



Dr.Rehab Amin

Physician & Researcher in Hormonal Health and Preventive Medicine

Egyptian - Egypt

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Who is Dr.Rehab Amin

Dr. Rehab Amin is an Egyptian physician and researcher based in Cairo, specializing in hormonal health, nutrition, and longevity medicine. Her practice is centered on intertwining metabolic wellness, hormone optimization, and lifestyle transformation to support long-term vitality and healthy aging. After earning her medical degree from Cairo University, she was appointed as a lecturer at Cairo University Hospital. Dr. Amin pursued further training at leading U.S. institutions, including George Washington University, Georgetown University, and the National Institutes of Health (NIH). Dr. Amin has become a notable figure in the region for her evidence-based approach to preventive health. She emphasizes the importance of personalized nutrition strategies, balanced hormone profiles, and sustainable lifestyle interventions to empower individuals to move beyond disease management toward thriving health. Through her digital platforms, where she famously addresses her followers as "Beasts" (الوحوش), she is active in public education, demystifying complex health topics and offering specialized programs like "Wahsh Diet" to help her clients live not just longer, but stronger lives.

Achievements of Dr.Rehab Amin

Dr. Rehab Amin is an influential medical figure in preventive health in Egypt and the Arab world. She has made several appearances on prominent television programs to discuss advanced topics like hormone replacement therapy, including being featured on the high-profile show "El Hekaya" with Amr Adib on MBC Masr and "Ana w Howa w Heya" on Sada Elbalad TV, bringing modern medical insights to a wide audience. She founded the "Doc Rehab Amin" platform, through which she provides specialized consultations and programs in nutrition, sports performance, and longevity medicine. Dr. Amin has successfully built a strong personal brand, notably using the motivational term "My Dear Beast" to engage her followers, creating a dedicated community around her health-focused message.

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