

June 15th 2025

15 markers extremely high

Total Tox Burden - Summary

Service Date: 2025-06-16 09:40 (CDT)

High

Mycotoxins Heavy Metals Environmental Toxins

Test Name	Current	Previous	75th	95th	Reference
Atrazine ^ (ug/g)	0.13		0.02	0.05	≤0.05
N-Acetyl (2-Cyanoethyl) Cysteine (NACE)^ (ug/g)	452.68		5.28	256	≤256
Barium^ (ug/g)	7.43		2.33	5.59	≤5.59
Nickel (ug/g)	16.11		6.37	12.13	≤12.13
Uranium^ (ug/g)	0.07		0.02	0.04	≤0.04
Aflatoxin G2 (ng/g)	11.06		6.08	10.8	≤10.8
Aflatoxin M1 (ng/g)	8.39		3.6	6.4	≤6.4
Chaetoglobosin A (CHA) (ng/g)	34.52		17.93	31.87	≤31.87
Citrinin (CTN) (ng/g)	14.28		7.05	12.53	≤12.53
Deoxynivalenol(DON) (ng/g)	135.10		37.95	67.47	≤67.47
Diacetoxyscirpenol (DAS) (ng/g)	6.06		2.4	4.27	≤4.27
Fumonisin B2 (ng/g)	11.62		4.05	7.2	≤7.2
Fumonisin B3 (ng/g)	32.76		6.08	10.8	≤10.8
Mycophenolic Acid (ng/g)	6.46		3.6	6.4	≤6.4
Ochratoxin A (OTA) (ng/g)	8.91		3.6	6.4	≤6.8

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4 Months later post test

66% Reduction in Toxin Burden

Service Date: 2025-10-31 13:00 (UTC)

Test Name	Current	Previous	Result		Reference
			75th	95th	
Atrazine ^ (ug/g)	0.09	0.13 (06-16-2025)	0.02	0.05	≤0.05
Diethylthiophosphate (DETP)^ (ug/g)	5.27	2.86 (06-16-2025)	1.24	3.92	≤3.92
N-Acetyl (2-Cyanoethyl) Cysteine (NACE)^ (ug/g)	322.41	452.68 (06-16-2025)	5.28	256	≤256
Deoxynivalenol(DON) (ng/g)	70.80	135.10 (06-16-2025)	37.95	67.47	≤67.47
Diacetoxyscirpenol (DAS) (ng/g)	5.60	6.06 (06-16-2025)	2.4	4.27	≤4.27

Total Tox Burden - Summary

4 Week Before Detox Starts

Personalized Functional Medicine Plan

Prepared by Dr. Hugh Wegwerth

Primary Objectives

- Reduce systemic inflammation
- Alleviate chronic pain and neuropathy
- Restore gut function and nutrient absorption
- Normalize blood sugar levels
- Support immune and mitochondrial health
- Establish restorative sleep patterns
- Prepare the body for future detoxification (e.g., mold)

Step 1: Video Overview

Please watch the full treatment plan video before our follow-up call.

Duration: 15–25 minutes

This video includes key instructions and links related to your protocol.
We'll schedule a follow-up call on **Tuesday** to answer any questions.

Step 2: Specialist Referral

Due to your significantly low white blood cell count (WBC), I strongly recommend you follow up with the hematologist your primary care provider referred.
This is essential to rule out any serious underlying pathology.

Initial Action Plan

1. Five-Day Food Journal

- Track everything you eat for five days — no dietary changes yet.
 - This will help us tailor your nutrition strategy.
-

2. Dietary Strategy: Carnivore-Inspired Protocol

- Focus on **meat and select fruits**
- Avoid vegetables temporarily, as some individuals do not tolerate them well
- A video is provided explaining the rationale and science behind this plan

Physical Medicine Tools

1. Chi Machine

- Enhances blood flow, lymphatic drainage, and energy
- 15-minute session = benefits of a 90-minute walk
- Start slow: 3 minutes, gradually increasing to 15 minutes
- Recommended: Morning and evening use
- Purchase a used unit via eBay or Marketplace

2. Percussion Massager for Abdominal Stimulation

- Helps stimulate the **enteric nervous system**
- Massage starting in the lower right quadrant, moving clockwise
- Supports gut motility, digestion, and immune activity

3. Red Light Therapy

- Supports mitochondrial healing and energy production
- Reduces inflammation and enhances circulation
- Apply directly to skin for 5–10 minutes
- Look for a belt model with heat/vibration features
- Refer to my red light therapy blog for additional education



Blood Sugar Monitoring

You previously noted an A1C of **6.2**, indicating **pre-diabetes**.

Glucose Testing Protocol (5-Day Intensive):

- Check blood glucose:
 - Upon waking
 - Before meals
 - 30, 60, and 120 minutes after eating
-
- Before bedtime
 - Goal range: **85–120 mg/dL**, with or without food
 - Use an affordable glucometer from Amazon (link provided)

zzZ Sleep Optimization: “Sleep Like a Baby” Protocol

Evening Routine:

- **Epsom salt foot bath** (30 minutes before bed)
 - Use unscented salts for magnesium absorption
- **Protein + fat snack before bed**
 - Examples: steak, salmon, avocado with olive oil
- **White noise machine or phone app** to aid in sleep consistency

Why this matters:

Eating before bed helps maintain blood glucose levels and prevents middle-of-the-night wakeups caused by stress hormone surges.



Targeted Supplementation

1. Magnesium (3 Types)

- **Magnesium L-Threonate (liquid):**
 - Crosses blood-brain barrier; promotes relaxation
 - Dose: ½ cap before bed
- **Magnesium Glycinate (capsules):**
 - Supports muscle relaxation and nervous system
 - Dose: Start with 1 capsule before bed; increase to 3 as tolerated
- **Magnesium Powder (sipping formula):**
 - Add 1 scoop to 64 oz water
 - Sip throughout the day for continuous cellular support

Monitor for loose stools — a sign of excess intake.

2. Essential Fatty Acids + Protein Shake

- **Protein Powder:** Paleo-friendly, dairy-free, 21g per scoop
- **Arctic Cod Liver Oil:** High in EPA/DHA
 - Dose: 1–3 tablespoons daily
- **Udo's Oil (Omega 3-6-9):**

Important Note on Mold Detoxification

We will not begin any mold detox at this time.

Before safely detoxifying, we must:

- Correct nutrient deficiencies (e.g., iron, magnesium)
- Restore gut function and address inflammation
- Stabilize blood sugar

Once your cellular health and resilience improve, we can safely proceed

8 Weeks PRE-DETOX

Need to get the cell membranes health for
detox!

PRETOX SYSTEM

— GENTLE TOXIN DRAINAGE AND CLEARING —



PRETOX SYSTEM | GENTLE TOXIN DRAINAGE + CLEARING



In our heavily industrialized world, detoxification is a necessary part of optimal wellness and there are many benefits to making this part of a regular health routine. However, engaging in a formal detoxification program can be intimidating at first, especially for those who are new to detox, have delicate systems, complex health issues, or have had negative reactions with previous detoxes.

This gentle detoxification protocol can be used as a stand-alone drainage and clearing detox, or as a place to start when preparing the body for one of our more comprehensive detox programs.

Product shipped with ice packs. Refrigerate Membrane Mend® upon receipt. Refrigerate Vitamin C after opening.

Includes a Patent Pending Formula

~~551.50~~ \$275.75

<https://cdn.amplifi.pattern.com/bf4a4cbe-ca0c-40c2-93d6-8518b1da3049>

She did half the dose for 8 weeks

Protocol Instructions

Product Cycle: 5 days on and 2 days off | **Protocol Length:** 4 weeks

PRETOX PRODUCTS + DOSING				
PRODUCT	A.M.	30 MINUTES LATER	P.M.	30 MINUTES LATER
Dr. Shade's Bitter X	5 pumps		5 pumps	
Kidney Care	1 tsp		1 tsp	
Membrane Mend [®]	1 tsp		1 tsp	
Liposomal Vitamin C	1 tsp		1 tsp	
Ultra Binder [®] Sensitive Formula		1 tsp mixed in water		1 tsp mixed in water

* Make sure to drink adequate water when taking charcoal-containing supplements

4 Week Protocol

ADVANCED PUSHCATCH® DETOX SYSTEM ENVRMNTL

COMPREHENSIVE SUPPORT FOR ENVIRONMENTAL TOXIN CLEARANCE



Your body's natural detoxification system is a cornerstone of whole-body wellness, continuously working to clear toxins accumulated over a lifetime. But in today's industrialized world, constant exposure to environmental pollutants can overwhelm these pathways raising toxic burden, depleting resilience, and putting stress on key organ systems.

At Quicksilver Scientific, we've spent years researching and refining a dynamic model of detoxification that goes far beyond simplistic "cleanses." Advanced PushCatch® Detox System ENVRMNTL builds on our patented PushCatch®, a two-step method of treatment for proper detoxification— featuring Liver Sauce® to "push" toxins from cells and tissues and Ultra Binder® to "catch" and remove them. Together with a full suite of advanced nutraceuticals, this protocol provides comprehensive, system-wide detoxification support.

Patented (U.S. Patent Number 11,391,702; 12,121,558)

~~590.50~~ \$295.25



<https://cdn.amplifi.pattern.com/b35b13bc-6277-4f6f-9178-dce00f5e96c7>

4 Week Protocol

30-DAY PROTOCOL INSTRUCTIONS

PRODUCT CYCLING: 5 days on, 2 days off

ACTIVE DETOX DAYS: 20

30-DAY PROTOCOL				
PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER
Dr. Shade's Liver Sauce*	1 tsp		1 tsp	
Liposomal Glutathione	5 pumps		5 pumps	
Dr. Shade's Kidney Care	1 tsp		1 tsp	
Membrane Mend*	1 tsp		1 tsp	
Ultra Binder* Stick Packs		1 pack mixed in water		1 pack mixed in water

*Make sure to drink adequate water when taking charcoal-containing supplements

INSTRUCTIONS:

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Diacetoxyscirpenol (DAS) (ng/g)	5.60	6.06 (06-16-2025)	2.4	4.27	≤4.27

 2-Hydroxyethyl Mercapturic Acid (HEMA)^ (ug/g)	3.25	4.54 (06-16-2025)		≤4.75
 Diethyl phosphate (DEP)^ (ug/g)	5.31	6.65 (06-16-2025)		≤15.7
 N-Acetyl (2-Hydroxypropyl) Cysteine (NAHP)^ (ug/g)	144.23	160.59 (06-16-2025)		≤403
 N-acetyl-S-(2-carbamoylethyl)-cysteine^ (ug/g)	142.42	115.25 (06-16-2025)		≤199
 Phenyl glyoxylic Acid (PGO)^ (ug/g)	418.99	496.07 (06-16-2025)		≤518
 Arsenic^ (ug/g)	19.26	15.67 (06-16-2025)		≤52
 Barium^ (ug/g)	3.35	7.43 (06-16-2025)		≤5.59
 Cadmium^ (ug/g)	0.49	0.76 (06-16-2025)		≤0.8
 Nickel (ug/g)	8.01	16.11 (06-16-2025)		≤12.13
 Aflatoxin G2 (ng/g)	7.63	11.06 (06-16-2025)		≤10.8
 Aflatoxin M1 (ng/g)	4.33	8.39 (06-16-2025)		≤6.4
 Chaetoglobosin A (CHA) (ng/g)	29.90	34.52 (06-16-2025)		≤31.87
 Citrinin (CTN) (ng/g)	11.16	14.28 (06-16-2025)		≤12.53
 Fumonisin B2 (ng/g)	4.15	11.62 (06-16-2025)		≤7.2
 Fumonisin B3 (ng/g)	9.65	32.76 (06-16-2025)		≤10.8
 Gliotoxin (ng/g)	126.00	174.90 (06-16-2025)		≤207.87

8 Week Protocol

ADVANCED PUSHCATCH® DETOX SYSTEM MOLD

TARGETED SUPPORT FOR MOLD-RELATED HEALTH CHALLENGES



Mold exposure and retained mycotoxins can place significant stress on the body, impacting energy, cognition, immune regulation, and overall resilience. When these toxins overwhelm natural detoxification pathways, they contribute to a high toxic burden, increased susceptibility, and compromise long-term wellness.

At Quicksilver Scientific, we've spent years developing a dynamic model of detoxification that goes far beyond simplistic "cleanses." Advanced PushCatch® Detox System MOLD builds on our patented PushCatch® method, a two-step process for proper detoxification, featuring Liver Sauce® to "push" toxins from cells and tissues and Ultra Binder® to "catch" and remove them.

Together with a targeted suite of advanced botanicals and nutraceuticals, this protocol provides comprehensive, system-wide support designed to meet the unique challenges of mold detoxification.

Patented (U.S. Patent Number 11,391,702; 12,121,558)

807.50 \$403.75



<https://cdn.amplifi.pattern.com/4350706e-2051-44e5-a0c3-00d5a9bbb070>

8 Week 1/2 the dose

4-WEEK FLAT MOLD PROTOCOL

PRODUCT CYCLING: 5 days on, 2 days off (Take the mid-day Ultra Binder® capsule dose all 7 days)

PROTOCOL LENGTH: 20 active days

4-WEEK FLAT PROTOCOL

PRODUCT	A.M.	30 MIN. LATER	P.M.	30 MIN. LATER	EVERY DAY
Dr. Shade's Liver Sauce®	1 tsp		1 tsp		
Ergo-Thione+	1 tsp		1 tsp		
Dr. Shade's Kidney Care	1 tsp		1 tsp		
NAD+ Platinum®	1 tsp		1 tsp		
Microb-Manager Para-Max	1 capsule		1 capsule		
Ultra Binder Powder		Mix 1 tsp in 8 oz. filtered water		Mix 1 tsp in 8 oz. filtered water	
Ultra Binder Capsules					4 caps with water
Quinton® Action Plus Nasal Spray	2-3 Sprays per nostril				

*Make sure to drink adequate water when taking charcoal-containing supplements

Retest in 10 weeks

