



Dr. Menna Elsayed

Pharmacist, Clinical Nutritionist, and Health Content Creator

Egyptian - Egypt

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Who is Dr. Menna Elsayed

Dr. Menna Elsayed, whose full name is Menatallah Elsayed, is a distinguished Egyptian pharmacist and expert in clinical nutrition who has built a multifaceted career blending pharmaceutical science with digital health education. With a strong foundation as a pharmacist, she gained practical experience in major pharmacy chains and as a medical representative, which provided her with a deep understanding of pharmaceuticals and cosmetic products. Driven by a passion for holistic health, Dr. Elsayed expanded her expertise by earning a diploma in clinical nutrition and becoming a certified health coach from the SCOPE organization. This dual qualification enables her to offer integrated therapeutic plans and consultations focused on proper nutrition and healthy lifestyles. Dr. Elsayed leverages her extensive knowledge to create impactful educational content on social media platforms like YouTube, Facebook, and Instagram. Through her channels, she provides simplified, science-based advice on skincare, haircare, nutrition, general wellness, and affordable alternatives to expensive products. This has established her as a trusted authority for millions of followers across the Arab world. She has further extended her educational reach by offering specialized online courses, such as her popular "Skincare Mastery at Home" on the Almentor platform.

Achievements of Dr. Menna Elsayed

As a leading health content creator, Dr. Menna Elsayed has successfully reached millions of followers across her digital platforms, where she delivers reliable and simplified medical and nutritional advice. Her YouTube channel has become a major destination for health information in the Arab world, making a significant impact on public health awareness. She developed and launched a specialized online course titled "Skincare Mastery at Home" on the educational platform Almentor. The course empowers individuals to understand their skin type and develop effective care routines using appropriate products and professional techniques at home, reflecting her expertise in cosmetics. Dr. Menna Elsayed has appeared on multiple television programs as a health and nutrition expert. In these appearances, she has shared her knowledge with a broader audience, discussing vital topics such as the importance of vitamins, seasonal skincare, and practical health tips for women and families.

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