

# EAT CLEANER Live LARGER

## HOW TO LEAVE A REVIEW

The Eat Cleaner, Live Larger Podcast will be available on all major streaming platforms from Monday 11th July 2022, with new juicy episodes added each week. Your support is invaluable and so I would appreciate it if you could leave a review to help boost the exposure. Here are the simple instructions on how to do so...

### LEAVING A REVIEW ON THE APPLE PODCASTS APP

- 1 Open the **Apple Podcasts** app.
- 2 Locate the Eat Cleaner, Live Larger Podcast (use the **search** icon on the bottom right of the screen).
- 3 Make sure you are on the main page for the ECLL Podcast and haven't clicked on an individual episode.
- 4 Scroll right down to the bottom where it says '**Ratings & Reviews**'.
- 5 Click on the five stars under '**Tap to Rate**' to leave a rating.
- 6 Under the most recent review, tap the **Write a Review** button.
- 7 Apple allows up to 300 words for you to write your full review. It also asks you to add a title.
- 8 Tap the **send button** in the top right-hand corner once you have completed your review.

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### LEAVING A REVIEW ON THE SPOTIFY APP

- 1 Open the **Spotify** app on your phone or tablet.
- 2 Tap on the **Search** section, then type 'Eat Cleaner Live Larger' in the search bar; this will take you to the ECLL main page.
- 3 Make sure you are on the main ECLL page and not an individual episode.
- 4 Tap the rating immediately underneath the podcast's description. Alternatively, tap the **More (...)** icon, then choose **Rate show**.
- 5 Tap on the stars to leave a rating.
- 6 Please note spotify ratings are only available through the app, and not on web players.