



Dr.Ahmed Elkhharashy

Consultant Clinical Pharmacist & Holistic Health Expert

Egyptian - Egypt

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Who is Dr.Ahmed Elkharashy

Dr. Ahmed Elkharashy is an Egyptian consultant clinical pharmacist and entrepreneur known for his integrated approach to health and wellness. Dr. Elkharashy combines his pharmaceutical expertise with a passion for functional medicine, focusing on holistic health, anti-aging, sports medicine, and hormone replacement therapy. He is the founder of the "Dr. Ahmed El-Kharashy Pharmacies" chain in Alexandria, which offers 24-hour services and a wide range of medications, medical supplies, and specialized care products. Dr. Elkharashy has a prominent media presence, regularly appearing as a health expert on the show "Al-Qahera Al-Youm" (Cairo Today) on the Alfa TV network with host Rana Arfa. In his segments, he simplifies complex topics such as insulin resistance, gut health, the effects of gluten, the link between diabetes and Alzheimer's, and the importance of hormonal balance. His methodology is based on identifying the root causes of health issues rather than merely treating symptoms, a philosophy he promotes through his digital content. He also shares his personal health transformation, having lost 40kg in six months, serving as an inspiration to his followers.

Achievements of Dr.Ahmed Elkharashy

Dr. Ahmed Elkharashy is a trusted health expert in Egyptian media, frequently featured on the program "Al-Qahera Al-Youm" to provide insights on holistic health and anti-aging. Through this platform, he has successfully simplified complex medical concepts for a broad audience, contributing significantly to public health awareness in the region. As an entrepreneur, Dr. Elkharashy successfully established the "Dr. Ahmed El-Kharashy Pharmacies" chain in Alexandria, with a key branch located in the Ibrahimia district. The pharmacies are known for their 24/7 operation and rapid delivery service across the city, making them a vital community health resource. Dr. Elkharashy practices what he preaches, having undergone a significant personal health transformation by losing 40 kilograms in six months. This personal achievement serves as a practical testament to the effectiveness of his functional medicine and nutritional approaches, which he uses to motivate and inspire his audience.

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