

The Inspire Health by Jen Podcast

author: Inspire Healing with Jen

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Synopsis

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Hi! My name is Jen, I'm a holistic nurse practitioner and I am here to tell you that your body can HEAL.. In fact not only can your body heal but your whole LIFE can HEAL. I've healed eight different chronic and autoimmune conditions that had me bedridden sick with little hope for my future in my twenties. I created this podcast to give you the inspiration and the tools to heal your body, your mind, your heart, your spirit and your LIFE. This podcast is for patients, practitioners, and people who want to listen from the place where Spirit and science meet. This podcast is a place for humans with human questions to go deeper on their spiritual journey and reconnect with their soul. As we heal our body we have a body that moves well, thinks well, loves well and THAT is a body we want to be in for this life. A body that is feeling well is a body that is living in alignment, a body that lives in alignment is a body that can carry out our soul's work here on this Earth.

Reader's comments

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