



Gut Check: What We Actually Know About the Microbiome with Dr. Anissa Armet, PhD, RD (ep – 95)

The gut microbiome is everywhere right now, but with new research emerging all the time, it can be hard to know what information is worth your time.

In this episode, host Dr. Ginger Hultin sits down with Dr. Anissa Armet, PhD, RD, a dietitian and researcher specializing in the gut microbiome, for an honest look at what we know about gut health and what we're still figuring out. They break down what the microbiome is, what your gut microbes do for you, and why there's still no universal definition of a "healthy" gut microbiome. Lastly, the conversation gets practical, asking: How much fiber do you really need? When does a supplement make sense? Do fermented foods live up to the hype? And are prebiotics and probiotics right for me?

If you've ever wondered how to support your gut microbiome or struggled to separate gut health science from the latest trend, this episode offers a place to start.

In this episode, we'll cover:

[00:02:36] What the gut microbiome actually is

[00:05:19] Can you define a "healthy" or "unhealthy" microbiome

[00:08:12] Gut disease vs. gut microbiome: the chicken-and-egg question

[00:12:13] Building a nutritional strategy for your microbiome

[00:15:27] Fiber supplements: when they help and when food comes first

[00:18:10] Fiber maxing and why ramping up slowly matters

[00:19:55] Do fermented foods live up to the hype?

[00:21:00] Prebiotics, probiotics, and what the research supports

[00:22:37] The one place to start with your gut health

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. Anissa Armet, PhD, RD

Anissa Armet, PhD, RD is a Registered Dietitian and postdoctoral fellow in the Department of Pediatrics at the University of Alberta. She completed her PhD in Nutrition and Metabolism in 2024, and her research focuses on how targeted nutritional strategies affect the gut microbiome, and whether microbiome data can predict how someone will respond to a dietary intervention. Her current postdoctoral work looks specifically at microbiome-targeted dietary interventions in adult and pediatric patients with inflammatory bowel disease, using machine learning to explore precision nutrition in that population. Anissa has authored several peer-reviewed publications on the microbiome and co-authored an award-winning, evidence-based cookbook to help cancer patients boost protein intake for muscle health. She also lives with IBD herself, a personal connection that shapes her drive to help other patients use nutrition as a tool for managing their condition.

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