



In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, welcomes Ginger Hultin, MS, RDN, CSO, our new host for 2024. They reflect on past episodes and dissect pearls of wisdom shared by our guests. Mary and Ginger also discuss emerging trends in the wellness and nutrition space and share predictions for what everyone will be talking about in 2024. Plus, they'll share personal goals and resolutions for the year ahead.

In this episode, we'll cover:

- 00:00 Introduction and Welcoming the New Host
- 00:22 Reflecting on Past Podcast Experiences
- 01:47 The Importance of Nutrition in Healthcare
- 02:16 Personal Connections and Career Journeys
- 03:38 The Power of Accountability in Behavior Change
- 04:42 Looking Back at Favorite Episodes and Guests
- 06:00 Exploring the Role of Nutrition in Disease Prevention
- 07:56 The Importance of Mental Fitness and Wellness
- 11:19 The Role of Nutrition in Hormonal Health
- 18:32 The Future of Nutrition and Wellness Trends
- 31:21 Personal Goals and Paths for the New Year

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