



nourish
with Dr. Kari

About me

I am a registered dietitian nutritionist with a doctorate in nutrition in the greater Seattle area. I have a national telehealth private practice and my mission is to support women's health and wellness through evidence-based nutrition recommendations. I specialize in addressing menopause, hormonal health, and more, providing personalized nutrition education and ongoing guidance for transformative results.

As a peer-reviewed author with extensive health, nutrition, and media expertise, I am passionate about teaching people how to operationalize nutrition and lifestyle strategies for real-world results- with compassion, clarity and a touch of fun!

Kari Hamrick, PhD, RDN

WOMEN'S HEALTH AND MEDIA DIETITIAN



As seen in



Woman's World

HealthCentral

REAL SIMPLE



The Numbers

Media Interview Audience

39.7M

Total Social Reach

241 K

Services

Advising and Consulting

Nutrition Consulting
Strategy and Product Support
Research Analysis and Interpretation
Market Research and Recommendations

Spokesperson

Media Interviews
Talent at Events and Tradeshows
Product Endorsements
Quotes and Tips for Press Releases
Guest Speaker
Food and Recipe Demos

Content Creation

Workshops
Webinars
Social Media Posts
Blog Posts
Newsletter Development
Educational Handouts



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