



THE SPECTRUM OF HEALTH

— P O D C A S T —

Podcast Session #46

Non Toxic Beauty Options

With Diane Kazar

Dr. Schaffner speaks with pro soccer player turned Functional Diagnostic Nutrition Practitioner, Courage Coach and Holistic Beauty Expert, Diane Kazar, about how to be beautiful. They discuss her experiences with Breast Implant Illness and her experience with helping others suffering from autoimmune disorders. They also discuss her upcoming summit, the Non-Toxic Beauty Summit (which will have Dr. Schaffner as a featured speaker).

For more on the summit: https://nontoxicbeautysummit.com/?iddev_id=27814.

For more on Dr. Schaffner's new skincare line, visit www.Lumviskincare.com.

Dr. Christine Schaffner: Welcome to the Spectrum of Health podcast. I'm Dr. Christine Schaffner, and today I'm speaking with Diane Kazer. Diane recently had me on her Non-toxic Beauty Summit, and I felt like she had so much great information to share, especially about her own journey with breast implant illness. Diane is a pro soccer player turned functional diagnostic nutrition practitioner, courage coach and holistic beauty expert. Diane has been through many health struggles with empathy and fierce leadership, she's your go-to girl to break through anything no matter what you've tried or what you've been told. She's the author of *Killer Breast: A step-by-step Guide to Overcoming Breast Implant Illness*, producer of the Non-Toxic Beauty Summit, and creator of Cleanse, Heal, Ignite, a program which helps women discover their inner healer by providing them lifelong tools to overcome immune disease, breast implant illness, hormonal imbalances, chronic pain, gut infections, emotional trauma and perfectionism. Her mission is to educate and empower passionate women leaders with safer beauty, body and breast solutions from products and procedures, to diet and detox, so they can age gracefully and holistically with the energy and vitality they need to step into their power, speak their voice and spark their purpose. I really hope you enjoy my conversation today with Diane. Welcome Diane. I'm so looking forward to this interview today.

0:01:34 Diane Kazer: Thanks for having me, Christine.

0:01:35 DS: Absolutely, just recently our paths crossed, and I'm so excited for your upcoming summit, the Non-Toxic Beauty Summit, and much of my audience already knows I have an organic med spa in Seattle and that I just created a skin care line, and how this has been such a passionate topic for me for so many years. It was really fun to collaborate and share what I know

and also for me to share your summit with our audience, because this is just such an evolving field. There's so many people nowadays increasing their awareness of what non-toxic beauty is, so I'm really excited to share this today.

0:02:14 DK: Yes, when we did our interview, I thought to myself, "Can I just get in an airplane and fly to go see you for a week and just play with the toys that you were talking about?" It was so fun.

0:02:24 DS: I know, I felt like we could talk all day and there was just so much synergy there, and I'm excited for all the people that you've interviewed in your summit. I guess while we dive in, what inspired you to do the summit on non-toxic beauty?

0:02:38 DK: It's the question. There was a part of me that felt like it was my duty to share with women...The amount of suffering that I went through in the name of beauty and in an attempt to be more beautiful, in attempt to win, and I'll explain what I mean by win. Throughout my journey, it is a part of me that felt like this obligation to speak to my thirteen-year-old inner self and my 16-year-old inner self, and my 21-year-old inner self, those times when we look back in our lives, and we think, "Gosh, I really wish I would have had a mentor or somebody that educated me on these things, or empowered me with these things." And I didn't know better, and of course, we're always doing our best, but the amount of guilt I felt even just as a health practitioner, and you start to hear the shame that we're inflicting upon ourself when we hear the word "should" come up in our head. Like, "You should have known better," and "You should have done it this way." I was should-ing all over myself with

the journey that I went through thinking, I'm a health practitioner and I have all of these crazy symptoms and I couldn't figure out what was wrong with me.

0:03:55 DK: I love to run advanced labs like you do, and I love geeking out talking to other women like you do, a deep dive, deep dive health detective type of work to see what's really going on beneath the surface, and not just applying things to the area that may have issues like, "Oh, you have a rash here, just apply some cream right there." Well, something else is happening coming from a different part within you, and let's explore that, let's listen to the body and ask the body what's going on. When I was asking my body what's going on, I didn't have answers for myself, and the journey really began about four years ago, when I had the worst rashes I've ever experienced, and I was itching so bad that it woke me up in the middle of night.

0:04:40 DK: I was itching until I bled, I felt like I literally wanted to itch and pull my eyes out of their socket because they itched so bad, they were so swollen, inflamed and red and peeling, and there was nothing that I could do, even Prednisone barely touched it. I went through that amount of suffering and even the health experts and practitioners and even with all of the research that I did online to try to figure out what was at the root of this, I still kept turning up blind...Pun intended, because my eyes were also so foggy with I didn't know what, and I thought, how is it that I'm suffering this bad and I can't find the answers? And that for me was one of the most lonely experiences and times in my life, and I was at the point where I was just about ready to give up and looking back, it was bad beauty products--it was Botox, and it was breast implants, and now I want the whole world to know that these are things that have not been well-researched and that have been conditioned into the female psyche as things that we need to do in order to feel

loved and to be confident. I just think this whole beauty industry needs a major reform starting with how we see ourselves.

0:06:02 DS: So much to unpack, and I know your journey was only to help others, and I'm so glad that you are taking this experience and having a platform. When I reflect on it too, a lot of my work is always educating people about keeping themselves and their family safe from environmental toxicants, so we're looking at the water and the food. And people really get that, even though there's still a lot of room to educate. But there's this whole other aspect, especially for women, about the exposures that we all go through in the name of beauty, and how this starts from a very young age; so people, especially, who are not using organic products, it's a huge source of exposures to neurotoxins and carcinogens that we start slathering on our skin and our face, from age seven, if you will. It could be a lifetime of exposure that has all of these health impacts. I think it's just so important that we continue to get this message across. And so you named three buckets here, Diane; so you said bad beauty products, breast implants and botox. So let's dive in. Each of these impact your health and translate into getting these severe skin reactions and all of this suffering. What should we know about bad beauty products, and how do they negatively impact health?

0:07:32 DK: So the summit that I did and the book that I have coming out cover that it's really difficult to pinpoint that it's any one specific thing. As you probably have spoken several times on your podcast and everywhere, we're surrounded by them, and there's just several tens of thousands of toxic chemicals in our beauty products, in our cosmetics, in our personal care and hygienic products, including the things that we put on our babies. And Johnson & Johnson had a major issue with talc, and they had massive, billion-dollar

lawsuits because of the ovarian cancer that it was causing. We're seeing this turn up everywhere. Vioxx was one pharmaceutical and that was another, and now it is doing things like Norco, and many different things that are now used in pharmaceuticals and that have lawsuits. And so we make the assumption that "If it's out for sale, if they're recommending it, it must be safe," and that's one of the biggest toxins of all of them, the artificial belief and assumption that "If it's out there, it's okay for my body."

0:08:48 DK: And so that also comes from and stems from this possible perception. I've been working with women now as a leader for over 20 years, whether it was in pension planning or personal training or yoga teaching or nutrition and now functional diagnostic nutrition, and then a courage coach; now, I work with women to discover their confidence from within instead of thinking that they need to apply it on the outside. The belief is that "I'm not smart enough, I'm not enough, I'm not beautiful enough, I'm not lovable enough," and then we feel like we need to apply these things to our face to apply a mask. Now, I'm the kind of person...I love how makeup can illuminate our natural beauty, but let's make it clean, and let's use a fair amount of it so we don't feel like we're slathering a ton on top of our natural beauty when it's at the expense of our own health.

0:09:42 DK: I didn't know that over the years, every time I went to get my makeup done for photo shoots, I was spending \$250 and coming home and had all these colors. And it was fun to me, because I'm a painter, I love to paint. But then when I started to experience skin reactions, I thought, "Okay, it's gotta be something that I'm putting on my face." So uncovering, discovering that so many things, like the parabens and the phthalates, and the zinc, and the things that are in sunscreens, and many, many different things that

are included in these personal care products, triclosan, sodium laureth sulfates, phthalates, fragrances-- there are so many things that are inside of these products that we're using, and they're unknowingly causing hormonal chaos, they're causing gut dysfunction. They're neurotoxins oftentimes, and also obesogens, and they cause cancer. And so sometimes, we can get overwhelmed by all these things, we think, "Oh gosh, what's the point? Everything causes cancer nowadays," as some people would surmise. But we don't have to think that way, because if you do clean these things up, it can make a big difference.

0:10:58 DK: And the interesting thing about my journey into using safer skin care...I would say it's difficult to be toxin-free with anything today, so it's deceiving to say "toxin-free" anything. We can get closer to it where it can still be negligible. So I started cleaning up my skin care routine, because I was having such bad rashes. Originally, the rashes I was getting were on my eyes, those were the most painful and irritating, and there was nothing that worked, until I did prednisone twice, and that's not a fun drug, because it essentially turns your immune system off. And of course, I had lots of side effects, but I was also experiencing UTIs and a lot of other things, so I was on antibiotics at the same time. This is three years ago. I'm a health practitioner, and I'm on all these drugs thinking, "Gosh," just total Impostor Syndrome, right? You're like, "I can't fix myself." Looking back in time, though, Christine, I'm really glad that I did all of that, because there are so many toxic things included in cosmetics that we're not even aware of. 95% of lipsticks today have lead in them.

0:12:15 DK: Especially pregnant women, they don't know that it can get passed down into the baby, they don't know toxic formaldehyde and so many

things are contained in these products. And, you can clean it all up and it's not going to cost a lot of money or time. When I did that, it was because I thought it was those products, and when I changed the products, it didn't affect my eye itching as much as I'd hoped. It did help a little bit because I started noticing the glitters and stuff, the things that had titanium dioxide in them. Those are the things that I was reacting to, so I thought, maybe that's the thing, and maybe my body just needs to calm down...I'm not going to use that eyeshadow anymore, and I'm just going to see how my body recovers. And, two weeks later, it was a little bit better, but still nowhere near close to what I'd hoped, which was that I wasn't waking up in the middle of the night anymore. And, what I realized through doing this summit actually, and through interviewing several of the top doctors and health experts and beauty care experts like yourself, is just how very toxic Botox is. That is likely the biggest thing I was reacting to around that same time, and I had a triple whammy because that was also around the same time that I had my breast implants in as well.

0:13:29 DK: So it was this triple whammy where I still don't know which one came first of all of them, but, I can track back a lot of the symptoms to the most common ones that people experience from each one of them. It didn't stop at just the cosmetics, I changed up my skin care, I changed up my sunscreen, I changed every single thing up because once I started doing the research, I discovered that oxybenzone is the active ingredient in sunscreens that is responsible for killing a lot of the coral in our oceans, and I'm a scuba diver, so that hurt my soul. I was in the Great Barrier Reef, I saw the coral and they were showing us the lack of color and how it'd been dying. And I have a deep intuitive feeling inside of me that says that the condition of our home, our mother, our mother earth, is a direct correlation and reflection of

our human health. If she's suffering, then we are too. And that oxybenzone is one of the primary reasons we get skin cancer, come to find out.

0:14:40 DS: I know you've given us so much great information. I do believe there's this interconnection, our bodies are a microcosm of the macrocosm, and as we heal our bodies and understand why we're sick, there's an opportunity to also change the way that we're interacting with the planet and harming the planet. I think the sunscreen issue is such a great example of that. It's just wild when people think about the sun and we've kind of demonized the sun, thinking that it's our enemy when the sun gives us so much health and vitality. Nature is wiser than we are in a lot of ways. Of course looking at these things from a balanced point of view. So the Non-toxic Beauty Summit it's absolutely going to educate us on beauty products, and you already named a number of ingredients to avoid. I always like to share with people if they look at an ingredient list to always look for fragrance, because that's usually going to be made of a lot of ingredients that are often neurotoxic but which they don't have to disclose. And then, most people know about parabens these days.

0:16:01 DS: I'd like to also say, if you see the word PEG in a product, you know there's a petrochemically derived ingredient, and so avoid that. I start with those three because it's really easy to screen, and then you can of course go deeper into all these other ingredients that you shared about. But it's important to know that just because something pretends to be organic or green-washed, you still have to do your due diligence to make it a safe product with the way the industry is regulated.

0:16:30 DK: Yes, and can I say something about the petrochemical as well?

0:16:33 DS: Yes. Please.

0:16:35 DK: Today, you can throw a dart at almost anything at a store and there'll be some sort of petrochemical in there. And, I say it cheeky not because it's really funny, it's disgusting really, that we have allowed petrochemicals in this many ingredients. Specifically, when I think about petrochemicals, the women I've been working with for years, when they come to me with urinary tract infections and bacterial vaginosis or whatever irritation that they're experiencing; candida, yeast infections, itchiness, what feels like maybe viruses, just something that doesn't feel pleasant. We want our lady garden to be fruitful, full of life, not full of itchiness and irritation and shame, and, then we can't connect with our partner. And that's more personal care, but, it's also not beautiful to feel that way either in your day to day life. And this is just part of it, these toxins are not just about the beauty care, it's also about the personal care products, and, we think about the number one most used, and, it always depends on when I check on these stats, but, 60-70% of peoples' primary favorite sexual lubrication is KY Jelly.

0:17:53 DK: And, KY has also a lot of petrochemicals in it, and, this is a very big irritant for the vaginal biome and causes a lot of people a lot of irritation. So that's one big one that's also in our most sensitive areas. And then, things like even tampons and toilet paper can have dioxin, and bleach comes from GMO cotton. And, sometimes gosh, they can even have fragrance in them now. I'm going to tell you a funny story, I was at my love partner's house a couple of weeks ago, and he brought up one of these Febreze products, I haven't trained him all the way yet Christine.

0:18:31 DS: He's got some work to do. Febreze, get that out.

0:18:35 DK: He's learning.

0:18:38 DK: He would die. And, of course, he's like, "Why don't you just go do the shopping?" And I'm like, "Okay." But he brought out one of the garbage bags. He was making eggs. And I was just like, "What is this weird smell that I'm noticing?" Because when you're super clean on the inside, you notice scents or you notice more things. I think it's great to be more sensitive because some people say, "Oh, well, you can't leave your house and you've living a bubble now you're so sensitive." And I'm like, "Actually, that's my body telling me that it doesn't like something. It's very intelligent." So we don't want to shame our bodies for being, 'sensitive'. It could be a good sign. It could be a sign that there's hyper-vigilance happening underneath. And so he brought out the Febreze bag to put the eggshells in, while he was making eggs, it was just a garbage bag with Febreze on it. And I don't know if you've ever smelled one of those, but it just takes up the whole house. It's just like when you walk into a department store and that fragrance just hits your face. And it's almost like that scene in the Matrix where you're just slow motion...

0:19:38 DS: Mm-hmm.

0:19:38 DK: And your face gets thrown back. And that's how I feel I get an instant headache from fragrance. And it's artificial fragrance, which also contains things, like Sodium laureth sulfates, that's what it needs to have in it to stick to things and linger, which is also in our tide products or whatever we're using to clean our clothes. There's a lot of these things that are being put into

bath salts also. When we take a bath, we think we're taking care of our bodies, but then these are also things that then touch our sensitive parts, and they're filled with fragrance, sodium laureth sulfates and many other things that. So they are, at this point, in so many places, so it can be overwhelming. But the reason I put this all together is to make it streamlined, as fast as you can get from A to B without having to do all of the thousands of hours that many of us have done on YouTube and reading blogs and articles and spending your time going to doctors and hopping all over the place trying to figure out what's wrong with you. Oftentimes, it's a lot of these insidious chemicals that make their way into our brains and to our babies into our bodies and our beautiful organs, and they end up sometimes paralyzing them.

0:20:47 DS: Yes, there's so much great information and I completely agree, at Sophia Health Institute where I see patients, we have a fragrance-free environment, and it's very obvious when that rule is either broken because people don't have the awareness or I have a very strong a sense of a smell after not being around these things. It's amazing when you hop into an Uber, or go into a department store. It's amazing that people don't notice this when they're in that environment all the time. So, that's a lot of great points, Diane. And moving from bad beauty products, about which there's a lot of information you're going to continue to share via the Non-Toxic Beauty Summit, into the next category, which is breast implants. I know that you have a personal story and you've come out with a book, *Killer Breasts: Overcoming Breast Implant Illness*. This is a big topic. There's more and more women voicing their experience and their health impacts from breast implants, but I would love to hear your journey on how you treated yourself for this. When I see patients and we have to go through this process, there's still a lot of fear

and concerns, about not only picking the right surgeon, but also the right aftercare and detoxification support afterwards. Walk us through your experience and how you recovered from breast implant illness.

0:22:23 DK: Oh, yes, thanks for that. My heart, that is now more exposed because it's not covered by two 500-cc silicone breast implants, my heart is huge for all of the women going through this, because it was the scariest, most lonely and overwhelming time of my life, because there's not a formula out there. There's not a lot of information out there. In fact, when you're out in social media land, and if you hear someone say, "I just found out I have breast cancer," you'll see several hundreds of comments of people with sympathy or empathy and offering health compassion, whereas with, if you're a woman like myself who says, "I have breast implant illness," what I've heard a lot is this element of shame and this element of, "Well, you did this to yourself. You put these breast implants in, so you are asking for it." And that's not what we need in this culture. I mean, women in our culture have been so socially and societally programmed to think that we're not enough, so we need to cut ourselves open. And in fact, so much so that they report that 90% of women who had breast implants have report greater confidence.

0:23:43 DK: And so, sure, I'll say that I did experience that when I got mine done almost 10 years ago now. I did it when I was doing bikini competitions, and I was also a pro soccer player before that. When you run a soccer game, it's like 11 miles in one game, in one 90-minute match, so I was always pretty thin, and a lot of women, regardless of their frames, still have that pressure of, you need these things in order to, I guess, at some point compete with other women, because this is how you're "supposed to look", right? And the rap songs and the videos and things we see on TV and in magazines don't

help. There's just so much pressure. So I got mine done because I was 10% body fat, and I thought I needed them because I heard that this is exactly what was programmed into me--"You need to get them, if you want to win on the stage. You need to get them, if you want to be on the cover of Oxygen Magazine. And if you want to earn your pro card in this fitness industry, this is what you have to do." At first I resisted it, and I said, "No, I love my body as it is," and eventually that weed that got planted inside of me grew because three months later, I was shopping for boobs.

0:24:58 DK: And that sounds so funny, but I was just walking around and looking at women going, "Well, what kind of boobs do I want? Do I want that shape or that shape?" And I eventually found a surgeon, I worked with a woman and she did a great job. And for 10 years, I carried these things around without paying rent. And they took life from my body. I ended up experiencing a lot of symptoms pretty immediately. As women, we're so intuitive, I mean humans are so intuitive. And one of the things that I love to empower women to do is intuitive-based healing. To really learn how to listen to your body and decode what it's trying to say, this wisdom. And what was it? Nine years ago, at this point, I was experiencing severe belly bloat and Candida, which can surface in my mouth. I had Candida symptoms where I had dandruff like crazy.

0:25:58 DK: Things eventually evolved and things got worse. I started noticing that my mood was off, I started to get more exhausted. So this was really like the analogy of like a frog put into a bucket of water. And it was cold water at first, and I did feel a little bit, you know, like someone heated up the water and I could feel the pressure. And then the boiling happened farther and farther along. Typically, they say to change your breast implants out after about

10 years, right? Not everybody is taught that, but 10 years. And so the closer I got to that 10-year mark, the worse and worse my symptoms got. You know, I was tracking these things over time, but I have been doing functional lab work and functional medicine lab work for about eight years now, and for six years, nothing got better, parasites were taking residence in my body, they were still there. And Candida never shifted, it was just still the same, and high levels of bacteria. I noticed that I still had a lot of hormonal issues, primarily estrogen dominance, and breast implants are as you know, estrogen. So I noticed that after tracking my symptoms for so long, I wasn't getting that much better. I had spent at this point about \$100,000-plus on all the things that I've done. As a health practitioner, I'm learning, I'm trying things out, I'm biohacking, so that I can report back to clients what might work and what might not. I had seen chiropractors because my spine alignment was getting worse, my ribs were moving out of place. That's when I really got to the point where I was like, I have to do something about this because my gut wasn't getting any less leaky, according to my labs. I had mold-like symptoms, I had shocks traveling through my body, primarily across my chest.

0:28:03 DK: As I got closer to the point where I was really convinced it was my breast implants, I had nipple sensitivity to cold, and I had really cold hands and feet. Really bad circulation, which I'm still working to improve in my detox. I believe that everybody needs to do a good one or two years of cleansing after, at a pace that the body is ready for, because it's a lot of stress to carry these things around. And everybody is different, of course. And Christine, I know you're such a fan of this, and I learned so much from you in that interview we did about lymphatic system. My lymph nodes under my armpits, underneath my chin and my throat, and all around my inner thighs, they were big. The one under my armpit was so big that it was the

size of a golf ball, and I couldn't lift my arm. I was in Bali when this happened, and I was supposed to go scuba diving with the manta rays. You know, you could imagine your disappointment, or like, "Oh God, this is going to be hard to do." And I still did it, but came up with an ear infection for two weeks thereafter. And that's when I was really, really, really sick. That's when I had my major eye puffiness, redness, irritation. My lymphatic system was screaming at me, I just did not know how to listen. And I had lots of inflammation, I had a lot of excess mucus going on.

0:29:23 DK: I eventually was getting brain fog, and I have never experienced this in my life. If I stood up, it felt like I was going to pass out. I was having issues with my adrenals, I knew that. And sensitivity to everything, sensitivity to light, to sound, to fragrances, of course. But that, like I said, can be a good thing, of course. It could be your body is speaking to you, or it could just be your body that's overwhelmed with even essential oils, like the real organic stuff. I started noticing my hair was thinning, that it was difficult to regenerate my skin no matter what I was doing. The congestion in my ear, nose and throat was getting worse. And the sciatica I had going down my left leg was really bad. My back pain was not getting any better, even though I was seeing a chiropractor three times a week. I have been seeing chiropractors mostly my whole life, you know, playing pro soccer.

0:30:19 DK: And this is where things really changed for me, and I was finally willing to admit it might be my breast implants, because I was still had this thought that "It's not my breast implants, because it's not my breasts that feel bad." I wasn't making the connection. And you know, I liked my boobs, and of course, there's that fear of identity loss, right? Who am I without my breast implants? And I did a thermogram, and my whole back, and my front, and

specifically, my right breast, had lumps and it was red. And on that scan, that's an indication of major inflammation. I just looked at my insides with that scan and I started crying. I was like, "What have I done to myself? What am I doing? What does this mean?" And that planted a seed. Then the next one was when I got my GI-Map back and I checked for secretory IgA, which is like this master marker looking at the status of our immune system. And you know, a good number, a good robust number is like 1200, and mine was 44.

0:31:30 DK: And that was the lowest I'd ever seen in any of my labs of any patients or any clients that I've ever seen, and I've seen thousands of these labs, and I went, I am the sickest I've ever seen, I don't know how I got here, but I need to finally listen to my body and take my own advice and do something different here. That's where the turning point really began, and I thought, "No wonder I can't get rid of the parasites, no wonder I can't get rid of the candida." And then I had this other thought, well, and I've learned this from Klinghardt, is that parasites are there to mop up the mess of other things like heavy metals, and I was like, "Well, where are these heavy metals coming from?" I removed my silver fillings in my mouth years ago, but I did not have it done by a holistic biological dentist, and I had them all removed at once, and it was the same week I had my breast implants put in, so please, you guys listening to me, do not do what I did.

0:32:32 DK: I'm here to also share what not to do, but I thought, well, maybe there's some lingering mercury, but also, when I found out that there were 30-plus chemicals inside of breast implants, including heavy metals, that eventually can slowly leak out over time as your body adapts to them, I thought there might be a constant stream of heavy metals emerging from these silicone-filled things that I had no idea were filled with that many toxins. That's

another moment where I found myself crying at home by myself. This is what was so hard is that I thought, who would understand this? This is not like breast cancer that everybody knows about, and that's when I started calling out for help from a part of myself that said, "It's time to do something different."

0:33:20 DS: Thank you so much for sharing your story and you're really not alone, and to be honest, when I work with women, I'm really actually quite surprised at how many women had breast implants. It's something that, again, add all the factors and the societal pressures as you share--that we live in a culture that allows women to think it's perfectly okay to put this foreign material in your body without thinking about the long-term health effects. I really appreciate you sharing your story and helping others. When you're talking about the health impacts of your breast implants, we know the breast implants can be a source of a foreign material, right? So this can also be something that could potentially trigger auto-immunity in some women, I've seen that, it can be a source of chemicals, heavy metals, it can block your lymphatic system. And then overall, seeing the breast implants affecting your gut health, was it just kind of this overall stress on your immune system that allowed these other things to thrive, or as you said, also these internal toxicants that were allowing these microbes to thrive?

0:34:38 DS: Did you have a sense of that connection? I've seen that often, I see the women who do have breast implants who can have more candida or this dysbiosis in their gut. What connections have you made Diane, looking at these two things?

0:34:54 DK: Absolutely. That's what's so tricky, is that you can spend literally millions of dollars on labs trying to prove something and I'd spent a lot of money already, and at some point I just said, "You know what, I need to listen to my intuition here and really ask my body what it's trying to say and tune in." I went to a meditation one night and I saw a vision where there was barbed wire around my chest, and it was like, I'm living in this plastic prison and this is the source of so many things that I'm experiencing. I took all of that combined with the things that I've been experiencing for years, I've been on that gut protocol and I had SIBO as well, a small intestine bacterial overgrowth. And so my gut was doing a lot of work to try to mop this mess up, and also Hashimoto's--I had Hashimoto's hyperthyroidism, which is also related to parasites, which I also had for many years, especially *Blastocystis hominis*. I had all of these things I was tracking, but I was doing so much gut work to try to dredge out what was likely possibly in my gut and I was bloated all the time.

0:36:07 DK: So back then, it was probably about five years ago and I really went on a tear with coffee enemas and learning how I can clean my gut out with more than just taking probiotics, more than just taking anti-microbials, but really addressing it from a different layer and supporting my liver, because there's so many things we talk about with genetics, but I don't really have the best genes for detoxification and digestion and hormonal repair, and also did Accutane when I was 16... No, sorry, I was 17, 18 years old in college, I took two rounds of that, I forgot to mention that earlier when I was along this breast implant illness journey. It was three years prior to me really admitting that it could be my breast implants that I thought, "Well, maybe it's the IUD I have in, maybe it's the synthetic progesterone I'm injecting with Depo-Provera for birth control, maybe it's because I haven't had my period for

six years because I've been on Depo-Provera, so I'll take the IUD out." And I felt better, but then it was like the next thing happened.

0:37:06 DK: So I've had many, many years of things that I've done, Accutane, birth control, I took medications for Hashimoto's hypothyroidism, and eventually reversed that, even though I had my breast implants and my antibodies went down, and then breast implants and botox. I've just been through this journey of all these things. During this 10-year period, as I've really been on this journey to understand what it was, my stomach has just always been bloated, it's just always been bloated and I've had chronic candida symptoms for a long time, not realizing what it was. I have been to several doctors, my surgeons, dentists and just been like, "What is this candida stuff I've got going on? Why are my lymph nodes swollen? Why do I have Leukoplakia in my mouth?" I eventually researched this stuff online and tried to understand, like what is this, what could these be symptoms of and the best answers I got were like, do you know that one emoji with the arm shrug thing, the little girl, girl with the purple shirt that's like, I don't know? [chuckle]

0:38:06 DK: And so that's what they said, "I don't know, maybe your body's just designed this way," and I'm like, maybe my body's designed that I'm supposed to look like a chipmunk with two lymph nodes swollen underneath my neck? I look like I'm sick all the time.

0:38:22 DK: So I correlated to my gut eventually, because over four years, I was really cleaning out my gut. The things I saw come out of me during my coffee enemas, I've done so much research trying to figure out what it was. Are they rope worms, are these parasites, is this Candida? I don't know what they are. But I eventually just had to start laughing at myself because I was

going a little crazy looking at this stuff coming out of me going, "I don't know what this is." And I still don't know exactly what it was. But toward the end...It was January before I removed my breast implants. This is January, a year ago, 2019. I went to the bathroom, and something strange came out on my toilet paper when I wiped. And this is a little graphic, but I think it's important to know what's coming out of you. When I wiped there was this like long strand...And you can feel it, obviously. I thought, "Well, what is this? Maybe I'm starting my period."

0:39:19 DK: And I looked at the toilet paper, at this long strand of what looked like silicone. And I was like, "I don't know what this is. This is strange, maybe I should send this into a lab." And then I thought, "Well, you know what I'll do? I'll put it in a little tray in my kitchen, and I'll try to see if it decomposes." And it didn't decompose, to which I thought, "Okay, then I guess it's not a worm. Maybe this is silicone." I still don't know, but I took a video of it because I thought, "Okay, I'm becoming this study." We're all our own study, you know? I don't know if it was silicone, I just eventually started seeing that come out of me in large amounts. That was the time that my breasts were also extremely swollen. They were about a size E at that point, and I had D before. I was so inflamed, I couldn't fit my clothing anymore, I had capsular contracture, which is eventually how I got my insurance to pay for it, so that saved me \$5,000. These are the things I teach to my clients in this process, to not just take no for an answer by an insurance company.

0:40:20 DK: I think that we all deserve to be covered with this because we were not properly warned. So eventually, capsular contracture, which is where the muscles around my breasts, and that capsule started to expand and cause a lot of inflammation. So that was the time where I started noticing

a lot of this stuff coming out of me when I went to the bathroom. And it was very disturbing. It was like when you can't figure out the mystery of what's coming out of you, and you get a little scared, like, "Am I dying here?" Because that was really what changed for me, when I was sitting in my sauna and I felt these breast lumps on my right breast that I had seen in my thermography. I went to the MRI session for my breasts, and they said, "We found some really large lumps in your breasts." That's what the report said. I called, and I said, "Well, what do I do about this?" And they're like, "We don't know, we don't know what they are."

0:41:11 DK: And I thought, "So you guys just read these scans to see if there's things in there, but there's no support." And that made me very sad for women everywhere but I'm very persistent, I can figure things out, I'm very in tune with my body. But for the women that were not, wow, what are they going to do with this? Once I started really digging into the research I found the statistics that there's a high number of women that are taking their own lives because of how sick that they get, and they can't find solutions. There is an increased risk for depression, which is exactly where I was at. They found that women with breast implants have an increase in depression and are five to seven times more likely to be taking antidepressants, compared to women without them. And then there's a three times higher risk to commit suicide compared to women that don't have breast implants. And this is the work of a study that came out with over 100,000 women in 2018 from a Danish study.

0:42:07 DK: So I started seeing all of this going, "Okay, it's time for me to do something about this." I still have yet to do a stool test to see if things have improved. But I'm happy to report that my stools now are so much better. I'm

pooping a lot more throughout the day, I'm releasing a lot more. And my most recent hormonal tests show that for the first time that I've ever seen in functional medicine labs that I've done, my ovaries are just kicking. They are kicking out hormones in healthy levels, still a little bit of estrogen dominance, but they are so healthy and so robust now. It's really hard to say what caused what. It's very hard to test for these things. But what I look at is symptoms, and what I've seen in my practice with women I've supported, these are all a lot of the same experiences that they've had as well.

0:43:01 DS: Yes, your story is a common one. Thank you for being so vulnerable and sharing it. You know, I get pictures a lot at my practice of what comes out with coffee enemas. Unfortunately, tests aren't there yet to identify all of these things that people are seeing in their stool when they do enemas or colonics. But you know there's just this very oversimplified understanding that when these things start to come out of your body, people absolutely feel better. There can be anything from parasitic infections, to fungal overgrowth, to mucus, to a biofilm that is coming out, and you know probably much more. I think that's important to share, and it's a great tool to really help support your organs of elimination, and your detoxification pathways as you're going through something like you've gone through. Diane, I know we probably could talk a lot about your breast implants on this journey and your recovery. And that's why you created the book, right?

0:44:07 DK: Yes.

0:44:07 DS: We will link to that if in case you're going through this yourself and are still wanting to gather information. I mean, I think a big part of it is not

only the knowing that you need to get this done and taking care of how to recover, but also there's a lot of questions, right? What will my breasts look like when I get my implants removed, right? You know, that can bring up a lot of fear. And you know this is supposed to be a health-promoting thing, and the last thing we want is people to feel not confident in themselves and in their body as a result of doing something that's going to promote their health. Do you have some quick tips on what people can do so that they feel good about their breasts after removal of the implants?

0:44:58 DK: Yes. I believe this to be the most neglected aspect of the journey for women. I can speak to this because I also experienced this at one point in my life. Pro athletes, when they no longer play in the limelight anymore, they experience a pretty big identity crisis. I experienced that as a professional soccer player. When I stopped playing, it was like, "Well, who am I without my performance and who am I without my accolades?" So it's the same thing that happens with women when they remove their breast implants. Not all. Some of them have more of a drastic experience, but there's this journey first of really knowing that there is an identity crisis that occurs after removing them. And it's like, "Wow. Well, it's a pretty big change."

0:45:53 DK: And some women will get explant. This is what I did, I had mine removed. It's called an explant procedure. I had the capsule removed at the same time, and that's not always going to be the same for each person, but make sure you work with a solid surgeon that knows what they're doing there, especially if you're getting your implants replaced. If that is what you end up doing, I wouldn't recommend it. But make sure they also remove the capsule as well because that's like leaving a dead root canal in your mouth. So I had mine removed. I also had a lift because I had such large synthetic breasts

that were pulling my nipples down. So they recentered my nipples, which was called a lift. And then I also had what's called fat transfer, which is when they liposuction and take fat from areas that they can harvest it from. Sounds so weird to say the word harvest, like I'm a garden or something.

0:46:48 DK: And they took it from the inside of my thighs, my lower belly, and my lower back. I didn't have that much fat. I was probably about 19% or so body fat when they did it. And then eventually they move that into your breast. And so, I went from a double DE to a 34C, back to where I started, and I love them. I'm happy about them. But one thing I would change is I know that the part that was the most painful for me was the fat transfer, the liposuction. That was so painful because imagine, it's not just your breast, but they're taking it from all of those areas and prodding your body. So I was really sore in my back where they took the fat from. And I only kept, I would say, probably about 50% maybe of the fat that he put into my breasts. Some women are different.

0:47:38 DK: They keep a little bit more. Sometimes the body will actually just break down more of it. And that also can cause lymphatic drainage, something I didn't do enough of, and it's hard to say how much you need to do after. But your breasts are large lymph nodes, so it's really important to massage your breasts after. So these are things that are really, really important. If I could do it again, I would not do the fat transfer during that first surgery. I would have just done a lift and an explant, and then waited to see how I felt about my breasts and let them recover for six months, and then I would have possibly gone back in for a fat transfer.

0:48:18 DK: My rationalization on that was that, I wouldn't have to pay for anesthesia twice. I would just get it all done at one time, and I could do it with the same surgeon because what if I move to a different place, and it would just be easy. I would have someone caring for me only one time. It would have cost a lot more time and money and energy. However, I am seeing a lot of women that are really loving their body after just doing the explant and the lift. The fat transfer costs about \$5,000 depending on the surgeon that you're working with. There are some surgeons that are doing fat transfers and it's costing a lot of money because they're harvesting a lot more fat and they're creating double Ds on women who originally had frames of A cups. I don't think that's a good idea because your spine wasn't designed to handle that much extra weight in that area. I think it's just too extreme.

0:49:09 DK: So working with a doctor who knows what they're talking about there is really important, and I think that's going too far. But you can take that \$5,000 and instead of doing the fat transfer, you can invest it in your health and your detoxification strategies because it is unknown how much silicone is in your body. It is unknown if you can even detox silicone from the body because it's a very, very dense material. And it's also very important to question how your hormones are faring after you have them removed. What's the status of your gut? What is your body telling you that it needs? Test, don't guess, and then work with a practitioner who has three things: experience, so working with people in this regard, education on how to really look at the body holistically and how all of your parts are communicating to each other and all of the labs, as well as empathy.

0:50:01 DK: So a lot of people are working with practitioners who maybe haven't even gone through this process and don't know the emotional implications of how difficult it can be to go through this, and how to also talk to peers or parents or your partner about the journey that you're going through. So many women are so shameful about this process. They're like, nobody even knows they have breast implants or maybe their partner does, and they don't want to talk about it openly because they're ashamed of themselves. And so they're hiding. And that's just how much shame they're carrying around about this experience. So this is a journey for us all to heal these parts of ourselves. When we heal this and walk through this and we can tell ourself the truth of the story that we go through, we're healing the world with this. We're healing Mother Nature. Because when I look at Mother Nature, she has breast implants too--if you really think about the plastic sea in the middle of the Pacific Rim.

0:50:57 DK: It's like, "Wow! Look. She's got breast implants too." So it was a very lonely journey for me because I didn't have anybody who understood this. I just want every woman to feel supported. And if at the end of six months, you work with a practitioner and have rebuilt your body again and really ask yourself the question, "Why did I get these things in the beginning?" Work with what I call the "mother wound". It's a lot of times in our childhood, it begins there. And this is a feeling of not being enough, and not having enough emotional attention when you were a child. Maybe addictions, maybe alcoholism, maybe complete abandonment or negligence.

0:51:38 DK: We might have concerns when we were a child about not feeling loved or approved of. And there might be difficulties on an emotional level where you feel like you didn't get enough support. Or maybe your mom or

your grandma said something to you like, "Oh, when you get older, you know, you'll get big boobs like the rest of your family." And then when you don't, you feel this pressure to get breast implants. I mean, there's so much there.

There's a lot to unpack, there's many, many moving parts, hundreds with this whole process, and I think if a woman really understood the whole thing, she can work with it and address all of them. Because when one gets missed, what I've found Christine, is that oftentimes, it's the women with the history of autoimmune disease or a medical history in their family, but not necessarily maybe them. But we know it takes 10 to 15 years to diagnose autoimmune disease.

0:52:24 DK: So oftentimes they don't even know they have it, and then maybe get breast implants, and that was the environmental trigger that catalyzed an autoimmune disease, and they're still not getting properly diagnosed. These are the women that are having a hard time recovering, and then you add on top of that, the Botox. A lot of women, the first question they ask after they get their breast implants is, what do you think about Botox? And I'm like, "Oh, do we need to learn that lesson too?" And that's a whole other animal, it's the number one most lethal toxin known to man and we're putting it in our bodies, and it's not safe. So there's a lot, but the deepest emotional route to it is, "Why do I feel like I need to keep altering my body and who is it for? And who would I be without this?" And instead, "How can I find my confidence within myself, so that I don't need to gain the approval of others, because I've gained it for myself?"

0:53:15 DS: That's so important, Diane. Thank you for sharing that. You know, when we look at any physical symptom, we're always looking also at our unconscious beliefs, and our emotional trauma, and our vulnerabilities,

and our susceptibilities--these things can make us more vulnerable or susceptible. But clearly these things can also make us so much more empowered and can really help us to resolve a deep-rooted issue that our physical body is allowing us to see. So normally, I think it's really important to see this interconnection. And in wrapping up, I know this is a big topic and we'll have people listen on the summit to learn more. But maybe share a couple highlights of what you learned about why Botox is not a safe option for women who are wanting to look younger and everything. I think the exciting thing for me is there so many other alternatives nowadays that work and not only make people look better, but also work with their skin to rebuild and restore and create healthier skin rather than mask things. But what are a couple of pros that you learned along the way about why we should avoid Botox injections?

0:54:47 DK: It's a big one, thanks for asking. I think that we've gotten a little bit left field with relying heavily on the science. Like, what does the science say? Well, the science and Allergan, who is the main producer of breast implants and Botox, Allergan has done their fair research on this. And they're starting to realize, because they've been sued many times that, "Okay, maybe we do need to do more research on this part" so they don't continue to lose money. Let's just look Botox logically, it is the single most toxic substance known to man. It was used as a biological weapon in World War II and in the Gulf War. And what we see is a lot of the symptoms of Gulf War illness are identical to Botox illness. And is this a diagnosis? Is this an ICD code that they use in medical practice? No, but what's happening now is there's a lot of people talking about this, and the doctors or practitioners are actually diagnosing them with Botox illness.

0:55:57 DK: And what that is, is typically within 30 days, but usually within a couple of days, someone notices that they have some severe, severe reactions to it. And what I learned, Christine, is that the most severe reaction that is most commonly known is scratching your body and feeling like you have these feelings of bugs crawling under your skin. That is exactly what I felt when I had that massive red eye rash. It was exactly what I felt not being able to sleep throughout the night. And when I tracked back my medical records, this was around the three times I had Botox injections done. And that was specifically for cosmetic reasons. I did not do this for any medical reasons, I did it because I thought I needed to. I live in Orange County, and there's a lot of pressure, you know, to conform here. There's Botox parties and there's an attitude of, "You know, you should do it." And, "Hey, they look fine, they haven't reported any illnesses, issues." But actually, I know these women, and they have.

0:56:52 DK: These have been friends of mine who were in and out of the ER, in and out of the emergency room for illnesses, but just not making the connection, right? So that's hindsight. And now that's 2020. What I noticed is that I had the most severe symptoms of Botox illness, and it was around the time where I thought it might be my breast implants. It had happened within 30 days after the Botox, and it also happened when I was detoxing. I'd just bought my sauna, and I had an infrared sauna on at my house. I was all excited, and I started using it, and then I started noticing I was getting worse. My illness was getting worse, and I didn't know what it was. I still didn't know it was my breast implants then, I was just changing my eye care, or my skin care routine, or my cosmetics. What I recently learned, literally in the last month, is that you should absolutely be very mindful and not detox after you've had a Botox injection within 30 days.

0:57:50 DS: Yes.

0:57:51 DK: Because it can make it spread. It can spread the poison throughout the body and make it worse. I was telling you I did PRP, and even a month ago when I was in there getting PRP, the women at the med spa were like, "Here's what you should do. You should get Botox here and fillers there." And I'm like, "No, I told you guys last time, I don't want to do any of that," and it was the third time, so I was a little annoyed that they weren't listening. And they said, "Okay, I know you're the organic queen, so there's an organic form of Botox and we can do that on you." And I'm like, "Organic poison...I still don't understand." I said, "I have a question for you. Let's look at this logically," and I said, "How does it not spread?" She said, "Well, it's designed that it can't leave. And studies show..." And I'm like, "I don't understand. You put it here, it just stays there? Our body's all connected."

0:58:47 DK: And she's like, "No, it doesn't spread." But if you look at the full prescribing information on the actual label that FDA had obliged them to write, and I'm looking at this on my blog right now where we just released a podcast on this very topic. The post-marketing reports indicate that the effects of Botox and all botulin toxin products may spread from the area of injection to produce symptoms consistent with botulinum toxin effects, things like asthma, muscle weakness, ptosis, dysphonia and urinary incontinence, and breathing difficulties, among many others. So, it is known to travel throughout the body to paralyze organs, to paralyze the colon, to paralyze the heart, the lungs. And so, now we're talking about people who are having some severe reactions, and I've just received several letters from people once they started really coming out with this. I'm collecting data, and they

sent me letters saying, "Please, Diane, please take a stand for us on this, because so many of us are so sick that we can't even get out of bed."

0:59:44 DK: Letters like..."My 16-month-old baby, I just had them injected with Botox" because they had an issue with an anal fissure, I believe, and what they inject into people for medicinal reasons is 10 to 20 times higher dose than for cosmetic reasons, and we're putting this in our babies. Another one, there was a 16-year-old quarterback male player, and they were using it for him for his headaches, and they injected him and he could no longer play... Couldn't play football anymore. In fact, he's in a big lawsuit now because of Botox. Botox also contains, Dysport anyway, also contains human blood, human albumin and lactose. So, these are things that are also not disclosed to us, especially if you're concerned about having other human's blood inside of your body. These are things that are all not disclosed to us before we do them. And in fact, it is the true opposite. They did a study too in 2016, there was only 16 people, but it was a four-year study on Botox and its effects.

1:00:41 DK: And they found that there was increased autoimmune syndrome reaction and 75% of the patients had some kind of autoimmune marker or clinical symptom that was suggestive of immune activation at some time during the study, and they had all kinds of other things too. Around a third of the patients had increased risk of infections, especially upper respiratory infections, pneumonia, UTI, sinusitis. They also had dormant diseases like herpes that came back out. I can speak to this myself, this is what happened to me too, sensitivity to food and medications. You know how earlier, I was talking about sensitivity to things? That actually happens with 62.5% of patients, especially to sounds, to coffee, to sugar, to alcohol, which is pretty much the

standard American diet today, right? And SSRIs as well, and steroids will either worsen the symptoms or be ineffective, and that's when I was taking the prednisone, I was taking antihistamines, and things were barely working.

1:01:37 DK: So, I mean, this just keeps going on and on. I have 15 pages of data, studies, lawsuits, and patient symptoms that I collected, it took me quite some time. But once I put that all together, I thought, these are the common things that people are doing unknowingly, and even the more natural versions of it, like Ziomycin are also still causing similar reactions. It may not be as bad, because it doesn't have human blood in it, but it still will travel farther throughout the body. So, there's so many pieces to this that I just don't believe that we need to do any of this to our body. There are alternatives for migraines. There are alternatives for anal fissures that are not going to cause these symptoms in you. I just created a little hashtag and I said, "You know what? Love my lines."

1:02:18 DK: I love my lines. I love my wrinkles. By working with someone like you people can age gracefully, Christine, with all of your inventions, and then also remembering "love my lines," meaning, "I'm going to draw a line in the sand here. I'm going to draw a healthy boundary and start protecting my temple and not allowing these toxins anywhere close to my body, or my baby, or my brain, or anything anymore, because I'm just going to go all natural," you know? Gray hairs and for 20-year-olds, they're starting to dye their hair gray. [chuckle] So, maybe people will start tattooing wrinkles on in the next five years. I don't know, [chuckle] things change. That's the thing about the beauty industry, right? When I started pulling these articles up, the last thing I'll say is I found an article about Botox, and I thought, "Wow, this is a heavy article about how it was used as a biological weapon." There was 16,000 tons

now, or liters, that could be enough to kill the entire world's population, and that's how much they have now leftover from some of the wars.

1:03:12 DK: And when I put all of this together, I just thought, "The biggest route to all of this is just to love ourselves as we are," and that might be so difficult, but if we start doing this as a society and love ourselves as we are and realize that there's a lot that is not being taught to us to trust our intuition, to realize that logic can outweigh science sometimes, and to talk to other people about these things. And then also, there's a little article I found about this, and when I sent it to my writer to put together a blog, she went to go find it, and it was gone. And so, things like this are disappearing perhaps off the Internet and can't be found. So, just know that there's warriors like Christine and myself who are really doing the digging for the research that once was there, or maybe it's being hidden, and listen to your intuition and listen to other people who are being harmed by this and just use your logic.

1:04:12 DK: Like, if something is that toxic, I don't know how it made it into our faces, but I know it's definitely part of the cultural conditioning to this whole narrative that we're not enough. And the more that we believe that we are, the less we need these things. We'll take care of our bodies and go to organic places, like yours, organic med spas. We need you to duplicate this everywhere and have them franchised. [laughter] Come on, Christine, please.

1:04:34 DS: Just another project, right? I completely agree with that vision, whether myself or others come together to do that. Diane, this was such a powerful interview and so much information, and I know that your message is getting to women out there who resonate with this and really need to hear this. I appreciate you helping me educate people so I don't have to do some

of the heavy lifting on my own. It's really hard to tell people to remove their breast implants, because I understand surgical procedures and all of that that has to be considered, but it's so, so important. I just really appreciate all your work that you're doing and the experience that you've had and shared with us. Where can people find more about you and your work? You work with clients, right? You work with clients one-on-one. So, tell us how people can work with you and find all the other wonderful things you have in the works right now.

1:05:34 DK: Yeah, absolutely. The book that will be coming out very soon, and you can link that, but that will be the book that I've written on breast implant illness and overcoming it, and it's so hard to put all of that in one book. The book will be called *Killer Breasts: Overcoming Breast Implant Illness*. And then my website is dianekazer.com. And from there, there's many different links to many different things like my social media streams. You can read my blog. You can actually see pictures of my boobies. You know, on my boobs before, I put little flowers over them so you could see. I was really scared to remove mine, because I didn't know how they would look after, but I wanted to make sure that you guys can see how beautiful they are, how beautiful they can be after different kinds of procedures. And I covered them with little flowers so you could at least see the shapes of them and realize that our breasts are beautiful after. And there's other women I've shared too on there who've authorized permission.

1:06:32 DK: Also there's a couple of videos on there that I will lead you through. We have a five-step model that we take our women through if they wanted to work with us, or just if you want to educate yourself. I've been told that was one of the most powerful hours they've ever experienced on the five

steps to take. If you're just not feeling yourself, in hormonal chaos, struggling with digestive issues, and breast implant illness, specifically there's two different videos on that home screen that you will see, that you can listen to. If you're a woman with breast implants it'll be a different video. If you're someone who does not have breast implants but has a lot of other issues this can still help, because sometimes women who have breast implant illness have the same symptoms as someone who doesn't even have breast implants, because of other chemicals or beauty toxins that they are exposed to. So, it's difficult to pinpoint, but that's why I do what I do with women, because we look at all of it. So that's where they can find me, and that's where I would direct them to. If you are interested in working with me you can email us from there, schedule an appointment. And then, the last thing is the summit, and that would be to follow Christine's link that she'll share here too in the show notes.

1:07:29 DS: Awesome. Well, thank you so much Diane for your time and your energy and all that you shared with us, and I'm so excited for people to hear this interview, so thank you so much.

1:07:39 DK: Me too. Thanks for having me Christine.

1:07:43 DS: Thank you for listening to The Spectrum of Health podcast. I hope you enjoyed my conversation today with Diane and please check out her summit, The Non-Toxic Beauty Summit, and you can find a link in the show notes. Please also check out her website and her new book: Killer Breasts. And on the topic of non-toxic beauty, I don't know if you know that I launched an organic skin care line this past year. It's called Lumvi Enlight-

ened Skin Care. I'm so proud of these products in this line and I'm looking forward to sharing these with each of you, so check out Lumviskincare.com.

Thank you.