


The Healthiest Voice Podcast

“Home as Health” Podcast Series







Mission: Empower **Humans**

 **Podcast Theme:** Make American Homes **Healthy** Again (Help Achieve Healthspan, Wellness, and Optimal Living from a “Home as Health” Perspective)

A bi-weekly conversation on **how our homes shape our health, longevity, and well-being.**





Season 1: The Foundations of a Healthy Home (Episodes 1–3)











Exploring the essential elements of a home designed for longevity and well-being.

1. **What’s Really in Your Food? Understanding Processed vs. Whole Foods**
 Tuesday, 4/22/2025  7:00 PM - 7:35 PM CST
 2. **Why Gardening is the Ultimate Health Hack for Your Mind and Body**
 Tuesday, 5/6/2025  7:00 PM - 7:35 PM CST
 3. **The Power of Saying No: Setting Boundaries for a Healthier Home**
 Tuesday, 5/20/2025  7:00 PM - 7:35 PM CST
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Season 2: Longevity at Home (Episodes 4–10)















Creating an environment that supports vitality, longevity, and stress reduction.

4. **How Clutter Affects Your Mental and Physical Health**
 Tuesday, 6/3/2025  7:00 PM - 7:35 PM CST
5. **Strength Training at Any Age: Why Muscle is the Key to Aging Well**
 Tuesday, 6/17/2025  7:00 PM - 7:35 PM CST

6. **The Longevity Diet: What the World's Healthiest People Eat**
 Tuesday, 7/1/2025  7:00 PM - 7:35 PM CST
 7. **The Role of Faith, Purpose, and Meaning in Living Longer**
 Tuesday, 7/15/2025  7:00 PM - 7:35 PM CST
 8. **Fermented Foods and Gut Health: The Missing Piece in Longevity**
 Tuesday, 7/29/2025  7:00 PM - 7:35 PM CST
 9. **Strengthening Family Bonds Through Food, Rituals, and Play**
 Tuesday, 8/12/2025  7:00 PM - 7:35 PM CST
 10. **How to Design a Home That Reduces Anxiety and Enhances Peace**
 Tuesday, 8/26/2025  7:00 PM - 7:35 PM CST
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Season 3: The Home as a Healing Space (Episodes 11–17)

Exploring how our home environment can support healing, mental clarity, and wellness.

11. **Breathwork and Oxygenation: The Key to Energy and Recovery**
 Tuesday, 9/9/2025  7:00 PM - 7:35 PM CST
 12. **Creating a Resilient Mindset: How to Handle Stress with Strength**
 Tuesday, 9/23/2025  7:00 PM - 7:35 PM CST
 13. **The Art of Cooking with Real, Whole Foods for Maximum Nutrition**
 Tuesday, 10/7/2025  7:00 PM - 7:35 PM CST
 14. **How Screen Time Affects Your Brain, Sleep, and Productivity**
 Tuesday, 10/21/2025  7:00 PM - 7:35 PM CST
 15. **Composting and Sustainability: How to Create a Zero-Waste Home**
 Tuesday, 11/4/2025  7:00 PM - 7:35 PM CST
 16. **Longevity Secrets from the Blue Zones: Lessons for Your Home**
 Tuesday, 11/18/2025  7:00 PM - 7:35 PM CST
 17. **Faith and Wellness: The Spiritual Side of a Healthy Home**
 Tuesday, 11/25/2025  7:00 PM - 7:35 PM CST
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Season 4: Building a Legacy of Health (Episodes 18–21)

Focusing on long-term wellness, financial health, and leaving a positive legacy.

19. The Role of Purpose and Passion in Long-Term Health

 Tuesday, 12/2/2025  7:00 PM - 7:35 PM CST

20. The Power of Community: How Your Social Circles Affect Longevity

 Tuesday, 12/16/2025  7:00 PM - 7:35 PM CST

Podcast Format & Engagement

- **Episode Length:** 30-45 minutes per episode
- **Guest Experts to Feature on Our Podcasts**
- **♦ Nutrition & Wellness:**
 - ✓ Functional Medicine Doctors
 - ✓ Registered Dietitians & Holistic Nutritionists
 - ✓ Longevity & Biohacking Experts
 - ✓ Gut Health Specialists
 - ✓ Herbalists & Medicinal Mushroom Experts
- **♦ Mind-Body Health:**
 - ✓ Mental Health Professionals (Psychologists, Therapists)
 - ✓ Mindfulness & Meditation Coaches
 - ✓ Somatic Therapists & Trauma-Informed Practitioners
 - ✓ Sleep Experts & Neuroscientists
 - ✓ Breathwork & Oxygenation Coaches
- **♦ Relationships & Family Dynamics:**
 - ✓ Family & Marriage Therapists
 - ✓ Parenting Coaches
 - ✓ Community Builders & Social Connection Experts
 - ✓ Faith-Based Wellness Leaders
- **♦ Physical Fitness & Movement:**
 - ✓ Strength & Longevity Coaches
 - ✓ Physical Therapists & Injury Prevention Experts
 - ✓ Mobility & Flexibility Trainers
 - ✓ Cold & Heat Therapy Practitioners
- **♦ Financial & Career Wellness:**
 - ✓ Financial Planners & Wealth Strategists
 - ✓ Behavioral Economists & Money Mindset Coaches
 - ✓ Career Coaches & Purpose-Driven Work Experts
 - ✓ Entrepreneurship & Business Coaches

- ♦ **Home & Environmental Health:**
 - ✓ Indoor Air Quality & Non-Toxic Home Experts
 - ✓ EMF & Digital Wellness Experts
 - ✓ Architects & Home Builders (Healthy Home Design)
 - ✓ Sustainable Living & Zero-Waste Advocates
 - ♦ **Lifestyle & Longevity Innovators:**
 - ✓ Experts on Ancestral Health & Traditional Healing Methods
 - ✓ Blue Zone Researchers & Longevity Scientists
 - ✓ Farmers, Permaculturists & Regenerative Agriculture Experts
 - ✓ Outdoor & Nature Therapy Coaches
 - ♦ **Wellness Industry & Brand Partners:**
 - ✓ Founders of Organic & Natural Product Brands
 - ✓ Functional Skincare & Biohacking Innovators
 - ✓ Smart Home & Wellness Tech Experts
 - **Audience Engagement:** Live Q&A sessions, community challenges, and listener-submitted questions
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Thank you for your understanding and commitment to your health and well-being.