



Mohammed Kermani

Physician, Therapeutic Nutrition Expert, and Founder of Dr. Kermani Diet

1947 - Iraqi - Iran

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Who is Mohammed Kermani

Dr. Mohammad Sadegh Kermani is a prominent Iraqi physician and expert in therapeutic nutrition, born in Najaf, Iraq, in 1947 to Iranian parents. His family moved to Baghdad in 1951, where he completed his schooling. He enrolled in the College of Medicine at Baghdad University in 1966 and graduated in 1973. Following his graduation, Dr. Kermani personally struggled with weight gain, reaching 108 kg and experiencing related health issues such as hypertension and shortness of breath. This personal challenge motivated him to delve deeply into the science of nutrition, studying and analyzing over 20 specialized books. Based on his research and personal experience, he developed a healthy diet plan that enabled him to lose 20 kg. In 1995, he began using this system to help others, initially providing handwritten diet plans. The early success led to a significant evolution in his career. In 1997, after two years of research, he launched the first nutrition software program in Iran, revolutionizing access to dietary consultation. His operations expanded to include opening offices in various cities and developing the "Dr. Kermani Diet" application, which offers personalized diet and exercise plans, establishing him as one of the leading figures in weight loss and health in the Middle East.

Achievements of Mohammed Kermani

Dr. Kermani's personal struggle with obesity was the catalyst for his achievements. After his weight reached 108 kg, he first designed a diet system for himself before officially launching it in 1995 to help others. His program has since successfully assisted over 1.5 million people in reaching their weight and health goals. In 1997, Dr. Kermani pioneered a digital transformation in the nutrition field by developing and launching Iran's first nutrition software. This innovation made personalized diet plans accessible to thousands and laid the groundwork for his modern applications, which now serve a wide audience across the region. He authored the immensely popular book "A Miracle for Obese People," which has been reprinted over 100 times, becoming a key resource for many on their journey to a healthier weight. He also wrote other books, including "A Miracle for Slim People," bringing his total number of publications on nutrition to over 12.

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