



How to Support Your Body Through Menopause with Dr. Wendy Ellis, ND (ep – 85)

Menopause and perimenopause affect half the population, yet so many women still feel unprepared for the physical, emotional, and hormonal changes that come with this stage of life.

In this episode, Dr. Ginger Hultin sits down with Dr. Wendy Ellis, a naturopathic physician and educator specializing in women's health, to unpack what is really happening in the body during midlife. Together, they explore the hormonal shifts behind menopause and perimenopause symptoms, how thyroid dysfunction can sometimes overlap with or mimic those changes, and how nutrition can offer meaningful support during this transition. Dr. Ellis also shares practical insight on metabolism, strength training, fitness, and bone health, the all essential but often overlooked pieces of menopause care.

So if you want to better support yourself or the women you know during midlife, this episode is a thoughtful place to start.

In this episode, we'll cover:

[00:00:01] Why menopause needs a whole-person approach

[00:02:52] How naturopathic care can support women through midlife

[00:04:18] What is happening in the body during perimenopause and menopause

[00:07:51] How to tell the difference between menopause and thyroid symptoms

[00:11:09] How nutrition can support energy, mood, and metabolism in menopause

[00:14:10] What to know about calorie shifts and weight changes in midlife

[00:19:26] Why strength training matters for metabolism, confidence, and longevity

[00:22:05] Bone health, osteoporosis risk, and why earlier support matters

[00:23:46] Menopausal hormone therapy and individualized care

[00:25:38] A grounding first step when menopause feels overwhelming

Find Dr. Ginger's blueberry coconut oatmeal bake recipe [here](#).

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 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.

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

About Dr. Wendy Ellis

Dr. Wendy Ellis is a seasoned naturopathic physician and educator with more than two decades of clinical experience helping patients navigate hormonal health, chronic conditions, and overall wellness through a personalized, root-cause approach. Her clinical work has taken her from a rural medical clinic in Nicaragua to serving on the clinical team at Arivale, the pioneering Seattle-based precision medicine startup, where she used advanced genomics and biomarker analysis to help patients optimize their long-term health. Today, in addition to her private practice, Dr. Ellis also serves as a clinical provider and consultant for Gennev, where she supports patients through peri- and postmenopause using personalized, compassionate care. Her expertise spans hormone balance, menopause management, digestion, blood sugar regulation,

cardiovascular health, thyroid support, weight and metabolism, sleep, energy, allergies, and skin health.

Connect with Dr. Wendy Ellis on [LinkedIn](#) or [Website](#).

Additional Links:

Additional Links: This podcast is sponsored by [Orgain Healthcare](#). If you're a credentialed healthcare professional, we invite you to join Orgain's Healthcare Ambassador Program. As a healthcare ambassador, you can request free product samples for yourself and your clients, watch webinars available for continuing education credit and obtain resources designed for you. Learn more and sign up for free at [request an ambassador account](#).

Disclaimer: The material presented in this podcast, is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek the recommendation of a medical professional regarding a medical condition or treatment or before starting a new nutrition and/or health regimen.

Orgain, LLC is providing these episodes on an "as is" basis and makes no representations or warranties of any kind with respect to the podcast episodes. Orgain, LLC nor any of its directors, employees or other representatives will be liable for damages arising out of or in connection with the use of this document. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties.