



Maha Hommos

Licensed Clinical & Sports Nutritionist

Syrian - United Arab Emirates

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Who is Maha Hommos

Maha Hommos is a Syrian licensed clinical and sports nutritionist and the founder of PregnaWell Clinic, an online platform dedicated to nutritional consultations. Her professional practice is primarily focused on women's health, with a special emphasis on prenatal, postpartum, and breastfeeding nutrition. She holds dual licenses to practice in both Syria and the United Arab Emirates, where her company, PREGNAWELL NUTRITION CONSULTATIONS CO. L.L.C-FZ, is based. Through her clinic, Hommos offers specialized programs, most notably the "Your Health in Your Pregnancy" program ("برنامج صحتك في حملك"), designed to support women throughout their pregnancy journey with evidence-based nutritional guidance. Her approach focuses on simplifying complex nutritional information and presenting it in a practical, easy-to-follow manner. She actively uses her social media platforms, including Instagram and YouTube, to share educational content on proper nutrition, debunk common myths, and provide actionable tips, helping thousands of women achieve their health goals.

Achievements of Maha Hommos

Maha Hommos founded PregnaWell Clinic, a comprehensive online platform for nutritional consultations. The clinic has successfully reached a wide audience of women across the Arab world, providing specialized nutritional support and guidance. She developed and launched her signature program, "Your Health in Your Pregnancy," a comprehensive nutritional plan specifically designed to meet the dietary needs of women during the different stages of pregnancy. The program has helped a significant number of women experience a healthier pregnancy journey. Hommos obtained dual licensure as a nutritionist in both Syria and the United Arab Emirates. This achievement reflects her commitment to professional standards in two different countries and broadens the legal scope of her practice.

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