



Nathalie Basma

Clinical Nutrition Specialist

Lebanese - Saudi Arabia

[Read More](#)

Who is Nathalie Basma

Nathalie Basma is a Lebanese Clinical Nutrition Specialist based in Saudi Arabia. She is dedicated to raising awareness about healthy nutrition and active lifestyles through her ongoing presence in media and on social platforms. Her professional vision centers on promoting balanced diets that support wellness and disease prevention—without resorting to extreme dieting. Nathalie frequently participates in panel discussions and media interviews focused on nutrition and public health. She holds a Bachelor's degree in Biological Sciences from Florida International University (USA), followed by dual Master's degrees in Clinical Nutrition and Public Health (Health Policy & Hospital Management) from the same institution. Nathalie completed professional training on obesity and diabetes, with her master's thesis focusing on metabolic syndrome in patients with severe obesity. Having personally overcome morbid obesity and lost nearly 100 kilograms through a balanced, healthy lifestyle, she brings unique practical expertise to weight management. Nathalie is an active member of professional nutrition and health associations and holds multiple industry certifications. She is the founder of Natbasma, a company offering specialized nutrition programs and consulting services for individuals. Nathalie also organizes workshops and awareness seminars to promote healthy eating and inspire positive lifestyle change. As a certified life coach, she integrates psychological guidance and positive coaching into her programs. Through these initiatives, Nathalie Basma is committed to sharing scientific knowledge and personal experience to help others achieve healthier, more balanced lives.

[Read More](#)