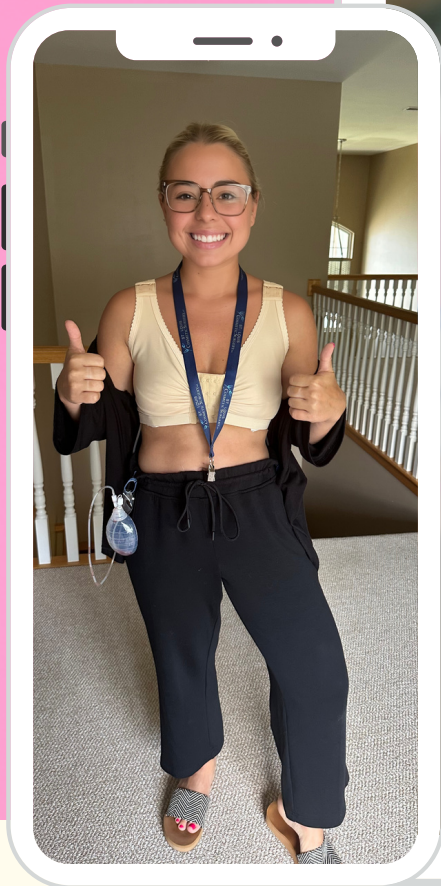


FREE EBOOK



EXPLANT ESSENTIALS

By Dr. Austyn Yarbrough

DOWNLOAD NOW



None of the following information is to treat, cure, or diagnose. This is not medical advice

THINGS TO KNOW!

1. The explant world is political! If someone is asking you for money to be part of a Facebook group or any sort of group that costs, I would not personally do this. This is MY OPINION!
2. To find a doctor this is a good starting point: [LINK HERE](#)
3. I would get three opinions minimum.
4. There are options when getting your implants removed:
 - a. Under Anesthesia with no capsulectomy
 - b. Local Anesthesia with no capsulectomy
 - c. Under Anesthesia with capsulectomy
 - d. The research is limited when it comes to capsulectomy. If you do not have the recalled implants or a lesion in the implant I would definitely think about whether or not to get the capsule removed. This surgery is vigorous, can be high risk, and expensive. Here is a link to studies from a doctor that I personally know that I got a good opinion from regarding the capsule. [LINK HERE](#)



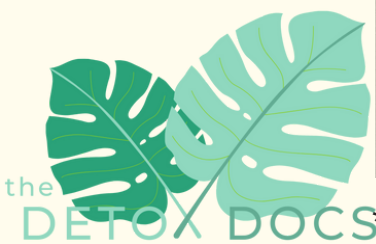
BEFORE SURGERY

These are the steps that I made before, during, and after surgery. Please note that you can choose to do whatever you want. I chose to go out of my way for my surgery to be as holistic as possible. I also did not go under anesthesia and get my capsule removed. This decision was based on the multiple options I got, and the risk. I hope these tips help, and if you have any questions please reach out on IG @thedetoxdocs.

Also please read through the ENTIRE PDF before ordering everything because I have put the whole bundle together if you want to do the exact protocol that I did.

1. Start prepping 6 weeks in advance.
2. Do an immune protocol and stop the protocol 2 weeks prior to surgery. You do not want to take any blood thinners. Below is an example of blood thinners.
3. Immune protocol that I did: [LINK HERE](#)
4. Sauna 1-2x a day for 15 minutes
5. Workout 3-4 times a week. I recommend lifting weights at a healthy weight for your body. This will help make your body stronger after surgery. I also recommend walking daily
6. Drink half of your body weight in ounces per day with electrolytes added. Here is the link I use: [LINK HERE](#)
7. Shoot for over 100 grams of protein and add colostrum. Protein and colostrum: [LINK HERE](#)
 - a. 15% discount code:
THEDETOXDOCS

2 weeks Before & After surgery – Avoid the following Medications & Supplements: Accutane (Isotretinoin - 6 Months) / Adderall (24 hours Prior) / Advil / Aleve / Aspirin / Blood Thinners / Cinnamon *Supplement* / Echinacea / Eliquis / Ephedra (4 Weeks Prior) / Excedrin / Fish (Krill/Salmon) Oil / Flaxseed Oil *Supplement* / Garlic *Supplement* / Ginkgo Biloba / Goldenseal / Herbal *Supplements* / Ibuprofen / Kava-Kava / Licorice *Supplement* / Meloxicam / Mobic / Motrin / Omega 3 [CDB Oil Included] / Phentermine (4 Weeks Prior) / Saw Palmetto / St. John's Wort / Sudafed / Turmeric *Supplement* / Valerian Root / Vitamin E / Weight Loss Injections – (2 Weeks Prior) (liraglutide, Ozempic, Rybelsus, Saxenda, Semaglutide, Wegovy) / Xarelto



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POST OP PROTOCL

These are the steps that I made after surgery:

1. Lymphatic drainage asap. Examples:
 - a. lymph massage
 - b. flowpresso
 - c. ballancerpro
 - d. guasha
 - e. GUASHA
2. Scarring:
 - a. Yarrow pom over entire breast for elasticity 2x a day. [LINK HERE](#)
 - b. Immortal around the wound 2-3x a day. [LINK HERE](#)
3. Pain: Deep blue anywhere with pain- not over the wound. Take deep blue capsules daily. [LINK HERE](#)
4. Natural muscle relaxer/sleep: [LINK HERE](#)
5. Natural antibiotic: [LINK HERE](#)
6. Comfy bras: [LINK HERE](#) & [LINK HERE](#)

ENTIRE DT CART

You've got this girl!
Xo Dr. A



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