



Dr. Nilly Shams

Clinical Nutrition & Public Health Consultant

Egyptian - Egypt

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Who is Dr. Nilly Shams

Dr. Nilly Shams is one of Egypt's leading Clinical Nutrition & Public Health Consultants, renowned for her extensive clinical expertise and international credentials, including her certification as a Certified Health Coach from the Institute for Integrative Nutrition (IIN), USA, as well as her experience in Patient Safety Consulting. Dr. Nilly is a prominent figure in obesity, weight management, and nutritional habit coaching. She is the founder of Dr. Nilly Shams Clinic, a specialized center delivering evidence-based clinical nutrition services. Through her academic and field work, she has become a trusted leader in Egypt's health and lifestyle improvement programs. Dr. Nilly Shams specializes in obesity treatment, underweight management, clinical nutrition for chronic diseases, and behavioral nutrition programs, utilizing a personalized approach based on individual needs, medical history, lifestyle, and activity level. She emphasizes that nutrition is not a "temporary diet," but a long-term healthy lifestyle designed to build a balanced relationship with food. Dr. Nilly operates from Nutri Derm Clinic in Alexandria (Victor Emmanuel Street and Tutankhamun Street), offering advanced, science-based therapeutic nutrition programs for sustainable results. Beyond her clinical practice, Dr. Nilly Shams is a powerful advocate for health education through digital and broadcast media. She produces widely-followed educational content on her YouTube channel and the podcast "Nilly & Diet Stories", where she explains modern nutrition concepts, the impact of diets on the body, and debunks common myths about diet and health. Her media presence has played a key role in raising public awareness about the importance of clinical nutrition in disease management and quality of life improvement. Dr. Nilly continues to develop innovative nutrition programs and solutions, making her one of the most influential figures in advancing public health in Egypt.

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