



## Ghaida Ashkanani

Kuwaiti Nutrition Specialist

Kuwaiti - Kuwait

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## Who is Ghaida Ashkanani

Ghaida Ashkanani is a Kuwaiti Nutrition Specialist with expertise in low-carbohydrate diets, including keto and carnivore regimens. She focuses on nutritional balance and optimizing essential vitamins and minerals for overall health. An avid taekwondo enthusiast, she leverages her passion for fitness to maintain a healthy lifestyle. Ghaida believes that a balanced diet is the foundation of sustainable well-being. Ghaida Ashkanani is active on social media, where she raises awareness about nutrition and health education. Her Instagram account, followed by tens of thousands of health enthusiasts, features informative posts on healthy eating principles and the ketogenic diet. She also runs a YouTube channel, "KetoGirlQ8," sharing educational videos on keto fundamentals and low-carb recipes, empowering her audience to adopt balanced nutrition in their daily lives. Through her digital platforms, Ghaida Ashkanani is dedicated to promoting the importance of proper nutrition and a healthy lifestyle. Recognized as an influential voice in Kuwait's diet and wellness community, she emphasizes the need for nutrient-rich foods such as proteins, vitamins, and minerals. Her content is distinguished by a scientific, evidence-based approach, earning her the trust of both professionals and health enthusiasts alike.

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