

HEALTH & HOME

INTERIOR DESIGN WITH YOUR HEALTH IN MIND



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About The Show

The Health & Home podcast is a podcast that discusses the impact our homes have on health and explores practical, easy-to-implement, science-based ways to create healthy spaces!

With host and healthy home interior designer, Haley James, we talk about the link between toxins and health and how to mitigate these exposures in an easy and not overwhelming way. We explore ways we can optimize the design of our space to have our homes encourage the healthy lifestyles we are wanting to create. We help you one step at a time, create a home that can not only help prevent disease but encourage thriving health!

Tune in each week to hear doctors, designers, architects, practitioners and patients come to the mic to discuss the science, tips, the latest research, real-life stories, and answers to your questions to help you on your healthy home journey. Together, we will learn, grow and create healthier homes and healthier lives!

SCAN TO LISTEN



SCAN TO LEARN MORE



Our Guests

EXAMPLES OF SOME OF OUR GUESTS & CONVERSATIONS

DR. PAYROVI

Dr. Susan Payrovi, co-founder of True Medicine, specializes in Multiple Sclerosis wellness. A clinical assistant professor at Stanford University, she is board-certified in Anesthesiology, Integrative Medicine, Hospice and Palliative Medicine, and Functional Medicine.

LARA ADLER

Lara Adler is an Environmental Toxins Expert and Certified Holistic Health Coach. She educates health professionals on the connection between chemicals and chronic health issues, training them to become experts in everyday toxic exposures for improved client outcomes.

DR. BRUCE BLUMBERG

Bruce Blumberg, a professor at the University of California, Irvine, specializes in environmental health sciences, focusing on endocrine disruption and obesogens. His research explores how these chemicals impact metabolic health and contributes to studies on environmental factors affecting human health.

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