



# RIGHTs

## Restorative Institute of Gut Health & Transplant of stool



### PROGRAM DIRECTOR: DR. (COL) AVNISH SETH, VSM

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# THE RIGHT WAY TO HEAL

## RIGHT Diagnosis. RIGHT Science. RIGHT Recovery.

Your gut is too important for trial and error. RIGHTS is a structured 90-day clinical program that brings together microbiome science, precision nutrition, and personalised medicine — all working in



**R**

### REVIEW

Deep clinical evaluation of your symptoms, lifestyle, and health

**I**

### INVESTIGATE

Advanced gut microbiome testing to decode your Gut Microbiome

**G**

### GUIDE

Targeted nutrition, probiotics, enzymes, and therapies tailored to



**H**

### HEAL

Restore microbial balance and improve symptoms with precision

**T**

### TRACK

Measure progress through clinical outcomes and reassessment

**S**

### SUSTAIN

Build long-term gut stability and lasting health outcomes

**WHAT YOU  
EXPERIENCE  
IN RIGHTS**

**A 90  
DAY**

**TRANSFORMATION**

**Clinically  
Structured.  
Personally  
Delivered.**

**Microbiome mapping**

**8 expert-led clinical touchpoints**

**Nutrition - precisely personalised**

**Probiotics & enzymes - strategically targeted**

**Medication - only when needed**

**Progress - continuously measured**

**Outcomes - visibly improved**

Eligible participants  
may be considered for  
a no-cost clinical trial  
in Stool Transplant

# WHY GETTING YOUR GUT RIGHT CHANGES EVERYTHING

Your gut is not just for digestion. It is your control centre.



## IMMUNITY

70% of your immune system begins in the gut



## METABOLISM

Controls nutrient absorption and energy balance



## BRAIN & MOOD

Directly connected via the Gut-Brain Axis



## INFLAMMATION

Regulates internal stress and recovery



## EVERYDAY HEALTH

Sleep • Skin • Energy • Focus

When your gut is RIGHT, everything works better.

# WHO IS RIGHT FIT TO ENROLL?

Know your symptoms to  
treat your gut better

## DIGESTIVE PROBLEMS

Abdominal pain

Constipation

Bloating

Loss of appetite

Diarrhea

Vomiting

Heartburn

Nausea

## WHOLE-BODY SYMPTOMS

Sleep disturbance

Weight loss

Anemia

Depression

Anxiety

Hair loss

Inflammation

Fatigue

Aches and  
pains

Skin problems

Obesity

Healing starts when your diet matches  
your microbiome.

## PERSONALIZED NUTRITION PLANS

Anti-inflammatory  
Diet

Crohn's Disease  
Exclusion Diet

Liver Support  
Nutrition Plan

Low FODMAP  
Diet

Gut Healing & Repair  
Diet

Mediterranean  
Diet

# START YOUR RIGHTS JOURNEY

## Evaluating Clinical Outcomes



Symptom scores



Microbiome diversity shifts



Body composition



Quality of life improvements

### Blood tests

CBC, CRP, LFT, KFT, INR, Anti-tTg- IgA

### Stool tests

Routine, Calprotectin, Gut Microbiome Test

- Doctor Consultations- In-person-5 and Online-3
- Precision Nutrition Consultations- In-person-5 and Online-3
- Gut Yoga Sessions – Online-3

## THE TEAM

Deputy Director & Manager Technical

**Ms Sukhvinder Lal**

Manager Administration

**Ms Bhakti Malhotra**

Manager – Precision Nutrition

**Ms Anjali Sharma**

Manager – Endoscopy & Breath Testing

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