



Nneoma Oparaji

MD, ABOM, DipABLM

Media Physician, Obesity &
Lifestyle Medicine Expert

About Me

Nneoma Oparaji, MD is a board-certified internal medicine physician and media health expert specializing in obesity and lifestyle medicine. She helps busy individuals and families cut through confusing health trends—especially around weight, nutrition, and medications like GLP-1s—by translating complex science into simple, practical advice they can actually use. Through media, social platforms, and brand collaborations, she empowers audiences to take control of their health without guilt or overwhelm.

600M+ Monthly Reach | 50+ Media Features | 30+ National Outlets



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27223 Buffalo Hills Lane,
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600M+ Combined Monthly Audience Across These Platforms



Aol.

HUFFPOST

Parade



yahoo!

EatingWell

EVERYDAY
HEALTH



600M+

Media Reach

50+

Media Features

SERVICES

MEDIA SPOKESPERSON & BRAND AMBASSADOR

- Represent brands with credibility and authority.
- Deliver authentic messaging that builds trust and visibility.

CONTENT CREATION & DEVELOPMENT

- Create high-quality, engaging health and lifestyle content.
- Translate complex ideas into clear, impactful narratives.

SOCIAL MEDIA SERVICES

- Strategy, management, and growth optimization.
- Build a consistent voice and meaningful audience engagement.

STRATEGIC CONSULTING SERVICES

- Insight-driven guidance for health-focused brands
- Align messaging, positioning, and long-term growth strategy

EVENT & CONFERENCE SERVICES

- Hosting, moderating, and expert panel participation.
- Deliver professional, engaging, and memorable experiences.

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