



Mohamed El Hussein

Licensed Nutrition Specialist

Lebanese - Lebanon

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Who is Mohamed El Hussein

Mohamed El Hussein is a licensed Lebanese Nutrition Specialist, certified by the Lebanese Ministry of Public Health in clinical nutrition. He provides both individual and group nutrition consultations, designing comprehensive dietary programs tailored to diverse health needs such as weight management and healthy lifestyle optimization. His approach is grounded in evidence-based science, integrating appropriate exercise and healthy lifestyle habits to ensure optimal results in improving overall health and maintaining physical fitness. He is recognized for his commitment to raising awareness about balanced nutrition and promoting a culture of healthy eating within the community. El Hussein also stands out as a health and nutrition content creator, delivering clear, accessible, and scientifically-backed information. He is dedicated to correcting common misconceptions about diets and nutrition trends, and has appeared on various Arabic TV shows and podcasts discussing body image, nutrition, and healthy living. His mission is to distinguish fact from myth, focusing on scientifically proven nutritional knowledge, and encouraging his audience to make informed dietary choices rather than following random practices—supporting both physical and mental well-being. El Hussein is highly respected within the health community for his professionalism and specialized expertise in nutrition. He actively participates in local nutrition awareness initiatives, collaborating with leading experts and relevant organizations to disseminate reliable health information. Through his efforts, he aims to empower individuals to achieve a healthy, sustainable lifestyle by spreading science-based nutritional awareness, reinforcing the role of clinical nutrition in supporting public health and disease prevention in his community.

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