



Ghenâ Sandid

Lebanese Clinical Nutrition Specialist

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Who is Ghena Sandid

Ghena Sandid is a Lebanese clinical nutrition specialist with over fifteen years of experience in therapeutic nutrition. She founded her own clinics under the name "Lighterstyle" and is recognized for her evidence-based approach, tailoring nutrition plans to each individual's needs and lifestyle. Renowned among Lebanon's nutrition experts, Ghena is known for her balanced methodology and her commitment to avoiding extreme diets. Ghena Sandid focuses on promoting sustainable nutrition, steering clear of temporary trends. She believes that a healthy diet is a lifelong commitment, not a short-term phase. Her consultations are grounded in a thorough assessment of each client's habits and health conditions, designing balanced meal plans that combine enjoyment with long-term results. Beyond her direct consulting work, Ghena Sandid is active in health awareness through media and digital platforms. She has been featured in numerous interviews and articles, sharing her expertise and recommendations on nutrition and healthy living. Leveraging her influence in Lebanese society, she encourages the public to adopt healthy eating habits, believing that building balanced routines is key to maintaining overall health and preventing chronic diseases.

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