



Lubna obeidat

Clinical Dietitian and Functional Medicine Expert

Jordanian - Jordan

[Read More](#)

Who is Lubna obeidat

Lubna Obeidat is a Jordanian clinical dietitian and functional medicine expert, and the founder of the Nutripedia nutrition center. Her approach focuses on identifying and treating the root causes of chronic diseases rather than merely addressing the symptoms. She specializes in conditions such as insulin resistance, type 2 diabetes, obesity, Polycystic Ovary Syndrome (PCOS), thyroid disorders, and digestive issues like Irritable Bowel Syndrome (IBS). Obeidat utilizes integrated therapeutic protocols that begin with precise and comprehensive testing to identify imbalances within the body. Through her digital content on platforms like YouTube and Instagram, she educates the public on the importance of nutrition and a healthy lifestyle in restoring the body's balance and preventing illness. She offers personalized online and in-clinic consultations and nutritional programs, reaching a broad audience in Jordan and around the world. Her work emphasizes empowering individuals to understand their bodies and make informed health decisions to achieve healing.

Achievements of Lubna obeidat

Lubna Obeidat founded the Nutripedia nutrition center, establishing it as an integrated platform that provides consultations and therapeutic programs based on the principles of functional medicine. The center aims to offer customized solutions for patients suffering from chronic and complex conditions. She has built an influential digital presence across social media platforms, where she delivers simplified educational content on functional medicine and clinical nutrition concepts. Her videos and posts contribute to raising health awareness among thousands of followers in the Arab world, focusing on specialized topics like insulin resistance and digestive health.

[Read More](#)