



## Rand Badawi

Clinical Nutrition Specialist

Syrian - Saudi Arabia

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## Who is Rand Badawi

Rand Badawi is a Syrian Clinical Nutrition Specialist with a bachelor's degree in Nutrition from Al-Qalamoun University in Syria. With over ten years of professional experience in therapeutic nutrition, she specializes in managing obesity, post-bariatric surgery care, and supporting patients with diabetes, hypertension, and polycystic ovary syndrome. She also designs tailored nutrition programs for children to help them achieve healthy weight goals. Rand Badawi currently works at Swan Specialized Medical Complex in Riyadh, Saudi Arabia, where she provides nutritional consultations that help patients improve their diets and overall health. Rand Badawi is also recognized for her health awareness initiatives across digital platforms, where she shares her scientific expertise in a clear and engaging manner. Her content emphasizes the importance of quality ingredients and food safety as the foundation of overall wellness, advocating that good nutrition is a holistic lifestyle rather than just a diet. She actively interacts with her audience, responding to their questions and discussing topics related to food and health, making scientific concepts more accessible and raising health awareness. Rand Badawi's impact extends beyond digital outreach to professional and community initiatives. She is working to establish a network that brings together nutrition professionals and health enthusiasts to exchange knowledge and promote food safety standards. Committed to ongoing public engagement, she dedicates significant time to answering questions and exploring new ideas in nutrition, viewing every challenge as an opportunity for growth. Through this approach, Rand Badawi has become a leading voice in nutrition awareness, inspiring her followers to embrace a healthy, positive lifestyle grounded in science and practical application.

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