



## Tina Chagoury

Clinical Dietitian & Functional Medicine Hormone Specialist

Lebanese - United Arab Emirates

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## Who is Tina Chagoury

Tina Chagoury is a Lebanese clinical dietitian and functional medicine practitioner based in Dubai, where she founded her private practice. She specializes in women's health, applying a functional medicine approach to address hormonal imbalances such as Polycystic Ovary Syndrome (PCOS), Endometriosis, fertility issues, and gut health. Her professional journey began after graduating from the American University of Beirut, and she holds licenses to practice in both Lebanon and from the Dubai Health Authority (DHA). Chagoury's practice is deeply influenced by her personal struggles with hormonal issues, which inspired her to delve into functional medicine to uncover the root causes of health conditions rather than merely treating symptoms. Through her digital platforms and clinic, she offers one-on-one coaching, group programs, and online courses, including her signature program, "The Hormone Harmony Method." Her work is dedicated to empowering women in the Arab world to understand their bodies and achieve hormonal balance naturally through lifestyle modifications and therapeutic nutrition.

## Achievements of Tina Chagoury

In 2019, Tina Chagoury founded her private practice in Dubai, establishing a specialized clinic focused on functional nutrition and women's health, positioning herself as a key expert in the field within the region. She developed a comprehensive online program called "The Hormone Harmony Method," designed to guide women in naturally addressing hormonal imbalances. The program integrates nutrition, lifestyle changes, and targeted supplementation for sustainable health outcomes. Chagoury holds dual licensure as a clinical dietitian, being certified by both the Ministry of Public Health in Lebanon and the Dubai Health Authority (DHA). This reflects her commitment to high professional standards across different regulatory environments.

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