



Live Better, Longer: Tips to Improve Sleep Quality and Stress Management with Dr. Andrew Abraham (ep – 60)

We all feel the effects of both lack of sleep and stress, but did you know they could be impacting your longevity? Back to explore this topic is integrative medicine physician and founder of Orgain, Dr. Andrew Abraham. He and Ginger round out the conversation on healthspan with an introspective discussion on sleep and stress management. Together, they dive into how stress can accelerate aging at a cellular level and why the right antidote could be the company you keep. They uncover the impact of stress-related hormones, their link to inflammation, and why having a toolkit of stress reducers like breathwork is beyond beneficial when managing stress. Then, they turn to sleep, breaking down what your body is really up to while you rest. From different sleep stages to their effects on aging, they explore what it all means for long-term health. Finally, they outline small but powerful habits you can introduce to bring more calm into your life, improve your sleep, and experience the true benefits of all your efforts.

About Dr. Ginger Hultin, DCN, RDN, 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 has now also received her doctorate in clinical nutrition! Connect with Ginger on [Instagram](#), [LinkedIn](#) or her [website](#).

About Dr. Andrew Abraham, MD

Dr. Andrew Abraham is a physician, entrepreneur, and passionate advocate for clean nutrition. After overcoming a cancer diagnosis as a teenager, he founded Orgain in 2009 to create high-quality, organic nutritional products that prioritize both taste and health. Under his leadership, Orgain has grown into a global leader in clean nutrition, offering protein shakes, powders, and bars that have become household staples. Beyond Orgain, Dr. Abraham is a managing partner at Humble Growth, a CPG growth investment fund that supports disruptive brands in food, beverage, and wellness. Recognized as EY Entrepreneur of the Year, he continues to drive innovation in the nutrition space, ensuring that clean, science-backed products remain accessible to all.

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