



Supporting The Biology During Emotional Work

Understanding The Different Needs of the Body At Different Times During Trauma Therapy & Emotional Work

This guide is intended to give you a broad overview of the specific support you can give your body as it goes through the process of trauma therapy or emotional work. It will both teach you about the different stages and show specific nutrient support you can give your body at each stage.

The Stages of Trauma Therapy/Emotional Work:

1st Stage: Coming Out of The Chronic Freeze & Overwhelm State

In this 1st stage, a person has reached such a level of pain in their life that they are willing to address the problem. Their system has tried to keep going and maintain for so long, they recognize they are in overwhelm a lot. In this stage, they start to learn and apply tools to build a consistent state of Calm Aliveness. If one is consistent, this takes about 21 days.

2nd Stage: Addressing The Factors That Led To Overwhelm

In this 2nd stage, a person is now feeling more present in their life and in their body. They are still experiencing frequent episodes of going back into overwhelm and freeze, but they are now aware of it. Here, they are actively applying tools to change that freeze pattern. They maintain a daily practice of somatic tools they learned in the 1st stage. They build on that by addressing the emotional factors that continue to lead to overwhelm (Parts Work). They also are starting to address the biology factors that led to overwhelm.

3rd-4th Stage: Maintaining- Experimenting & Building Capacity

In these stages, a person has addressed enough of the underlying factors that led to chronic freeze state and overwhelm, that they are spending most of their days fully present and in a Calm Alive parasympathetic state. In these stages, they have a good foundation of somatic and parts work they maintain, and now they focus on maintaining their biology in a good place or finding those leverage points to make it better and even more resilience and resourced.



Specific Quicksilver Nutrients to Support The Different Stages

To order from Quicksilver: <https://traumahealingaccelerated.mykajabi.com/quicksilver-scientific>
Use promo code for 10% discount: DRAIMIE2021



Products For Stage 1

Bring energy into the system! The freeze response needs energy.

Energy Bundle

NAD+ Gold

CoQ10

Products For Stage 2

Address factors of overwhelm and support cellular detox for supporting safe emotional releases.

Liposomal Glutathione

Push-Catch Liver Detox

Product For Stage 3 and 4

Support the immune system and nervous system through the endocannabinoid signaling for maintaining health and balance and support building more capacity for stress

Full Spectrum Hemp Extract

(For more info on the science behind NAD+: visit www.nadtreatmentcenterca.com)