

The background of the entire page is a dark, starry night sky. In the lower third of the image, the dark silhouettes of several evergreen trees are visible against the starry background. The text is centered and written in a bold, white, sans-serif font.

BUILDING YOUR PERFECT QUANTUM DAY RESOURCE GUIDE

BY SARAH KLEINER

Resources:

RA OPTICS BLUE BLOCKERS: (Code CARNIVOREYOGI for 15% off) - [CLICK HERE](#) - or copy & paste - <https://raoptics.com/?afmc=carnivoreyogi>

VivaRays Blue blockers (code YOGI for 15% off) - [CLICK HERE](#) - or copy & paste - <https://vivarays.com/carnivoreyogi>

HARMONY783 GROUNDING SHOES - (Code 15CYOGI for 15% off) - [CLICK HERE](#) or copy & paste - <https://harmony783.com/>

EMR TEK RED LIGHT DEVICE (code carnivoreyogi30 for 30% off) - [CLICK HERE](#) or copy and paste - <https://emr-tek.com/discount/carnivoreyogi10>

COLD VEST - (code Sarah10CFB for 10% off) - [CLICK HERE](#) or copy and paste - <https://coolfatburner.com>

Sperti Vitamin D Lamp (usually sold out during the winter) - [CLICK HERE](#) - or copy and paste - <https://amzn.to/3DJd2di>

At home Lab testing - (code YOGI30 for 30% off) - [CLICK HERE FOR VITAMIN D TEST](#) - or copy and paste - <http://trylgc.com/carnivorevitaminD>

Blood Sugar/Ketone meter - (code YOGI for a discount) [CLICK HERE](#) - or <https://foracare.com/multi-functional-monitoring-system/6-connect-multi-functional-monitoring-system/>

Gut health & minerals:

OMBRE LABS GUT HEALTH TEST & PROBIOTICS (Code YOGI for a discount) - [CLICK HERE](#) - or copy & paste - www.tryombre.com/carnivoreyogi

HCL for low stomach acid - Health Gut Company [CLICK HERE](#) - or copy and paste - <https://healthygut.com/product/hcl-guard/?oid=7&AFFID=484152>

DIGESTIVE ENZYMES for breaking down protein/food - Health Gut Company [CLICK HERE](#) - or copy and paste - <https://healthygut.com/product/holozyme/?oid=6&AFFID=484152>

BUTYRATE SUPPLEMENT- helpful for histamine issues - [CLICK HERE](#) or copy and paste - <https://healthygut.com/product/tributylin-x/?oid=5&AFFID=484152>

My favorite magnesium (and HTMA) - code YOGI12 for 12% off - [CLICK HERE](#) - or copy and paste - https://www.upgradedformulas.com/?rfsn=4637317.2071db5&utm_source=refersion&utm_medium=affiliate&utm_campaign=4637317.2071db5

Quinton minerals & hydrogen tablets - (code YOGI to save) - [CLICK HERE](#) - or copy and paste - <https://waterandwellness.com/?afmc=YOGI>

Natural household products:

FANCY FARM FACE CREAM, SOAP & CHAPSTICK [CLICK HERE](https://fancyfarmskincare.com/?afmc=1n&utm_campaign=1n&utm_source=leaddyno&utm_medium=affiliate) - or copy & paste - https://fancyfarmskincare.com/?afmc=1n&utm_campaign=1n&utm_source=leaddyno&utm_medium=affiliate

Laundry detergent we use [CLICK HERE](https://amzn.to/3EijB5x) - or copy and paste - <https://amzn.to/3EijB5x>

Dish detergent we use - [CLICK HERE](https://amzn.to/3qkc417) - or copy and paste - <https://amzn.to/3qkc417>

Blue light blocking bulbs - [CLICK HERE](https://amzn.to/3FnnE1Q) or copy and paste - <https://amzn.to/3FnnE1Q>

Red light bulbs - <https://midwestredlighttherapy.com/>

SHOWER & TUB FILTERS - [CLICK HERE](https://crystalquest.com?aff=185) - or copy and paste; <https://crystalquest.com?aff=185>

EMF PROTECTION (phone case - EMF blankets - etc) [CLICK HERE](https://www.defendershield.com?ref=sarahkleiner1) - or copy and paste - <https://www.defendershield.com?ref=sarahkleiner1>

Food:

Carnivore Crisps: (Code YOGI for a discount) - [CLICK HERE](#) - or copy & paste - <https://carnivorecrisps.com/?ref=Rte8-5NOXApzJ>

Carnivore Snax - (Code YOGI for a discount) - [CLICK HERE](#) or copy & paste - <https://carnivoresnax.myshopify.com/?rfsn=5343065.b41c69>

PLUCK ORGAN MEAT SEASONING (code CARNIVOREYOGI for a discount) - [CLICK HERE](#) or copy and paste - https://eatpluck.com/?afmc=28&utm_campaign=28&utm_source=leaddyno&utm_medium=affiliate

OPTIMAL CARNIVORE - Organ meat supplements - (code CarnivoreY for 10% off) - [CLICK HERE](#) or copy and paste - <https://amzn.to/3JbyHxy>

WHITE OAK PASTURES (GRASS FED - REGENERATIVE FARM) - [CLICK HERE](#) - or copy and paste - <https://www.whiteoakpastures.com/?rfsn=4735353.bf300d>

FIND A LOCAL FARM- US & CANADA - www.eatwild.com

LOCAL HARVEST: <https://www.localharvest.org/>

OTHER WEBSITES FOR LOCAL, SEASONAL EATING: www.rawmilk.org
www.seasonalfoodguide.org

Miscellaneous:

Cold Plunge Tub: [CLICK HERE](#) - or copy and paste - <https://amzn.to/32oLNXh>

Thermometer for cold plunge: [CLICK HERE](#) - or copy and paste - <https://amzn.to/3mnhhV2>

EMF METER [CLICK HERE](#) - or copy and paste - <https://amzn.to/3H6a7w4>

At home custom workouts with Future [CLICK HERE](#) - or copy and paste - <https://tryfuture.co/yogi>

GENETIC PROTOCOL SUPPLEMENTS (Dr. Courtney Hunt's brand that I use and trust) - code YOGI for 10% off - [CLICK HERE](#) - or copy and paste - <https://www.geneticprotocol.store/default.asp>

Tan through swimsuits: Kiniki <https://www.kiniki.com/>

Cooltan - Tan through swimsuits: <https://www.cooltan.com/> (Cooltan also has tan-through shirts now!)

JOIN MY PRIVATE MEMBERSHIP GROUP - [CLICK HERE](#) - or copy and paste: <https://carnivoreyogi.com/welcome-to-the-membership-group-page/>

Somatic healing -(working with trauma) - Irene Lyon Courses [CLICK HERE](#) - <https://ea188.isrefer.com/go/21days/SK>

Online Therapy with Better Help (save 10%) - [CLICK HERE](#) or copy and paste: <https://betterhelp.com/carnivoreyogi>

Studies:

This is not an exhaustive list, but gives a starting point to many of the topics which are crucial in understanding Circadian Biology & Quantum Physics :

Study about blue light and glucose/cortisol - <https://pubmed.ncbi.nlm.nih.gov/31646762/>

Suppression of Blue Light at Night Ameliorates Metabolic Abnormalities by Controlling Circadian Rhythms - <https://pubmed.ncbi.nlm.nih.gov/31646762/>

Study about sunlight on skin & weight loss <https://www.nature.com/articles/s41598-017-16689-4>

Adequate sleep to improve obesity study <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3519150/>

Study about eating and cortisol production: <https://pubmed.ncbi.nlm.nih.gov/7202017/> <http://europepmc.org/article/PMC/3264401> & <https://pubmed.ncbi.nlm.nih.gov/18787373/>

Studies about cold thermogenesis and fat loss - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3895006/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3726172/>

Circadian rhythms and metabolism regulation - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3781773/>

More information about appetite regulation & circadian rhythms - <https://www.frontiersin.org/articles/10.3389/fendo.2017.00201/full>

Research progress about the effect and prevention of blue light on eyes - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6288536/>

Benefits of Sunlight: A Bright Spot for Human Health - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>

Sunlight, Serotonin and Your Sleep Cycle <https://www.pbsnc.org/blogs/science/sunlight-happiness-link/>

Influence of drinking structured water to human psychophysiology: <https://medcraveonline.com/JABB/JABB-06-00190.pdf>

Effect of the magnetized water supplementation on blood glucose, lymphocyte DNA damage, antioxidant status, and lipid profiles in STZ-induced rats - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3572224/>

Recommended Reading:

Health & Light - John Ott - <https://amzn.to/34riZ1j>

Earthing - Clint Ober - <https://amzn.to/3f1eSeD>

The Body Electric - Robert Becker - <https://amzn.to/3tesviV>

Cancer and the New Biology of Water - Cowan - <https://amzn.to/3HGj6o2>

The Fourth Phase of Water - Pollack - <https://amzn.to/3F9t53s>

Light Medicine of the Future - Liberman - <https://amzn.to/3qTHBYa>

Bliss More - Light Watkins (mediation) - <https://amzn.to/3n47WI1>

CONTACT SARAH:

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