

Sarah Kleiner - Quantum Nutrition

This is a unique course that goes beyond diet dogma, and looks at appropriate nutrition based on your level of leptin sensitivity, seasons, sunlight & what makes the most sense from an ancestral lens to help you achieve the best and most optimal health possible!

Modules in this course:

1. Our nutrition and the role of sunlight
2. The Circadian rhythms and best practices and their role
3. Sensitivity – Respecting your leptin sensitivity & understanding leptin as whole
4. Sensibility: Being open to your feelings and allowing yourself to be present in your current lifestyle
5. Hydration is an important part of life Quantum Nutrition
6. Deuterium's role
7. FAQs – Gut health and food addiction
8. This program can help you lose/stabilize your weight.
9. Gut issues – Considerations beyond Circadian biology to change your diet
10. How long should I keep following the instructions? Quantum Nutrition Plan & can I go “off plan”
11. Considerations for those with chronic illness – Pregnancy & Breastfeeding
12. FAQs “seasonal meat” – nuts/seeds & high fat foods
13. Winter Diet with food menu
14. Summer Diet with a food list
15. Approaching Quantum Nutrition Higher carb background
16. Follow these steps: When and how to Quantum Keto
17. Follow these steps: When and how to Quantum Carnivore
18. Quantum Low carb
19. Quantum Sensitivity days – When and How to Change Things Up/Carb Cycle
20. Quantum Fasting – When and if you should fast & how
21. Section dedicated to women: Your Infradian rhythm