



In this episode, host Ginger Hultin delves into the intricacies of brain health with Dr. Austin Perlmutter, an internal medicine doctor turned neuroscience and lifestyle intervention specialist. Dr. Perlmutter explains how sleep contributes to memory consolidation, cognitive function, and emotional regulation. They also explore the profound impact of gut health on the brain and why the Mediterranean diet is key for promoting long-term brain health.

In this episode, we'll cover:

01:30 The Importance of Omega-3 Fatty Acids

02:29 Understanding Neuroplasticity

05:42 The Role of Sleep in Brain Health

11:17 Exercise and Brain Health

24:02 The Gut-Brain Connection

35:18 The Mediterranean Diet and Brain Health

About Ginger Hultin, MS, RD, CSO:

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, [Ginger Hultin Nutrition](#) where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook. Ginger is also currently pursuing her doctorate in clinical nutrition.

Connect with Ginger on [Instagram](#), [LinkedIn](#) or her [website](#).

About Dr. Perlmutter

Dr. Austin Perlmutter is a board-certified internal medicine physician, New York Times bestselling author, published researcher, health investor and international educator. He currently serves as the executive director and research lead at Big Bold Health, a food-as-medicine company focused on helping people rejuvenate health through better immune function, where he is running a first-of-its kind study exploring the effects of plant nutrients on human aging through epigenetics. Dr. Perlmutter's mission is help people improve their health by targeting the biological basis of "stuckness" in our brains and bodies. His writing, presentations, podcasts, and online educational programs explore how environmental factors influence our cognitive and mental state and have reached millions.

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