



Navigating Menopause: The Estrogen-Insulin Connection with Angela Manderfeld, MS, RDN, LD, CDE (ep – 58)

Host Ginger Hultin discusses the impact of weight gain and the role of estrogen in insulin resistance during perimenopause and menopause with Angela Manderfeld, a registered dietitian who is board-certified in advanced diabetes management. They delve into the importance of lifestyle changes, including exercise and nutrition, in managing insulin resistance and blood sugar control for women over 40. They also explore the connection between blood sugar management, diabetes, and gut health in women. The conversation highlights the significance of preventive measures to avoid chronic diseases in later stages of life, emphasizing the importance of starting early to build healthy habits.

In this episode, we'll cover:

00:50 Navigating Insulin Resistance in Perimenopause and Menopause

01:07 Exploring Weight Loss Solutions and Misconceptions

06:50 Lifestyle Changes for Better Health in Your 30s and Beyond

06:56 The Role of Diet and Exercise in Managing Health

12:33 Innovative Programs for Women Over 40

19:24 Leveraging Technology for Personalized Health Management

25:32 Empowering Strategies to Manage Diabetes and Blood Sugar

About Ginger Hultin, MS, RD, CSO:

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a 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. Ginger is also currently pursuing her doctorate in clinical nutrition.

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

About Angela Manderfeld, MS, RD, CDE, BC-ADM, CLT:

Angela Manderfeld, MS, RD, CDE, BC-ADM, CLT is a dietitian, board certified in advanced diabetes management. She's in private practice and has more than 20 years of experience. Angela uses integrative functional nutrition to help clients restore their body to optimal health. She helps clients to overcome obstacles, by integrating the latest nutritional science and lifestyle changes so they can be successful at weight loss and stabilizing blood sugar, ultimately giving them the time and energy to live life to its fullest (on the fewest medication)! Angela is also LEAP-certified for food sensitivities. A diabetes nutrition expert, Angela is the founder of OutsmartYourDiabetes.com and author of [*Outsmart Your Diabetes: A Step by Step Guide to Reversing Type 2 Diabetes*](#).

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

Additional Links:

This podcast is sponsored by [Orgain Healthcare](https://healthcare.orgain.com). 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 <https://healthcare.orgain.com/welcome-kit-request>.

To find a transcript of this episode plus more information about The Good Clean Nutrition Podcast, please visit: <https://healthcare.orgain.com/podcast>.

Disclaimer: This podcast is for informational purposes only and is not intended to be medical advice. 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.