

## INTERVIEW ELLA DAVAR, RD

Longevity Nutrition Expert, Health Coach, and Creator of the Gut-Brain Method™

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"Ella Davar, RD, brings together the best of functional nutrition and practical wisdom. *The Foodie Diet* is a clear, actionable guide to using food as medicine, focusing on anti-inflammatory, nutrient-dense choices and personalized strategies rooted in diagnostics. A valuable resource for anyone serious about long-term health and healing."

—Mark Hyman. MD, co-founder and chief medical officer, Function Health, and #1 *New York Times* bestselling author of *Young Forever*

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### ABOUT THE AUTHOR



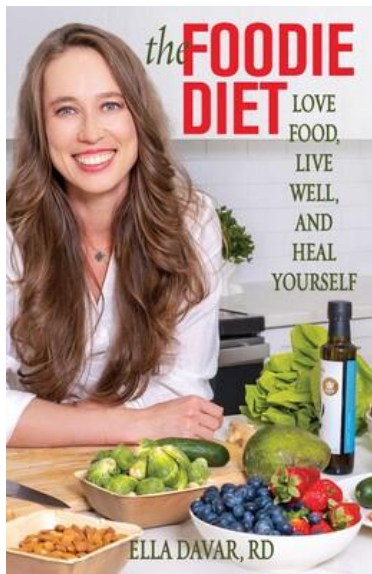
Ella Davar, RD is a globally recognized dietitian, wellness leader, TEDx speaker, and longevity expert on a mission to empower individuals to achieve sustainable metabolic health. She is the President of the Global Longevity Association, and the founder of the Gut-Brain Method™—a revolutionary course for healthcare providers that bridges nutrition science with research-backed mindfulness techniques to address the root causes of diseases and improve metabolic and mental health. With degrees from NYU and certification in Integrative Nutrition, Ella has spent more than a decade helping over 2,000 clients reach their health and weight loss goals, improve their digestion, and develop new habits to support a healthier life. Her signature events include longevity dinners at Mar-a-Lago, the White House, and Annabel's London. Ella's expertise has been featured in a variety of outlets, and she was recently described as "a leader in the women's health longevity movement," according to *The Wall Street Journal*. Ella is also a regular guest on television in South Florida and New York, often recording cooking segments and nutrition interviews. Ella has authored several food, health, and wellness-focused books. Her upcoming title, *The Foodie Diet: Love Food, Live Well, and Heal Yourself*, will be released on November 11, 2025.

Ella and her work have been featured on:

## ABOUT THE BOOK

### *The Foodie Diet: Love Food, Live Well, and Heal Yourself*

(Health Communications, Inc., November 11, 2025)



*The Foodie Diet* redefines what it means to eat well. Written by globally recognized longevity dietitian Ella Davar, RD, this book fuses cutting-edge nutrition science with authentic eating joy, encouraging you to savor every bite. Introducing a revolutionary Blue-Zone-inspired approach that challenges conventional dieting, *The Foodie Diet* informs readers on how to eat for gut healing, hormone balance, and metabolic health without giving up on the pleasure of food.

Grounded in Ella's personal journey from growing up on an organic farm to hosting longevity dinners at the White House and Mar-a-Lago, *The Foodie Diet* welcomes readers into a lifestyle that is nourishing, delicious, and sustainable. The practical tools and mindset shifts offered in the book are structured around Ella's 8 core principles:

- **Emotional Reset:** Uncovering emotional relationships with food and transforming cravings into intentional, nourishing choices.
- **Gut Health:** Understanding the gut-brain connection and unlocking its power over our well-being.
- **Bio-Individuality:** Exploring our body's unique nutritional needs by deciphering signals from our genetics, lifestyle, and food intolerances.
- **Farewell to Unfriendly Foods:** Identifying and eliminating foods that don't serve our well-being, replacing them with enjoyable alternatives.
- **Love-Infused Nutrition:** Building a balanced, gut-healing, anti-inflammatory diet.
- **Mindful Eating:** Turning mealtimes into mindful acts of love, gratitude, and self-care.
- **Life Uninterrupted:** Navigating dining out, travel, and other real-life eating situations effortlessly, with practical guidelines for mindful indulgence.
- **Food as Medicine:** Tailoring diet plans to address health conditions and pursue optimal metabolic and hormonal health, using science-backed and holistic principles.

Including easy-to-make recipes and culminating in a personalized 28-day plan, *The Foodie Diet* is an indispensable guide to celebrating a new relationship with food that is based on love, abundance, and the invitation to savor every bite.

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## DISCUSSION TOPICS

- Eating as an act of love: A non-diet approach to nourishing your body and mind
  - Where longevity science meets the joy of eating: Blending practical, evidence-based strategies with real-life, flavorful food experiences
  - Bridging science and satisfaction: Empowering foodies to live well, eat beautifully, and age vibrantly without extremes or restrictions
  - Love the foods that love you back: How personalizing your diet can make you healthier and happier
  - Eating for longevity: A Blue Zone-inspired approach to sustainable health and food habits
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## SAMPLE INTERVIEW QUESTIONS

- How has your personal journey inspired you to explore food and longevity?
  - What compelled you to write this book, and what sets it apart from other books you've authored?
  - What is the gut-brain connection and why is it important to understand?
  - What are Blue-Zones and how are eating habits inspired by them beneficial?
  - What is mindful eating and how can it improve our relationship with food?
  - How can we discover our particular nutritional needs?
  - How can we transform cravings into intentional choices?
  - We have a more challenging time maintaining eating habits when going out, traveling, or celebrating—how can we navigate these situations and stay on track?
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## ENDORSEMENTS

"Ella has written a book that finally makes food simple again! *The Foodie Diet* is about eating real, unprocessed food—animals, plants, and everything nature intended—without fear or confusion. It's a practical guide for anyone who wants more energy, better health, and a longer life, starting with what's on their plate." —Paul Saladino, MD, author of *The Carnivore Code*

"*The Foodie Diet* offers a refreshing, science-backed approach to eating for longevity with joy. Ella Davar emphasizes the impact of balanced nutrition with adequate protein and fiber at every meal—principles that support muscles, metabolic health, and resilience over a lifetime. This book provides busy individuals with practical, actionable strategies to optimize

both healthspan and performance.” —Gabrielle Lyon, DO, Board-certified Family Physician and author of NYT’s bestselling book *Forever Strong*

“Ella Davar’s *The Foodie Diet* brings clarity to the connection between health, metabolism, and longevity. With science-based insights and practical strategies, she translates complex nutrition research into daily habits that support healthspan and resilience—an approach that reflects the principles we study at the Buck Institute for Research on Aging.” —Eric Verdin, MD, President & CEO, Buck Institute for Research on Aging

“In a world of rigid diets and wellness trends, Ella Davar brings us back to what matters—food as joy, nourishment, and liberation. *The Foodie Diet* is required reading for anyone ready to heal with science and soul.” —Oz Garcia, PhD, Renowned neuro-nutritionist and life extension specialist, author of *After Covid: Optimize Your Health in a Changing World*

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## CONNECT WITH ELLA



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