

# **Mahnoor Saghir, RDN, LDN**

**Mahnoor Saghir attended Elmhurst University for her bachelor's in business administration and minor in communication studies. She attended Dominican University for her degree in Nutrition and dietetics. Mahnoor completed her nutrition internship at RUSH Copley in Aurora, Illinois. Mahnoor has experience working with autoimmune patients and is passionate in helping people not only reverse symptoms, but also understand the source of the illness.**

**Nutrition is an integral part of maintaining optimum health. Recent research has discovered that many of the chronic illnesses we are seeing today can be avoided or reversed by incorporating healthy dietary habits. Some of these illnesses include hypertension, obesity, type II diabetes, and autoimmune conditions.**

**A dietitian can create a realistic dietary guide to follow throughout the day that allows a person to maintain energy levels, as well as allows the body to heal from nourishing foods. Dietitians are able to create diet plans for patients that may have limited options due to food sensitivities, allergies, or restrictions resulting from medical conditions.**

**For appointments in person or online,  
please contact Eman Medical SC at  
630-785-3255**