

# Genomic Medicine: Harnessing the Power of Your Genes

## Experience the new science of genomic medicine from inspiration to solution

This 2-day immersive workshop is designed for healthcare providers interested in reshaping patient care through the integration of genomic information and culinary translation. Through interactive sessions, walk away with an understanding of the science, how to translate that into personalized interventions, and how to apply it in your practice today.

### The Foundation

Using real patient stories, we'll share with you the power of a DNA-based approach to health. Learn the key concepts underlying genomics, focusing on the two most prominent areas of genomics: pharmacogenomics and nutritional genomics. Using an interactive format, walk through two case studies - first from the conventional approach, and then using genomic testing to reveal hidden clues that enable you to take a deeper dive with more precision.

### The Kitchen

Nutritional biochemistry underlies the DNA-directed culinary strategies, shaping how to cook the language of human DNA. Walk this language into the kitchen and put these concepts into practice - and of course, eat the delicious results!

### The Solution

Map the science to the kitchen and put everything together creating personalized genomic medicine and culinary genomic solutions for the case studies.

Leave this workshop with a new perspective on how to personalize patient care using tools that reside at the cutting edge of medicine, and with a new nutrition toolbox that optimizes food.

**Day One: Welcome to the Genomic Revolution**  
**Morning Sessions: 9 - 12:30 pm - Roberta Kline, MD**

***Session 1: Introduction***  
***9-10am***

Be inspired by real-world results, then dive into the science underlying this new approach to health. Address common myths, define terms, and explore how genomics is being used in clinical practice today.

*Break (20 mins)*

***Session 2: Case Study #1 - Patient With Depression***  
***10:20 - 11:10am***

In an interactive session, create an action plan based on current approaches to evaluation and treatment - "pre-genomics". Explore a systems biology approach, looking at the underlying biochemistry that informs decision making for a new approach to personalized patient care. This will form the foundation for adding in genomics on day 2.

*Break (20 mins)*

***Session 3: Case Study #2 - Patient With Cancer***  
***11:30 - 1230pm***

Using the same interactive format, create an action plan based on current approaches to evaluation and treatment - "pre-genomics". Again, explore a systems biology approach, looking at the underlying biochemistry that informs decision making for a new approach to personalized patient care. This will form the foundation for adding in genomics on day 2 for this case study.

**Lunch 12:30 – 2pm**

**Afternoon Sessions: 2-5pm**

***Session 4: Pharmacogenomics - Roberta Kline, MD***  
***2-2:40pm***

Pharmacogenomics: an evidence-based approach to medication prescribing and management. Learn how pharmacogenomics informs decision making around pharmaceutical recommendations. What will work, what will not and why.

*Break (20 mins)*

**Session 5: Culinary Genomics (part 1) - Amanda Archibald, RD**  
**3 - 4pm**

Welcome to the new nutrition toolbox for Personalized Medicine. We'll introduce you to Culinary Genomics, and the ingredients we use to provide as information for human biochemistry.

Break (20 min)

**Session 6: Culinary Genomics (part 2) - Amanda Archibald, RD**

**4:20 - 5pm**

Dive deeper into the toolbox. Learn which ingredients we use, why we use them, and how they inform Human DNA and biochemistry to support the fundamentals of health.

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**Day Two: Implementing Genomic Medicine and Culinary Genomic Strategies**

**Morning Session: Culinary Genomics workshop with lunch - Amanda Archibald, RD**  
**9 – 1:00pm**

Step into the kitchen with us for a morning and learn to work with ingredients in an entirely new way, essentially cooking the language of human DNA. Enjoy the delicious and nourishing meals you create and experience food in a whole new way!

- Learn how to cook with food that talks to our genes - and stokes our innate biochemistry.
- Practice using different components of M.I.S.E, the culinary genomics toolbox.
- Understand specific ingredient use and culinary strategy.

**Afternoon Sessions: Applying Genomic Medicine to Disease Management and Health Optimization - Roberta Kline, MD and Amanda Archibald, RD**  
**1:30 - 5:00 pm**

Return to the interactive format to apply genomic information to the case studies. Reshape clinical interventions and nutrition support.

**Session 1: Case Study #1: Depression**  
**1:30 - 2:30pm**

Break (20 min)

**Session 2: Case Study #2: Cancer**  
**2:50 - 3:50 pm**

### **Session 3: Q&A**

**3:50 - 4:30pm**

### **Q&A. Open Forum. Wrap Up**

**4:30 - 5:00**

#### **Roberta Kline MD**

Dr. Roberta Kline is a board-certified physician, author, educator, and genomic medicine expert. As co-founder and CEO of Genoma International, she is revolutionizing healthcare with advanced genomic testing and education for a comprehensive approach to personalized genomic medicine.

Recognizing the need to create resources for healthcare professionals to learn about this new approach, Dr. Kline has created and taught courses on functional and genomic medicine for healthcare professionals as an Assistant Clinical Professor at the University of New England College of Osteopathic Medicine, as a Guest Faculty Instructor for The Graduate Institute. She also was active in creating the Functional Medicine didactic curriculum for the UNECOM Family Practice residency that launched in 2013 – the first such program in the country. Through Genoma International she continues to advance professional education and training in genomic medicine, reaching clinicians across the globe.

Dr. Kline works with corporations to bring the benefits of personalized genomic medicine to employees, using a clinical model proven to improve health outcomes and reduce healthcare expenses. She also has a clinical consulting practice with Genoma International co-founder Dr. Joe Veltmann, with whom she is the co-author of *Orthogenomics: Genome-Directed Therapies in Orthopedics*, *Metabolic Therapies in Orthopedics*, and *The Blood Type Cookbook: Easy, Healthy and Delicious Recipes for the Whole Family*.

Learn more about Dr Roberta Kline at: [www.genomainternational.com](http://www.genomainternational.com)

#### **Amanda Archibald RD**

Amanda Archibald is the founder of The Genomic Kitchen, a system of choosing, preparing and understanding food based on culinary genomics. The concept of culinary genomics merges genomic science (nutrigenomics) with the culinary arts. Widely recognized for her trailblazing work as a culinary nutritionist and dietitian, Amanda has a longstanding commitment to redefining the food, nutrition and cooking education footprint in ways that make them understandable, meaningful and fundamentally achievable for all Americans. Amanda's visionary approach and unique perspective are derived from more than two decades of experience in nutrition science, culinary translation, on-the-ground interaction with consumers, chefs and health professionals, and as a consultant to leading institutions and brands.

Her cutting-edge work in Culinary Genomics, unveiled in 2015, has created a new frontier for both medicine and the culinary arts. Through this work, Amanda is placing food, chefs, and medicine at the epicenter of healing, igniting a new nutrition conversation for the world. Amanda has taught and presented extensively in the USA, Europe, South Africa and includes Australia in 2019.

Learn more about Amanda Archibald, RD: [www.genomickitchen.com](http://www.genomickitchen.com)

## **Together**

Since 2015, Kline and Archibald have worked together seamlessly to educate physicians, dietitians, and chefs about the new opportunities in Genomic Medicine and Culinary Genomics. As accredited providers for continuing education, through their respective companies, Genoma International and The Genomic Kitchen, Kline and Archibald have created online and hands-on (live) educational formats that allow healthcare and culinary professionals from around the world to experience and apply genomics to clinical practice, public health education, recipe, and menu development.



THE GENOMIC  
KITCHEN