

Dr. AKMAL MUWWAKKIL

Healthy Lifestyle Coach, Speaker, Author

For over forty years, Dr. Akmal Muwwakkil has assisted countless individuals maintain their health and wellness through his Complementary Alternative Medical Therapy, lectures, workshops, and master classes. Holding a PhD in nutrition, Dr. Akmal is a licensed acupuncturist and a Tui Na traditional Chinese bodywork instructor who offers healthy lifestyle changes and rehabilitation therapy both live and online. He has authored five books on health and wellness, including "The Prevention and Healing of Female Imbalances" and "Cleansing Within the Season Through the Art of Fasting, Food Combining for Optimum Health, Sweet Mysteries of Life, A Handbook for the Healing of Diabetes Mellitus, Inspiration in the Morning." His ongoing health series, "The Elders Sweets, Spring Wind Qigong Program," takes place Saturday mornings on Zoom and Facebook. The "Let's Have a Conversation About Health" series features health classes such as "The Essences of Tui Na Physiotherapy Course. Dr. Akmal ongoing classes has also taught lecture series like "Diabetes, Sweet Mysteries of Life, It's Not Weight," focusing on eliminating specific health disharmonies to help people live pain-free lives.



The Desire to Heal begins with You Loving You