

## ABOUT THE FOUNDER

**Ron Kapp**, entrepreneur - visionary - author - Guinness World Record Holder, is a founding partner of the *Boutique Wellness Living* project. Ron has an extensive background in early start-up development projects for the past 25 years. He is currently the CEO of two corporations in the USA and recently divested himself from a 23,000 tree-planted-acreage in Ashland, Oregon.

His most recent book, *Passion to Live* (released in 2020), provides a framework for the **Boutique Wellness Living** residence project. He believes that living better, healthier, and longer is not just a theoretical possibility, but is in fact already happening. Centenarian communities exist around the world and Ron believes these isolated enclaves can be easily replicated. More importantly, he believes that the recent discoveries of scientific and medical research can be mobilized for even greater advances in human health and longevity.

Unfortunately, our global medical system (especially in the USA) is in total disarray and dysfunctional. Global citizens may be living longer, but they are not living better. Our medical advances have simply extended the years of suffering from the chronic diseases of aging and made our last few years of life burdensome and painful for many. This trend is particularly evident in the United States, Europe, and most developed nations. Dr. Ron believes this trend of suffering is enhanced by two elements: (1) the conservative medical profession itself, and (2) the egregious economic model known as the *business-of-medicine*; in other words, money rules.

Fortunately, there is a solution. A paradigm shift in the travel industry occurred several years ago when affluent vacationers began taking "wellness vacations." Resort Spas rose to the challenge and began a transition of their service menu to more ancient, holistic, and well-documented healing methods that have stood the test of time. The affluent vacationers fell in love with these new spa offerings. Wellness Tourism boomed and continues its global expansion.

Certainly, resort spas and global wellness tourism is expensive. However, democratization often follows the affluent and "wellness real estate" is being developed to fill the economic gap. Wellness Real Estate comes in many forms - from 5-star resorts to glamping yurts. Whether large developments or small, cozy enclaves of like-minded, wellness-conscious, life-extension-dreaming middle-class people want the same. We have to live somewhere, so why not make it a wellness community! Group-think is often better, more productive, and definitely more

motivating for the promotion of a healthy lifestyle that includes optimal nutrition, exercise, and sleep. At the same time, reductions in personal stress and toxin exposure can be promoted.

*"Be a Longevity Pioneer"* and join us as we develop the **Boutique Wellness Living** communities around the world.

[www.longevitypioneer.com](http://www.longevitypioneer.com)

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### The Bio of Dr. Ron Kapp

**Dr. Kapp** has an extensive background in wellness counseling in a variety of practice settings. He is competent in both traditional allopathic medicine and also in a variety of proven integrative modalities. His expertise is in the field of rejuvenation medicine and is divided between (a) how to control the chronic diseases of aging, and (b) the prevention of such maladies in the healthy patient. Additionally, he is also Board Certified by the American Board of Forensic Medicine and currently Adjunct Faculty with Antioch University, teaching MBA students the complexity of America's healthcare system (MGT 5420).

Dr. Kapp has developed a uniquely patented approach to health and wellness that he presents not only to his clients, but also to the general public via individual and group seminar format. He believes that both health-span and life-span can be extended by applying specific knowledge and techniques. Dr. Kapp's knowledge is founded on the tenets of proven science and his skill is differentiating fact from fiction and presenting scientific truth in terms everyone can understand.

### EDUCATION

2015 – 2024

- (a) Vitalia City, Roatan, Honduras
- (b) Amen University, Brain Health Coaching Certification, Laguna, CA
- (c) Institute for Functional Medicine, Bredesen Protocol, Certified
- (d) Undoing Aging, SENS Foundation, Berlin, Germany.
- (e) IFM, Hormone Advanced Practice Module, Denver, CO
- (f) DNA Life, Certified Practitioner Training, Los Angeles, CA
- (g) IFM, GI & Energetic Advanced Practice Module(s), Phoenix, AZ

2001 – 04

Star's Edge International, Avatar Training Program, Orlando, FL

The EPC Program is at the cutting edge of mind-body medicine and takes an in-depth personal exploration of what we believe, why we believe what we do, and how to change our personal beliefs. This 3-level program is a tool for personal health and growth and is an integration of Eastern and Western philosophies.

1992 – 93

California School of Herbal Studies, Forestville, CA

Herbal therapies have been practiced for centuries and this program in Western Herbology provides the knowledge and training to practice herbal medicine with confidence and skill.

1983 – 84

St. Louis University, School of Medicine, St. Louis, MO

INTERNAL MEDICINE – Post-Graduate Training.

1981 – 83

Albert Ludwig's University, Freiburg, Germany

POST-DOCTORAL RESEARCH FELLOWSHIP

European sports medicine techniques provided the foundation for this research program.

1977 – 81

University of Texas Health Science Center, School of Medicine, Houston, TX

DOCTOR OF MEDICINE (M.D.)

1975 – 77

University of Texas, Austin, TX

DOCTOR OF PHILOSOPHY (Ph.D.) Concentration: Anatomy & Physiology

1972 – 75

University of Texas, Austin, TX

MASTER OF ARTS (M.A.) Concentration: Molecular Biology

1968 – 72

Ohio State University, Columbus, OH

BACHELOR OF SCIENCE (B.S.) Major: Biology

### **BOARD CERTIFICATION(S)**

2013 – 2014 AADEP, Designated Doctor Certified; State of Texas, Worker's Comp

***American College of Forensic Examiners:***

1996 Diplomate, American Board of Forensic Examiners (BCFE)

1998 Diplomate, American Board of Forensic Medicine (BCFM)

## ACUTE CARE CLINICAL HOSPITAL EXPERIENCE

Licensed physician since 1984. Practiced in Texas, Colorado, Wyoming and California in a variety of healthcare settings with experience in student health centers, primary family practice clinics and high-acuity emergency rooms.

### Past Affiliations

2008 – 2024 Baylor Scott & White Las Colinas Surgical Hospital (Irving, TX 75063)  
2019 – 2022 Legent Surgical Hospital (El Paso, TX 79936)  
2016 – 2018 El Paso Specialty Hospital (El Paso, TX 79902)  
2010 – 2017 Heritage Park Surgical Hospital (Sherman, TX 75090)  
2015 – 2016 Weston County Health Services (Newcastle, WY 82701)  
2008 – 2016 Mountain View Regional Hospital (Casper, WY 82609)  
2008 – 2014 Baylor Surgical Hospital at Fort Worth (Ft. Worth, TX 76104)  
2008 – 2012 Pine Creek Medical Center (Dallas, TX 75235)  
1993 – 2010 Healdsburg District Hospital (Healdsburg, CA 95448)  
1991 – 2009 Santa Ynez Valley Cottage Hospital (Solvang, CA 93463)  
1984 – 98 **ER physician:** California, Texas, Colorado; misc. hospitals

## TEACHING/LECTURE/SEMINAR EXPERIENCE

2000 – Present

*KAPPMD, Inc.*, Motivational speaker. Lecture topics:

*Wellness Tourism, A Paradigm Shift in Medicine.*

*The Challenge of Longevity.*

*Medicine as an Adventure.*

*Elethia Life - Ancient Wisdom of the Masters*

2000 – 2006

Yosemite National Park (Yosemite, CA)

Medical Director & NPS Medical Advisor, Tactical Medical Officer

Program Director - Wilderness Medicine Rotation (4th year medical students  
& 3rd year emergency medicine residents)

1975 – current

University Teaching – UT Austin, Univ Houston, SBCC, Antioch University

Publications – 9 peer-reviewed scientific articles; 6 books.

Category I AMA CME, 2015-2024 @ 1,400+ hours

## ABOUT MY PHILOSOPHY

*Ron Kapp*

I first became interested in maximizing human performance while an undergraduate college student at Ohio State University. I was a biology major, but more importantly, I was a tennis player and I wanted to combine my studies with my tennis. I began studying exercise physiology and human nutrition in the hope that I could simultaneously improve both body and mind. This interest in human performance eventually led me to medical school where I thought I would really delve into the subjects of health, nutrition, physical and mental performance.

Unfortunately, medical school(s) then, and even most today, provide little education regarding health, nutrition, anti-aging therapies and brain performance. Like most physicians, I was trained in the pathologies of human disease. I subsequently became an emergency room doctor and spent years diagnosing and treating human pathologies beyond my wildest imagination.

Nonetheless, my quest to understand how the human body really works, from a health-perspective and not that of a disease-perspective, continued those many years. I became passionate about the connection between the human brain and human performance. I began to read and study the medical literature regarding nutrition, supplements such as herbs and vitamins, unorthodox anti-aging treatments, and many other alternative modalities for improving endurance and athleticism. I was often overloaded between the science and the hype. What was I to believe, who should I believe, and how should I believe? Frequently, the more I read, the more confused I became.

Over the years, I became convinced that there are specific factors, such as exercise, nutrition, sleep, stress reduction, social connection, and avoidance of toxins, that have a profound effect on human health, longevity, and performance. This conviction is based not only on my personal experiences and those patients I coached, but also on the published medical literature that supports my philosophy.

As I sadly watched my parents slowly slide into the oblivion of chronic disease, aging and eventual death, I became more and more convinced that medical science is missing something critical in the human condition. I did not know what that missing ingredient was. Early in my career, I had taken a sabbatical in Germany to do a post-doctoral research fellowship. The European philosophies on health, aging and even brain performance were enlightening and cutting-edge, but they too lacked that

elusive ingredient that I knew existed, but could not yet locate.

One day, many years later, I woke up and saw my brother, who is only a few years older than I, living in an assisted care facility. He was no longer his former self, his memory was nearly gone, and he really needed to be taken care of. As plain as day, I saw that missing ingredient that had eluded me for so many years.

I am one of a growing number of doctors around the world who have come to the realization that the human body responds to what we feed it. While you feed your body those specific factors that I mentioned earlier of nutrition, exercise, sleep, stress reduction, social connection and avoidance of the toxins of modern society, they are only the beginning. Much more needs to happen to the human body to delay and maybe even prevent the diseases of aging, as my brother so dramatically proved.

The science that drives my conviction is based on evolutionary principles, cellular genetics and biochemistry, published animal and human clinical trials, and most importantly, epidemiological studies. The science is clear, and while we continue to debate some of the details, there are isolated populations living healthy, nearly disease-free, and without the burden of the chronic diseases of aging. My belief is that if a few can do it, then many more should be able to do the same. This ray-of-hope is a powerful driver for behavior modification and the attainment of optimum wellness.

I still deeply believe in the power of modern medicines, surgery, and sometimes even chemotherapy or radiation. 21st Century medical technology is a marvelous advance showcasing the brilliance and ingenuity of mankind. However, medical science continues to focus on disease and pathology, government research dollars fund short-term studies that can be monetized by pharmaceutical companies, and people seem to want that quick-fix, magic elixir that Ponce de Leon never found.

However, I also believe there is a better, more effective method on the path to optimal wellness. The current paradigm shift in medical thinking, known as functional medicine, seems to me to be a more logical and holistic way to approach patient health, wellness and longevity. Ascertaining the *“root cause”* of illness and disease should be the starting point for undoing the toxicities of today’s patients. Knowing and implementing lifestyle habits that have proven benefits is a key driver of wellness – therefore, not only is teaching the next generation of physicians critical, but also the general public need the same knowledge.

**My beliefs can be summarized as follows:**

- Each person has a unique chemistry and physiology, but the underlying principles are the same for everyone.
- The chronic diseases of aging take years, often decades and decades, to develop and manifest.
- Prevention is always better (and less expensive) than disease treatment.
- Current anti-aging and rejuvenation therapies are often effective but remain in flux and are an area of active research.
- Extending our disease-free health-span, which subsequently will also extend human life-span, is possible and the future of rejuvenation medicine is bright.
- Having a healthy brain is the fundamental key to having a healthy body.
- Global *centenarians* offer practical insights to human longevity methods.

**My mission** is translating the science of academia into a patient-oriented discussion that everyone can understand by separating fact from fiction, hope from hyperbole, and coaching my patients to lead a healthier, longer and more successful life. My goal is providing you the knowledge you need to make an informed decision, so that you can design the life that is best for you. The journey is the process of health!

[drkapp@kappmd.com](mailto:drkapp@kappmd.com)