

Frequently Asked Questions

Do I need a genetic test to take this course?

No, you do not need any kind of genetic test or special blood work to take this course. It is a test-free course!

Will I need to buy special foods as a result of taking this course?

Not at all. All food recommendations that I make can be found in a local grocery store in your town.

Do I have to be a chef or a good cook to take this course?

Not at all. You'll learn lots of simple strategies to put food on your plate with minimal fuss and cooking time.

When does the course start and finish?

The course starts now and never ends! It is a completely self-paced online course - you decide when you start and when you finish.

How long do I have access to the course?

How does lifetime access sound? After enrolling, you have unlimited access to this course for as long as you like - across any and all devices you own.

How is this course different from The Genomic Kitchen Fundamentals course?

This course is designed to fast track your knowledge of how to choose and prepare food that talks to your genes in just over 4 hours. Our Genomic Kitchen Fundamentals course is more than 12 hours in length and takes a deeper dive into the topics covered in the Express course. The Fundamentals course includes additional insights into the topics of longevity, an explanation of the Blue Zones research (Centenarians and why they live longer lives). The Fundamentals course also includes insights into the "Mediterranean diet," a journey to meet and interview a chef in Northern Italy who is creating culinary medicine in his restaurant, and more educational handouts.

Do you offer genetic testing if I am interested in exploring this after I have taken the course?

Yes, The Genomic Kitchen will be introducing 3 levels of genetic testing services beginning in May 2019. Check our website for details of these services in May.