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Welcome!

Hello and welcome to Turn off the Gene program, a means of regulating through health and fitness--mind-body-spirit--genes that code for disease and are not compulsorily expressed. This energy-healing program combines education, counseling, and Reiki to reverse unwanted gene expression that causes disease.

Turn off the Gene's ten modules include exercise, stress management, and spirituality, for example. Since the program is personalized, which modules you engage in and the order depends on your current health status and lifestyle habits. The spirituality module will be last.

I don't work with people who use recreational drugs, including tobacco and alcohol. Caffeine is acceptable, for now. If you consume caffeine, then eliminating caffeine is where we will begin. We won't necessarily try to eliminate low-level sources of caffeine/theobromine from chocolate and decaffeinated tea, for example.

During the first appointment, I will collect your medical history and lifestyle habits. Afterward, I will design the program and start leading you through the modules. How long the program lasts depends on how long it takes you to commit to lifestyle changes. Ideal candidates for this intensive, comprehensive program are people who will do whatever it takes to be healthy, who have the courage to introspect to the point of excavation, and who take full responsibility for their health.

The program is valued at \$4000 per month, which equates sixteen hours of my time per month. More time may be retained, if desired, at a rate of \$240 per hour. The flexible schedule will likely be two meetings per week and one remote Reiki session per week.

Do I guarantee that the addressed genes will be healthfully regulated? Do you guarantee that you'll do everything I suggest? There is no guarantee.

Sincerely,

Jeanne "Bean" Murdock