The Genesis Program

Our mission...

Help people with Parkinson’s live long, strong and independent, without succumbing to dyskinesia and terrible symptoms.

That’s the mission. The work is concrete: food, timed fasting, coached movement, sleep, measurement and support. You get step-by-step instructions, then we keep adjusting as you progress.

Build the terrain. Genesis uses a four-year cellular recomposition method. We start with a 40-day protocol, then build your next plan around your energy, body composition and response.

Show up. Send the data. Ask questions. You’ll train from home, record your ketones and keep us posted on sleep, symptoms and how you’re moving. A photo and a short note beats a long essay.

Lars Konge
Autophagy Practitioner, Genesis Protocol · Member, SMHP

Four years of recomposition. Forty days to start.

Monday is Day 1. Let’s get going!

1. Get ready before Day 1. Complete your movement evaluation, join the Genesis channels and read your starter pack. Set up a dowel, the equipment your coach selects, a phone or tablet stand and urine ketone strips.

2. Run your coached 40-day start. The opening elimination phase uses a tightly restricted, animal-food-based menu with planned fasting and refeeding. Keep movement gentle at first. The Breath, Light, Sleep routine runs alongside it.

3. Send the daily check-in. Photograph your morning keto strip. Add a few lines about sleep, tremor or stiffness, mood, digestion and energy. Record your fast/feed status and your start and end weight for each phase.

4. Build the next block from your response. Day 41 is not “do the same thing forever.” Your energy and body composition guide the custom plan. Capacity-building work follows the opening phase; nutrition, fasting and training evolve over the years.

Your fasting and refeeding schedule is individualized. This overview is not a do-it-yourself fasting plan. Results vary; medication changes go through your prescriber.

Your protocols evolve with you

Autophagy... The body recycles damaged cellular parts and proteins. Fasting changes nutrient signaling, including AMPK and mTOR. Genesis plans fasting and refeeding windows around the person, rather than handing everyone the same schedule.

Nutrition... Start with a structured elimination phase, then widen the menu over time. Low carbohydrate intake encourages the liver to make ketones from fat. We track your response while paying attention to muscle, bone and adequate food.

Circadian... Morning light reaches light-sensitive retinal cells, which signal the brain's master clock, the SCN. Start with morning outdoor light and nasal breathing; reduce blue light during the last hour before bed. Crown to Heavens!!!

Exercise... Check posture, walking, turning and sit-to-stand first. Then build capacity and strength with coached movement and home equipment. Your current ability and injury history set the starting point, not somebody else's workout.

Supplementation... You get consulting with the team, including Dr. Sylvain Marino, the supplement coach. Supplement questions sit alongside your nutrition, symptom notes and blood-test results. **We do not sell supplements.**

Pharmaceutical health consulting... Bring your medication-timing questions and changes in symptoms. Food and protein changes can affect levodopa response. Genesis supports the conversation; medication changes stay with your prescriber.

Measure. Track. Adjust.

Ketosis: a morning strip, not a guess. Send a urine ketone-strip photo each morning; a blood ketone reading is an alternative. The scorecard summarizes the week's recorded ketosis. Missing data is missing data, not a successful day.

Autophagy: log the inputs honestly. Record meal-end times, carbohydrate intake and fasting windows. Genesis calculates scorecard hours and cumulative days from these records. This is a coaching proxy, not a direct measurement of cellular autophagy. A urine strip measures ketones, not autophagy.

Body composition: more than the scale. DEXA protocols cover both body composition (fat, lean tissue, visceral-fat estimate and regional distribution) and bone density (hip and lumbar spine). Ask for both; clinics may perform them as separate scans.

Muscle performance: keep a baseline. Posture, walk-and-turn and sit-to-stand videos show how you move today. Repeat the same tasks to compare. Strength and capacity benchmarks are introduced as you progress, with the coach setting the appropriate version.

Blood tests + GenesisAi: keep the record together. The testing roadmap includes glucose, insulin, HbA1c, lipids, kidney function and electrolytes. Members privately upload DEXA scans and blood tests in GenesisAi. Review the data, then adjust the plan.

Your home kit: the dowel and the kettlebells

Get both before Day 1. Simple tools, used every week.

The dowel (must have)... Wooden, 6 ft long, about 1.5 in wide. Not optional. It's how we check and rebuild your geometry: posture, straight arms overhead, squat depth and balance. The overhead squat test uses it: arms straight, bar over midfoot.

What we do with it... Dowel holds, carries and patterns come early, before heavy loading. Hands have to trust the dowel, and feet have to stop ducking, before we move on. Your dowel or geometry session is booked as part of getting started.

Kettlebells: three of them... Light, medium and heavy, roughly under 10, under 20 and under 30 lbs. They cover deadlifts, swings and short, hard rounds that lift the heart rate.

Earn the load... Kettlebells come after the foundation. Your coach picks the bell and the movement for where you are today. Short efforts with rest between rounds. We don't need injuries.

Bone broth and keto strips

Bone broth: how we break a fast... We break longer fasting blocks with high-fat bone broth, sipped warm and slowly. Rare steak or other animal food comes later. Broth brings minerals and collagen, and it’s an easy bridge for the gut.

Our recipe... Beef femur bones, roasted, then slow-cooked in filtered water for a day or more. No vegetables, herbs or plant add-ins. Keep the fat layer; it’s fuel. If it gels in the fridge, that’s collagen. You get the full recipe when you start.

Keto strips: every morning... Urine ketone strips (preferred) or a blood ketone meter. Photograph the strip each morning and send it. It’s the clearest daily window we have into your metabolism.

What the strip tells us... Ketones, not autophagy. Your scorecard counts the days you were in ketosis each week, out of seven. Missing data is not a hit. Honesty over theater. Urine strips are the daily coaching tool; a blood meter settles arguments.

DEXA: what the scale can’t tell you

Every Genesis client gets DEXA, a quick low-dose scan. Ask for both protocols:

Visceral fat... The fat wrapped around your organs drives insulin resistance and inflammation. If your weight drops but visceral fat doesn’t, the plan needs a change.

Bone density (hip and lumbar spine)... Parkinson’s raises fracture risk. Falls plus thin bone is how a hip fracture ends independence. We want your number before longer fasting blocks or big weight loss.

Where fat and muscle sit... Arms, legs and trunk, side by side. This catches muscle loss while the scale looks “good,” and left-right imbalances. Goal: lose visceral and excess fat, hold or build lean muscle.

How often... Body composition at baseline, month 3, then every 6 months. Bone density at baseline, then every 1 to 2 years. Upload your scans privately to GenesisAi.

Booking line: “I need a full body-composition DEXA with visceral fat and regional lean/fat distribution, plus a clinical bone-density DEXA of hip and lumbar spine.”

Supplements: matched to your bloodwork

No guessing game... Supplement consulting is part of year-one support, with Dr. Sylvain Marino, our Supplement Coach. We don’t hand everyone the same stack. Your bloodwork, DEXA, food and symptom notes decide what makes sense.

Test first... The testing roadmap checks levels such as vitamin D, B vitamins, iron, and zinc and copper. If something is low, we correct it. If it’s fine, you don’t need it.

Bone and muscle... Vitamin D and calcium intake get matched to your scan, alongside resistance training and protein. Vitamin D is for bones and muscle; don’t expect it to fix motor symptoms.

More isn’t better... Both deficiency and excess cause problems; too much B6, for example, can cause neuropathy. New supplement stacks get reviewed by the team before you start them.

Sleep first... Mouth taping, prioritized sleep and exercise intensity work better than any supplement for sleep.

Train at home. Don’t do it alone.

Daily live classes... Join from your own home. A phone or tablet on a stand gives your coach a view of your movement. Individualized programming is available too, backed by decades of experience rebuilding people as old as 84.

Start where you are... Movement evaluation comes before Day 1. Join live classes when your coach says you’re ready. We check posture and movement quality before stacking more work. The first phase stays gentle. We can afford to be patient; we don’t need injuries.

Why the group matters... The group class component is necessary for transforming long-term health. It puts the work into your day and gives you people to show up with. Weekly class Zoom calls cover what’s relevant to living long, strong and independent with Parkinson’s.

Step by step, with support... All students receive 24/7 support in year one, including supplementation consulting, injury rehabilitation, and pathogen and virus protocols. Your specific symptoms get individualized protocols with step-by-step instructions. Tell us what’s changing so we can guide the next step.

“The largest, strongest, most optimistic group with Parkinson’s disease on Earth.”
That’s how I describe our group. Come ready to do the work.

Your team, and your next step

The team...

Lars Konge
Metabolic Practitioner, Protocol Developer

Dr. Sylvain Marino
Metabolic Practitioner and Supplement Coach

Dr. Michael Hyland
Physiotherapist, Rehabilitation

Ready? Reply and let’s confirm your Monday start.

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