



**The Good Clean Nutrition Podcast
Episode 1 Show Notes**

The Role of Nutrition in Immunity and Inflammation with Dr. Andrew Abraham, CEO and Founder of Orgain, LLC

Welcome to the *The Good Clean Nutrition Podcast*, a place where health care professionals and health minded consumers are provided with practical and helpful nutrition information on trending topics from subject matter experts. Host Mary Purdy is an integrative dietitian nutritionist based in Seattle, Washington. This podcast is leading important conversations to support both healthcare professionals and consumers. Clean nutrition can be a divisive topic with so many various definitions, but Mary seeks to simply identify this as eating a diverse range of whole and nutrient dense foods—a back to nature approach to foods in their whole form.

To kick off the first episode, Mary takes a look at the role of nutrition in immunity and inflammation with guest Dr. Andrew Abraham, CEO of Orgain. Andrew's incredible passion and impressive resume fuels this captivating conversation. Listen as he touches on clean nutrition, what it means to him and the company, and the connection between inflammation and immune function. Being clean goes far beyond not having artificial ingredients. Andrew discusses the importance of quality ingredients and eating nutrient dense foods, and the high quality standards Andrew holds Orgain products to.

Andrew provides a brief overview of who he is and what his background looks like. After being diagnosed with muscle cancer as a young man, Andrew took it upon himself to self-educate, leading to his journey to become an MD. Listen to his journey with health and wellness, with a focus on food and the incredibly profound impact nutrition played in his own life. Andrew started blending his own shakes at home and as this made an incredible difference for himself personally, he started Orgain to put better products on the market. He shares the personal and professional level of impact food had on him for healing.

Learn about the innate and adaptive levels of immunity, along with the four key pillars to the immunity "army"—nutrition, exercise, sleep, and stress management. With his suppressed immune system, Andrew shares how he supports his body with a daily routine and a rainbow diet. He says it's all about both what you eat and what you avoid. Listen in on the connection between inflammation and immune function, the non-pharmacological therapies that can help reduce bad inflammation, and the crucial difference between acute and chronic inflammation.

As for what it's like to go from concept to execution for Orgain products, we learn that Andrew is constantly looking for ways to increase his own personal health; through trial and error, he works to fill in the gaps and craft concepts for the best nutrition products. He offers a sneak peek into the trends with future products and offerings from Orgain.

As this episode draws to a close, Andrew chats about areas of research he's personally interested in and his perspective on overall health. Don't miss out on his emphasis that the single most important thing



we can do for overall health is to realize the real prescription is in the kitchen. Be part of the solution to live your most vibrant life!

Links:

If you are a credentialed healthcare professional, [request an Orgain Healthcare Ambassador account](#) to gain immediate access to product samples sent directly to your practice and patients, shareable coupons, and free continuing education opportunities!

Click [here](#) to learn more about [the story behind Orgain](#) and visit [Orgain.com](#) to view our good, clean nutrition products that suit a variety of dietary needs and preferences.

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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