



Eman Gamal

Egyptian Nutrition Specialist

Egyptian - Saudi Arabia

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Who is Eman Gamal

Dr. Eman Gamal is an Egyptian Nutrition Specialist currently based in Saudi Arabia. She holds advanced academic credentials, having completed her undergraduate studies in nutrition and earned a master's degree in organic chemistry from a prestigious university. She has also obtained several specialized diplomas and certifications in clinical and sports nutrition, as well as pharmaceutical and cosmetic sciences. Her core expertise lies in weight management and holistic health, providing tailored nutritional programs for both obesity and underweight cases, in addition to balanced meal plans for athletes. Beyond her academic achievements, Eman Gamal has made a significant impact in media and publishing. She has hosted health programs on major radio stations, delivering practical advice and insights on healthy nutrition and simple health solutions. She is the author of a book on the principles of women's nutrition throughout different life stages. Eman also launched her own hair care brand, developing natural products to reduce hair loss—demonstrating her commitment to applying scientific knowledge in projects that promote integrated health and beauty. Eman Gamal enjoys a wide following on social media, attracting a large audience interested in health and beauty, especially women and youth. Known as "The Media Doctor" for her innovative approach to simplifying health information and connecting it to everyday life, her mission focuses on promoting a balanced, healthy lifestyle. She emphasizes that achieving healthy eating habits and wellness requires time and strong willpower. Eman Gamal has become a trusted source for health information and is dedicated to spreading the culture of balanced nutrition as the foundation for holistic well-being.

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