



Dr Mohamed Helmy

Clinical Nutritionist and Pharmacist

Egyptian - Egypt

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Who is Dr Mohamed Helmy

Dr. Mohamed Helmy is an Egyptian clinical nutritionist and pharmacist who focuses on spreading health awareness through social media platforms. He provides simplified educational content about proper nutrition, weight loss, and healthy lifestyles to a broad audience of young people and followers in the Arab world. Dr. Helmy employs a modern and engaging style to present complex medical information, making him a reliable and accessible source. Through short-form videos on platforms like Instagram and TikTok, as well as his YouTube channel named "Dreamsfit," he addresses various topics of interest to his followers. These include calculating calories in common foods, offering practical nutrition tips for Ramadan, and debunking misconceptions about dieting. He also regularly shares motivational advice to help his audience achieve their health goals and attain a balanced lifestyle.

Achievements of Dr Mohamed Helmy

Dr. Mohamed Helmy has successfully built a strong and influential presence on social media, becoming a go-to nutrition reference for many followers. He is distinguished by his ability to simplify nutritional science and present it in a practical way that fits daily life, which has encouraged thousands to adopt better health habits. Through his digital content, he launched his brand "Dreamsfit" on YouTube, which aims to provide integrated guidance on fitness and nutrition. He focuses on delivering realistic solutions for common issues such as insulin resistance, weight gain, and choosing dietary supplements, leveraging his background as a pharmacist to offer a comprehensive and credible perspective.

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