



Dr. Sohuib Ahmed

Functional Medicine Physician and Researcher

Jordanian - Jordan

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Who is Dr.Sohuib Ahmed

Dr. Sohuib Ahmed Adwan is a Jordanian physician and researcher, recognized as a prominent voice in the field of Functional Medicine in the Arab world. His medical practice focuses on identifying and addressing the root causes of chronic diseases rather than merely managing symptoms. Through his social media platforms, Dr. Adwan provides educational content aimed at empowering individuals to understand their bodies and make informed health decisions. His philosophy centers on the concept of the body as an integrated system, positing that most chronic illnesses arise from imbalances in core bodily functions, such as digestive health, hormonal balance, detoxification processes, and psycho-physical well-being. Dr. Adwan adopts a comprehensive therapeutic approach that combines nutritional therapy, lifestyle modifications, stress management, and targeted supplementation, alongside advanced laboratory diagnostics to uncover functional imbalances that may not appear in conventional tests. Through his work, he strives to offer sustainable health solutions that help his patients restore their vitality and wellness.

Achievements of Dr.Sohuib Ahmed

Dr. Sohuib Adwan has built an influential presence on social media, becoming a key resource for thousands seeking a deeper understanding of health from a Functional Medicine perspective. Through his YouTube channel, TikTok, and Instagram, he offers simplified explanations of complex topics related to hormonal health, gut health, autoimmune diseases, and mental wellness, significantly contributing to awareness of this advanced medical field. A key achievement is his development of personalized treatment programs based on Functional Medicine, which have successfully helped many patients who found no resolution in conventional medicine. He regularly shares success stories and real-life testimonials from his patients, documenting improvements in conditions such as Irritable Bowel Syndrome (IBS), Polycystic Ovary Syndrome (PCOS), thyroid disorders, and chronic anxiety. This practice enhances the credibility of his therapeutic approach and offers hope to many.

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