



QUICKSILVER
SCIENTIFIC

Powering Natural Health

QUARANTINE RECOVERY PROGRAM

Month 2 Guidebook ACTIVATE

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Sign up for our QRP support emails and resources at:

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Congratulations on starting Month 2 of the Quarantine Recovery Program! In Month 1, you focused on kickstarting detoxification to help remove quarantine-accumulated toxins from your body for overall health. The goal of Month 2 is to activate biochemical pathways that support a healthy metabolism, an essential aspect of robust immune function and wellness. The cellular pathways ramped up in Month 2 also help your body detoxify at a deeper level by supporting autophagy, your body's way of cleaning out old cell parts to make room for new, better functioning cells.



Overall, Month 2 will support revitalization of core processes and pathways needed to reactivate youthful metabolic clarity.

Month 2: Activate Your Cells

Why Think About Metabolic Health Right Now?

Recent statistics indicate that only 12% of U.S. adults are metabolically healthy, with healthy levels of blood sugar, triglycerides, HDL cholesterol, and optimal blood pressure and waist circumference without medication use. Concerningly, research also shows that poor metabolic health negatively impacts immune function in a variety of ways, leaving us more susceptible to unwanted health challenges.

AMPK: A Pathway to a Healthy Metabolism

As we re-enter the world post quarantine, metabolic health has never been more important. The products in month 2 are designed to ignite a deeper cellular detox and support metabolic health by activating a vital metabolic pathway called AMPK.

AMPK is an ancient cellular pathway that regulates metabolism and the use of stored energy. When we are in a “fasted” state and the body is low on energy, AMPK is activated to help boost energy production by breaking down excess body fat and tissue and using it for fuel.

Once activated, AMPK triggers cellular changes that support metabolic wellbeing, including healthy blood sugar levels, inflammatory balance, healthy weight, and fat burning. AMPK also stimulates autophagy, an essential process of cleaning and repairing old, underfunctioning cells. Autophagy plays an essential role in removing toxins from inside your cells, for deeper, more complete detoxification.

Exciting new research also suggests that activating AMPK may help positively impact our immune defenses by helping fine-tune immune activities so that the body can target threats more efficiently.

How can you activate AMPK? There are two primary things you can do to reap the benefits of AMPK activation. 1) Practice intermittent fasting (calorie restriction) and 2) Supplement with plant compounds such as berberine, quercetin and milk thistle – like those found in our month 2 protocol.

Product	AM Dose	30 minutes later
AMPK Charge+™	1 tsp	
Liposomal Glutathione	3 pumps	
QuintEssential® Hypertonic Elixir Sachets	1 sachet	
Ultra Binder® Stick Packs		1 stick pack mixed in 8 oz. of filter water

AMPK Charge+™

Nature offers an abundance of plant-based compounds that support AMPK activation. AMPK Charge+™ bundles these ingredients into one powerhouse package, providing strong support for AMPK activity, cellular detox, and metabolic health.

- **Berberine** magnifies AMPK signaling to support autophagy, healthy blood sugar balance, and healthy blood lipid levels.
- **DIM** is a nutrient found in cruciferous vegetables, such as broccoli and cauliflower, that aids AMPK activation to promote a healthy inflammatory response.
- **Milk thistle** is an AMPK activator that supports healthy liver function, a prerequisite for successful detoxification and metabolic health.
- **Resveratrol** promotes metabolic health and may improve cellular energy production.
- **Quercetin** is an AMPK activator found in an array of plant foods, including onions, apples, and tea. It aids blood sugar balance and supports a healthy inflammatory response.
- **Cinnamon Bark Oil** also heightens AMPK signaling and supports blood sugar balance by efficiently ushering glucose into your cells.



Liposomal Glutathione

Glutathione is the body's master antioxidant and a crucial detoxification molecule. It assists detox in the liver, kidneys, and digestive tract while also supporting the elimination of cellular waste through AMPK activation.

Ultra Binder® Stick Packs

Ultra Binder® Stick Packs contain our broad-spectrum binder that “mops up” toxins that have been excreted into the gut, preventing them from being recirculated throughout the body. The convenient travel-friendly packaging allows you to take Ultra Binder® on the go, for detoxification support that fits your busy lifestyle.

Ultra Binder® contains a blend of binders that have affinities for a wide spectrum of toxins, including zeolite, bentonite clay, activated charcoal, chitosan, and our proprietary IMD® Intestinal Cleanse.

QuintEssential® Hypertonic Elixir Sachets

Many aspects of modern-day life deplete our mineral levels, including stress and unhealthy diet and lifestyle habits. Quintessential® Hypertonic Elixir provides micro-filtered seawater to replenish mineral balance and rapidly revitalize your body.

Minerals serve as crucial cofactors in cellular detoxification pathways. This hypertonic formula creates a cellular concentration gradient that allows minerals to move from your blood into your cells readily, helping to support the detox process. The spike in essential minerals also aids energy production, helping to reinvigorate the body and support alertness and stamina.

What to Expect While Detoxing

Increased Hydration Needs

As your body detoxifies at a deeper cellular level during Month 2, you may notice 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.

Changes in Bowel Habits

Occasionally, people will experience changes in their bowel habits when they're detoxing. It is essential to have at least one bowel movement daily during month 2 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.

Increased Energy

As your cells eliminate toxins and ramp up AMPK activity, your mitochondria, the "energy powerhouses" of your cells, may begin to function more effectively. Consequently, you may notice an increase in your energy level. Take this opportunity to incorporate more physical activity into your routine, while making sure to still set aside plenty of time for sleep and relaxation.

Weight Loss

Through the activation of AMPK and autophagy, the body begins to shed toxins and excess body fat. As a result, you may notice some weight loss during this month. To track improvements in your body composition, consider using a scale that measures body fat percentage.

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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.*

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