



Dr Emad Slama

Egyptian Clinical Nutrition Specialist

1986 - Egyptian - Egypt

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Who is Dr Emad Slama

Dr. Emad Slama is a prominent Egyptian clinical nutrition specialist based in Alexandria. His professional approach is deeply inspired by his personal health journey; he decided to specialize in nutrition after suffering from weight gain and high cholesterol at the age of 26. He successfully reversed his condition through lifestyle and dietary changes, a story that serves as a core motivation for his practice. Dr. Slama runs his private clinic in the Smouha district of Alexandria, providing specialized consultations for obesity and thinness, sports nutrition, and pediatric nutrition. He also addresses diet-related health conditions such as diabetes, high blood pressure, and liver ailments. His treatment philosophy centers on restoring the balance of key body hormones, specifically insulin and cortisol, which he views as fundamental to managing many chronic diseases. Dr. Slama is also a well-known media personality, frequently appearing on Egyptian television channels like Al-Hayah TV and Sada El-Balad. He actively shares his expertise and advice on social media, emphasizing a return to natural foods and the avoidance of processed products.

Achievements of Dr Emad Slama

Dr. Emad Slama established his specialized clinical nutrition clinic in Smouha, Alexandria, which has become a well-regarded center for patients seeking solutions for obesity, thinness, and specialized nutrition for athletes and children. His clinic offers advanced services, including what some directories refer to as "Pharmaco-therapy" techniques for weight management. Dr. Slama has built an influential media presence through regular appearances as a nutrition expert on popular Egyptian television programs. Through these platforms, he has successfully raised public awareness about the principles of healthy eating, the impact of hormones on health, and how to manage chronic diseases through diet, reaching a wide audience across the Arab world.

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