



Lama Alnaeli

Nutrition Specialist & Health Expert

Syrian - United Arab Emirates

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Who is Lama Alnaeli

Dr. Lama Alnaeli is recognized as one of the leading health and clinical nutrition experts in the Arab world, renowned for her distinguished career that bridges preventive medicine and healthy living. Lama holds a Master's degree in Nutrition and Health Sciences from California, USA, and is board-certified in Regenerative Medicine, enabling her to deliver advanced scientific solutions for obesity and chronic disease management. She gained widespread acclaim as the founder and director of "Wellness By Design" in Dubai Healthcare City, where she introduced an innovative nutrition model based on DNA analysis to create personalized health programs tailored to each individual's genetic profile. Dr. Lama Alnaeli champions a holistic health approach as an alternative to temporary diet trends, earning a reputation for connecting medical science with everyday life—raising awareness on topics such as Maturity Onset Diabetes of the Young (MODY) and the importance of hormonal balance. Her methodology is rooted in a deep understanding of the body's mechanisms and the use of precision medicine to prevent disease before it occurs. With extensive experience and a strong media presence on channels like MBC and Al Arabiya, Lama delivers her consultations in a clear, scientific manner, emphasizing that "health is by design, not by chance." This has made her one of the most influential figures in clinical nutrition and preventive medicine across the Gulf and Middle East. Through her active social media presence and ongoing TV programs, Lama Alnaeli has become a trusted reference for those seeking sustainable health solutions beyond "diet fads." Her content attracts a wide audience eager to better understand their bodies, as she clearly explains the link between genetics and nutrition, and how lifestyle impacts aging and immunity. Lama combines American academic expertise, hands-on practice in Dubai, and the ability to inspire individuals to make transformative life changes, solidifying her role as a pioneering consultant advancing the concept of preventive healthcare in the Arab community.

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