

THE GENOMIC KITCHEN PRO COURSE

TESTIMONIALS

THE GENOMIC KITCHEN



The Genomic Kitchen PRO course helps nutrition and health experts experience the fundamentals of nutrigenomics and culinary genomics and learn how to use them in education and counseling in the private practice, community or institutional setting. This course introduces you to M.I.S.E. principles and associated nutrients that form the foundation of our system of understanding, choosing and preparing food for health and longevity and to further the mission of public health. The peer-reviewed science supporting these principles is covered extensively. We then unite the M.I.S.E. principles with culinary strategies that translate these vital ingredients to the plate.

I really love your MISE strategy and learning it has allowed me to finally stop making "complicated" meals. It resonates with me, so I'm confident it will resonate with my clients through me. **Felicia Cordier, MS RD**

It's wonderful when someone like yourself merges science with culinary and creativity and creates a new twist on the classic "dish" of culinary nutrition. For me the course bridges my integrative, culinary and biochemical expertise & keeps me excited to continue to grow and learn after 33 years of practice. **Lisa Dorfman, MS, RD, CSSD, CCMS, LMHC, FAND-The Running Nutritionist® Certified Chef Nutritionist (LDN)**

Your program, The Genomic Kitchen has been so inspiring, challenging, and changed my relationship with food. For that I want to say THANK YOU! **Nancy Waring, MS CPT, CCFS**

Amanda is AMAZING!!! She succinctly captured the true essence of the science of nutrition, how food works in the body, how to prepare foods and how it works for you! Complete with toolbox, slides and detailed roadmaps to reference again and again! Highly recommended for anyone interested in nutrigenomics! **Mary Rosen, MS RD**

What an information packed course. I absolutely loved it! Not only a wonderful review of information I already knew but many great new gems as well for my Toolbox. I wanted to be able to attend the sessions live, but life had other plans for me. Your generosity to share this information is so refreshing from every angle! Looking forward to your next course offering, whenever that may be. Thank you so much for developing this course. I am spreading the word to my non-functional/integrative RD friends to not miss your next offering of this course. I've told them that they do not know what they are missing! **Kim McConnell, MS, RDN, LDN, CLT, CEMN**