

LIVE YOUNGER LONGER

Where Executive Precision Meets Sustainable Wellness

A corporate executive turned naturopathic doctor reveals a practical, systems-based approach to whole-person health, vitality, and longevity.

Ronit Mor, ND

Ronit Mor blends clinical expertise, systems thinking, and executive leadership. A naturopath, board-certified health and wellness coach, computer scientist, former corporate executive, author, and speaker, she brings a rare perspective to sustainable wellness.

After a personal and family health crisis, Ronit left a thriving corporate career and spent nearly two decades developing a root-cause-informed approach that helps people move from symptom chasing to informed, sustainable action.

Why Ronit is Different

- Former VP at a multi-billion-dollar company; closed nine-digit deals across continents
- Nearly 20 years in naturopathy, functional wellness, and root-cause-informed care
- Creator of HealthPotentialAnalytics™ App
- Co-author of *Unlock Your Health Potential*
- International speaker, workshop facilitator, and wellness educator



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*“She helped
me more than any
specialist ever
did!”*

— Ellen K.

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

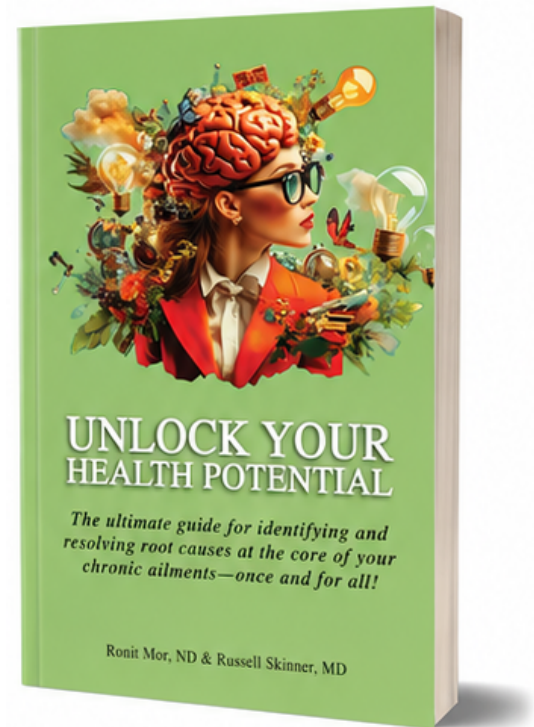
Why sleep drives sharper thinking, steadier energy, better decisions, and sustainable productivity.

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

Keynotes • Workshops • Corporate Wellness • Conferences