

# Medical Nutrition Therapy: GI Disorders



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Proper nutrition is essential for good health. Medical nutrition therapy, or nutritional counseling, is a dietary approach to managing certain medical conditions. It is especially beneficial for those with chronic gastrointestinal disorders.

This is not a diet but rather a method of managing your special needs through a healthy and individualized change in lifestyle and eating habits. The staff in our nutrition center is able to provide medical nutrition therapy for the following conditions:

- Celiac disease
- Diverticulitis
- FODMAP
- GERD
- Irritable bowel syndrome
- Inflammatory bowel disease  
(including Crohn's disease and ulcerative colitis)
- Peptic ulcer disease

With nutritional counseling, you will have a better understanding of how nutrition affects your disease.

The benefits of medical nutrition therapy include:

- Proper management of your disease or condition
- Minimizing medical complications
- Reduction in medication use
- Fewer hospital admissions and doctors' visits
- Improvement in the overall quality of life

**To learn more information,  
or to make an  
appointment, please call:  
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