

Gene-ius

IN YOUR KITCHEN



Join us for a **cooking course** that
will change your life!





A dynamic combination of cooking demos, science talks, live chats, recipes and foundational kitchen skills, GENE-ius In Your Kitchen delivers the tools, knowledge and inspiration to elevate your health now and for a lifetime of vitality.



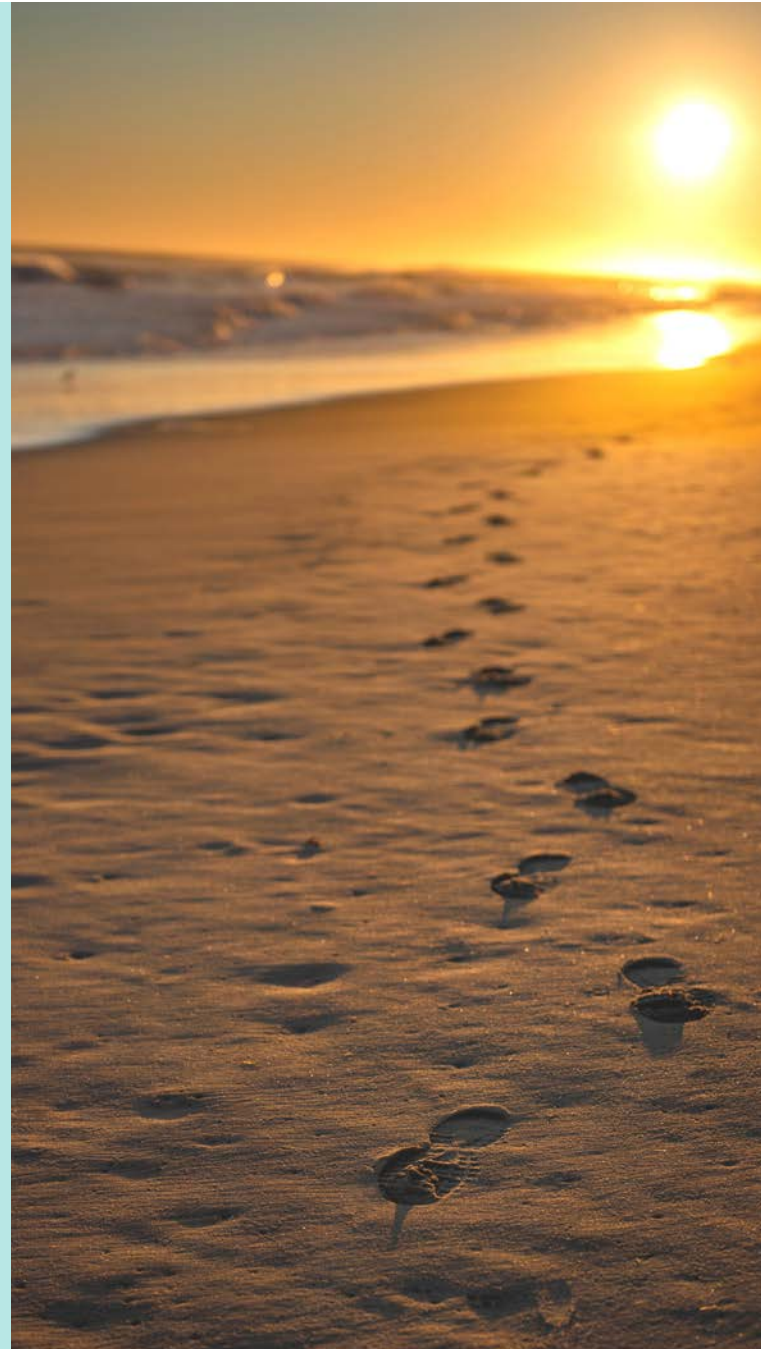
MODULE 1:

HEALTH, LONGEVITY, & YOUR GENES



This module sets the foundation for the rest of the course. You'll walk away with an in-depth understanding of your genes – what they are, what they do, and how they respond to the food you eat. You'll be introduced to the concepts of genomic nutrition and culinary genomics, and how they both apply to your health.

Visit our Culinary Video Library for short lessons covering basics such as which pots, pans, and equipment you need; knife skills; and cooking techniques, like how to perfectly steam, poach, roast, and sauté your food, and much more.



MODULE 2:

INTRO TO M.I.S.E.

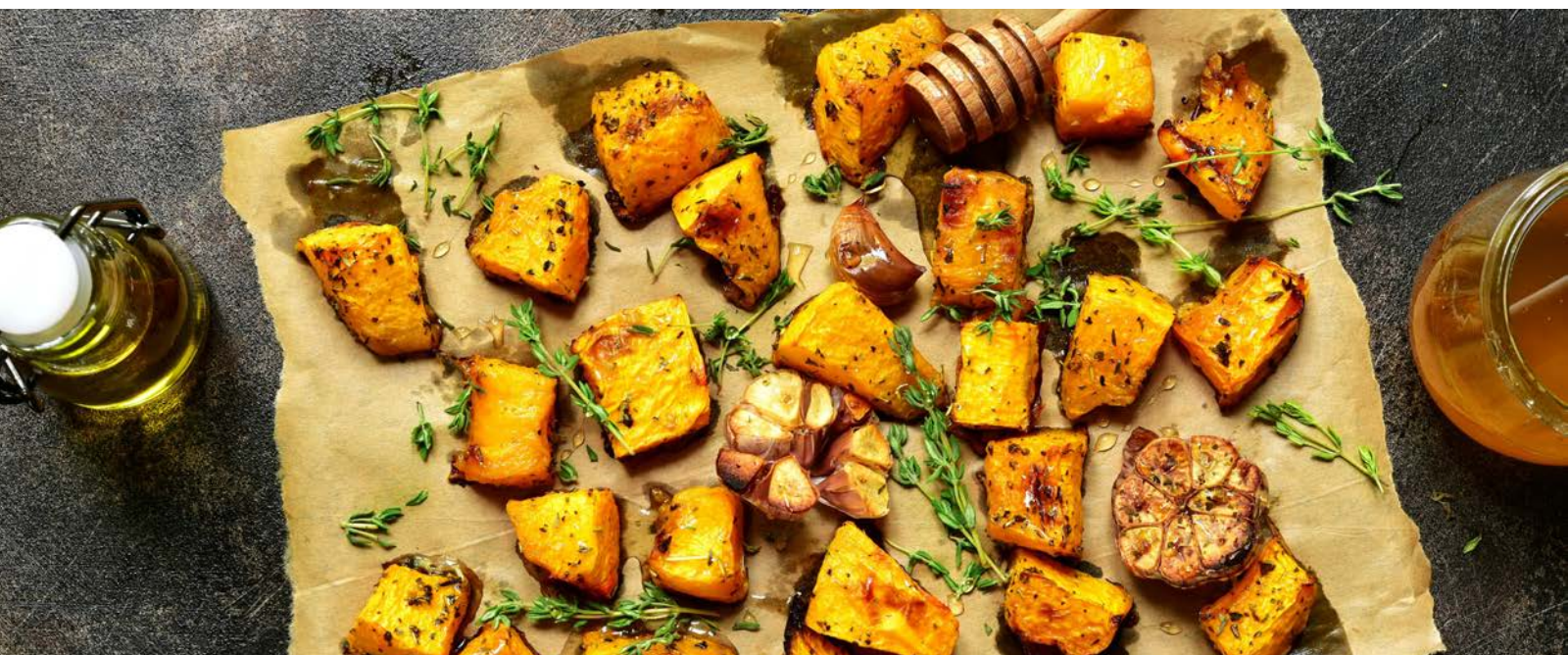
In this module, you'll be introduced to M.I.S.E. —the **Master, Influencers, Superfoods, and Enabler** ingredients you'll use to cook flavorful, healthy recipes that support your genes and long-term health.

You'll also discover how to create and balance flavor in a dish, which fat to use when, and techniques like stir frying and oil-free cooking.



Recipe Kate will Demo In this Module:
Learn how to taste and season by
creating a Tomato Salsa

Sample Recipe You'll Get With This Module:
Sweet Corn Salsa with Roasted Pumpkin



MODULE 3: OXIDATIVE STRESS

You'll learn the warning signs of imbalance in your body, as well as the foods and conditions that contribute to oxidative stress. You'll meet a very powerful gene that will help you control imbalances caused by oxidative stress. Importantly, you'll discover how to leverage the power of polyphenols in food. These act like fire extinguishers—essentially putting out the flames of oxidative stress!

Here, you'll also learn how to cook with cruciferous vegetables and how to preserve their powerful healing compounds. You'll discover how to make vegetables the star of the show—and how to flavor your veggies so everyone wants to eat them.



Recipe Kate will
Demo In this Module:
Chestnut and Sweet
Potato Roast/Loaf

Sample Recipe You'll
Get With This
Module:
Slow Braised
Cabbage

MODULE 4:

INFLAMMATION

In this module, you'll learn about inflammation, its impact on overall health and longevity, and the foods that create it in your body. Learn how to choose food that turns unwanted inflammatory responses **OFF** and how food does this.

You'll also dive deep into Omega-3s! You'll learn how to cook with oily fish, where to find Omega-3s in plants, and which spices and spice blends to stock in your pantry.



Recipe Kate will Demo In this Module:
Moqueca (Brazilian fish stew)

Sample Recipe You'll Get With This Module:
Steamed Baked Indian Spiced Fish



MODULE 5: METHYLATION

This module introduces your internal traffic director: methylation. You'll learn how B vitamins and other nutrients support the proper function of nearly all of your body's systems.

Here, you'll learn how to cook with eggs and create egg-free recipes. You'll discover how to cook perfect gluten-free grains (and other grains!) and how to make delicious, easy dishes featuring legumes and pulses. You'll discover how to cook with the most nutrient-dense types of meat, as well as cooking techniques that help you avoid glycation (aka the browning of meat or food) but still get that delicious flavor.



Recipe Kate will
Demo In this Module:
Lamb Madras

Sample Recipe You'll
Get With This
Module:
Sweet and Sour
Aduki Beans

MODULE 6: DETOXIFICATION

You'll learn how to support your body's internal cleansing system, as well as how your liver and gut work together to detox your body naturally. ***That's right—you don't need expensive detox supplements or water fasts to cleanse your system!*** You'll discover the specific foods that help support the work of your liver and gut in releasing toxic molecules and waste products.

Amanda and Kate also chat about plant-based proteins. You'll learn how to build a bowl so you can create flavorful, gene-friendly easy meals and how to take salads to the next level. (There's more to them than cucumber, lettuce, and tomato—salads can be a balanced meal or make a tasty side dish!).



Recipe Kate will Demo In this Module:
Quick Pickled Fennel

Sample Recipe You'll Get With This Module:

Beetroot Salad with Rocket (Arugula) and Goat Cheese

MODULE 7:

GUT HEALTH

After this module, you'll understand why gut health is so critical for your overall health. You'll meet genes that can change how your gut works—and learn food and cooking techniques that can restore balance to your gut health.

You'll also be introduced to foods that heal, soothe, and get your gut moving. You'll learn about prebiotic foods, fermented dishes, tempeh, and tofu, and create dishes that feed your healthy gut bacteria and seed your gut with beneficial microbes. Amanda and Kate will host a live chat about gut health, food intolerances (we've got some delicious dairy-free recipes!), and improving your digestion—from the top down.



Recipe Kate will Demo In this Module:
Artichoke and Chickpea Vegetable Nuggets

Sample Recipe You'll Get With This Module:
Parsnip and Fennel Soup

MODULE 8:

SUPERFOODS

In this final module, you'll discover the REAL superfoods you'll want to add to your diet. This select group of everyday foods gives you the best nutritional return for your money—we'll show you how and why.

In the kitchen, you'll learn creative ways to integrate our superfoods into easy snacks, meals, and "must haves." Make sure you show up to the class for the big superfood reveal!



Recipe Kate will Demo In this Module:
Homemade Granola

Sample Recipe You'll Get With This Module:
Chickpeas with Tamarind and Lime



YOUR GUIDES:

KATE & AMANDA



Kate Waters, a Registered Nutritional Therapist, bespoke chef, and culinary teacher (UK), has worked as a chef for over 20 years, cooking for prime ministers, politicians, and A-list celebrities. A graduate of London's College of Naturopathic Medicine, she firmly believes that food really can be your medicine. Kate specializes in intimate female health to improve the daily lives and long-term outcome for women who live with pain or discomfort. She is a longtime Genomic Kitchen collaborative force.



Amanda Archibald, RD (USA), the founder of The Genomic Kitchen, is widely recognized for her trailblazing work as a clinician, educator, consultant, speaker, and mentor in the cutting-edge world of genomic medicine. She masterfully connects the dots between genes, food, lifestyle, and health restoration, and her pioneering work and insights are sought around the world. Amanda is the author of *The Genomic Kitchen, Your Guide to Understanding and Using the Food-Gene Connection for a Lifetime of Health*.