



Asma Elfaouri

Asma Elfaouri - Clinical Dietitian

Jordanian - Jordan

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Who is Asma Elfaouri

Asma Elfaouri is a Jordanian clinical dietitian who has built an influential digital presence under the brand name "Diet Asmaa." She specializes in providing practical, personalized online nutritional consultations and programs to help clients achieve their health goals. Her content focuses on simplifying nutritional concepts, offering realistic healthy recipes, and actionable daily tips, which has earned her a significant following on platforms like Instagram and YouTube. Asma's methodology is based on designing flexible diet plans tailored to each individual's lifestyle and health condition. Her services include various programs for weight management, both for weight gain and loss, as well as specialized programs to support health conditions such as Polycystic Ovary Syndrome (PCOS), insulin resistance, Irritable Bowel Syndrome (IBS), and high cholesterol. She interacts with her clients directly through her digital platforms and website, allowing her to offer personal follow-up and continuous support to ensure the best possible outcomes.

Achievements of Asma Elfaouri

Asma Elfaouri has developed a successful online nutrition brand, "Diet Asmaa," providing dietary solutions to a wide range of clients in Jordan and the region. She has successfully guided numerous clients through significant health transformations, regularly sharing their success stories on her platforms, which enhances her credibility and inspires others. She offers specialized therapeutic nutrition programs that address specific health conditions beyond simple weight loss, including PCOS, insulin resistance, and IBS. This specialized approach positions her as a key resource in the digital therapeutic nutrition space, providing practical solutions for common health issues.

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