



podcasts

I produced, recorded, and edited 30 Minutos de Salud with a clear goal: make medical insights simple, engaging, and accessible. I managed everything from scripting to sound design using Adobe Audition and Descript, keeping the tone both professional and relatable. By aligning each episode with trending health topics and SEO-optimized titles, and promoting through targeted Spotify and social media campaigns, the podcast has ranked in the Top 3 Science Podcasts in Mexico and the U.S. for four consecutive years.



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Top Science Podcasts



30 Minutos de Salud



podcasts



I produced, recorded, and edited Calibrate, a Spanish-language podcast that ran for 10 years, focusing on wellness, performance, and leadership. With an approachable tone and relevant themes, it connected deeply with its audience. By aligning topics with emerging trends, using SEO-optimized titles, and promoting through strategic podcast and social media campaigns, Calibrate built a loyal global following and consistently ranked among top science and self-improvement shows.

