



## Shahd Yassein

Clinical Nutrition Specialist

Jordanian - Jordan

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## Who is Shahd Yassein

Shahd Yassein is one of Jordan's leading clinical nutrition specialists, renowned for her expertise in therapeutic nutrition and healthy lifestyle transformation. Over the years, she has delivered advanced educational content across social media platforms, establishing herself as a prominent voice in health awareness. Shahd is highly active on Instagram, TikTok, YouTube, and other platforms, sharing specialized content on weight loss systems, fat burning, nutrition tips, vitamins and minerals, and nutritional facts. She is best known as the creator of the 21-Day Challenge, which empowers followers to shed stubborn fat and embrace a sustainable, healthy lifestyle. Shahd founded her own platform, NutriShahd, offering specialized therapeutic nutrition consulting through meticulously designed programs tailored to individual health needs—whether for weight loss, general health improvement, or managing chronic conditions such as diabetes, immune deficiencies, and digestive disorders. Her approach is rooted in the philosophy that nutrition is not a temporary diet, but a balanced lifestyle built around each person's unique needs and health history. Through her center, Shahd delivers fully personalized plans, moving away from one-size-fits-all solutions and providing continuous support and follow-up to ensure real, lasting health transformation. With her qualifications and hands-on experience, Shahd Yassein stands out as a nutrition specialist who combines professional health education with impactful public engagement. She produces science-based media content to raise community awareness about healthy eating habits, nutritious alternatives, the impact of excess weight, and modern nutrition trends such as intermittent fasting. NutriShahd's services are available both in-person and online, expanding her reach to clients wherever they are. Thanks to her commitment to continuous learning, scientific advancement, and delivering nutrition programs that make a real difference, Shahd has become a trusted resource for those seeking to improve their health.

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