

# *A Journey to Healing*

## Overcoming Breast Implant Illness with Energy Medicine



# *Battling the mysterious and exhausting symptoms of Breast Implant Illness, one woman shares her powerful journey of healing through explant surgery and energy medicine—revealing how reclaiming her energy helped her reclaim her life.*

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**T**he exhaustion was unbearable. Walking from one room to the next felt monumental, often leaving me breathless as I collapsed onto the couch. My mom, her voice filled with worry, said, "You need to go to the emergency room." Tears welled up as I whispered, "Okay." That fearful moment was the lowest point of my battle with Breast Implant Illness (BII), a condition that left me struggling with fatigue, brain fog, rashes, and emotional swings.

Yet, that moment of despair marked the beginning of my healing journey. When conventional medicine couldn't provide answers, I turned to complementary therapies like energy medicine, a decision that transformed my recovery. Practices including the Daily Energy Routine, Tracing Meridians, and Lightning Resting in Earth reconnected me with my body's ability to heal, easing brain fog, anxiety, and overwhelm while restoring balance to my energy systems.

In this article, I'll share how these tools became my lifeline, helping me overcome illness, release trauma, and build resilience for a healthier, more empowered life.

## **ABOUT BREAST IMPLANT ILLNESS (BII)**

Breast Implant Illness is a complex, often misunderstood condition that can wreak havoc on both the body and mind (Lachmansingh, 2022; Trabilsy et al., 2025). Studies indicate that BII is associated with 50-100 troubling and often debilitating physical and psychological symptoms including fatigue, panic attacks, depression, brain fog, memory difficulties, headache, joint ache, chest burning or pressure, hair loss, rashes, dry eyes, and chronic pain (Alabdulkarim et al., 2025; Newby et al., 2021; Spit et al. 2024).

The increasing non-scientific discourse on social media is leading many women to self-identify with BII and pursue implant removal, while ongoing controversy and lack of agreement within the medical community keep BII from being formally recognized as a diagnosis, although its symptoms overlap with autoimmune conditions (Alabdulkarim et al., 2025; Bird & Neissen, 2022; Newby et al., 2021).

Despite the limited research on BII and its underlying factors, integrating complementary and alternative

treatments with conventional surgery has been shown to alleviate fatigue, pain, and anxiety, highlighting the importance of a multidisciplinary approach to addressing the physical and mental health challenges associated with BII (Alabdulkarim et al., 2025; Lachmansingh, 2022; Newby et al., 2021).

### THE PATH THROUGH BREAST IMPLANT ILLNESS

Nine days before my ER visit, I was hit with a level of exhaustion I'd never experienced. Even basic tasks like brushing my teeth or taking a shower felt impossible. Worried, I went to urgent care where my thyroid was the concern, but my bloodwork came back normal. Still, I couldn't shake the feeling that something was very wrong.

While waiting for a telehealth appointment, I began piecing together my symptoms. The fatigue was just one part of the picture. At times, I couldn't lie on my left side without waking up breathless. Months earlier, a rash had first appeared on my shins before spreading to my chest, back, and arms. I also experienced bouts of unexplained anxiety, sadness, and increased hair loss. Desperate for answers, I tested for Valley Fever, but the results were negative.

Of all my symptoms, brain fog was the most debilitating. It would come and go, but when it hit, it was overwhelming. At times, I felt like a gray veil descended between me and the world, making it challenging to communicate or concentrate. The "me within" felt trapped, struggling to break through the barrier. I would lose my train of thought mid-sentence, my mind going blank, leaving me frustrated and scared. These unpredictable episodes cast a shadow over everything I tried to do.

By the time I met with the nurse practitioner, a new symptom, chest burning sensations, had emerged. Before the ordered labs were drawn, my mom urged me to go to the ER. There, my EKG and chest x-ray were normal, and I felt dismissed when the doctor focused on anxiety. Then, a thought hit me: What if my breast implants were the cause?

I'd heard about BII before. A mammography

technologist had shared her story of illness caused by implants, and during my Eden Energy Medicine (EEM) training, my teacher had warned about their toxicity. I'd had my implants since 2016, with two additional surgeries for complications like capsular contracture and rupture. I had promised myself that if anything else went wrong, I'd remove them. Now, in 2024, I was convinced they were the source of my suffering.

That night, I researched stories of women with BII whose symptoms mirrored mine. The next day, I contacted my former EEM teacher who referred me to a plastic surgeon. Although the surgery wouldn't be covered by insurance, I scheduled it without hesitation. My health was at stake, and I knew this was the next step toward reclaiming my life.

### ENERGY MEDICINE: BUILDING BLOCKS OF RECOVERY

Eden Energy Medicine, developed by Donna Eden, focuses on balancing the body's electromagnetic and subtle energy systems to promote physical and emotional well-being (Eden & Feinstein, 2020). Drawing from various healing traditions, EEM emphasizes self-care practices that restore balance and vitality. Donna Eden used her ability to perceive and interact with energy systems to recover from severe health conditions and teaches others how to do the same (Eden & Feinstein, 2020).

Her work aligns with the broader field of energy medicine, which emphasizes the role of energy fields in regulating physiological processes (Rubik et al., 2015). The biofield, recognized by the National Institutes of Health, is defined as a massless energy field surrounding and permeating living bodies, influencing their function (Rubik et al., 2015). Energy medicine works by applying low-level signals to the body to restore energetic balance and support healing (Rubik et al., 2015).

Acupressure, rooted in Traditional Chinese Medicine (TCM), targets specific acupoints along the body's meridians to alleviate symptoms and restore harmony (Mehta et al., 2016). It stimulates neuro-hormonal responses like endorphin and serotonin release and modulates the hypothalamic-pituitary-adrenal axis to

counteract excessive cortisol production, promoting relaxation and supporting healing (Mehta et al., 2016).

In preparation for and following my explant surgery, I enhanced my energy medicine practice, integrating it with other complementary therapies such as lymphatic drainage, sound and light therapy, and herbal remedies. These approaches worked together to support my body's natural healing processes. By collaborating with a trusted healthcare provider, I ensured that my integrative plan was safe and effective.

## CORE ENERGY MEDICINE TECHNIQUES FOR DAILY RESILIENCE

As a certified EEM practitioner, I have consistently incorporated energy balancing techniques into my daily routine. However, as my physical and emotional challenges mounted in the months leading up to surgery, I realized I had to rely deeply on everything I had learned to maintain some level of quality of life. Dedicated care for myself became essential to my recovery and resilience, helping me navigate the difficult road ahead, even in moments of extreme exhaustion.

Two foundational practices were my daily non-negotiables, regardless of how drained I felt: the Daily Energy Routine (DER) and Tracing Meridians. Practicing these techniques each morning gently reminded my body of its natural, healthy energy flow. By starting my day with balanced energies, I was better equipped to make choices that nourished my body, mind, and spirit, rather than defaulting to habits that depleted me. These simple yet powerful tools served as an anchor during a challenging time, and the best part is that they are easily accessible on YouTube for anyone to follow along.

In addition to these foundational EEM practices, I incorporated a newer technique developed by Dr. Sara Allen, advanced EEM practitioner, called *Lightning Resting in Earth*, which proved transformative in managing brain fog and improving my focus. Before using this technique, I would often sit at my desk intending to work but end up staring blankly at the monitor, thinking, No, not now. I just can't focus. This protocol became my go-to practice every time I sat

down at my computer. It allowed me to focus for an hour or more at a time and, over the weeks, my ability to concentrate steadily improved, even before my explant surgery.

## THE DAILY ENERGY ROUTINE (DER)

The DER, created by Donna Eden, is a quick series of exercises designed to balance the body's energies and enhance well-being, even for those with busy schedules (Eden & Feinstein, 2021). Many people report feeling revitalized after completing the routine, and a study confirms its effectiveness in boosting both vitality and positive affect (Devoy & Maguire, 2024; Eden & Feinstein, 2021). Consistent practice can lead to lasting results (Eden & Feinstein, 2021). Video: <https://www.youtube.com/watch?v=Di5Ua44iuXc>

## TRACING MERIDIANS

Tracing Meridians involves using your hands to follow the paths of 14 energy channels in the body, starting with the Central and Governing meridians and then tracing the meridian corresponding to the time of day (e.g., Spleen meridian for 9-11am) (Eden & Feinstein, 2021). This practice clears blockages, restores energy flow, and supports overall well-being (Eden & Feinstein, 2021). Video: <https://www.youtube.com/watch?v=1d75dJHRaFo>; Meridian Flow Wheel: <https://www.healthline.com/health/chinese-body-clock>

## LIGHTNING RESTING IN EARTH: A GROUNDING ACUPRESSURE PROTOCOL

The Lightning Resting in Earth protocol, developed by Dr. Sara Allen, is rooted in TCM principles, addressing two key imbalances: Rebellious Qi and Scattered Shen. Rebellious Qi occurs when the body's vital energy, or Qi, flows against its natural direction, disrupting harmony due to factors like emotional dysregulation, imbalanced diet, or environmental influences (Stomel, n.d.). Dr. Allen vividly describes this phenomenon as Qi scattering "like birds on a wire" (Dr. Sara Allen, personal communication, March 25, 2025). Scattered Shen refers to instability in mental and emotional energy, leading to symptoms such as anxiety, restlessness, or difficulty concentrating (Chang, n.d.; Yin Studio, 2021). Shen, often described as the "spirit" or "presence," visible as "light" behind a person's eyes, resides in the heart and reflects one's mental and

emotional state; disturbances can arise from physical or emotional trauma (Chang, n.d.; Yin Studio, 2021).

The protocol aligns with TCM's concept of heaven-earth energy flow, emphasizing balance between heaven, humanity, and the earth (Ke, 2023; Wang, 2019). This deliberate progression guides the hot, active yang energy downward into the earth, its natural direction, subsequently allowing the cooler, nourishing yin energy to rise upward from the earth, much like the action of an oil pump (Dr. Sara Allen, personal communication, March 25, 2025). This process supports recovery, resilience, and overall vitality.

By stimulating specific acupressure points, you can alleviate brain fog, improve focus, and reduce stress. The descriptions of these points and safety considerations are drawn from Peter Deadman's seminal work, *A Manual of Acupuncture*, a globally respected resource in TCM (Deadman et al., 2007).

## HOW TO PERFORM THE TECHNIQUE

### Preparation

- Sit comfortably and take a few deep breaths to center yourself.
- Use your fingertips to gently stimulate each point for at least 30 seconds, following the sequence below. Take three deep breaths as you pulse and circle each point.

### The Points and Their Benefits

#### 1. GV20 – “Hundred Meetings”

Location: Top of the head, at the intersection of a line connecting the tops of your ears.  
Clears the mind, lifts depression, and grounds energy to ease anxiety and overthinking.  
Nourishes the brain and helps with headaches, dizziness, and insomnia.

#### 2. Third Eye – “Hall of Impressions”

Location: Between the eyebrows.  
Promotes deep relaxation, relieves emotional restlessness, and clears foggy thinking. Supports emotional well-being and helps with nasal congestion.

#### 3. GB21 – “Shoulder Well”

Location: Top of the shoulders, midway between the neck and shoulder tip.

Releases tension in the shoulders, descends energy, and alleviates anger, migraines, and high blood pressure.

Safety Note: Avoid during pregnancy.

#### 4. CN17 – “Chest Center”

Location: Center of the chest, midway between the nipples.

Opens the chest, regulates Qi, and alleviates stress-related tightness, shortness of breath, or palpitations.

#### 5. HT7 – “Spirit Gate”

Location: Inner wrist crease, on the side closest to the little finger; look for a small hollow.  
Nourishes the heart, calms the mind, and treats emotional imbalances like anxiety, worry, and sleep disturbances.

#### 6. SP6 – “Three Yin Crossing”

Location: Inside the lower leg, four finger-widths above the inner ankle bone.  
Relieves stress-related fatigue, digestive issues, and emotional imbalances. Builds blood and yin while moving stagnant energy.

Safety Note: Avoid during pregnancy.

#### 7. LV3 – “Great Surge”

Location: Top of the foot, in the valley between the big toe and second toe, about an inch back from where the toes separate.

Relieves anger, stress, and irritability while regulating Qi and blood flow. Supports liver health and detoxification.

### Completing the Practice and Key Considerations

After stimulating all the points, sit quietly and observe how you feel. For best results, practice when anxious or unfocused, apply gentle but firm pressure, and use a reference guide or app if needed. Avoid GB21 and SP6 during pregnancy, consult a healthcare professional for medical concerns, and skip any points that feel overly sensitive.

### RECOVERY AND RESILIENCE: MY JOURNEY

Immediately after surgery, I noticed significant changes. My eyes were clear and bright, and, more profoundly, the gray veil that had so often clouded my mind and separated me from the world was

noticeably gone. The “me within” felt deeply connected to the world in a way I hadn’t experienced in months. Despite physical limitations during the early stages of recovery, I resumed as much of my energy-balancing routine as possible. Even when I couldn’t fully perform the techniques, I visualized my energies aligning, trusting my body’s innate ability to heal. To my amazement, my recovery was remarkably rapid. Within 6-8 weeks, I felt lighter, clearer, and more vibrant, and by three months, I was nearly symptom-free. Practices like EEM and acupressure became the foundation of my healing, empowering me to take control of my well-being in a deeply personal and sustainable way.

## LONG-TERM RESILIENCE: A PERSONALIZED APPROACH

Resilience is not a destination but an ongoing journey of self-discovery and empowerment. Healing requires small, consistent steps and trust in the process.

Working with a certified EEM practitioner can help you understand your unique energy patterns and develop tailored techniques to balance your body and mind. Pairing energy-balancing practices with other complementary modalities like meditation, aromatherapy, or herbal medicine can create a personalized recovery plan that fosters lasting vitality.

Healing isn't linear, and every small victory matters. Trust in your body's ability to heal and grow stronger. Move closer to a more balanced, resilient, and empowered version of yourself by taking action today, and be ready to embrace life with renewed strength and clarity. 



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