



Rethinking Weight Loss: The Science of Weight Health with Ashley Koff, RD (ep – 87)

The body is complex, and the mechanics are anything but simple. So why does that so often get forgotten in conversations about weight loss?

In this episode, Dr. Ginger Hultin sits down with Ashley Koff, an acclaimed weight-health expert and practitioner with more than 25 years of experience, to break down the mechanics of weight change and why the conversation needs to move beyond the scale. For Ashley, weight is a signal, not a personal failure or a simple math equation. Together, she and Ginger unpack why BMI and “calories in, calories out” often miss the bigger picture, and why true health requires looking at digestion, hydration, blood sugar, hormones, sleep, muscle, fat, bone, and daily lifestyle patterns.

If you’ve ever felt overwhelmed or discouraged by the weight loss conversation, this episode brings both science and compassion to the table, offering a clearer starting point for understanding your own journey toward weight health.

In this episode, we’ll cover:

[00:00:04] Why weight loss keeps having cultural moments

[00:02:50] The difference between weight loss and weight health

[00:06:15] What the weight health ecosystem actually includes

[00:10:24] GLP-1 medications and what the research actually says

[00:14:11] Caloric windows, meal timing, and your body's recovery phase

[00:18:16] What hydration really means and why it's more than drinking water

[00:20:12] Blood sugar, metabolism, and the weight health hormones

[00:24:59] How to think about GLP-1 medications

[00:26:50] How to reframe your weight health journey

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 Ashley Koff, RD

Ashley Koff, RD, is the USA Today bestselling author of *Your Best Shot* and founder of The Better Nutrition Program. An acclaimed weight-health expert and practitioner for more than 25 years, Koff is leading a transformative movement in personalized nutrition, turning “better, not perfect” choices into practical, sustainable strategies that deliver real outcomes. *Your Best Shot* introduces weight-health hormones (GLP-1, GIP, CCK, PYY) as the regulators of weight health, offering the first-ever assessment of their function and a personalized optimization system. A trusted expert featured across major media and a sought-after educator for health professionals, Ashley has been recognized as one of CNN’s Top 100 Health Makers and featured in *InStyle* as “Hollywood’s Leading Dietitian.”

Connect with Ashley Koff on [Instagram](#), [LinkedIn](#) or [Website](#).

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