



Dr. Kareem Gamal

Clinical Nutrition Specialist

Egyptian - Egypt

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Who is Dr. Kareem Gamal

Dr. Kareem Gamal is an Egyptian Clinical Nutrition Specialist based in Cairo, providing expert nutritional consultations to both patients and individuals, while actively engaging in scientific research and education. He combines medical expertise with nutritional science, focusing on obesity prevention and public health promotion through comprehensive, evidence-based dietary programs. Dr. Kareem Gamal also holds an academic role at Ain Shams University, where he bridges theory and practice in nutrition and is dedicated to raising nutritional awareness among students and patients. Throughout his career, Dr. Kareem Gamal has consistently warned against extreme and rapid diets, highlighting their tendency to cause muscle loss and dehydration, which can slow metabolism and lead to weight regain. He advocates for balanced, sustainable nutrition approaches and cautions against restrictive diets that eliminate entire food groups. He also offers guidance on gradually returning to normal eating habits after fasting periods, emphasizing the importance of regular meal times, adequate hydration, and proper sleep to regulate appetite. Dr. Kareem Gamal stresses the need for professional assessment to identify underlying causes of weight issues—such as hormonal imbalances or diabetes—and warns that unsupervised crash diets can disrupt metabolism and cause vitamin deficiencies, posing serious health risks. In addition, Dr. Kareem Gamal has a strong presence across digital platforms and modern media, where he shares accessible educational content on healthy nutrition and balanced living. Through simplified scientific explanations and engaging video content, he reaches both older adults and younger audiences, building a large following interested in healthy lifestyles. He has also developed free nutritional guides for religious fasting periods (Ramadan and Christian fasting), providing the community with reliable, science-based advice. This diverse communication strategy is central to Dr. Kareem Gamal's mission of guiding the public toward healthy, evidence-driven nutritional practices.

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