



Restrictive Eating, Disordered Behaviors & Healing with Rachel Harvest, MS, RDN (ep –69)

Restrictive eating isn't always obvious, and it doesn't always fit neatly into a diagnosis. From skipping meals in the name of "health" to counting calories until food feels like math instead of nourishment, disordered behaviors can show up in many ways.

In this episode, Dr. Ginger Hultin sits down with Rachel Harvest, registered dietitian, behavioral health specialist, and founder of [The Harvest Method](#). Drawing on her experiences as a professional ballerina and her clinical work, Rachel shares how diet culture, family history, and social pressures shape restrictive eating, and how healing happens when we address both behavior and mindset.

In this episode, we'll cover:

00:00 What Restrictive Eating Really Means

02:17 Rachel's Journey from Ballet to Nutrition

03:05 Functional vs. Integrative Nutrition Explained

04:37 How Restrictive Eating Shows Up in Daily Life

07:35 Diet Trends and the Spectrum of Disordered Eating

08:10 The Harvest Method: Four Pillars for Healing

11:15 Eating Disorders in Men and People in Larger Bodies

14:54 Signs You May Be on the Spectrum of Disordered Eating



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.

About Rachel Harvest MS, RDN, CDN, IFNCP

Rachel Harvest, RDN, is a registered dietitian specializing in eating disorders, functional and integrative nutrition, and behavioral health. She is trained and certified in Dialectical Behavior Therapy (DBT) and incorporates DBT, CBT, mindfulness, and functional nutrition into her holistic approach to care. Rachel is the founder of The Harvest Method, a framework that weaves together evidence-based nutrition with behavioral therapy techniques to create sustainable healing and growth. With a unique background in classical ballet and Pilates, Rachel brings a deep understanding of anatomy, movement, and the mind-body connection to her practice. Her focus is on seeking balance and long-term success, and her work is rooted in compassion, empowerment, and honoring each person's individuality.

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

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