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QUARANTINE RECOVERY PROGRAM MONTH 1

Frequently Asked Questions

Do I need to change my diet during this detox?

This program is designed with your convenience in mind. You can simply follow the supplement protocol and will benefit from your detox. Don't feel like you have to dramatically change your lifestyle if it creates additional stress on you. If you are interested in doing more of a robust monthly detox, there are things that you can do to up-level detox and give you a more complete cleansing experience. Nutrition changes are an easy place to start. The foods we eat have a significant impact on our detox pathways, and simple shifts in diet can help you optimize your detox experience. If you haven't already signed up for our email support, visit <https://www.quicksilverscientific.com/qrp-month-1/> and be sure to opt in for program support. You'll also find helpful resources on this page that you can integrate into your month if you choose.

How will I know what products to take and when?

You will find product information and dosing guidelines in your month 1 Quarantine Recovery Program Guidebook, which you should have received with your products. We also have a PDF of the guidebook located on the QRP Month 1 support page on our website at <https://www.quicksilverscientific.com/qrp-month-1/>.

What if I forget to take my supplements?

If you forget to take any of the supplements or a daily dose, don't worry, it happens to all of us! Take the dose as soon as you remember or simply wait until the next day and jump back in.

How is this supporting my immune system?

The first four weeks of the program focuses on reducing overall toxic burden through detoxification. This will support your body in building a strong foundation as you move into months 2 and 3. Clearing out toxic load opens up the body's potential to rebalance many of the mechanisms and pathways that may have become compromised through months of quarantine - and this includes immune function.

What is included in the PushCatch LiverDetox kit?

The PushCatch kit includes Dr. Shade's Liver Sauce® and Ultra Binder®. This is a versatile two-step cleansing protocol designed to support elimination of toxins while minimizing their

reabsorption. For this detox protocol to be effective, it's important to follow a dosing cycle: 1 tsp of Liver Sauce held in the mouth for 30 seconds before swallowing, followed 30 minutes later by 1 Ultra Binder stick pack stirred into 8 ounces of water. Take on an empty stomach 30 minutes before eating or 2 hours after eating or taking medications.

I am starting to feel sick, am I experiencing detox reactions?

Activating toxins and moving them through and out of the body may cause mild symptoms in people including headache, irritability, and fatigue – similar to flu-like symptoms. If this is your experience, there are a few things you can do: First, increase the amount of water you are consuming and reduce the dosing on some of the products. You may want to titrate down on your dose cycles or amount of Liver Sauce®. Try starting with a ¼ or a ½ tsp and working your way up to a full dose. Once you are feeling improvement, you may start to increase your dosage again. Another option is to purchase more Ultra Binder® and take 2 doses of binder a day. Sometimes our bodies push out more toxins than we can catch with one dose of the binder so adding another dose can be all the additional support needed to eliminate symptoms.

What if I have amalgam fillings? Can I still do the detox?

Yes. You can still do our detox with amalgams. If you happen to experience any detox reactions like brain fog, mood changes, fatigue, or headache – you can lower your Liver Sauce® dose to ½ tsp daily and/or increase your binder dose to 2 times a day. You will have to purchase additional binder if you choose this option.

Why should I take Ultra Binder away from food or medications?

Binders not only catch toxins but can catch other vitamins, nutrients and medications that are in circulation in the GI tract at the time of consumption. To avoid this, it is best to take the binder 30 minutes before or 2 hours after meals and medications.

What happens if I don't refrigerate my Glutathione Complex?

It is shipped with a cold pack and should be refrigerated upon receipt. Depending on the circumstance, it may remain stable for a few days without refrigeration. Once opened, the product should be used within 30 days.

What is Cat's Claw Elite® used for?

We use uncaria tomentosa, the preferred form of Cat's Claw in our formula. This product has been added to month 1 to support the immune system and lower antigenic load to promote effective detoxification. This product includes vitamin D3 and monolaurin which further supports immune function.

Do I need to change my lifestyle?

While lifestyle changes, such as engaging in regular physical activity and managing stress, can enhance your Quarantine Recovery Program experience, these are not a necessity.

I have started the detox and have lost a bit of weight, but I feel slightly sick. Should I be concerned?

Body fat serves as a storage site for a wide variety of toxins. When body fat is lost through weight loss, those stored toxins may be released, provoking a detox reaction. PushCatch is designed to minimize detox reactions by pairing detox-maximizing ingredients with a broad-spectrum binder that basically works to “mop up” toxins in the gut. Make sure you’re timing your intake of the supplements in PushCatch appropriately, as this should minimize the potential for detox responses.

Why are we pulsing the detox for 10 days on and 4 days off?

The 10 days on allows the body to get into a deeper detox while the four days off support the body’s ability to catch up and/or rest from the work it has been doing.

Can anyone do this program?

We recommend that you consult with your healthcare professional before beginning this program. If you are pregnant, nursing, have other health conditions or concerns, or are taking medications, it is advised to assess this program with your practitioner to determine whether it is right for you.



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