



Nur Al Abrach

Clinical Nutrition Specialist & Women's Health Expert in Dubai

Emirati - United Arab Emirates

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Who is Nur Al Abrach

Nur Al Abrach is recognized as one of Dubai's leading clinical nutrition specialists, renowned for her expertise in women's health and non-surgical body sculpting. She holds a Master's degree in Women's Health from the prestigious Universidad Complutense de Madrid, equipping her with advanced scientific knowledge to address complex nutritional needs. As a Dubai Health Authority (DHA) licensed specialist, Nur currently works with Nabta Health, delivering evidence-based nutritional solutions that enhance women's quality of life and holistic well-being. With over eight years of experience in clinical therapeutic nutrition, Nur's approach goes far beyond conventional weight loss. She specializes in designing nutrition programs that support hormonal balance, fertility health, and chronic disease management through food. She is also known for her expertise in non-invasive body contouring techniques, seamlessly integrating balanced nutrition with the latest technological solutions for sustainable health and aesthetic results. Nur provides consultations in Arabic, English, and Spanish, enabling her to connect effectively with Dubai's diverse, international community. With a strong presence on social media, especially Instagram, Nur Al Abrach has become a trusted reference for those seeking a healthy lifestyle under the motto "Lose Weight Without Dieting." Her educational content simplifies nutrition concepts, offers innovative healthy recipes, and corrects common daily habits. Combining international academic expertise, certified clinical practice, and the ability to inspire women to achieve balance between health and beauty, Nur stands out as a highly qualified and trusted nutrition specialist in the region.

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