



Mazen Awni Al-Saqqa

Clinical Nutrition Expert

Saudi Arabia

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Who is Mazen Awni Al-Saqqa

Dr. Mazen Awni Al-Saqqa is recognized as one of the leading Arab experts in clinical nutrition and functional medicine in Saudi Arabia, seamlessly blending academic depth with extensive pharmaceutical experience to become a trusted authority across the region. He holds a PhD in Pharmaceutical Sciences, specializing in Pharmacognosy, from 'Iași' University in Romania—a scientific background that empowers him to understand the chemical and biological properties of natural substances and their impact on human health. Beginning his career as a teaching assistant at the Faculty of Pharmacy in Romania and later as a university professor at Al-Azhar University, Dr. Mazen established an integrated scientific approach that bridges nutrition and medicine. Dr. Mazen Al-Saqqa's vision centers on functional medicine, a discipline focused on identifying the root causes of diseases rather than merely treating symptoms, with clinical nutrition as a cornerstone of healing. He provides consultations and nutritional programs designed to restore body balance, boost immunity, and manage chronic diseases through carefully studied natural alternatives. His valuable research contributions include a specialized book on 'Methods of Extracting Active Compounds from Medicinal Plants,' reflecting his commitment to advancing scientific knowledge and applying it to improve quality of life. With a commanding presence on social media—especially his YouTube channel, which attracts millions of followers—Dr. Mazen Al-Saqqa has become a leading voice in public health awareness. His approach is distinguished by an exceptional ability to simplify complex medical concepts and deliver practical advice on vitamins, minerals, and medicinal herbs in a calm and persuasive manner. Dr. Mazen's work combines rigorous academic expertise with a passion for promoting the philosophy of 'food as medicine,' solidifying his status as one of the most influential contemporary Arab references in clinical nutrition and natural medicine.

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