

# CCN Gastrointestinal & Digestive Health Nutrition Programme



## Precision Nutrition

Targeted plans for optimal gut health, custom-tailored to your unique needs.



## Evidence-Based Approach

Our strategies are backed by the latest scientific research and clinical findings.



## Clinical Expertise

Benefit from the guidance of experienced professionals in gastrointestinal health.



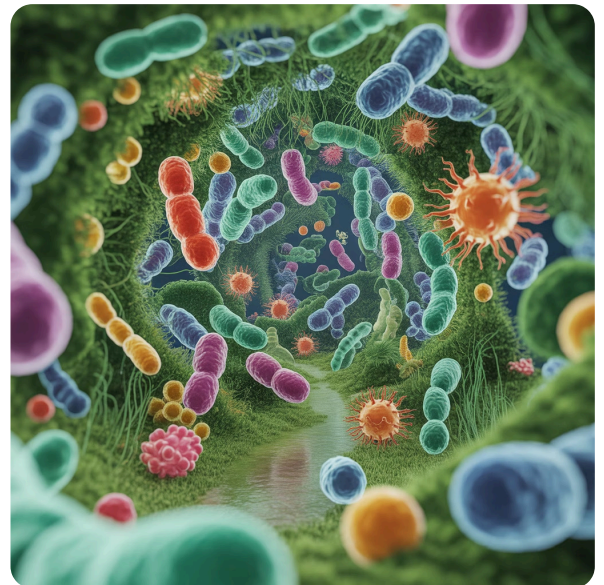
## Compassionate Care

Personalized support with a deep understanding of Indian patients' digestive health needs.

Our program offers complete gut healing by addressing a wide spectrum of digestive challenges:

- Acidity & IBS
- Bloating & Ulcers
- IBD & Constipation
- Diarrhoea & more

We combine our expertise with a caring touch to ensure your journey to better health is supported every step of the way.



# Why GI Patients Need Specialised Nutrition



According to Krause's Gastrointestinal Nutrition Chapter, proper nutrition significantly improves digestive health outcomes. Medical nutrition therapy addresses the root causes of gut issues, not just symptoms.

**Gut issues require medical nutrition, not generic diet plans.** Food can heal the gut lining, restore motility and reduce symptoms effectively when administered under clinical guidance.



## Digestion & Gut Motility

Optimise digestive processes



## Acid Balance

Regulate stomach acidity



## Mucosal Repair

Heal gut lining damage



## Microbiome Diversity

Restore healthy gut flora

# Gastro Disorders We Cover

Our comprehensive programme addresses all major gastrointestinal conditions with specialised nutrition protocols. Each condition receives targeted dietary intervention based on current clinical evidence and adapted for Indian dietary preferences.

## Upper GI Disorders



- Gastritis and chronic acidity/GERD
- Hiatus hernia
- Peptic ulcer and duodenal ulcer
- H. pylori infection
- Nausea, vomiting, early satiety

## Lower GI Disorders



- IBS (constipation, diarrhoea, mixed)
- IBD (Ulcerative colitis, Crohn's disease)
- Coeliac disease and gluten intolerance
- Diverticulitis
- Colitis, proctitis and infectious diarrhoea recovery

## Gut Motility Disorders



- Chronic constipation
- Slow gastric emptying (gastroparesis)
- Post-surgery GI recovery
- Bloating, gas and indigestion

## Functional GI Disorders



- Leaky gut syndrome
- Food sensitivities
- Post-infection gut dysbiosis
- Anxiety-triggered gut symptoms (gut-



# Comprehensive Service Bundle

Our gastro and gut-healing nutrition programme provides complete support for your digestive health journey. Every aspect of your care is personalised to your specific condition, symptoms and dietary preferences.

01

## Comprehensive GI & Digestion Assessment

Detailed symptom mapping including bloating, gas, pain and stool patterns. Bristol scale analysis, trigger food identification, acid production assessment, gut inflammation scoring and blood report evaluation (iron, B12, vitamin D, CRP).

02

## Personalised Diet for Each GI Disorder

Medically appropriate diets including gastritis/GERD/acidity diet, peptic ulcer/H. pylori nutrition, IBS low-FODMAP diet, IBD (UC & Crohn's) diet, coeliac/gluten-free diet, constipation relief and diarrhoea management protocols.

03

## Gut-Healing Foods & Supplements

Evidence-based supplementation only as needed: L-glutamine, zinc carnosine, strain-specific probiotics, omega-3, digestive enzymes and safe herbal teas (fennel, chamomile, peppermint).

04

## Weekly Monitoring & Symptom Tracking

Track bloating score, stool pattern, acid level triggers, gut pain episodes, appetite, sleep and stress correlation with monthly food triggers list updates.

05

## Daily WhatsApp Support

Instant guidance for flare foods, restaurant choices and pain-based diet changes. Your nutritionist is always available when you need support.

# 3-Month Gastro & Gut Healing Programme

Ideal for acidity, gastritis, IBS, constipation, diarrhoea, ulcer and post-surgery GI issues. This intensive programme focuses on rapid symptom relief and sustainable gut healing through three distinct phases.



## Month 1: Gut Rest & Symptom Control

**Goal:** Reduce acid, bloating, pain and stabilise digestion

- Trigger food removal
- Soft, gut-soothing diet
- Low-acid, low-spice plan
- Low-FODMAP basics (if IBS)
- Mucosal repair foods
- Weekly check-ins

**Deliverables:** 4 consultations with weekly plans



## Month 2: Gut Repair & Microbiome Balance

**Goal:** Repair gut lining and improve nutrient absorption

- Gradual food reintroduction
- Probiotic-rich meals
- Soluble fibre mapping
- Anti-inflammatory gut diet
- Iron, B12 absorption improvement
- 2-3 plan revisions

**Deliverables:** 4 consultations with revised plans



## Month 3: Stabilise & Long-Term GI Control

**Goal:** Normal digestion, stable stools, minimal triggers

- Trigger-free personalised diet
- Long-term reflux control
- Balanced fibre meals
- Eating-out GI-safe plan
- Post-surgery stable diet

**Deliverables:** 4 consultations with final gut plan

# 6-Month Advanced GI Restoration Programme

Ideal for chronic IBS, IBD, repeated gastritis, ulcer history, post-surgery recovery and SIBO-like symptoms. This comprehensive programme provides deep gut healing and long-term microbiome restoration.

## Phase 1: Months 1–2

### Symptom Control & Gut Calm

Low-FODMAP or low-residue diet, acid and reflux stabilisation, diarrhoea/constipation balance, gut-rest meals and early probiotics.

## Phase 3: Months 5–6

### Microbiome & Long-Term Stability

Prebiotic and probiotic diversity, fibre reintroduction, stress-gut axis support, long-term eating rules and final GI transformation report.

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## Phase 2: Months 3–4

### Deep Gut Repair

Gut-lining repair foods (glutamine-rich), anti-inflammatory diet, zinc and omega-3 support, bloating and gas elimination, motility improvement plan.



## Why Choose CCN for Gastro & Gut Nutrition?

- Doctor-led GI nutrition
- IBS/IBD specialist plans
- Post-surgery GI recovery diets
- Low-FODMAP expertise
- Anti-acidity and ulcer healing nutrition
- Safe Indian home-style meals
- Daily WhatsApp support
- Trigger-food mapping
- Evidence-based gut repair
- Compassionate, personalised care