



QUICKSILVER
S C I E N T I F I C

Powering Natural Health®

QUARANTINE RECOVERY PROGRAM

Month 1 Guidebook RESTORE

www.quicksilverscientific.com

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Congratulations on taking the first step towards restoring your health! We are beyond excited that you've chosen to embark on this wellness journey. Our goal is for you to feel empowered and supported every step of the way.



This program offers a cutting-edge yet straightforward way to start improving your health after months of quarantine. The products included in Month 1 of the Quarantine Recovery Program support your body's natural detoxification pathways, helping you "clean house" and set the stage for deeper cellular detox and metabolic optimization in months 2 and 3.

Let us support you!

Sign up for our QRP support emails and resources at <https://www.quicksilverscientific.com/QRP-month-1> or use this QR code



Make sure to sign up the day you plan to begin month 1 to receive perfectly timed support to your inbox!

Month 1: Detoxify Your Body

Over time, the buildup of toxins from diet and lifestyle choices and environmental exposures can compromise the way our bodies work, including our immune function. Additionally, our lifestyle habits and general stress levels during this unprecedented time have negatively contributed to our toxic load and our bodies' ability to detox properly. Many toxins hinder healthy immune function, weakening our immune defenses overall. This is certainly not something we want to contend with as we slowly emerge from quarantine!

The goal of Month 1 is to support your body's detoxification pathways, reducing your body's burden of toxins and setting the stage for excellent health and resilience. Our comprehensive detox protocol is designed to reset your body by gently flushing away toxins and creating a healthier internal environment to help your body become more resistant to immune threats.

Dosing Guidelines:

Follow a pulse dosing schedule of 10 days on, 4 days off. Repeat twice for a total of 28 days. Take all morning doses at the same time, preferably on an empty stomach. Wait 30 minutes after taking the binder before eating or taking medications.

Product	Morning Dose	30 minutes later
Liver Sauce®	1 tsp	
Glutathione Complex	1 tsp	
Cat's Claw Elite®	5 pumps	
Ultra Binder®		1 stick pack mixed in 8 oz. of filtered water

Always consult your healthcare professional before starting this or any other wellness program.

PushCatch® Level 1

This two-part protocol provides ingredients that support your body's natural detoxification pathways and prep toxins for elimination from the body.



- **Liver Sauce®** contains botanicals that activate bitter taste receptors. This supports the flow of bile, a crucial digestive fluid that aids in toxin elimination. These ingredients also support the different phases of liver detox and promote a balanced inflammatory response while detoxing.
- **Ultra Binder®** is a broad-spectrum blend of binding agents that intercept toxins that have been excreted through bile in the gut, which helps prevent them from reabsorbing and recirculating in the body. Binders efficiently 'mop up' toxins and prepare them for elimination in the stool.

Glutathione Complex

This foundational product provides an array of nutrients that support detoxification pathways and cellular energy production, a critical element of successful detox. In this blend:



- **Glutathione** is the body's premier antioxidant. It is essential for maintaining healthy immune function and a resilient respiratory system. Unhealthy lifestyle habits and stress may deplete our glutathione levels.
- **B Complex** contains a spectrum of B vitamins that support the immune system and detoxification. Vitamin B2 aids in the recycling of glutathione. Folate, B6, and B12 support methylation, a key element of detoxification and immune function.
- **Trimethylglycine (TMG)** is a methyl donor molecule that helps keep the entire methylation cycle chugging along, aiding detox and immune function.
- **Milk thistle** supports healthy liver function, a prerequisite for successful detoxification.

Cat's Claw Elite®

This innovative immune support formula provides a medley of ingredients that help modulate the immune system and clear lingering bugs from the body. This blend is designed to assist in clearing out underlying microbial imbalances to create a healthier, more resilient internal terrain.



- **Cat's Claw** is an Amazonian herb traditionally used for immune support. It is a rich source of potent plant compounds that support immune defenses and promote a healthy microbial environment.
- **Vitamin D3** offers multifaceted immune support. It specifically works to bolster Cat's Claw's effects by helping to produce immune molecules that can clear unwanted microbes from the body.
- **Monolaurin** is a fatty acid found in coconut milk and breast milk that helps shield cells from harmful invaders.
- **Spearmint, rose, and lemon balm essential oils** support a healthy microbial balance while also imparting our formula with a delicate, pleasant flavor.

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What to Expect While Detoxing

Increased Hydration Needs

Drinking plenty of clean, purified water is vital to help flush out toxins from the body. Keep a glass or stainless-steel water bottle on hand and aim to drink half your body weight in ounces of water per day. For example, if you weigh 140 lbs, aim to drink 70 ounces of water daily.

Changes in Bowel Habits

Occasionally, people will experience changes in their bowel habits when they're detoxing. Some may have loose stools, while others get constipated. Either way, it is essential to have at least one bowel movement daily during month 1 of the program. If you feel constipated, try upping your water intake, moving your body with yoga or a vigorous walk, or increasing the fiber in your diet by eating more fruits and vegetables.

Fatigue

During the first few days of detox, you may feel a bit fatigued. This can be due to changes in your metabolism as your body shifts its energies towards mobilizing and eliminating toxins. If you're dragging during your detox, drink plenty of water and give yourself some time to relax and recharge - you may need to be gentler on your body for the first few days.

Positive Changes

Over the course of the month, as your body begins to shed toxins and recalibrate, you may begin to experience a variety of positive health changes. Examples include better energy and sleep, a clearer mind, improved mood, and some weight loss.

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** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

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