

Nina Ruge

Author



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Nina Ruge left the security of being a civil servant as a teacher of Biology and German in Wolfsburg to learn filmmaking from scratch in Berlin, then in 1987 started a television career at RIAS TV in Berlin with the stations 'heute journal', 'heute Nacht' and 'Leute heute' on ZDF, at the same time hosting countless talk shows and TV magazines.

Today, she is mainly active as an author, among other things as a specialist author for the 'Cell Biology of Aging'. In 2020, she published the basic book on this topic "Aging can be cured. Staying young with the power of the three cellular competencies". In 2021, her second work was published: "Rejuvenation is possible. Scientifically researched – what really helps". 2022 followed "The Rejuvenation Cookbook. 60 recipes for healthy longevity – based on the latest research". 2023 saw the publication of "The Rejuvenation Plan – The Expert Hit List of the 100 Most Nutritious Vegetables for a Long Life" (all titles Graefe+Unzer). All four books on the subject of Healthy Longevity climbed the SPIEGEL bestseller list.

In addition, Nina Ruge is active in many ways in the social sector. She is a German ambassador for UNICEF, patron of the "Network of and for Women with Disabilities in Bavaria" and ambassador for the "Alliance for Development and Climate" foundation. She is also a UN Decade Partner "Ecosystem Restoration".

In 2013, she was awarded the Federal Cross of Merit for her social commitment. In 2022, she received the Bavarian Order of Merit.