



Dr. Mahmoud Elgharably

Clinical Nutrition and Physical Therapy Specialist

Egyptian - Egypt

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Who is Dr. Mahmoud Elgharably

Dr. Mahmoud Elgharably is a prominent Egyptian specialist who uniquely combines the disciplines of clinical nutrition and physical therapy. He is the founder and director of Al-Hamd Center for Physical Therapy and Slimming, a comprehensive wellness facility located in Zifta, Gharbia Governorate. Dr. Elgharably is well-known for his practical approach to health education, actively sharing advice and medical information on social media platforms like Facebook, Instagram, and YouTube. He regularly posts video content on healthy diets, weight loss strategies, and treatments for conditions such as underweight and insulin resistance. At his center, Dr. Elgharably offers integrated treatment programs that include post-stroke rehabilitation, physical therapy for both adults and children, and advanced slimming solutions. His practice is distinguished by its blend of personalized nutritional plans with state-of-the-art medical technology. He utilizes modern equipment, including laser, cavitation, and radiofrequency devices, for fat reduction and skin tightening, providing patients with a holistic approach that combines proper nutrition with advanced techniques to achieve optimal results.

Achievements of Dr. Mahmoud Elgharably

Dr. Mahmoud Elgharably founded Al-Hamd Center for Physical Therapy and Slimming, establishing it as a leading, integrated wellness hub in the city of Zifta. The center offers comprehensive services that extend beyond traditional nutrition to include physical therapy for children and adults, as well as post-stroke rehabilitation, making it a multidisciplinary health destination. His center is equipped with the latest technologies and devices for weight management and body contouring, such as laser, radiofrequency, and advanced rehabilitation equipment. Furthermore, the facility includes specialized departments for speech therapy, a nursery for children with special needs, and a women-only gym, providing a complete and supportive therapeutic environment.

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