



QUICKSILVER
SCIENTIFIC

Powering Natural Health

QUARANTINE RECOVERY PROGRAM

Month 2 Guidebook ACTIVATE

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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.

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, under functioning 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.

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

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

AMPK Charge+™

Nature offers an abundance of plant-based compounds that support AMPK activation and block mTOR. 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** supports healthy liver function, a prerequisite for successful detoxification and metabolic health.
- **Resveratrol** provides support for 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.

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Ultra Binder® Stick Packs

Ultra Binder® Stick Packs contain Ultra Binder, 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.

Since no single binder has an affinity for all toxins, our formula contains an array of binding agents, including zeolite, bentonite clay, activated charcoal, chitosan, and our proprietary IMD® Intestinal Cleanse.

QuintEssential® Isotonic Sachets

Quintessential® Isotonic Sachets provide a blend of alpine spring water and micro-filtered seawater to replenish mineral balance. Each sachet further supports detoxification and healthy cellular metabolic function.

Cellular detoxification involves the flux of nutrients and waste products in and out of cells. By restoring mineral balance across cell membranes, QuintEssential® Isotonic gently facilitates your body’s natural detoxification processes.

The body must be in the parasympathetic “rest and digest” state to detox effectively. The minerals in QuintEssential® Isotonic support parasympathetic tone, promoting relaxation and detoxification.

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.

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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.*

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