# Postpartum Recovery and the Fourth Trimester with Judy Simon, MS, RDN (ep – 64)

The journey doesn't end at birth, in many ways, it's just beginning. In this follow-up episode, Dr. Ginger Hultin is joined again by Judy Simon, MS, RDN, to explore the critical yet often overlooked "fourth trimester." Together, they unpack what real postpartum recovery looks like, from nutritional strategies that support healing and hormone balance to navigating lactation, mental health, and body image.

Whether you're a new parent, planning ahead, or supporting someone who is, this conversation offers compassionate, evidence-based insights for thriving after birth, not just surviving.

**In this episode, we'll cover:**

00:19: The Importance of the Fourth Trimester

02:10: Judy on Supporting All Feeding Choices

05:57: Practical Nutrition Tips for Exhausted Moms

10:20: Under-Eating & Milk Supply Risks

25:49: Judy's  Final Takeaways

**About Dr. Ginger Hultin, DCN, RDN, CSO.**

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist who received her Doctorate in Clinical Nutrition from the University of North Florida. She received her 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 thought 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.

Connect with Ginger on Instagram, LinkedIn or her website.

**About Judy Simon, MS, RDN, CD, CHES, FAND**

Judy Simon MS, RDN, CD, CHES, FAND specializes in nutrition counseling for individuals, couples and families. Judy provides evidence-based nutrition counseling in reproductive nutrition (fertility), PCOS (Polycystic ovary syndrome) and eating disorders. She is recognized nationally as an expert in nutrition and fertility. Judy offers her clients the unique experience of a weight inclusive non-diet approach to healthy eating. Many of her clients have tried traditional diets and programs and failed. Instead, Judy combines her expertise in nutrition and coaches her clients to success, overcome eating disorders and master self-management of their health. The Academy of Nutrition and Dietetics awarded Judy the Excellence in Practice in Women's Health in 2014 and the Community Practice Award for Excellence, Washington Academy Nutrition Dietetics 2017.Additionally, in coordination with Dr. Angela Thyer, Judy developed the Food for Fertility Program (TM) in 2011.

Connect with Judy on Instagram, LinkedIn, or her Website.

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