the greatest mirror of life and how we live. And so even though I was pretty unavailable for any of these conversations, it is when the stirring started to happen within me and I spent about at the time, I had been really deep into what I thought was healing. In those two years I was in the fitness industry, I was writing nutrition programs. I also was the most overweight that I had ever been. I was binge eating. I was so sick with autoimmune illnesses. And autoimmune is just like, what's crazy about so many people that have autoimmune is they say, like, I just want to start healing. Autoimmune is a sign that you're healing. Your body is detoxing, and it is healing. That's why you have autoimmune, because the immune system is at work. It's just work and overdrive. So for me, I had so much overdrive and overstimulation in my system. My system was trying to fight a lot of things from my childhood and a lot of things from just years of body abuse in general. And then nobody really talks about we can talk about BII, but also just the impact of having one surgery alone, specifically, right here in this solar plexus area where all the nerves and the ganglia are, that are really the kind of control board for the nervous system, which I had no idea about. Like, no doctor was even talking about nervous system regulation for sure four years ago, ten years ago, unless they were super holistic functional medicine doctors. And then, of course, chiropractors, right? Yeah. I had this experience when one day I was just sitting there and I looked down and I had this very quiet whisper that was like, you should take these out. And I just laughed. I literally slapped my knee and was like, what? I thought, and one thing that I know about healing is that the whispers turn to cries, then they turn to screams, and then eventually we're called to listen. And the moment that we begin to listen, that's really where healing starts to take place. So a couple of years after that, I was doing this topless Mayan. It was the first time I'd ever been topless in public. So even though I had these breast implants and I was very proud of them, I was still so insecure about my body. It was like the boobs weren't enough, right? So if I could have just showed those, I would have been good, but I didn't want to show my stomach. There were so many aspects of my body that I just wasn't available to be seen. And I always wore all black all the time and dressed in a way that tucked everything in the way I wanted it to and really kind of betrayed me and who I am as an embodied human. And so I did this topless ceremony on

the beach. It was a Mayan clay ceremony and I was laying there in the sun and the message was just so clear because at the time I had spent like \$12,000 to be a part of a mastermind. I had gone through this season of immense loneliness and I was so deeply desiring connection and was really coming to the awareness that connection is it. Connection with self, connection with others. Everything we do is to feel connected. The money that we chase, the substances that we do, it's all so that we can feel connected to a higher experience, something that is a higher vibration, right? Like we are wanting to vibrate higher and we don't know how to cultivate that on our own. We don't have a relationship with our sexual energy or with our life force energy. And so it just hit me. It was like all these things that you're doing in order to cultivate connection. And every time you hug someone, it's just you and plastic and them and that frequency that moves between the heart center, it's not there. At the time, this was very woo woo for me. I hadn't really studied the electromagnetic field of the body or of the Earth. I hadn't really studied electricity in the body or how electricity circuits chiropractors know this, but this isn't common knowledge, and it's not taught in Western medicine, which I feel like is why a lot of Western medicine kind of shits on Chiropractic, because it is such an Eastern approach to a Western world that it just was never taught. So I had to really seek out these resources and I would come across them kind of by accident. And then I'd be like, wow, I connect this dot, I connect this dot. And so at the time, I also was so sick. So I was like, you know what? I don't know if the implants are what's causing BII or not. I had saline. So everybody was like, oh, saline is safe. La la. There's all this conversation around it. But it didn't matter to me at that point. I was like, I'm not going to keep anything in my body that's potentially making me sick when I'm spending so much energy and money and time pouring into my healing. And then also if I really want to connect. And my highest desire in love is to connect and to merge with higher aspects of myself and to merge with others to create a family at some point, sacred union, which I believe happens first and foremost internally. And then our external world is a reflection of that. So it was like all these pieces were coming together and it was so seamless. I now look back and I'm like, this was always my path. That's why I'm not a victim to those circumstances either. Because I'm like, this has connected me with so many people, it's literally cultivated the same connection that I was desperately and unconsciously seeking when I originally got them. So for me, it's like it started to even out and then it's also now beginning to be an overflow of abundance compared to what it used to be. So that was really the kind of trigger that hit the mark. And then the moment I woke up from surgery, it was like the most intense heart waves of electricity that I've ever felt in my life. I remember the nurse being like, honey, you need to open your eyes because they're trying to pull me out of anesthesia. And I looked at her and I said, I am not in the anesthesia am writing love letters to every single person in my life and I need a few more minutes. I was like so aggressive with her. Like, you need to back up. I have things that I need to say. There was just

all this energy coming from me and then like anesthesia you're kind of out of your body. So I'm like floating in the quantum, just sending these jolts of love to everybody in my life. And then from there it started to connect me to this experience that all women have, which regardless of if you've ever had babies or had something like endometriosis, which I used to have or have ever had a major surgery, a woman's body is so deeply conditioned to be seen and not heard and definitely not felt. And the cries of a woman will make weak men sick. It just will. I've seen this time and time again. And so there's this conversation that's always happening through a woman's body, especially energetically that I was starting to have coming up in my body and it was like my vessel like, who can hold this? This is so much energy. And yeah, that was kind of my experience with surgery and that really started to open doors for me.

Laura Foster [00:12:33]:

Yes. And also I love this recognition and this discussion even about really honoring the area of our body and the chakra, the heart, the solar plexus, the nerve ganglia, like you mentioned, that are in that area and how profound it is to have a trauma to that area. A trauma by putting implants in the actual low vibration and frequency of having plastic and saline and foreign substances in the body. And you're right, we don't have this discussion about it because it's not part of informed consent, for sure. And also too, sometimes I think we don't honored enough for those women who decide to do explant surgery. I love that you have this discussion, you have program and you do work to kind of work with women around this because whether you do it for explant surgery or whether you have a mastectomy or anything that kind of shifts the energy of this area of our body is hugely profound, massive. Now, did you go ahead?

Adrian Ellison [00:13:47]:

I was just going to say, you think about say somebody's in a car accident and they're unable to really process and metabolize the experience. So then for months after that they're having panic attacks. And that's the body's way of saying like, hey, there's this vibration that's too overwhelming in here. And I'm like, I'm trying to offload it, but it's not getting offloaded in a subtle way. So then these things come up and they trigger it and then it's overwhelming, it's too much at once, right? That's really what trauma is. And so for me, I also looking at, okay, well, if somebody took a scalpel and they cut into me and I wasn't conscious and my body went through that experience without my presence, there's a deep abandonment that happens in that place and it's a different kind of wound. And I studied vibration and I also have done an immense amount of work around vibration. That's kind of what I feel like this is really all about is feeling that sensation of where we're not able to be in present time consciousness with

ourselves. Whether that's because the trauma was too much and we had to kind of jet and dissociate or whether we were under anesthesia and something that completely takes our consciousness away because otherwise we wouldn't be able to bear the pain. And so when we get into scar tissues, which you know about with Kendra, it's like these walls that get built around this area where there was so much pain at once that the brain literally is now trying to hit that wall. And that wall is saying, absolutely not, there's too much pain here, you need to go somewhere else. And so from a chiropractic standpoint, it's like how much energy for the brain to communicate through the nervous system to go somewhere and then it has to bounce back and then recircuit to another place. There's so much life force that's lost in that bouncing back and referring out process. And for me I started to understand, okay, this is not just a physical aspect, this is emotional too, because emotions that don't want to be looked at, they're going to find a home in the body that is never looked at. So now we have this really interesting relationship with the circuitry in our body where all this information that should be just flowing through us is now referring out. It's ping ponging off, it's starting to compensate and ask for the proprioception aspect, asking for other things to come in and to take the load because there's not enough of a process for metabolization to happen, to really metabolize that experience that has multidimensions to it. It's not just physical, it's also emotional, it's also energetic. And then we don't even have to get into the ancestral component, but we come loaded into this life and then some, and then we add on to that. And that's really what the conversation is about is like we're an entire ecosystem in and of ourselves. And every single thing that happens to our ecosystem, whether we believe we're consenting to it or not, has consequences. It has cause and effect. So that's really the conversation that as I'm bringing this information into the world, it's like I have all this knowledge about all these different pockets. And when I started to really look at my explant journey, I was like, oh, this is like the ground place that it all comes in and supports. It's like, this is my foundation.

Laura Foster [00:16:57]:

Right. So when you came out of surgery and you were on this journey of healing from the actual explant surgery, did you feel better right away?

Adrian Ellison [00:17:12]:

I felt vibrationally, yes. Like, immediately coming out of surgery, I actually had a very smooth recovery. I had so much high vibration in my space, and I also was very intentional about the environment that I created for myself to heal. But it was like now I had to deal with the gremlins that had something to say about the way my body looked that were always there.

They were there before I got the implants. And then kind of like with the referral pain, it was like, oh, well, we can't go here anymore, so we'll just attack other parts of the body and now they were all back to this part of the body. So I had a lot of body image stuff that was pretty intense around the end of my surgery. So I would say it kind of balanced itself out. I had a lot of high vibration and a lot of things happening, but also because I didn't have any education about how just initially getting implants affects 20 plus different muscles in the chest, the ganglia nerves, the nervous system as a whole circuitry. By the time that I had my explant, which is why my explant was such an awakening for me, was like it was the straw that broke the camel's back for the second time. I had already kind of had that. And this is what I also want women that are thinking about explant to know going in is there's a lot of prep work that can be and should be done so that when you finally have your surgery, it's not just an excess toxic stress load that happens on the tissue and the emotions, but that you're kind of going into your surgery quite neutral and alleviated of a lot of this excess stress that was there and built up in the system. By the way, this isn't about implants. This conversation is about everything that's ever happened to you in your life that if it's not digested, will find a home in your explant scars and in your implant scars, because that is the best place for it to go because there's no communication going there. So this is really a greater conversation around, just like, your ecosystem as a whole, and how your innate intelligence is going to take over and how to best prepare yourself so that when you do go into surgery, which is going to be another trauma that you are in the best possible, suitable space, physically, emotionally, mentally, so that when you come out of surgery, the body is ready to start healing. And it's not like, oh, well, look at this to do list that we have now. And then here's all this excess weight, right?

Laura Foster [00:19:30]:

What are some of the things that you started to do as your healing journey continued? Like, you had this preload of ways that you prepared yourself and probably you have knowledge now of all the extra ways and other ways you could have prepared yourself. Would that be accurate?

Adrian Ellison [00:19:46]:

Yeah, I didn't prepare myself very well. I did a lot of emotional preparation. I've used this blueprint several times. I shaved my head in December and I did all the emotional prep work before I shaved my head. So by the time I got there, I was like, this is my decision. And it was coming from a very neutral place. But, yeah, there was a lot that I wish that I had known, that I didn't get the chance to collect those resources until afterwards when I was so sick and I

almost died in 2020 from just so much toxic overload, metabolic dysfunction, parasites, all of that. So, yeah, that's kind of where this information is coming from is like, man, if I could go back in time, here's a very specific stack of the way that I would have supported my body and my last four years would have been a very different journey.

Laura Foster [00:20:31]:

So if we're talking to the woman who's considering or preparing for explant surgery right now, just even a couple top things to consider when you're thinking about how do you really support yourself emotionally and physically and all the things in between going into that kind of surgery and trauma.

Adrian Ellison [00:20:53]:

Yeah, I learned a lot about detoxification and the difference between detoxing and actually draining, which is probably the most important conversation for women who have an overburdened system with the body attacking the breast tissue, the capsules, or just things in the past. So the number one thing that I think is the foundation for everything, which I feel like you're going to agree is nervous system regulation. Everything is built upon that. And if your nervous system is dysregulated, your Lymph is just naturally going to be thick and unable to move. The body is not going to prioritize healing because it's prioritizing survival. And so the number one thing that I would have people doing is whether you're educating yourself about your vagus nerve or your nervous system or not, you can just take this and just use it. Is EFT tapping. I think that's, like, it's not the sexiest and it's one of those techniques that it's easy, it's the easiest thing you could possibly do. It's safe. Everybody can do it. You can do it on children. And it is one of the most profound ways to signal to the nervous system and to the vagus nerve that you are safe so that the body can get into a parasympathetic nervous system response, which is the rest in the digest. And so I think one is just how much of your life, up to the point even that you got breast implants or that you are now going through BII or whatever it is that you're going through is you living in survival. And so every time that you were in survival and the bucket of survival kept getting filled and filled and filled, how much digesting is really necessary at this point? And again, if you're overwhelmed in the sympathetic space where there's just such a pile of things and you never really take the space to fully digest and metabolize when you go to have your surgery, you can't even imagine how much that's going to overpour that bucket. So tapping and vagal stimulation vocal toning is also one of the most powerful ways to stimulate the vagus nerve and to create a sense of rest and digest. That's a whole nother topic of women who are afraid to use their voice. That's a whole nother thing.

But that's the foundation for me. When I first started doing tapping I got to points where I was doing it ten times a day because I realized, oh, every single time that I get out of fight or flight because it is my blueprint, it's so familiar to me and it's what is most familiar. So my stress hormones that I'm just by nature addicted to because it's all my body knows. It's like I'm going to seek what is familiar, familiar outcomes. Right? That's what self sabotage is. All these things that are so complex and they feel unrelated, they're all the same thing in one place, which is that the system has an operating system that was kind of determined for it very early on in childhood. And unless you are able to disrupt and pattern interrupt the way that the system pulls hormones from your body, spikes cortisol and adrenaline and then feeds off of that chemical cocktail, you're going to continue to just be dysregulated. So I think most people don't even know how dysregulated they are because when they start living their life and their priority is rest and digest, they're fucking tired all the time because they're finally getting caught up. That's like one of the signs of on social media. I always see like signs that you're in your spiritual awakening, you're exhausted. Yeah, because life force energy is kind of trying to fight back. It's like no, I know. This way. So tapping is a great pattern interrupt. It's the greatest in my opinion. The next thing is once you are regulated and now the system is saying, oh, finally we can digest some of this stuff that's been coming up. Now we need to really move the Lymph. And I'm sure you probably talk about this with people, but unlike the cardiovascular system, the Lymph system has to be either manually pumped or it's pumped by your muscles. But for a lot of women who are sick with BII and they're experiencing chest pain and shallowness of breath, working out really is not an option for them. And even if it was the life force energy that gets drained by the time they make it to the gym, like, if they're a mom, if their body's referring all this pain out, for me, I would go to the gym, and it was just like, by the time I got there, I was tired. So manually working the Lymph system, which again you can find all over YouTube. The biggest thing is to start with the biggest sites which are up here, starting on the right side, moving to the left because most of our Lymph is housed on this left side of our body and really starting to gently move all of that fluid through the body so that it can take out all of the waste. And then this is an unpopular opinion for a lot of people because it's a little controversial, but I believe that coffee enemas are one of the most powerful, holistic, home remedy things that you can do. It's super cheap. You really want to make sure that you get the right kind of coffee because organic is not enough. It needs to be mold free. But I do coffee enemas because it upregulates our own natural glutathione production by some say up to 800%, which is like almost incomprehensible of a number. But even if it just doubled it, even if it just upregulated it by 50%, that would be awesome. And a lot of people spend a lot of money on supplements. And for me, the real groundbreaking supplements are going to be binders. Binders that bind to water, like humic and fulvic acid that should be in our soil. So supplementing with something that you would normally be getting if you were eating from

land that was not so ravished nutrient. Then there's binders that you can take. Activated charcoal is not a good one. It's not a good one. I have a mentor named Christy Knoll, who's, by the way, if you ever want a podcast with her, she's incredible. I learned a lot of my detox stuff through her. She helped me a lot in my healing journey. And I was always taking activated charcoal as a binder. I was like, oh, this is great. And then she taught me that that only binds in the stomach, and it also binds to minerals. So knowing that you need minerals, because minerals are the electricity spark plugs in the body that really activate and get metabolism moving and get energy circulating properly, and then having things that really kick out heavy metals and molds, even if you have not had implants, put. In and you're experiencing mold, or you've lived in an environment with mold. It's just a natural byproduct of living in the environments that we live in, the houses that we live in, and coming in contact with that. So those are some of the prime things. The coffee enema has really changed my life. It's very cleaning. Colonics, if you can afford them, are super powerful. And those are the top things that I would suggest for people to do. And then when you can get back to working out, there is no medicine like working out, because the muscles are the longevity. They're the longevity organs. So they're constantly creating oxygen and blood flow and lymph movement, and they also are so deeply connected to our organs. So it's one of those things that working out is not something that you do for aesthetics. It's something that you do for total body vibration, like really allowing your body to circulate and vibrate to the highest place it can.

Laura Foster [00:28:02]:

All true. And honestly, I can tell you, you know your freaking stuff, Adrian, because I have heard many people try and talk about those topics and not even do half justice. Those are some of the best indicators and the best supporters. I don't even have a thing to add around that 2020 in retrospect, right? And you learn these things, and that being your awakening, having explant surgery, opening the door to all this awareness, and everything comes flooding back, and you start to recognize why something happened 20 years ago and why something happened ten years ago. It brought you to this place and really shifted things for you. Once you had your surgery and you're coming out the other side, immense shift and change in your vibration, knowing that immediately. But there were things along the way that you then turned to that became catalysts for your own healing on a deeper level. What were those kinds of things coming out the other side? And by the way, when is it too late to be healing from explant surgery or mastectomies or breast reduction or anything? Is there too late? Never a little too early.

Adrian Ellison [00:29:21]:

There's too early as far as doing deep tissue work, because that scar tissue, the reason it builds there is it doesn't need information, too much information going there. It needs some time to heal. But if we go too far past that point now, we're still just deeply in that referral compensatory kind of pattern.

Laura Foster [00:29:38]:

Yeah.

Adrian Ellison [00:29:39]:

But it's never too late. Never.

Laura Foster [00:29:40]:

Okay, so there you go. It's never too late. So if you're listening, you're like, I wish I had known that. That's fine. Stay here. This is all so what kind of things did you think were some of the most powerful or pivotal things you did in the other side of your surgery?

Adrian Ellison [00:29:55]:

Yes. So the first thing that I did was this intense detox protocol with Christy Knoll. I cannot speak high enough about her. She really knows her stuff and man, she is really living her purpose with it. And so she helped me to understand these very specific stacks, and it was less about like I had all the information, not all the information. I had a lot of the information that she had already, but they were all kind of displaced and distorted. And then I was doing too much with other things that really were just completely fillers. And she helped me understand what are these very efficient stacks of? How do I? So, for instance, if I want to spend one day a week really doing something that's going to just catapult my healing for the rest of the week, and I only have that time because I'm a stay at home mom and my kids are always all the time and I only get one two hour window off. You could do this. And the way that I would look at some of those stacks was and by the way, if you have implants, I wouldn't suggest sauna. I wouldn't suggest this as a remedy because you're just cooking those toxins that are in there, and until you learn how to drain properly, it could just be flaring up like a histamine response. And so that's something to think about. But once I got out of my explanting and I wasn't able to still work out something else to mention, I had really severe metabolic dysfunction before I

had my explant, and I had a spine injury that happened a little over eight years ago right after my dad died. So I came in like a loaded gun. By the time I did any of these things, and the only reason I mentioned that is I was, worst case scenario, rock bottom on my way to I already had serious disease. I was dying. I had endometriosis so bad that I was unable to work. I was crippled. I couldn't fully stand up or pick up a pin off the floor for six years of my life. So I mentioned all of that to say no matter how bad you feel like your circumstances are, my story, if anything, can be a testimony to the fact that the body can go from on its way out to dying to where there is no real life left in the cells and in some of the organs and low organ function to where I'm at right now, which is like living high vibration. I'm able to have my center of how my energy moves, and sometimes I get stuck in ruts and sometimes I hit low vibration pockets. But my system knows how to respond to that and relates to that in a very different way than it used to. So the first thing that I did was a detox protocol, understanding how to actually drain after detox because I was doing a lot of things. I did like a four day water fast. That was terrible. That really effed me up and so this is kind of the stack that I did. And I also want to just be cautious in mentioning some of these things. There's a couple of things that I'm going to mention that if you do them wrong, the chance of you dying is kind of high because this is taking and going deep into the body system and it is offloading so much stuff. And if you don't have really proper protocols in place and the system is overwhelmed, it's just going to create more compounded effects of trauma instead of helping to lighten your load.

Laura Foster [00:32:53]:

Right?

Adrian Ellison [00:32:54]:

So I got my hands on some really interesting science and materials around dry fasting. I don't know if you saw that on my account. I did a seven day dry fast that was a little over a year ago and when I decided to do that, I was kind of what I felt like was a little bit out of option. So, mind you, I've been doing this deep, deep healing from my explant and even before that, but only for the last four years. But my radical healing of being able to heal my spine injury completely, heal, my endometriosis, heal my hormones, heal, so many mental distortions that were going on, low vibration stuff. Even my PTSD, I had pretty severe PTSD from when I was 13. That's all taken place just in the last two years. So when I did my dry fast, I was just really looking for information about how to really offload a lot of these systems that were in my body that weren't working properly and were working over time. I did seven days with no water and ten days with no food and it was really powerful. It was one of the deepest parasite cleansings

that I could have done. It got sketchy towards the end, like really sketchy. And it was definitely one of those things, looking back, that I probably should have had a nurse there with me and just been a little bit more diligent. But I made it through the full seven days and that really catapulted me into being available. Like, if I did that, I was going to be available for whatever else I needed. Then I got into contact with Christy and I was like, oh, I should have done all of this before I did my dry fast. But hindsight is 2020. And so I went through a couple more series and cycles of parasite cleansing, which was some of the most profound work I've ever done. I've done a lot of plant medicine, and parasite cleansing is kind of like sober psychedelics in a way. And so that offloaded a tremendous amount of toxins in my body. But again, if I had done that parasite cleansing without proper drainage I had so many parasites in my system, it could have killed me because of all of the heavy metals and molds and the toxins that would have been redistributed back into my blood system. Which is why I mentioned binders. Because when we're healing and we're killing pathogens in our body, we also have this relationship where those pathogens, when they die, they release everything that they've been storing. And so with good detox but bad drainage, you just detox and you just dump your system. And so now you don't have anything to pick that back up. So that was like the start of my healing, which was a year and a half ago. A little over a year and a half ago is when that started. And then I got into contact with somebody who this is all before kindra I got into contact with somebody who absolutely changed my life. He's a functional medicine doctor. He's a chiropractor, and he does an advanced technique called quantum neuroreset. I don't know if that's something that you've kind of dove into or not. And that really changed my life. And one thing I'll say is I had seen a couple of other professionals that were certified in something kind of like that activated integrative muscle therapy, but that they didn't have a strong relationship with fascia. So Fascia work, I think, is like some of the most profound healing work we can just do in general because I also believe that our Fascia is like our subconscious. It's storing everything seen and unseen. And so getting into circuitry work, getting into proprioceptive work, getting into understanding how the muscles are connected to the organs, are connected to the bone and the joints and our meridians and all of these Eastern medicine techniques that we don't really see in the Western world. I did over 60 sessions with Dr. Jeff Luke, and when I saw him, I was really at that rock bottom with the spine injury in my chest, and I had hundreds of muscles that did not even know how to fire at all when they were tested. And so it was some of the deepest work that I did as well. And then I got to this point where I was very empowered in my system. I didn't have a toxic load. I didn't have nervous system dysregulation. I wasn't dealing with parasites or gut infections or any of the chronic infections. And now my muscles were starting to work so they could pump that out. So it was like all these small things were just allowing the ecosystem of my body to really start to push and to recover and do all of that properly. And then I came across Kendra Tooth Hill's work, which is

getting into the actual scar tissue as well as rewiring the nervous system around how it circulates. And so I would say that anything that creates circuitry in the body is, in my opinion, the future of medicine. If it's not a conversation around circulating electromagnetic frequencies in the body, vibration in the body, communicating with all parts of the body because there is no separation, then to me, it's not medicine. It's just kind of a stand in, like, stepping stone until you find the next thing, which, for people who are really deep in their healing that I feel like are spokespersons for actual healing. They're people that took all these stepping stones of treating symptoms until they found somebody like you, like Kendra, like Christy, like Dr. Luke.

Laura Foster [00:38:03]:

Right. The energetics of it all is so deeply know. I let's talk for a second about Kendra's work and the work that you did with her. And for anyone listening, they probably know that I live in Costa Rica. Kendra tooth hill is literally down the jungle path from me, and she's an athletic therapist and does lots of hands on work and works with women who have had explants. And it's this notion around the circuitry, and it's this notion around the scar tissue. And of course, scars and healing of tissue is so deeply important. But it's when it flips from being helpful to being that place that we can't access anymore for you and your own personal journey with your breath. Because you take it out. And now you're left with your natural self. Except your natural self has now had trauma. How did the fascia work and the scar work? How did that shift and change your experience of what your breasts looked like, what your breasts felt like? You being in your body in this way, was there a profound effect there?

Adrian Ellison [00:39:20]:

I like how you said, like, in your body. So scar tissue creates dead pockets for energy. That energy can't really flow properly. And again, that's only supposed to be for long enough for the super trauma aspect that just took place to kind of simmer down so that when you start to circulate again, it doesn't just send you right back into the shock that would have happened when the trauma originally took place, which very much happens in surgery, which is why they put you out. So for me, the process of taking my implants out was a real call and invitation to come back into my body and to stay with that present time consciousness of what my body has always been wanting to express, which is going to be pain at some points. Like, pain is a natural consequence of life, but suffering is a choice, and suffering does come from avoidance, and it comes. That pocket of scar tissue that I had. I had these crazy knots that were also tied up, and my Lymph wasn't flowing properly, and I had this scar tissue knot. I think the biggest thing that I experienced was almost this weird when I would touch myself, I was like, these

don't feel like my breast. It felt like somebody else's breast on top of my breast. So I knew I was touching a breast, but I couldn't feel the full electromagnetic process of my hand to all the sensors in my breast all the way down into the tissue, into the muscle into the bone. That's a real thing that occurs. And that wasn't available. That circuitry wasn't there. And when I would touch, it was just this weird registering in my body that, what is this? This doesn't feel like mine. So that, to me, is, like, the perfect example of not being in your body. Like, this isn't mine. That's disconnection. That's dislocation. Right? That's dissociation. Those are all low vibration expressions that keep us from being able to feel connected. So there was a lack of connection that was taking place, and so, obviously, that affected my intimate relationships. I would have to tell my partner at the time, don't touch my breast, because I goes from a pleasurable experience into a confusing the feeling I felt when I touched my breast was like, I feel confused. And so that was confusing. Everyone knows what confusion feels like. So that was, like, one issue that I was having. I had a lot of swelling and inflammation that would stay just around my chest cavity because there wasn't proper drainage that was taking place. And then when I would try to do, like, core workouts, like, this huge muscle that is connected all the way from your abdominal muscles all the way up into your chest, into your scalines, into your neck, none of that was being able to really kick on. There was just this lack of circuitry on the front body line. So a lot of that weight got taken over on my back body line. And so every time that I would lean forward, you think that's your back doing that work, but there's a ton of things that are happening in your core in order to keep you stable. Well, that wasn't kicking on for me. So then my back is already leaning over taking that weight, and now it's taking all of the weight. So I just developed so much back pain and so much stuff in my traps and then so much in my jaw, like, so much of TMJ. If you were to look at the percentage of women who have TMJ that also have breast implants, I would be willing to bet that it's a really significant percentage.

Laura Foster [00:42:31]:

Wow. Right there, right?

Adrian Ellison [00:42:35]:

Yeah.

Laura Foster [00:42:37]:

So, when you started, you breast massage, cupping the work with Kendra, it's very dramatic to look at the pictures that you've shared of going from full implant to full explant pre work, and

then to see at some point in the future, a while ago maybe currently, of how it has shifted the whole look of your breasts. I mean, I can't be in the felt experience, so let me just say it's such a dramatic difference, and all of that comes from being willing to work with that area, really shifting the tone of the fascia, removing adhesions, letting the Lymphatics reengaging the muscle structure, all of these things. We really do discount how the body works. So Holistically and I know that that's such a simple thing to say, but when you're to say your jaw is connected and there's the trap stuff that goes on, and then it creates back pain, and then there's this disconnection in the front and through the heart. Chakra the general, the most average person doesn't have the education around this. And we think of all these things as being so deeply separate when they're so intricately connected, both physically, emotionally, energetically, all the things. So now, at this point on your journey, how is this coming to play for you? What is the work that you're doing in the world now?

Adrian Ellison [00:44:20]:

Yeah, it's so cool. I never wanted to be the explant girl, to be honest. I got my explant, and I was like, I'm done with that. I moved on with my life. And it's so beautiful now to see that. For the last four years that I've been barely sharing about my journey, one, because I didn't have answers. I was like, I will give you guys what I have, but it's very little. And so I only made, like, three to four posts over the last few years about it just because people would ask. And every time I would post about it, I would have a flood of women coming to me, which now, looking back, that says there's not a lot of resources. Like, if people are hundreds of people are finding my page every time that I post, there must be a real lack of resources. And so I feel super neutral about where I'm at right now. Really, the majority of my explant healing has taken place in last year, and I was doing some things before that. But the biggest issue that I was having before was that when I would touch the tissue, it was so chaotic. And that's why when I worked with Kendra, it was like a big game changer. And working with a functional medicine doctor, because that took all that chaos, and it helped to recirculate it so that it was easier for my body to digest, then I could really get in there. At this point, I'm just in maintenance, right? My breasts are different, and I still have a little bit of these little pockets know, I don't love the way that they look, but I love that I get to just be in acceptance of exactly where I'm at. And I spent a lot of this summer in Europe topless, and really just allowing myself to just witness myself being so vulnerable in that way. And, yeah, I think where I'm at right now is I really believe that I found some of the greatest resources in the entire world that I could possibly find, and I know I'm going to find more. And I have enough right now to profoundly impact a woman who is on this journey and give her the stepping stones that are going to facilitate a much smoother and lighter and pleasurable experience than what I had and that really lights

me up. And so I'm just going to continue to create resources for this. And I have some dreams one day of having a recovery center and things like that. And I've always had that not specific to explants, but I see Awaken the Medicine, which is my brand, which has always been about teaching women that everything that they need to heal already lives inside their body, inside their DNA, and inside their healing. And I think just moving from where I was already teaching, which was more esoteric teachings and teaching more about shadow work and vibration into something that's a lot more practical, that almost everybody can resonate with, which is having a major surgery, having major injuries, having major trauma. And how when we start to treat the physical body, which is the most dense part of our energy, that we're able to impact everything all the way out from our astral field and beyond that, to something that goes further back to our mothers and our grandmothers and all of those things. So right now I just want to inspire women to take their healing into their own hands. And when you move from Victimhood, then you kind of will trust anybody. There's like that energy of like, well, my doctor says and then not really vetting the person that you're working with. And are they self studied too? That's a big red flag is if somebody's not self studied. And everything that I just shared with you, this is stuff that some of it I learned in books. But everything I chose to share today was something that I have personally experienced in my journey. And so I just want to be a storyteller mostly for letting women hear my journey and knowing that I was so sick that I didn't ever believe I was going to be able to come back. And now I feel better than I felt when I was in my teenage years. And I know that I look forward to my forty s. I look forward to my fifty s, I look forward to my seventy s and having the type of spinal rotation that I can have so that I can play with my grandkids and do all these things. I'm seeing the bigger picture. And so that's really what I'm going to be doing in these next couple of years is serving from that kind of ego perspective of giving people perspective when they're feeling low and helpless and then helping them with the stepping stones so they feel empowered enough to really take that healing to the next level. And then just being a mirror and a reflection for why they want to do the things that they want to do as well. So that they can move through life from the most neutral standpoint possible. So that they actually are in a state of choice with how they heal. So that the vibration of what they're doing to heal is coming from a place of this is because I love myself and I honor myself and not this is because I believe that a better version of me is when I heal. The best version of us is when we're present no matter what we're experiencing. So that's what I'm planning on doing for the next, however long, is just building the resources and collaborating with incredible women.

Laura Foster [00:49:16]:

Yeah, this is what you're going to be doing for the next little while. And I can already feel into the field the level of activation and attraction around a lot of this. I want to just bring note to two things that if you're a listener, you can find this in the Show Notes. It's ways in which you're working with clients. Awakenthemedicine.com, healing after explant, right? Retreat, correct? Yes. And that's in.

Adrian Ellison [00:49:46]:

November, the second weekend of November. And then we also have an eight week course that's included with that. But if you're not somebody that can fly to be with us in person for the first one or the second one, there is a course that's eight weeks live that's self led tissue work with Kendra. And also Christy is going to be teaching on Detox and I'll be just teaching about the emotional aspect.

Laura Foster [00:50:09]:

It looks incredible. Eight week online course. It begins October 5. If you are listening to this long after these dates have passed, then I would just refer you back to the Show Notes and see what kind of really cool things Adrian is putting out into the world at that time and what's the best way for listeners to connect with you.

Adrian Ellison [00:50:27]:

Yeah, the course will be out forever. We're just doing it live this time. But that'll be pre recorded and then we'll continue to do retreats. So if you go to my Instagram, that's the easiest way because in my link tree, in my bio, there is lists for you to get on. All my offerings that I do now and that I will do in the future will all be on there. And we have a retreat center here in Austin, Texas that a lot of that will be hosted at. So Instagram is the easiest way to contact me. I'm very responsive on there and I look forward to hearing stories and connecting with any of the women that feel.

Laura Foster [00:50:58]:

Resonant with this work that's so amazing. And Instagram is at Adrienne Ellison. Go ahead and hop on over to the Show Notes. Take a look at all the things that Adrienne's doing in the world. Go look at her breasts on Instagram. It really isn't amazing. Just a testament. You can actually feel the energy shift and change. And I'm not saying know flippantly. I really do mean it to see

how we can really support our body through the healing. I love your message. I'm just deeply grateful for the work that you're doing in the world. Thank you so much for coming on here in such an integrated way so that you can really share from your heart and really drop some really incredible resources and support and knowing. Thank you for being here, Adrian.

Adrian Ellison [00:51:43]:

Yeah, it feels so good to share. This is my first time sharing about my explant story, so it's an honor. Thank you for facilitating the conversation.

Laura Foster [00:51:50]:

Oh, sweet. Thank you so much for saying yes to me to do it. And thank you, everyone, for listening. If this is really resonating with you, please do something with what you've heard. Whatever's in there that is for you that doesn't go out of your mind, that's sitting there, it's like that nugget or that kernel or that seed that's there. Please listen to it. It's there for a reason. If we can help you in any way, please reach out to us. And maybe the way that you help is also just to share the episode. Who else needs to hear this information? Definitely rising tides on the boats. Thank you so much. Thank you, Adrian. And thank you, everyone, for listening. Now go out there and create yourself an absolutely incredible day.