

LIVE YOUNGER LONGER

Where Root-Cause Wisdom Meets Sustainable Wellness

A physician and naturopathic doctor, co-authors, and wellness educators revealing a systems-based approach to understanding your body, restoring vitality, and building lasting health.



Ronit Mor, ND

Ronit Mor blends clinical expertise, systems thinking, personal experience, and nearly two decades of root-cause-informed wellness education. A naturopath, board-certified health and wellness coach, computer scientist, former corporate executive, author, and speaker, she makes complex health concepts clear, practical, and deeply empowering — helping people move beyond symptom chasing toward clarity, self-advocacy, resilience, and sustainable vitality.

Russell Skinner, MD

Dr. Russell Skinner brings nearly 30 years of clinical experience across family medicine, hyperbaric medicine, wound care, urgent care, and integrated practice. A board-certified physician, co-author, and functional-medicine advocate, he bridges the gap between conventional medical systems and root-cause care — helping patients in their 40s and 50s resolve chronic conditions, optimize hormones, and reclaim energy and vitality for the long haul.

What Makes This Team Unique

Ronit Mor, ND

- Nearly 20 years in naturopathy, functional wellness, and root-cause-informed care
- Amazon #1 Best-selling author
- Creator of HealthPotentialAnalytics™ App
- Former VP at a multi-billion-dollar company; closed nine-digit deals across continents
- International speaker, workshop facilitator, and wellness educator

Russell Skinner, MD

- Nearly 30 years of clinical medicine across multiple settings
- Amazon #1 Best-selling author
- Board-certified in family & hyperbaric medicine
- Integrates conventional & functional medicine under one roof
- Bridges the medical system gap to root-cause care

“She helped me more than any specialist ever did!” — Ellen K.

“I can finally breathe again for the first time in years.” — Sheryl O.

SIGNATURE TALKS



*“She has
given me my
life back.”*

— Erin S.

1. The High Performer's Health Debt

The hidden biological cost of sustained achievement — and how to protect energy, resilience, and long-term performance.

2. Burnout & Stress Resilience

How chronic stress drains focus, mood, and energy — and how to rebuild resilience from within.

3. Sleep, Energy & Performance

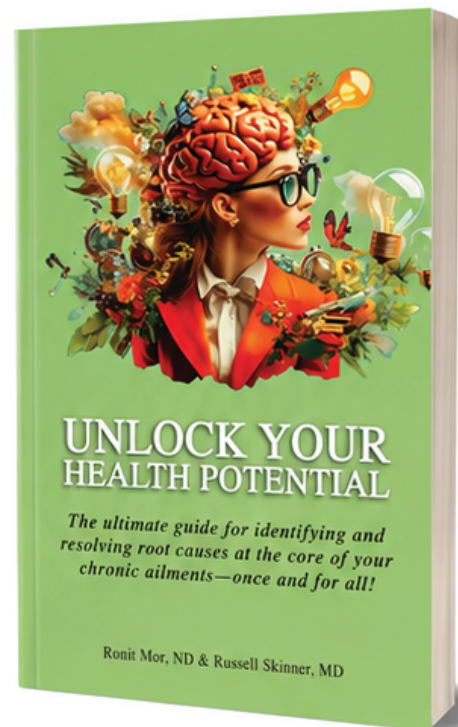
Why sleep drives sharper thinking, steadier energy, better decisions, and sustainable productivity.

4. Metabolic Health at Work

How blood sugar, cravings, inflammation, brain fog, and energy crashes shape workplace performance.

5. Mental Fitness in a Distracted World

Strategies to reduce mental fatigue, protect focus, and strengthen clarity in an always-on environment.



ADDITIONAL TOPICS

Gut-Brain Health • Chronic Inflammation • Detox Pathways • Mold Burden • Hormone Balance

The Unlock Your Health Potential Ecosystem



The Book
*Unlock Your
Health Potential*



The Assessment
HealthPotentialAnalytics™



**The E-Learning
Platform**
*Education for individuals
and practitioners*

BOOK RONIT & RUSSELL

Keynotes • Workshops • Corporate Wellness • Conferences