



Abdullah Almesbah

Nutrition & Fitness Specialist

Kuwaiti - Kuwait

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Who is Abdullah Almesbah

Abdullah Almesbah is a Kuwaiti Nutrition & Fitness Specialist who has dedicated his online presence to debunking common myths in nutrition and dieting. With an academic background in nutritional sciences, Abdullah delivers accessible, science-based content on best dietary practices for achieving optimal health and fitness. He is widely recognized for his awareness campaign against misinformation, launching the hashtag "Fight the Myth" across his platforms to expose unhealthy diets and advice not grounded in scientific evidence. Through his channels, Abdullah Almesbah offers a comprehensive blend of nutrition tips and tailored workout plans for various goals. He believes that nutrition accounts for 70% of the fitness equation, guiding his audience on how to build balanced meals for both athletes and non-athletes, and sharing easy, nutrient-rich recipes. He also explains the impact of each nutrient on the body and its role in muscle building or fat loss, empowering followers to better understand their own bodies. Abdullah's impact extends beyond the digital space—he actively engages with the community by organizing seminars and workshops in gyms and youth centers on the fundamentals of healthy nutrition. He also provides one-on-one consultations through his private clinic and digital platforms. These efforts have established him as a trusted local authority for anyone seeking reliable nutrition advice. Many have praised Abdullah Almesbah for his positive influence, achieving safe and sustainable health transformations under his guidance—free from harmful side effects or risks.

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