

Dr. Karen's Resources List 2019



Bone Broth Protein

- *Fullscript supplement dispensary 15% www.karenkan.com/fullscript
- Organixx www.organixx.com
- *Vital Proteins www.karenkan.com/vitalproteins www.vitalproteins.com

Blue Light blocking

- For Windows, MAC Linux, iPad, iPhone, Android <https://justgetflux.com/>
- iPhones have a Night Shift Mode:
 - Access the “Settings” feature on the phone,
 - Navigate to “Display and Brightness”
 - Turn on the “Night Shift” mode.
 - Then, “Shift” the colors from less warm to warmer. The warmer the setting, the less blue light your device will emit resulting in less sleep interference.
- Blue Light Blocking bulbs www.lowbluelights.com prefer LED lights
- Blue Light Blocking “glasses”
 - Fit over glasses www.amazon.com/Swanwick-Sleep-Fitover-Blocking-Computer/dp/B019C3O2UE

Cosmetics:

- Honeybee Gardens www.honeybeegardens.com
- Anne-Marie Gianni www.annmariegianni.com
- Lavera Cosmetics www.lavera.com

Clothing:

- Pact Clothing www.wearpact.com
- Blue Canoe www.bluecanoe.com

EMF Protection

- *Earthcalm www.karenkan.com/earthcalm www.earthcalm.com
- *Greenwave Filters www.karenkan.com/greenwave

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- Energy Tools International www.karenkan.com/EMF - EMF transformer/Schumann Pendant

Energy Healing Tools:

- Dr. D's Nutrilink Energy infused tinctures and minerals: Mineral Force, Mag Force, Zeta Force. info@nutrilinkenergy.com
- Energy Tools International – Schumann energy infused pendants, Gem Elixers, Vital 360-300mg hemp (CBD oil) www.energytoolsint.com
- Earthing – earthing mats, throws, bed pads www.earthing.com
- *LifeWave Phototherapy Patches (Stem cell patch, Stress patch etc.) www.lifewave.com/drkaren and www.patchtrainingteam.com
- Peter Schenk – Terra Resonator, Harmonic Field Amplifier, HFA mini, Orion, *Aquaware 5.0 – www.karenkan.com/AQ5, www.moderndaymystic.com
- Photon Genie/Genius machine www.edskilling.com
- *VibesUp crystal and essential oil infused flip flops, shower heads, water bottles – www.karenkan.com/VibesUp, www.vibesup.com

Food:

- *US Wellness Meats www.karenkan.com/wellnessmeats or www.grasslandbeef.com
- *Vital Choice Seafood www.karenkan.com/vitalchoice www.vitalchoice.com
- *Thrive Market www.karenkan.com/thrive (packaged gluten-free or non-GMO)
- Teeccino Herbal Dandelion gluten-free coffee www.teeccino.com

Food Intolerance/Nutritional Analysis:

- *Hair Testing for food intolerance, nutritional deficiencies and heavy metals www.karenkan.com/intolerancetest Discount Code: **drkaren15**

Hair Care:

- *Morrocco Method www.karenkan.com/hair
- Alteya Organics www.alteyaorganics.com
- Overtone Color conditioners www.overtone.co

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House/Pet Cleaning Products

- *Airbiotics www.karenkan.com/airbiotics www.petbiotics.com www.airbiotics.com

Laundry Detergent

- LifeKind www.lifekind.com
- Indigo Wild www.indigowild.com

Linens, sheets

- LifeKind www.lifekind.com
- Snugglepedic www.snugglepedic.com
- Earthing www.earthing.com

Pet Food

- Orijen (cooked) www.orian.ca
- Acana (cooked) www.acana.com
- Stella and Chewys www.stellaandchewys.com
- Small Batch Pets www.smallbatchpets.com

Rugs and Furniture

- Ruggable www.ruggable.com
- Hook and Loom Rug company www.hookandloom.com
- Stem Goods Eco-friendly non-toxic furniture www.stemgoods.com
- EcoBalanza www.ecobalanza.com

Skin Care:

- Indigo Wild www.indigowild.com
- Dr. Bronner Castile soap www.drbronner.com
- *LifeWave Alavida day and night creams with algae oil www.lifewave.com/drkaren
- Altea Organics www.alteyaorganics.com

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- PrimaVera www.primaveralife.com

STOIM – Stillness through Observing Internal Movement training

- www.karenkan.com/STOIM for instructions
- www.purelightaudio.com smartphone free app and download
- Advanced training:
 - Supercharge Your Healing Powers Online – www.superchargeyourhealingpowers.com

Supplements

- *15% off supplements at Dr. Karen's Dispensary www.karenkan.com/fullscript
- Ancient Minerals Magnesium oil products www.enviromedica.com
- Himalayan Crystal Salt – SOLE – www.himayalancrystalsalt.com
- Dr. Willard Water – www.drwillard.com
- Organixx – organic bone broth, fermented vitamin/minerals, soil based probiotic www.organixx.com