

RON RUSSELL

Anti-Hype Longevity Strategist · Author · Plant-Based Chef
LongevityVisa.com · @LongevityVisa on IG & YouTube

"Evidence-based longevity for real people — practical habits, Blue Zone science, and inexpensive longevity hacks."

WHO IS RON RUSSELL

Ron Russell is the author of Longevity Visa and one of the few voices in the longevity space who speaks from both clinical practice and real-world kitchen experience. He has spent multiple decades personally researching and practicing anti-aging science, incorporating dozens of longevity habits into his own daily routine. His work sits at the intersection of evidence-based nutrition, Blue Zone research, and the practical art of making healthy daily habits and nutrition sustainable for ordinary people — without expensive biohacks or a medical team.

CREDENTIALS & EXPERIENCE

- **Author**, Longevity Visa: A Practical Guide to Habit Stacking for an Extra 20+ Healthy Years
- **Dr. Dean Ornish Program, UCLA Medical Center** — Developed and prepared therapeutic plant-based meals for cardiac patients inside the only Medicare-approved heart disease reversal program in the world; trained patients to cook for themselves at home
- **Suncafe Organic, Hollywood** — Owned and operated one of Los Angeles's most recognized 150-seat vegan restaurants with a celebrity clientele spanning decades
- **400+ Classes Taught** — Wellness, longevity, and plant-based cooking classes
- **Cornell University** — Completed Dr. T. Colin Campbell's Plant-Based Nutrition certificate course (The China Study author)
- **Decades of Personal Practice** — Multiple decades of actively studying anti-aging science and incorporating dozens of longevity habits into his own daily routine
- **Industry Connections** — Through Suncafe Organic, built personal relationships with leading longevity researchers including Dr. Michael Greger (NutritionFacts.org) and Dr. Joe Raphael

ABOUT LONGEVITY VISA

Longevity Visa: A Practical Guide to Habit Stacking for an Extra 20+ Healthy Years

Most longevity books tell you what the research says. Longevity Visa tells you exactly how to implement it — habit by habit, stack by stack — in a way that fits into a real life. Drawing on Blue Zone science, clinical experience from the Ornish program, and decades of personal practice, Ron shows readers how small, consistent habits compound into dramatically longer, healthier lives. No six-figure biohacking budget required.

EPISODE TOPICS FOR YOUR AUDIENCE

Habit Stacking for Longevity

How layering small, evidence-based daily habits compounds into 20+ extra healthy years — and why most people get it backwards

Blue Zone Eating, Decoded at the Stove

What the five Blue Zone diets share at the ingredient and technique level, and how anyone can implement them in a regular American kitchen

The Anti-Hype Case for Longevity

Why the most powerful interventions for healthspan are free or low-cost — and how to identify the signal in a field full of expensive noise

Inside the Ornish Kitchen

What I cooked for cardiac patients in a clinical heart reversal program — and the cooking education that made the lifestyle changes stick at home

What 400+ Cooking Classes Taught Me

The real barriers to plant-based eating and the practical teaching methods that actually change how people cook long-term

Consciously Build a Happiness Stack

Techniques to grow your levels of happiness and enjoyment of life

INDUSTRY CONNECTIONS

Through his years at Suncafe Organic, Ron developed personal friendships with leading figures in the plant-based and longevity field, including:

- Dr. Michael Greger — Founder of NutritionFacts.org and New York Times bestselling author of How Not to Die
- Dr. Joe Raphael — Longevity physician and functional medicine practitioner
- Dr. T. Colin Campbell — Author of The China Study; Ron completed his Cornell Plant-Based Nutrition certificate course
- Dr. Dean Ornish — Pioneer of lifestyle medicine; Ron prepared weekly meals for 5 years and then taught patients how to cook healthy plant-based meals for this Medicare-approved heart disease reversal program at UCLA

Book Ron Russell for Your Podcast or Event

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Happy to provide a review copy of Longevity Visa, sample questions, or a bio in any format.