

FOUNDING EXPERT PARTNER

Rabwa Sabeeh

Nutrition & Women's Wellbeing



PAKISTAN · LAHORE

EXPERTISE

Nutrition & Women's Wellbeing

MEET RABWA

Rabwa is a Lahore-based nutritionist whose work centres on personalized nutrition, sustainable habits and nutrition education. She helps make healthier food choices practical for everyday life.

At Nuria, she brings this perspective to women's wellbeing, connecting food choices with energy, metabolic wellbeing and lasting habits.

EDUCATION

Bachelor's degree in Diet and Nutrition Sciences
University of Lahore

Everyday nourishment. Sustainable habits for real life.

PERSONALIZED NUTRITION

Make everyday food choices more informed, realistic and personal.

ENERGY & METABOLIC WELLBEING

Explore how food choices connect with energy and weight management.

SUSTAINABLE HABITS

Build practical nutrition knowledge and habits that fit daily life.

NURIA JOURNEYS

Hormones & PCOS · Hormonal & Metabolic Wellbeing

Across relevant journeys