



## **Nutrition Trends and Predictions for 2024 with Ginger Hultin, MS, RDN, CSO (Ep – 33)**

[00:00:00] **Mary Purdy:** Hi, and welcome to the Good Clean Nutrition Podcast. I have been your host, Mary Purdy, dietician and nutrition educator. And today I am delighted to introduce you to the new host, Ginger Hultin, also a registered dietician, nutritionist, and someone who is a colleague and a friend of mine as well. So we are going to look back at some of our favorite podcasts to date.

[00:00:26] **Mary Purdy:** Uh, we're going to look ahead at nutrition and wellness trends that we think we might see in 2024. And, uh, we're also going to talk a little bit about our own nutrition and lifestyle goals for 2024. And you might be surprised by what we, uh, come up with. So Ginger, welcome and welcome to your new host role.

[00:00:44] **Ginger Hultin:** I'm really excited and grateful for everything that you've done and excited to move forward in my way.

[00:00:52] **Mary Purdy:** Well, I'm handing you the verbal torch right now as you get ready to enter into this role. And I gotta [00:01:00] tell you, when I first started this, I was really nervous. Um, I know that might sound weird. I do a lot of performing in public speaking, but I was still nervous, especially because a lot of the guests that we've had on over the past several years have been people that I have been following, you know, so I would have to gear myself up and sniff my lavender oil before we started because I felt, gosh, this is somebody who is a real thought leader in this field.

[00:01:22] **Ginger Hultin:** You don't seem nervous, but I mean, the people that have been on are so elite and such huge leaders. in the space. I'm like, I can't believe Mary is interviewing this person. And that's amazing. And I wonder if

she's nervous. So it's great to know that you are, but you're such a great balance to, to that knowledge.

[00:01:40] **Ginger Hultin:** And you always add some information of your own, which I think is.

[00:01:47] **Mary Purdy:** Well, what's been so amazing about the past few seasons is how many of the guests who come on are really valuing nutrition as, as a way to think about wellness. They are putting it into the healthcare picture. So many of the [00:02:00] doctors, um, that we talked to were saying how very much nutrition was important.

[00:02:05] **Mary Purdy:** So critical to health, wellness, disease prevention, addressing disease, reversing disease. So I felt very much in good company in terms of folks who felt aligned with my approach to health and wellness. And we should say how we know each other because we didn't even mention that up front, but Ginger and I go way back.

[00:02:23] **Mary Purdy:** Um, do you want to tell the story?

[00:02:25] **Ginger Hultin:** You were one of my professors, one of my clinical instructors. I learned so much from you because you were a clinical supervisor. So this, the university that you and I both graduated from, Bastyr University, has this really cool aspect where you see patients as a student, but you're supervised by, by a professor.

[00:02:43] **Ginger Hultin:** And so you were the professor that was watching us. And I mean, I learned so much. Confidence from you so much about integrative nutrition, but also about like how to interact with clients and how to get people to change their behavior and inspire them. And that's a really hard thing to do when you're first starting out.

[00:02:59] **Mary Purdy:** Oh, that's so nice. Oh my [00:03:00] gosh, that means that means a lot to me. And what was interesting was that then we ended up working together and we became actual colleagues and compatriots. at an organization that was doing telehealth and wellness and, um, you know, very, very cutting edge in terms of looking at gut microbiome and genetic variations and cortisol testing and functional labs.

[00:03:20] **Ginger Hultin:** I remember when I moved back to Seattle, I was trying to figure out, you know, what I was going to do next. And I knew that you were at that company. You must have been one of the earliest employees. I

think I was 16 and I just remember knowing that you were there and talking to you about it. And I was like, well, if Mary's there, I think I want to be there.

[00:03:38] **Mary Purdy:** Ah, and then we became on a little side note, we became accountability buddies. So, um, talk about excellent counseling skills. Ginger, you, you. You kicked it out of the park when we became accountability buddies. We'd talk once a week on Sundays and talk about our goals and it wasn't necessarily about nutrition.

[00:03:57] **Mary Purdy:** It might have been about, Oh, I just, I really need [00:04:00] to work on cleaning out my closet. I'm going to commit and, um, to, you know, getting rid of five things this week. And then we talk again the next week and did you do it? Why didn't you do it? What was the, what was the barrier that was stopping you from doing that?

[00:04:11] **Mary Purdy:** What, how do you think you might be able to take a step towards that?

[00:04:16] **Ginger Hultin:** There's a couple aspects of that, that I know that we both use in practice, but that's how you create behavior change is you have accountability, you have an ongoing relationship, you set measurable goals. It, I think, took my skills of behavior change counseling to the next level.

[00:04:32] **Ginger Hultin:** And I learned a lot from you and like going back and forth was really fun. Um, so yeah, accountability buddies, we should bring it back.

[00:04:38] **Mary Purdy:** We should, we all need a little accountability in our lives. Let's go back to some of the other episodes. I have so many favorites. Were there any that stood out to you?

[00:04:48] **Ginger Hultin:** There's so many good ones. I was listening to, um, the COVID 19 episode 16 by Dr. William Lee. He's one of my favorites.

[00:04:57] **Dr. William Lee:** My background in vascular biology studies blood [00:05:00] vessels. I was really fortunate early in my career to train with the father of angiogenesis research. He was looking at cancers forming all the time in the body without causing disease like pimples that actually form in our body because cancers form with DNA mutations. Can you guess how many mutations happen in the average person's body every day? Uh, 400. 10, 000. Whoa! DNA mistakes happen every day simply because we, you and I are made of 40 trillion cells a piece and when those cells have to copy paste themselves to divide.

[00:05:36] **Dr. William Lee:** Every day. If I gave you 10 words to copy paste, you probably wouldn't make a mistake if I gave you a hundred. Probably be pretty good. If I gave you 40 trillion, you'll definitely make mistakes. And our body makes 10,000 mistakes.

[00:05:49] **Mary Purdy:** That's one of my favorite episodes, uh, of the, of the entire three years that I, that I hosted because he's a huge, um, wealth of knowledge. And again, he really brings in the [00:06:00] nutrition conversation. And as it relates to COVID 19, which is something that was often not talked about in the media, in the news is what is the role that nutrition plays both in terms of how it might have better outcomes or worse outcomes and what's the actual damage that's done to the blood vessels.

[00:06:16] **Mary Purdy:** So that was fascinating. And I remember one of the things I loved about what he said was he said something like, um, there's not a, uh, one superfood, but. What is actually super is the human body.

[00:06:28] **Dr. William Lee:** We actually have within us the power to maintain our health, to restore our health, and to avert disease. And what we do, in terms of decisions that we make for food that we put into our body, either raise our shields or take them down.

[00:06:44] **Dr. William Lee:** And so it's really We have that agency to be able to do that. That cannot be the missing tool in the toolbox for health care because in fact it is the care for our health that happens between visits to the doctor's office. And I just love that approach.

**Mary Purdy:** He was, he was a [00:07:00] real favorite of mine as well. Who else? Who else stands out for you?

[00:07:03] **Ginger Hultin:** The most recent one by Dr. Drew Ramsey was really interesting. He just made me think about the research that's been done in a different way.

[00:07:11] **Dr. Drew Ramsey:** One of my rules, Mary, is when there's just one soundbite about something, like, remember how everyone's always said, like, it's fine for men to have two drinks and women to have one.

[00:07:20] **Dr. Drew Ramsey:** Besides just the blatant sexism and patriarchy that that reeks of, since everyone just, there's only one study that said that, and by the way, it's not true. Right. The most recent research says that no amount of

alcohol consumption is beneficial for your health. Period. Right. Minor amounts of alcohol consumption change your brain structure and brain matter.

[00:07:40] **Ginger Hultin:** And he was just so approachable. You know, he's talking about brain health and healthy aging. And he was like, eat more leafy greens and talking about how to do that. And you were doing like your behavior change support with him. And you guys were talking through just taking small steps that lead up to big changes.

[00:07:56] **Mary Purdy:** Yeah, and I loved how he was talking about mental fitness.

[00:07:59] **Dr. Drew Ramsey:** [00:08:00] Mental fitness over the last maybe five years with our team has evolved as the larger umbrella that nutritional psychiatry is under. Or another way to put it is that it's one of the pillars of a foundation, but it's not the only one. You can eat all the brain foods.

[00:08:15] **Dr. Drew Ramsey:** If your sleep quality stinks, I'm not going to be able to do my job helping you. get to your best mental health that you've ever had. If you're not thinking about your relationships and your connections and your emotional fluency and awareness, that really handicaps my ability to do my job and help you because so much of what I do is around that.

[00:08:37] **Mary Purdy:** So not just about wellness, but that we keep our brains fit the same way that we keep our our heart fit. We have not been afraid to take on topics that maybe people are, hmm, you know, we talked about hormones, men's body image with Erin Flores. We talked about CBD with Janice Bissex.

[00:08:57] **Janice Bissex:** We have cannabinoids that we make [00:09:00] on our own because really, why would we have receptors for like THC and CBD in a plant?

[00:09:05] **Janice Bissex:** Why would we evolve as humans? The reason is that we make our own cannabinoids. Two of them, the most studied, are anandamide or anandamide. And that's called the bliss molecule. It's a Sanskrit word for bliss. But if you make a lot of anandamide, then your incidence of anxiety is much lower. And depression also.

[00:09:26] **Janice Bissex:** So, it's much like if someone doesn't make enough thyroid hormone, right? We give them a medication to supplement their thyroid hormones. It's the same thing. If someone has anxiety, It could be that their endocannabinoid system is out of balance. Maybe they're not making enough

anandamide. So if you give them CBD in particular, what it does is it allows your body to retain more of that anandamide, that bliss molecule.

[00:09:55] **Mary Purdy:** I would say that was one of the only topics going into my [00:10:00] hosting where I thought this is the topic that I know the least about. I had virtually no experience with it except maybe, you know, taking a CBD gummy, I don't know, at some point in my life. But I learned so much. Specifically, I thought about how to apply some of the things that she was talking about pain reduction, um, to a family member, um, of mine where I thought, wow, this, you know, he's really tried a lot to reduce his pain and maybe this is another route that he could take that I really hadn't considered or hadn't thought that maybe he would be open to.

[00:10:32] **Mary Purdy:** But with all of the research that she brought in and the experience that she's had with transforming people's lives, um, I, I was able to pass it along and say, Hey, take a listen to this and see what you think.

[00:10:44] **Ginger Hultin:** It's really all about just being open minded and looking at all the different options that you have in front of you.

[00:10:49] **Ginger Hultin:** And one thing I like about her approach is let's try to reduce bias about marijuana use for healthcare providers and for our consumers and just basically talk about the pros and cons and what it could be [00:11:00] for somebody without judgment. And I, I think that is an approach that I see over and over on the podcast that I like a lot.

[00:11:07] **Mary Purdy:** So, Ginger, let's talk. Let's talk hormones, because we actually talked about hormones a lot when we worked at the organization that we were colleagues at. And, um, and I think the hormone conversation for many women and those assigned female at birth often feels like one that's embarrassing and one that's maybe not as well known or people don't want to talk about.

[00:11:33] **Mary Purdy:** Um, but I really felt like these were areas where I learned a lot, you know, talking with Melissa Groves, a dietitian, Melissa Groves Azzaro, um, And, uh, and Dr. Taniqua Miller about their take on menopause, um, and just hormonal imbalance in general. And, you know, I learned a lot of things that I feel like I can apply to myself as somebody who has hormones, um, and, uh, and, and to [00:12:00] others who, with whom I interact.

[00:12:01] **Mary Purdy:** How about you?

[00:12:01] **Ginger Hultin:** Women's health and hormones and hormonal changes are having a moment.

[00:12:06] **Mary Purdy:** I think as somebody who has reached a certain age as well when it comes to hormones, I really appreciated Dr. Taniqua Miller's advice around hormone replacement therapy.

[00:12:15] **Dr. Taniqua Miller:** But what that study did is that it made people really fearful that hormone therapy potentially would cause breast cancer or increase your, your risk.

[00:12:23] **Dr. Taniqua Miller:** by 20%. What we know for absolute risk is that it's probably one additional breast cancer for over a thousand breast cancers. And what's tricky about breast cancer is that is a very common cancer. About 12 and a half percent of women will actually develop breast cancer in her lifetime. So that's one in eight.

[00:12:41] **Dr. Taniqua Miller:** So because it's such a common cancer, it's hard to tease out what causes why. But what we do know is that we have lots of different hormonal solutions today, if you will, compared to then. And a lot of what we're seeing is a movement towards the transdermal options that are [00:13:00] bioidentical, what we consider bioidentical and FDA approved bioidentical.

[00:13:03] **Mary Purdy:** I have been thinking, is this something I want to do? I feel kind of sick. skeptical about it, kind of nervous, what's it going to do, is it bad for me, I know there's all these different studies that are saying conflicting information about whether this is a good strategy, does it put you at higher risk for things.

[00:13:17] **Mary Purdy:** I really, really trusted her and felt like she was such an expert that I actually went on the estrogen patch as a result of the advice that she was giving on that show. So that, that actually turned a personal corner for me, or had me turn a personal corner. just by having that conversation with her. So.

[00:13:34] **Ginger Hultin:** Sounds like that moment that working with her actually could have changed your life. And I can't even say the word hormone replacement therapy without whoever I'm talking to getting really, really scared because there's been this whole background. And Dr. Miller talks about that controversy and how things have changed and the difference between dosing estrogen and progesterone.

[00:13:53] **Ginger Hultin:** And so that helped me understand it so much better. And of course, as dietitians, we don't dose those, but. Like you said, [00:14:00] it gives you the information you need to open the conversation with your physician so that you go in with the right words and more empowered to have those conversations.

[00:14:08] **Mary Purdy:** And I think one of the other things too that I got from that episode was just the idea of having more conversations about menopause with women who are going through it, um, or going through perimenopause or entering into that, into that phase or even prior to that phase.

[00:14:21] **Mary Purdy:** But that it's possible to normalize that conversation, to have it be, you know, dinner conversation, to have it be something that, that we boldly go into with a sense of celebration as, as opposed to a sense of, you know, a comedic punchline.

[00:14:34] **Ginger Hultin:** I find this podcast empowering in general. I mean, you mentioned the men's body image episode.

[00:14:42] **Aaron Flores:** Diet culture tells us that our body is something that is a project that needs to be fixed. And it leads us to these living by rules, not being able to sort of say, I can trust my body to tell me what to eat, how much. But also know that [00:15:00] like there are societal factors like weight stigma, systems of oppression that show up in this world that impact our body experience.

[00:15:08] **Aaron Flores:** And like you said earlier, there is no one body story. There's body diversity. People are going to have different experiences in their body based on their identity, based on socioeconomic status, based on gender. And How do we embrace all of those stories without trying to say it needs to be just like this one?

[00:15:27] **Mary Purdy:** And that was a real different kind of conversation that I think dietitians typically have. It's not about focusing on weight loss at all. It is all about focusing on relationship to body. Um, trauma that may have informed why people have certain behaviors around food that they may have, changing the relationship to food, and asking really different questions.

[00:15:49] **Mary Purdy:** I think that was a, that was a real takeaway from, from that episode was asking the different kinds of questions in order to really get to the root cause, uh, [00:16:00] and causes and contributing factors of why someone might be where they are. And having a sensitivity around that.



[00:16:06] **Ginger Hultin:** What I take away almost every time is like, empowering.

[00:16:10] **Ginger Hultin:** You can do something about your health. You can change these small things. And I think it was Dr. Katz was talking about like, how small changes can lead up to big changes. And how much work and effort do you want to put into it?

[00:16:22] **Mary Purdy:** He, positions wellness from that perspective of you're taking steps in a, in a, in a staircase as opposed to, um, some helicopter ride.

[00:16:30] **Mary Purdy:** The other thing that I appreciate about him was that he wasn't just talking about how it's around individual choices, right? It is very much about our environment.

[00:16:39] **Dr. David Katz:** The modern food supply is booby trapped to make people eat badly. It's not your fault, but here we are at the receiving end of a booby trapped bad diet.

[00:16:47] **Dr. David Katz:** Diet is the single leading predictor, diet quality measured objectively, single leading predictor of premature death and chronic disease, period. Full stop, drop the mic. Well, okay, we know from [00:17:00] a famous expression in the world of business, we manage what we measure. And that reverberates through the house of medicine.

[00:17:06] **Mary Purdy:** It is very much about our environment, about our food system. And this is again, something that I've appreciated about many of the guests that we've had in a personal connection that I have, talking about planetary health.

[00:17:18] **Dr. David Katz:** high quality diets tend to be better for the planet. Uh, and that, that's a really happy confluence because it might have been otherwise.

[00:17:25] **Dr. David Katz:** It might have been that the best things for humans to eat to be well were at odds with what's best for the planet, but it's not so. A diet, as Michael Pollan put it, real food, not too much, mostly plants. It's better for human health. It's better for planetary health. The two things that you want to do to reduce your environmental footprint are move away from highly processed foods, to minimally processed and unprocessed foods direct from nature, and to shift from animal food centric diets, meat and dairy, to plant food centric diets, lots of vegetables, fruits, whole grains, beans, lentils, nuts and

seeds, much better for human health, much better [00:18:00] for planetary health, and, oh by the way, kinder, gentler to our fellow creatures.

[00:18:04] **Dr. David Katz:** Those three lenses all matter to me, and fortunately, advancing the proposition of human health with better diet means advancing all three of those agendas.

[00:18:14] **Mary Purdy:** What is good for people is very often what is good for the planet. So the intersection and interdependence of those, um, is really right up, uh, in, in line with the work that we do as clinicians because we are going to be seeing those connections getting louder and louder over the coming decade.

[00:18:32] **Mary Purdy:** Speaking of which, let's talk about, um, trends that we think might be coming up in 2024. What's going to be the buzz that people are talking about from a nutrition and lifestyle perspective?

[00:18:43] **Ginger Hultin:** I think climate friendly eating and plant based because plant based, whether it's vegan or vegetarian or flexitarian, that fits into climate and sustainability conversations.

[00:18:54] **Ginger Hultin:** That needs to continue to be a conversation. So I think we're going to see big trends there. I also think, and it [00:19:00] kind of goes hand in hand, healthy aging, longevity. How do we live longer better? I think we're going to continue to see a lot of chatter about that.

[00:19:08] **Mary Purdy:** I totally agree. And that's been something that's been on my radar for a long time, because I've been obsessed with living to be at least 100 for, you know, since I was 12.

[00:19:18] **Mary Purdy:** Uh, so, but now there's a lot of research about whether it's food or lifestyle strategies or being involved with nature or, you know, uh, other supplements that are all, all helping to renew cellular, um, function and, uh, improve immune function. So, uh, the longevity piece I think is going to continue to be a very hot topic this year.

[00:19:41] **Ginger Hultin:** It's a goal of mine to live to be a hundred as well. So you and I are going to be, we're going to be hanging out together for a long time.

[00:19:47] **Mary Purdy:** I love it. I love it. Eating well, staying fit, uh, mentally and physically, and, uh, and hopefully enjoying, uh, company, and good company and friends and family and community.

[00:19:59] **Ginger Hultin:** And nature. [00:20:00] Exactly. Exactly. Um, what else, what else for you? Like, what else are you seeing for the new year?

[00:20:05] **Mary Purdy:** I think, um, Brain health is continuing to be very, very important, especially in this age of loneliness. We're seeing such a crisis of people who are really struggling with mental health issues. And I think nutrition often doesn't get the play that it needs to in this conversation.

[00:20:22] **Mary Purdy:** It's not the only thing, of course, it's going to help, but it is definitely a supporting player in the conversation around mental health issues. So I think that's going to continue to be very, very much discussed. And that connection, again, between gut and brain. We're still understanding what that is, but we know that when people have dysbiosis or that imbalance of the good bacteria and the bad bacteria, we see greater levels of depression and mental health issues.

[00:20:48] **Mary Purdy:** So there's a lot to be solved there.

[00:20:52] **Ginger Hultin:** Gut microbiome and gut health and the gut brain and body connection. has been trending for a while, I think, [00:21:00] but it's only going to pick up because we're learning more. And so as more research comes out, I think we're going to be looking at it in different ways. I don't know, short chain fatty acid production and the gut microbiome.

[00:21:11] **Ginger Hultin:** I'm obsessed with that. I love talking about that. It's amazing.

[00:21:15] **Mary Purdy:** Bring, bring back the fiber and that all comes back to plant based eating too, right? Or minimally processed plant based eating, which is going to be very beneficial for, um, supporting gut microbiome health. And, you know, we, when we worked together, we were actually testing people's poop.

[00:21:28] **Mary Purdy:** So we got a chance to see who was hanging out in people's internal ecosystems and how that actually changed, you know, from a very, very high level, but how that actually changed when we had nutrition intervention. So that was, you know, that was close to, gosh, eight years ago or so. So we're still understanding it.

[00:21:45] **Mary Purdy:** Um, But there's more to come.

[00:21:48] **Ginger Hultin:** Yeah, that was really cutting edge at the time. And now I'm seeing direct to consumer and direct practitioner testing that is going a step further. Again, it's just interesting that the research is like pouring out. I think that we [00:22:00] were at the very beginning of that in a really exciting way.

[00:22:03] **Mary Purdy:** I think so, too. And it was nice. Nice to have the verbiage, you know, to be able to understand these phyla, bacteroidetes and formicates. These are all families of bacteria that we all had to wrap our mouths around. Another thing that I think is going to be coming into play in 2024 is just disparities in health care.

[00:22:22] **Mary Purdy:** Um, you know, there's a real strong movement around the food is medicine movement, looking at medically tailored meals and um, produce prescriptions. I think that That the energy coming out of the White House Conference on Nutrition, Food and Health, um, from fall of 2022, um, has really had a strong journey forward and I think that will only continue and I'm grateful because it's about damn time, um, that those who don't have access to healthcare, um, and haven't for a while and are struggling with chronic diseases, you know, disproportionately, um, really need these helpful [00:23:00] interventions.

[00:23:01] **Ginger Hultin:** It makes me wonder the role that technology is going to play in health. That's another big trend that I have seen happening that I think is going to get even more. I mean, from personal trackers several years ago, now we have lots of personalized testing. People are wearing continuous glucose monitors.

[00:23:18] **Ginger Hultin:** AI is here, artificial intelligence. Like how does that affect our healthcare? Cultured meat. Um, I just ran a, uh, article about cultured meat on my Instagram the other day, and I got some really interesting comments. Some people were like, yes, that's great. And other people were like, no way, I'm never going to eat that.

[00:23:36] **Ginger Hultin:** And that's what I'm seeing in health technology right now is some people are really into it and excited. And some people are a little scared and hesitant.

[00:23:44] **Mary Purdy:** Yeah, I think food tech in general, and I will say, I'm not a huge proponent of food tech. Um, I understand that it's perhaps, uh, necessary at this point because we've come to a place where we need all hands on deck everywhere as much as we can, uh, as much as we can.

[00:23:59] **Mary Purdy:** [00:24:00] But, um, yeah, food tech, lots of companies are still springing up that are creating all kinds of different functional foods and as you mentioned, cell based meats and alternative proteins that I think may, may, you know, may be questionable from a health perspective, from a planetary health perspective, again.

[00:24:19] **Mary Purdy:** It's all about context and where people are at and meeting people where they are and being open minded. So it's a journey.

[00:24:26] **Ginger Hultin:** It's a journey. I'm seeing big shifts too in relationship to substances. I mean, the research keeps pouring out about how alcohol we once thought in little amounts was good for you, all of a sudden, there's no safe amount of alcohol that is good for you.

[00:24:43] **Ginger Hultin:** And so that's been such a huge shift. But in the meantime, I'm seeing the cannabis and marijuana and CBD conversation open, and then also more interest in like psychedelic plant medicine. Like that's so trending right now. And I just wonder how that's going to play out.

[00:24:59] **Mary Purdy:** I do [00:25:00] too. And I'm curious, you know, again, coming back to the depression piece and the loneliness piece, I think, you know, psilocybin is being used as a way to help people with depression.

[00:25:09] **Mary Purdy:** And there's been some studies that I've heard about that show that even just small doses of psilocybin. You know, again, this is not a recommendation. This is just what I've heard, um, that there can be some comparable results to SSRIs, those, um, selective serotonin uptake inhibitors. I hope I said that right.

[00:25:26] **Mary Purdy:** So I, I'd be curious about that. And I should say, I'm not an expert. Uh, psilocybin is the active constituent in, in mushrooms that has the psychedelic effect on the, on the brain and body. And I'm also curious, is there a connection between nutrition? and psilocybin. Is there a connection in terms of does psilocybin deplete any nutrients from the body?

[00:25:46] **Mary Purdy:** Does it augment nutrients? I don't know anything about this research yet, but I'm, I am curious if that's going to be something that dietitians may need to be on top of and healthcare practitioners might need to be on top of if someone's doing, um, you know, these kinds of substances on [00:26:00] a regular basis.

[00:26:00] **Mary Purdy:** Do they need additional nutrient, nutrient support?

[00:26:03] **Ginger Hultin:** Who knows? I'm really intrigued, like you said, to learn more about how that overlaps with nutrition, with longevity. What types of other compounds in plants? Are we going to have more access to researching in the future? But I'm seeing this be a big trend, and I love that we're talking about it.

[00:26:20] **Mary Purdy:** Well, we know that plants, um, Our medicine, right? Um, and as I mentioned, food is medicine is, is, is having a big impact on our healthcare system. And I think plants as medicine as well for, for people, for planet. Um, what kinds of benefits do plants have for supporting our health? Not even, you know, from a medicinal point of view, but just from a vitality point of view.

[00:26:44] **Mary Purdy:** What plants might we look at that give us or bolster our, our ability to be resilient.

[00:26:52] **Ginger Hultin:** Do you think there's going to be any like individual foods, like the superfood thing or individual body systems that are going to be [00:27:00] trending in the new year?

[00:27:01] **Mary Purdy:** Oh, that's a good question. I mean, I think metabolic function in general seems to be something that is so compromised these days.

[00:27:08] **Mary Purdy:** You know, I think one in 15 people is metabolically healthy. One in four people either has prediabetes or is prediabetic and, and I believe in teen, teenagers, that's. one in six, which is just a staggering number. So I think, you know, the continuation around just overall metabolic health and what that means without the focus being on BMI, which I hope we will, um, set aside for the time being since it's not really an accurate measurement of metabolic health and is really rooted in, um, very discriminating ways of looking at body types.

[00:27:41] **Ginger Hultin:** It's so not appropriate for so many people, it leaves a lot of folks out of the conversation and a lot of my patients come to me and they're really upset and they're like, my BMI is this or that or my doctor told me I need to get my BMI to this right place. And I'm like, let's talk about. your stature.

[00:27:58] **Ginger Hultin:** Let's talk about your family. Let's talk about your [00:28:00] health with different parameters. Let's talk about your rights to be weighed at the doctor's office or not. And like, how you're going to interact with your body and, and where you're going to put your value. I have that

conversation a lot. And I love that you're just mentioning that it's not fair to everybody and it doesn't truly indicate people's health all the time.

[00:28:19] **Mary Purdy:** And I think it comes back to that piece around empowerment that we were talking about earlier, which is how do we empower people to connect to the things that matter to them, their culture, their families, their, um, value systems. I remember, I'm remembering now what Dr. Drew Ramsey said, which was, he was trying to say about getting someone to eat more seafood.

[00:28:40] **Dr. Drew Ramsey:** Again, as a nutritional psychiatrist, I don't want to just say like, look, you should eat more anchovies. I want to say like, hey Mary, tell me about you and fish. What was your household like growing up with fish? And if you lived, you know, on the coast, oh boy I'm really excited because I grew up in the Midwest and so I love hearing those stories of like, you know, the real fish eaters.

[00:28:59] **Dr. Drew Ramsey:** [00:29:00] Where's fish now, right? Is it something you love and never cook at home? Is it something that you've never gotten a palate for?

[00:29:06] **Mary Purdy:** And instead of saying, you should eat this, it was on the person's relationship as opposed to, oh, the doctor or the physician or the, the dietician as the expert telling you what to do and more inclusive conversations.

[00:29:18] **Mary Purdy:** Tell me about your culture. Tell me about what you used to eat as a kid. Tell me about your grandmother used to cook and how do we connect people to that? Because very often when we connect them to the things that really matter, that's what helps to inspire change because they feel heard and listened to and accepted.

[00:29:35] **Ginger Hultin:** Well, people need to be treated as unique individuals, and we can't just throw culture out the window. And I really liked episode 23 with Maya Feller, fellow dietician, and talking about reframing healthy and eating foods from our roots.

[00:29:48] **Maya Feller:** You know, people are really thinking about how do we use culture, flavor, heritage, history into a dish that is inherently nourishing and then share it with people [00:30:00] in an affordable and accessible way.

[00:30:01] **Mary Purdy:** She's a real thought leader again in this space and she has this amazing cookbook that she talked about on the episode too, which I am now the proud owner of and have made a few recipes from.

[00:30:11] **Ginger Hultin:** Another trend that I'm really excited about, especially as we continue to come out of the pandemic and rejoin the world together, is group and community fitness. So there's nothing hotter than pickleball and other group sports like that. It's been really, really fun to watch. A lot of my clients have been telling me like, I'm going to try this new thing and they're so excited about it.

[00:30:32] **Ginger Hultin:** But what I see is community flexibility, a good focus on fitness, but also on joy and fun. And I'm really excited to see where those trends take us.

[00:30:44] **Mary Purdy:** Yeah. And joy, boy, there's so much research that joy is a huge part of the health picture and actually has benefits for our immune function. It reminds me of Chef Robert Graham's episode where he, he has this wonderful acronym for this [00:31:00] organization that he runs which is FRESH.

[00:31:01] **Robert Graham:** The acronym stands for what we call our five pillars or five ingredients in your recipe to health. Food, relaxation, exercise, sleep, and happiness.

[00:31:10] **Mary Purdy:** Happiness, joy, and we know we get so much of that from being around others in so many cases, and we've missed that for so long.

[00:31:18] **Mary Purdy:** And side note, I broke my foot playing pickleball. So, uh, while I think it's a fantastic sport, it also doesn't come without its, uh, So let's talk about some of our personal goals or paths or hopes or dreams for the, for the new year. I have been in a class where we're using the word path instead of goal, which I really like because goal feels so much like, Oh, if I don't achieve this.

[00:31:44] **Mary Purdy:** I have somehow failed. But if you think of it as a path, then it's, it's, it's something that you're, you're taking a trip down. And so what are some paths that you are hoping for, um, from your health and wellness perspective for 2024? [00:32:00]



[00:32:00] **Ginger Hultin:** A path connects your past into the future. And so thinking about where have I been and where do I want to go makes so much sense to me.

[00:32:08] **Ginger Hultin:** I started doing early morning workouts in the summertime because I knew that that was the best time of day for me to fit it in. And that's another thing that's come up with a lot is How do you fit the healthy stuff into your life? How do you make it work for you? And so for me, I'm like, early morning is great.

[00:32:26] **Ginger Hultin:** How am I going to set myself up for success? But now it's like real dark. My car is icy. It's, it's so much harder to do. So one of my paths that I want to go down is to really like make this a permanent, joyful habit into the future because it's working for me. But as barriers come up, we have to learn how to pivot and adapt to them.

[00:32:47] **Ginger Hultin:** And that's the space that I'm in right now. And. It is a, it is a goal for me too because I feel very attached to it and I know that it's good for me and I wanna keep going with it. So that's, that feels really important, especially like we talked about with the hormone [00:33:00] changes and balance and muscle mass and metabolic focus.

[00:33:04] **Mary Purdy:** Uh, agreed. And, and this goes back to bodily fitness. I broke my foot in, uh, in September of 2023, which really set me back for a couple of months. And so one of my goals in 2024. ankle fitness, just get those ankles going. And, and that I'm saying that out loud on this podcast because I want to be kept accountable to, um, keep my ankle fitness going.

[00:33:28] **Mary Purdy:** Cause I'll tell you dietary shifts for me are not that hard. Um, but doing really boring PT exercises, that is hard. That is hard. And, um, ankle. Rolls and strengthening exercises are bull ring. And so I gotta, I gotta figure out a way to, to make that a little bit more interesting and dynamic. Um, so that's one of my goals is ankle fitness in 2024.

[00:33:57] **Mary Purdy:** It's a thing. It's a new thing. It might be a new trend in [00:34:00] 2024. Ankle fitness.

[00:34:01] **Ginger Hultin:** What about toe fitness?

[00:34:04] **Mary Purdy:** It's all part of the system. If we're thinking about systems thinking, Ginger, you know, the toe is connected to the ankle. It's all,

it's all connected. If we strengthen toes, we're probably strengthening the ankle and vice versa.

[00:34:15] **Ginger Hultin:** I have one other, I have one other path and Um, I think you know that I'm getting my doctorate degree in clinical nutrition. It's, it's going, but I'm moving into my research portion and that's going to be starting in January and probably spanning for the next couple years.

[00:34:28] **Mary Purdy:** What's it going to be?

[00:34:30] **Ginger Hultin:** Ah, I, I, it's going to be clinically related and, uh, like, improving dietitian practice related.

[00:34:36] **Ginger Hultin:** So I love giving back to the community and see how we can improve the way that we translate nutrition to our patients for better outcomes. So something in that world, I'll give more details as it develops, but I just, as you know, I'm not a researcher and I, I am going to do a dissertation though. So for me, 2024 is really about learning new skills, pushing the [00:35:00] boundaries, getting uncomfortable and.

[00:35:02] **Ginger Hultin:** Asking for help. So really like learning new skills in that, in that world. I'm nervous and excited. That's a big one for me in 2024.

[00:35:10] **Mary Purdy:** And that's incredible. And the fact that you are taking that next step to get your doctorate, I think is absolutely going to set you up for huge amounts of success as a dietitian.

[00:35:19] **Mary Purdy:** And, and as somebody who's going to likely be a thought leader in the area of the research that you, that you wind up going into. Such a great reason why you are going to be an amazing host for this show, because I'm sure. All of your experience in the schooling that you're in right now is going to inform your ability to respond and engage with all of the guests that we have coming up in 2024.

[00:35:41] **Mary Purdy:** So I, uh, I just feel like the show is in such good hands.

[00:35:44] **Ginger Hultin:** The more that you understand how research is done, how you translate it to people, how you utilize it, um, how you make it come to life, that has been very valuable to me. And during my program so far, I just have been diving deep into topics that we're [00:36:00] talking about, writing papers on the gut microbiome.

[00:36:02] **Ginger Hultin:** What does COVID do to your body? What's nutrition overlay with that? How do we manage these cancer related side effects with the new treatments we have out right now? So I just feel excited to talk about the complexities. But the most important thing is that there's takeaways, like there always has been.

[00:36:18] **Mary Purdy:** Yeah, and I think that's the strength of the show. We, we talk about the research, we talk about the background, and so many people have personal stories. Almost everyone on the show got into the field they got into because of a personal story, either of themselves, a family member, a colleague, something that happened.

[00:36:35] **Mary Purdy:** And then yes, there are these takeaways. I can only imagine there will be many, many more takeaways and that hopefully this podcast will continue to change and improve people's lives.

[00:36:45] **Ginger Hultin:** I'm really looking forward to it. And thanks for all the work that you've done.

[00:36:48] **Mary Purdy:** I'm still learning. Every time I engage with somebody who is a thought leader in these various spaces that we're having conversations in.

[00:36:55] **Mary Purdy:** So I, again, I pass the torch to you, Ginger. Thank you for being my friend, my [00:37:00] colleague, my ally. And I really look forward to where you are going to take this show and I'll be following right along. I know you'll be listening. I will be.

[00:37:14] **Mary Purdy:** We look forward to having you join us for future episodes of the Good Clean Nutrition podcast sponsored by Orgain, where we'll interview more subject matter experts on a variety of health and nutrition focused topics. To stay up to date on the latest episodes of this podcast, be sure to subscribe on your favorite podcast platform.

[00:37:32] **Mary Purdy:** That's it for now. Thanks so much.