



CCN Liver Disease Nutrition Program

Advanced medical nutrition therapy, tailored for Indian patients, focusing on evidence-based dietary interventions to rejuvenate liver cells, diminish inflammation, and enhance overall digestive and detoxification functions.



Liver Cell Repair

Targeted nutritional support to restore and rebuild liver cells.



Reduce Inflammation

Specialized diets to calm inflammatory responses within the liver.



Enhanced Digestion & Detoxification

Optimizing natural bodily processes for better gut health and toxin removal

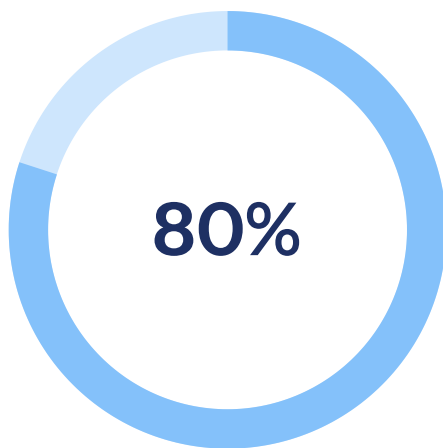
Why Liver Patients Need Nutrition Therapy

According to Krause's Hepatic Nutrition Guidelines, nutrition is essential for managing liver disease. Diet plays a therapeutic role in nearly all liver disorders, from fatty liver to advanced cirrhosis.

Proper nutrition supports the liver's natural healing processes whilst preventing complications that can severely impact quality of life.

Key Benefits

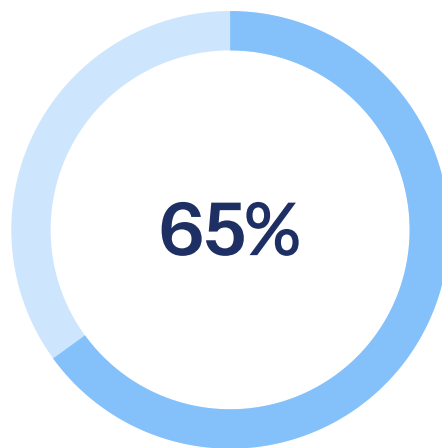
- Reduces liver inflammation
- Supports liver cell regeneration
- Manages fatty liver disease
- Controls ascites and oedema
- Prevents muscle wasting
- Maintains energy levels
- Reduces ammonia levels
- Improves digestion



80%

Inflammation Reduction

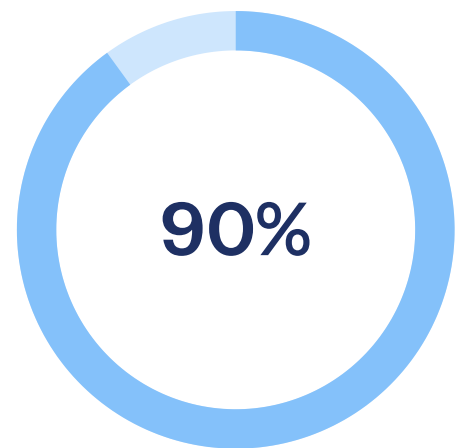
Patients show significant decrease in liver inflammation markers



65%

Fatty Liver Improvement

Cases demonstrate measurable fat reduction with proper nutrition



90%

Energy Enhancement

Patients report improved strength and daily function



Comprehensive Liver Nutrition Care Service

01

Comprehensive Assessment

Detailed evaluation including disease type (fatty liver, fibrosis, cirrhosis, hepatitis), blood markers (SGOT, SGPT, GGT, ALP, albumin), ascites status, muscle loss evaluation, ammonia levels, gut function, appetite assessment, and complete medical history.

02

Personalised Diet Plan

Customised meal plans featuring low-fat anti-inflammatory meals, high-protein liver-safe options, antioxidant-rich foods, low-sodium protocols for ascites, MCT oil integration, constipation management, and strategically timed small frequent meals with bedtime protein.

03

Evidence-Based Supplements

Clinically proven supplementation including Vitamin D, B-complex vitamins, Omega-3 fatty acids, probiotics for gut health, and taurine when indicated by clinical assessment.

04

Weekly Monitoring

Regular tracking of liver enzyme trends, appetite patterns, stool consistency, body weight changes, oedema levels, fluid retention, and overall energy levels to ensure optimal progress.

05

Daily WhatsApp Support

Continuous guidance for managing nausea, addressing poor appetite, recommending ascites-friendly foods, and providing real-time nutritional support throughout your recovery journey.

For Fatty Liver (NAFLD/NASH)

- Low-GI diet planning
- Weight-loss strategy
- Insulin resistance correction
- Mediterranean-style approach

For Fibrosis & Cirrhosis

- Clean, soft meals
- 5-6 mini meals daily
- Sodium control
- Fluid management
- Strategic protein timing

Comprehensive Treatment Programmes

3-Month Liver Disease Programme

Month 1 – Stabilisation: Focus on inflammation control, sodium restriction, clean liver diet, protein optimisation, and gut recovery.

Month 2 – Liver Repair: Anti-fatty liver meals, weight and insulin resistance control, bedtime protein therapy.

Month 3 – Strength & Control: Liver-healing foods, long-term lifestyle integration, recurrence prevention strategies.

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6-Month Advanced Restoration Programme

Intensive protocol including fibrosis reduction strategies, comprehensive fatty liver reversal, cirrhosis long-term care management, gut-liver axis repair, complete micronutrient correction, and a transformative six-month recovery plan.



Doctor-Led Care

Expert medical guidance throughout your liver nutrition journey



Fatty Liver Reversal

Specialised expertise in reversing fatty liver disease



Indian Home-Style Meals

Liver-safe meals adapted to Indian cuisine and preferences



Daily Support

Continuous monitoring and guidance every step of the way

"Choose CCN for evidence-based liver nutrition that combines clinical excellence with culturally appropriate meal planning, designed specifically for Indian patients seeking to restore liver health and vitality."