

Nutritionist & Longevity Expert

Ella Davar

Ella Davar, RD, is a renowned nutritionist, founder of the Gut-Brain Method, author of the You-tarian Diet™ and President of the Global Longevity Association. She is considered a visionary in the field of nutrition and longevity. Her work is based on a combination of science, precise analyses and practical advice for a sustainable lifestyle. With her extensive expertise in nutrition, biohacking and prevention, she is one of the leading voices in the health and longevity community. “My mission is to raise awareness among younger generations and cultivate a Longevity Lifestyle.” In her inspiring lectures, diverse speaker Ella Davar talks about…

Topics

- Change Management
- Education
- Globalization
- Health / Nutrition
- Innovations / Megatrends
- Lifestyle / Longevity
- Motivation
- Resilience / Mental Health

Languages

- English

Details & contact information

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