



Ph. Mai Alhussain

Pharmacist and Clinical Nutritionist

1996 - Syrian - United Kingdom

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Who is Ph. Mai Alhussain

Ph. Mai Alhussain is a Syrian pharmacist and clinical nutritionist dedicated to helping people lose weight and build sustainable healthy habits. Her digital content and consulting programs focus on simplifying complex scientific concepts related to nutrition. She provides practical advice on topics such as insulin resistance, childhood obesity, and the impact of food on mental health and energy levels. Alhussain graduated from the Faculty of Pharmacy at Damascus University in 2019 and subsequently taught in the practical department at both Damascus University and Al-Rasheed Private University. Driven by her passion for nutritional science, she was awarded the prestigious Chevening Scholarship from the UK government, enabling her to earn a Master's degree in Human Nutrition from the University of Aberdeen. Her career includes coordinating health and nutrition programs in collaboration with the British National Health Service (NHS) and serving as a guest lecturer at several international universities. She is the founder of "Aadat," her signature comprehensive online program designed to help participants achieve their health goals by modifying their eating behaviors and building a balanced lifestyle.

Achievements of Ph. Mai Alhussain

Mai Alhussain was awarded the prestigious Chevening Scholarship for the 2022-2023 academic year. This fully-funded scholarship by the UK government is one of the world's most competitive, with an acceptance rate of around 2%, targeting future leaders who aim to make a positive impact in their communities. She received the Drummond Prize from the University of Aberdeen, recognizing her as the best student in the Master's program in Human Nutrition. This award highlights her outstanding academic achievement and deep commitment to the field of nutrition during her studies in the United Kingdom. Alhussain founded the "Aadat" weight loss program, a comprehensive online initiative offering training videos, group follow-up sessions, healthy recipes, and practical tools for building sustainable habits. The program is designed to help hundreds of participants improve their relationship with food and achieve their health goals scientifically.

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