



Nada Harfoush

Public Health Coach & Therapeutic Nutrition Expert

Egyptian - United Arab Emirates

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Who is Nada Harfoush

Nada Harfoush is an Egyptian public health coach and content creator specializing in therapeutic nutrition and alternative medicine, based in the United Arab Emirates. Her career was born from her personal journey of recovering from serious chronic illnesses, including rheumatoid arthritis, the effects of a stroke, and Hepatitis C, by adopting a therapeutic diet and lifestyle changes. Following her recovery, Nada dedicated herself to self-study in therapeutic nutrition and founded her platform, "Nada Wellbeing," to spread health awareness and share her experiences. From Dubai, Harfoush runs her company, "Nada Harfoush For Health Awareness Services," through which she offers consultations and comprehensive therapeutic programs to help others recover from autoimmune and chronic diseases using natural methods. Her digital content, spread across platforms like YouTube and Instagram, includes advice on diets such as keto and intermittent fasting, the use of medicinal plants and supplements, and a strong focus on mental health and self-awareness. She has also launched a dedicated channel, "Nada's Reviews," for evaluating health products, and a podcast, "Majlis Nada," to discuss topics aimed at fostering deeper consciousness among her followers.

Achievements of Nada Harfoush

Nada Harfoush established the "Nada Wellbeing" platform, which has become a leading Arabic resource in therapeutic nutrition, delivering specialized content to millions of followers across social media. Through her platform, she manages programs and consultations that have helped hundreds of individuals recover from autoimmune and chronic diseases using natural protocols. In late 2021, she launched the "Nada Harfoush Oasis" project in Egypt's Sinai Desert. This initiative aims to create an integrated system for sustainable living and organic farming, promoting awareness about the importance of medicinal plants and natural, non-GMO food, reflecting her commitment to applying natural health principles on a broader scale. She officially registered and established her own company, "Nada Harfoush For Health Awareness Services," in the United Arab Emirates, formalizing her work in health awareness. Through this company, she organizes regular seminars and meetings in Dubai and across the Gulf region to promote health education.

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