



## Rand Aldisi

Clinical Nutrition Specialist & Expert

Jordanian - Jordan

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## Who is Rand Aldisi

Rand Aldisi is one of the most prominent clinical nutrition specialists in Jordan and the Arab world, recognized for her distinguished academic background and extensive practical experience in medical nutrition. Rand holds a Master's degree in Clinical Therapeutic Nutrition from the University of Aberdeen in the UK with distinction—one of the most advanced qualifications in this field. She is the founder of her own center, Rand Aldisi Nutrition Consultancy Center - NutriCenter, in Amman, providing evidence-based services designed to improve individual health through tailored, effective nutrition programs. Rand Aldisi specializes in clinical therapeutic nutrition, focusing on the role of nutrition in managing chronic diseases, enhancing overall health, and supporting medical treatment outcomes. She delivers nutrition consultations grounded in the latest scientific research and develops personalized nutrition plans for obesity, digestive disorders, immune issues, vitamin deficiencies, and other health conditions requiring specialized dietary intervention. Rand also creates diverse scientific content across social media, covering nutrition tips, vitamins and minerals, healthy recipes, dietary alternatives, and recommendations for balanced living. She is a regular guest on media platforms, most notably the Clinical Nutrition segment on the "Donya Ya Donya" TV program, where she simplifies medical concepts for the public. With a strong social media presence and impactful media contributions, Rand Aldisi has become a leading Arabic reference in clinical nutrition. Her educational content attracts a wide audience seeking reliable health information, as she clearly explains the impact of diets, food benefits, obesity risks, intermittent fasting, and other key health topics. Rand's work combines advanced scientific expertise, hands-on service through her center, and the ability to communicate health information simply and effectively, reinforcing her reputation as a qualified and trusted nutrition specialist. She consistently emphasizes that personalized nutrition consultations are essential for precise results, while her public content serves as a valuable resource for health awareness in the community.

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