

FOUNDING EXPERT PARTNER

Menna Zakaria

Genetic Health & Nutrition Science Specialist



DUBAI, UAE

EXPERTISE

Genetic Health & Nutrition Science

MEET MENNA

Menna brings a biotechnology foundation to women's health education. Her focus spans genetic health, nutrition science, hormonal and metabolic wellbeing, PCOS and movement.

At Nuria, she helps women ask better questions and understand how nutrition, energy, hormonal wellbeing and everyday health behaviours connect.

EDUCATION

Bachelor's degree in Biotechnology
Misr University for Science and Technology

Better questions. A deeper understanding of your health.

GENETIC HEALTH

Explore genetic health through accessible, practical education.

NUTRITION & HORMONES

Understand the connections between nutrition, hormonal and metabolic wellbeing.

MOVEMENT & DAILY LIFE

Connect movement and everyday health behaviours with informed choices.

NURIA JOURNEYS

Hormones & PCOS · Hormonal & Metabolic Wellbeing

Across relevant journeys