



Ditch Diets and Find Food Freedom with Chelsey Amer, MS, RD, CDN (ep – 46)

Host Ginger Hultin explores the idea of intuitive eating with guest Chelsey Amer, a registered dietitian nutritionist and certified intuitive eating counselor. Chelsey shares her extensive knowledge and personal journey, offering practical tips and insights for embracing intuitive eating and breaking free from the dieting cycle. They discuss the fundamental principles of intuitive eating, the different types of hunger, and how to overcome common challenges such as emotional eating and diet culture messaging.

In this episode, we'll cover:

- 02:48 Defining Intuitive Eating
- 03:53 History and Certification of Intuitive Eating
- 04:55 Practical Challenges of Intuitive Eating
- 05:48 Client Engagement and Overcoming Resistance
- 09:32 Types of Hunger
- 11:16 First Principles of Intuitive Eating
- 17:10 Intuitive Eating in Practice
- 38:02 Common Misconceptions

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 *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 Chelsea Amer, MS, RDN, CDN:

Chelsey Amer, MS, RDN, CDN is the founder of Chelsey Amer Nutrition, an online nutrition coaching practice and consulting business. Her mission is to make nutrition easy, without dieting. She is a Certified Intuitive Eating Counselor with a Bachelor of Science in Psychology from the University of Michigan and a Master of Science in Clinical Nutrition from New York University. Chelsea is the author of [Thrive in 5 ebook](#) and *The 28-Day Pescatarian Meal Plan & Cookbook*. In addition, she has her blog, [4 Types of Hunger to Become an Intuitive Eater](#) to help those learning to become intuitive eaters guide their food choices.

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