

How to Listen to My Podcast – A Canadian Celiac Podcast

First – What is a podcast? It's like a radio show that is placed in a library on the internet. My podcast issues a new episode every Wednesday. You need to access the library and you can do that through different computer applications (apps), either for your computer or your smart phone or tablet. All podcasts are free to listen to, you just have to access them from the library of the internet. **If you just want to listen to my podcast you can go directly to the bottom of these instructions to find the simplest way to listen.**

First you need an app. You may already have iTunes on your device if you have an apple product. Otherwise you can go to the app store and download iTunes or another app such as Spotify, Mixcloud and there are lots of others, just search for podcast (think of this as your library card).

Once you download the app, then you search the app for a podcast you might want to listen to (again think of it as searching in a library). In the case of my podcast, you can search “A Canadian Celiac Podcast”, or you can just search “Celiac”. It might take a couple of searches, but you should find it.

Once you find a podcast you want to listen to, there will be a button that says “Get” or “Download” or “Subscribe”. That way the episode will open on your computer, tablet or phone and you can just press play or the forward arrow to listen. If there is an option to subscribe, that means that every time there is a new episode, it will go into your choices from the library, and you don't have to look for it again.

I use an app on my phone called Podkicker. Once I choose episodes, I download them (this uses data, so make sure you're connected to the internet). I can then open an episode, as I would a book and it starts to play. I have my phone hooked up to my car radio, so I can hear a podcast through my car speakers. This works great while I'm driving on the highway. Lots of people download podcasts to listen while they walk the dog, or are at the gym. Not all the people you see with headphones on are listening to music, some are listening to podcasts.

In the case of my podcast, you can also go to the website at www.acanadianceliacpodcast.libsyn.com from there you will see the different episodes and you can press the arrow to play them directly.

Enjoy!