



1

—

# About this mini course

---

This short course was to created to introduce you to your genes and the power of the information they hold for you

2



## Presenter

- Amanda Archibald, RD
- 25 years as a dietitian specializing in nutrition science, nutrition biochemistry, nutrigenomics/nutrigenetics and culinary translation of gene information
- [amanda@genomickitchen.com](mailto:amanda@genomickitchen.com)
- [www.genomickitchen.com](http://www.genomickitchen.com)

© 2020 The Genom ic Kitchen. All rights reserved

3

## What you'll learn

- What genes are
- The difference between a gene SNP (snip) and a mutation
- How genes influence your health
- What a DNA test is and how you “take” one
- What to expect in your gene report
- How a trained clinician interprets your gene information
- What the information in your gene report tells you about you
- Frequently asked questions about DNA testing

© 2020 The Genom ic Kitchen. All rights reserved

4

# Let's get started!



© 2020 The Genomic Kitchen. All rights reserved.