

The background of the entire page is a dark, starry night sky. The stars are small, white, and scattered across the frame. At the bottom of the image, there are several dark, silhouetted evergreen trees, likely pines or firs, which are partially obscured by the text.

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>

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