



Science journalist for Healthy Longevity, Biologist, Host, Bestselling Author

Nina Ruge

Nina Ruge is a host, author, science journalist, and one of the most prominent voices in the science-based healthy longevity movement in the German-speaking world. After graduating with honors with a degree in biology from the Technical University of Braunschweig, she launched a nearly 30-year TV career in 1987 as a host of daily news programs, political talk shows, and informational programs. Today, Nina Ruge combines her scientific training, journalistic experience, and high media profile with a clear focus on the future: living longer and healthier lives. Since 2018, she has established herself as a science journalist in the field...



Topics

- Burnout / Resilience / Mental Health
- Food Trends / Future Food
- Healthcare
- Innovations
- Lifestyle
- Rhetoric / Communication
- Society

Languages

- German

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