



FREQUENTLY ASKED QUESTIONS ABOUT OUR GENE TESTING SYSTEM

I have a medical condition. Is The Genomic Kitchen suitable for me?

We like to say that genes are signposts that tell us where to look. They don't diagnose or predict. What they do is point us to potential inefficiencies in your biochemistry, your body's biological operating system, that may be contributing to your medical condition or state of health. We like to say that solving your health problems means searching in places that no one thought to look. Your genes provide us with this direction.

What kind of gene information does gene test include? Ancestry? Disease markers?

The genetic testing and reports we work with provide insights into how your genes impact the efficiency and inefficiencies of the important systems, pathways and processes that make YOU work. For example, we get insights into the type of nutrients you may need to emphasize, your blood pressure and cardiovascular health; whether or not you handle fats better than carbs; the type of exercise that harmonizes with your genes; and whether you can handle hard workouts daily or need to change it up. Most importantly, the gene information we evaluate helps us to look deeply "under your hood" and into the ways you are uniquely engineered, providing a much better understanding of your current health situation and what you can do right now to optimize your health moving forward.

Our genetic testing does not provide insights into your ancestry. However, we do consider your ancestry and ethnic background when providing health advice.

If I'm pretty healthy, why do I need to know about my genes?

Genes are the blueprint that reflects "how you are built." They are the most intimate representation of you that comes with no bias and no false positives. Many of us can be healthy according to an annual physical or routine lab work but these methods cannot reveal any tendency toward essential hypertension, for example, or a need for more specific target nutrients (and why) or even suggest poor tolerance of a specific drug should you need it. Not

only do genetics shed light on health imbalances, they also provide clarity and direction for what you can do now to help prevent an unforeseen move from healthy to sudden dis-ease.

Will I need blood tests or other tests? If so, why?

Genetic testing provides insights, but is not always the final answer. The scientific process we follow uses genetics to form an impression and provide preliminary answers. We then use lab testing (blood, urine and/or saliva depending on the test) to validate that impression. By pairing precise lab work with genetic testing, we are able to verify the direction suggested by your genes. This gives us a far more precise foundation to work from and is the basis of creating a personalized plan for you. In short, genetics + lab validation removes the guesswork from what's wrong and/or what's the answer.

What is health coaching? How does it work?

Health coaching is a proven practice for behavior change and is the catalyst and support that helps you bring everything in your report to life. Your health coach works directly with you in weekly or biweekly Zoom or phone conversations (your choice) to help you succeed in your pursuit of health by tapping into your real life - your lifestyle, preferences and values - in ways that feel natural and empowering. Equally important, your Genomic Kitchen health coach has the advantage of familiarity with working with gene test results and recommendations. After more than 25 years in the business of health, we can honestly say that health coaching is what will make the difference in your life.

Can I use other gene test results (from 23andme et al) to get a deeper interpretation from TGK?

No. Our tests are unlike general consumer test kits and are very specific to genomic interpretation. The gene test kits we use are available only through licensed clinicians with advanced training in genetics and nutritional biochemistry so that we can provide the life-changing plans and successful results that our clients have come to expect. Our tests are not designed to entertain you or sell you a specific diet, supplement or exercise program. They are designed to inform you and your health journey at a precision level for the rest of your life.

Does this system work for vegans or vegetarians?

Genetics and our Optimize System have no favorites. Neither do your genes. We work with individuals from all walks of life and regardless of dietary preferences.

How long after ordering my test kit can I expect it to arrive?

Kits are usually delivered within 3 days. Your DNA test kit is sent via FedEx and you can return it free of charge the same way.

How long after sending in my kit can I expect to get my report? What format is it?

It takes roughly one month to receive your report after returning your DNA test kit to the lab. Your digital report is sent directly to the email address you provide us for this purpose via a secure network suitable for sharing healthcare information.

When and how do I schedule the various consultations included with my package?

About two weeks after you send in your kit, we reach out to you on an individual basis to schedule your appointment with Amanda. If your package includes health coaching, a separate invitation to meet with your coach is extended following your time with Amanda.

Are Gene Profile packages HSA/FSA eligible?

Some of our clients have used their health savings accounts to pay for our programs. Although we do not handle filing or any transactions associated with your HSAs/FSAs or insurance company, we can provide documentation to assist you in doing so yourself.

For more information, please visit us online at www.genomickitchen.com.