



## COMMON DETOX REACTIONS AND WHAT HELPS

### Constipation

As your body begins an entirely new way of processing, QRP's month 1 supplements are encouraging the activation and movement of toxins — and the subsequent “catching” of those toxins with binding agents to ensure they don't



become recirculated in the body. Constipation can be a result of these biochemical 'shifts' and can also be caused by binders. We've formulated a digestion-supporting binder blend to reduce these discomforts but if you're still experiencing constipation, there are a few things you can do.

**What helps:** Continue with the protocol and be sure to incorporate fiber into your diet as well as plenty of filtered water. Moving your body daily can also keep moving things along. You'll want to aim for at least one bowel movement a day — and if you're still struggling, try a magnesium or vitamin C powder a few times a day. These nutrients are safe and bring water into the intestine to promote motility.

### Trouble Sleeping

At nighttime, cortisol secretion is naturally lower while the hormone melatonin increases to prepare for a good night's sleep. If we are under stress, or our bodies are going through a big shift like detoxification, cortisol levels can stay elevated, keeping us up through the night. Again, this can be a little frustrating but normal considering the state of the world and the unique stressors we face daily.



**What helps:** Give your body some love with a more solid sleep routine and self-care like a soothing Epsom salt bath before bed. As needed, add in some safe sleep-support supplementation like liposomal melatonin or CBD.

## Moody and Irritable

While these normal symptoms should only last a few days, try to be patient with yourself and work on that extra self-care to offset irritability.



**What helps:** Try not to over book your schedule during this time. The more stressed and scattered you feel will only add to your mood fluctuations. Block time on your calendar for you. And don't feel like you have to fill the time with an activity. You may choose to sit quietly and read or listen to music or a podcast.

Creating space for yourself will soothe your mood and turn on your parasympathetic nervous system to get those toxins moving along the path to elimination. Exactly what you want them to do! Don't forget to communicate with your loved ones about what you're doing too so they can give you the love and support you need.

## Positive Signs Your System is Resetting!

Woo hoo! After a few weeks, most people start to report renewed energy. Here are some other positive signs you may start to notice:

- Increased energy
- Sense of calm
- Less stress
- Better sleep
- Regular bowel movements

## Don't Forget to Track It!

The best way to stay ahead of the detox yuckies is to use your QRP [progress tracker](#) to note changes, bad or good. This daily calendar will also remind you to hydrate, incorporate activity and take your supplements.

### Quarantine Recovery Program Progress Tracker

Mood & energy, movement, sleep, and water intake are all variables which we can track daily. Over time we can look back and see if there have been improvements and reflect on what is working for our health and lifestyle.

- Take a moment to fill out each day on a 1-5 scale.
- This visual calendar will help you build awareness of your progress and keep your health goals on track.
- Don't forget to mark the supplement box each day after taking your Quicksilver products for a job well done!

(Feeling sad, very tired, poor sleep and no exercise) 1.....2.....3.....4.....5 (Happy mood, high energy levels, exercise routine)

1 - 5 Scale	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mood/Energy							
Movement							
Sleep							
Water Intake							
Supplements							
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Mood/Stress							
Movement							
Sleep							
Water Intake							
Supplements				OFF	OFF	OFF	OFF
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Mood/Stress							
Movement							
Sleep							
Water Intake							
Supplements							
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Mood/Stress							
Movement							
Sleep							
Water Intake							
Supplements				OFF	OFF	OFF	OFF



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