



Dr.AyaSaad

Clinical Nutritionist and Founder of Nutri&Beauty Clinic

Egyptian - Egypt

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Who is Dr.AyaSaad

Dr. Aya Saad is an Egyptian clinical nutritionist and entrepreneur, best known as the founder of the Nutri&Beauty Clinic, which she established in March 2018 in Cairo. She is recognized for her approach that emphasizes building sustainable, healthy eating habits rather than promoting restrictive, short-term diets. Dr. Saad earned her Bachelor's degree in Pharmacy from Misr University for Science and Technology in 2014, followed by a Clinical Nutrition Diploma from the National Nutrition Institute (NNI) in Cairo in 2017. Dr. Saad leverages her extensive digital presence across platforms like Instagram, TikTok, and YouTube to disseminate educational content aimed at debunking common nutrition myths and providing practical advice on healthy eating. Her content focuses on simplifying scientific information for the general public, covering topics such as food product analysis, healthy recipes, and strategies for positive lifestyle changes. Through her clinic and online consultations, she provides personalized nutrition and treatment plans to help her clients and followers achieve their health goals.

Achievements of Dr.AyaSaad

Dr. Aya Saad founded her private practice, Nutri&Beauty Clinic, in the Mohandeseen district of Cairo in March 2018. The clinic has become a well-regarded center for clinical nutrition consultations and individualized weight management plans, cementing her status as an expert in the field. She has successfully built an influential digital presence across multiple social media platforms, delivering educational and interactive content to a large audience. Through short-form videos and direct engagement, she has managed to simplify complex nutritional concepts, correct misinformation, and inspire thousands of followers to adopt a healthier lifestyle.

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