



What Women Should Be Testing in Midlife with Dr. Wendy Ellis, ND (ep – 86)

Midlife health can feel confusing, especially when symptoms are dismissed, testing is overwhelming, or you are told everything looks “normal.”

In this episode, Dr. Ginger Hultin once again sits down with Dr. Wendy Ellis, a naturopathic physician and educator specializing in women’s health, to explore how women can better understand, test, and advocate for their health through the menopause transition and beyond. Together, they unpack how to determine which lab markers matter for you in midlife, why more testing is not always better, and how to think about testing thyroid health, cholesterol, blood sugar, vitamin D, ferritin, and more. Dr. Ellis also shares practical insight on bone density, cardiovascular risk, and how women can more confidently advocate for the care they deserve.

So hit play if you want a clearer understanding of testing and personalized care during menopause.

In this episode, we’ll cover:

[00:00:04] Why personalized testing matters in women’s health

[00:02:34] How testing can empower patients, but also create overwhelm

[00:05:39] The key lab tests to consider in midlife

[00:06:48] Nutritional testing, vitamin D, ferritin, omega-3s, and homocysteine

[00:14:07] What a DEXA scan measures and why bone health testing matters

[00:16:40] Why cardiovascular risk rises after menopause

[00:19:04] How to advocate for better testing, referrals, and follow-up

[00:23:35] What to do when symptoms are dismissed as aging or stress

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](#).

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