



## **Dr:Asmaa Mohamed Hesham**

Clinical Nutritionist and Certified Health Coach

Egyptian - Egypt

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## Who is Dr:Asmaa Mohamed Hesham

Dr. Asmaa Mohamed Hesham is an Egyptian Clinical Nutritionist and certified Health Coach who specializes in helping clients achieve their health goals through an approach that integrates medical science with motivational coaching. She graduated from the Faculty of Medicine at Cairo University and furthered her academic expertise by obtaining a Clinical Nutrition diploma from the National Nutrition Institute, providing her with a solid scientific foundation in her field. In addition to her nutrition qualifications, Dr. Hesham is a certified Health Coach from the Health Coach Institute (HCI). This certification enables her to offer comprehensive support that extends beyond diet plans to include habit change and the development of a sustainable health mindset. She runs her online practice through her official website, offering specialized consultations and programs for obesity and thinness management, child nutrition, and nutrition for pregnant and lactating women. She has successfully built an international client base, providing services to individuals in Egypt, Saudi Arabia, the UAE, Qatar, Kuwait, the United States, and Europe.

## Achievements of Dr:Asmaa Mohamed Hesham

Dr. Asmaa developed her signature program, "Fit Body Fit Mind," which is designed to achieve a balance between physical and mental health. The program reflects her treatment philosophy, focusing on holistic and sustainable wellness rather than temporary fixes. She is an active member of the Egyptian Society of Parenteral and Enteral Nutrition (EGYSPEN) and the Arab Society for Clinical Nutrition and Obesity (ASCON). These memberships highlight her commitment to staying current with the latest scientific advancements and professional standards in the field of clinical nutrition.

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