



Nada Elnkity

Founder of The Wave Wellness & Behavioral Nutrition Coach

Egyptian - Egypt

[Read More](#)

Who is Nada Elnkity

Nada Elnkity is a nutrition coach specializing in the psychological and behavioral aspects of eating, and the founder of The Wave Wellness. Her methodology focuses on helping individuals heal their relationship with food and their bodies, moving away from restrictive diets. She utilizes the principles of intuitive eating to guide her clients in understanding their body's natural hunger and fullness cues. Nada is a Certified Nutrition Coach from the International Sports Sciences Association (ISSA) and holds a diploma in Clinical Nutrition, complementing her Bachelor's degree in Business Administration from Ain Shams University. Since founding The Wave Wellness in March 2021, she has dedicated her expertise to providing consultations and programs that build healthy, sustainable eating habits. Nada is active on social media, where she shares educational content on behavioral nutrition and food-related mental wellness, and has appeared on television programs to discuss her expertise.

Achievements of Nada Elnkity

Nada Elnkity founded The Wave Wellness in March 2021, a platform dedicated to providing nutrition coaching with a focus on behavioral and psychological health. Through her practice, she has successfully guided numerous clients away from restrictive dieting and towards an intuitive eating approach to build a positive relationship with food. On November 27, 2023, she was featured as a therapeutic nutrition expert on the prominent Egyptian TV show "Set El Setat" on Sada Elbalad TV. During her appearance, she discussed solutions for stubborn fat and weight plateaus from a healthy and psychological perspective, marking a significant media recognition of her expertise.

[Read More](#)