



Mohammad Alali

Nutrition & Public Health Specialist

Kuwaiti - Kuwait

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Who is Mohammad Alali

Dr. Mohammad Alali is one of Kuwait's leading experts in nutrition and public health, combining extensive professional experience with advanced academic training from one of the world's top universities. He is a doctoral researcher at Loughborough University in the UK, recognized globally for its excellence in Sport Medicine & Health Science according to the QS World Rankings. This reflects his high level of qualification and commitment to evidence-based practice in nutrition and health. Dr. Mohammad Alali offers expertise in clinical nutrition, public health, and sports performance, with a focus on integrating nutrition with fitness and holistic well-being. He shares advanced scientific content across social media platforms, including nutrition facts, weight loss strategies, evidence-based food insights, diet plans, supplement awareness, and complementary exercise routines. His approach is grounded in the latest scientific research, aiming to correct misconceptions and provide healthy alternatives based on international best practices. With a strong presence on social media, Dr. Mohammad Alali is recognized as a trusted voice in Kuwait and the Arab world for nutrition and sports education. He is dedicated to delivering practical, accessible content that empowers audiences to lose weight, improve eating habits, make informed food choices, and build a healthy lifestyle rooted in balanced nutrition and physical activity. Through his influential media role, he raises public health awareness by simplifying scientific information and encouraging sustainable healthy choices. Dr. Mohammad Alali is regarded as a reliable authority in nutrition, public health, and sports science.

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