



Rami molla

Clinical Dietitian and Founder of Molla Life

1994 - Jordanian

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Who is Rami molla

Rami Molla is a licensed clinical dietitian and the founder of "Molla Life," a nutritional consulting platform. He is known for his practical approach that avoids restrictive, deprivation-based diets, focusing instead on empowering individuals to achieve their health and weight loss goals by understanding calories and fostering a positive relationship with food. His career was inspired by a personal journey; after struggling with obesity and weighing 137 kg at age 15, he successfully lost 40 kg in one year through proper nutrition and exercise, a transformation that motivated him to help others by specializing in the field. Through social media platforms like Instagram and TikTok, Rami Molla provides educational content, sharing practical nutrition tips, debunking common myths, and offering balanced recipes. As a clinical dietitian, his expertise extends to managing medical conditions related to nutrition, including kidney, liver, diabetic, and heart diseases. He has appeared in various media interviews, including on Hala TV, to discuss topics such as intermittent fasting and the importance of a healthy lifestyle.

Achievements of Rami molla

Rami Molla's career is inspired by his profound personal transformation, where he overcame obesity by losing 40 kg in a single year at the age of 15, down from a weight of 137 kg. This life-changing experience became the cornerstone of his methodology for helping clients achieve their own health goals. He founded his personal brand and online platform, "Molla Life," through which he delivers nutritional programs and consultations. He has cultivated a significant community on social media, promoting a message of balanced health and nutrition that eschews harsh, restrictive dieting. As a nutrition expert, Molla regularly contributes to media discussions. He has been featured on outlets like Hala TV, where he provides professional insights into clinical nutrition and healthy lifestyles, helping to disseminate credible health information to a broader audience.

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