



Illness to Wellness Foundation and Celiac Society of India present an insightful exploration of Longevity, Inflammation and Gut Health!

March, 2026

Publication	Millenium Post
Date	16-03-26

Natural diet, gut health and balanced nutrition key to longevity and healthy ageing: Experts

NEW DELHI: The Illness to Wellness Foundation, in association with the Celiac Society of India, hosted an interactive session, "The Longevity Blueprint – Gut Health and InflammAgeing," at the India International Centre, highlighting the role of diet and lifestyle in healthy ageing.

Moderated by Dr. Arjun Dang, the discussion brought together experts from geriatrics, psychiatry, nutrition and Ayurveda to examine links between gut health, chronic inflammation and longevity. Speakers discussed "inflammAgeing," a low-grade inflammation that accelerates ageing and contributes to lifestyle diseases.



Nutritionist Ishi Khosla emphasised that balanced, home-based diets can improve gut health and reduce inflammation. Dr. Prasun Chatterjee stressed that longevity is about living healthier, noting the gut's central role and the adequacy of a balanced Indian diet

over supplements.

Dr. Aarti Midha highlighted the gut-brain axis, linking digestion to mental health, while Dr. Partap Chauhan underlined Ayurveda's focus on balance for sustained vitality. Dr. Pankaj Verma said biological age is shaped by lifestyle,

stress and inflammation, and can be improved with early interventions.

Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, said, "When we neglect our wellness today, we inevitably end up spending time managing illness tomorrow... The real foundation of long-term health lies in balanced nutrition, traditional food wisdom and healthy lifestyle practices."

Experts recommended fibre-rich and fermented foods, diverse plant-based diets and periodic fasting to support gut health. The session concluded that consistent lifestyle choices are key to long-term health and wellbeing.

MPOST

हिन्दुस्तान

Publication	Hindustan
Date	16-03-26

संतुलित पोषण में छुपा है लंबी उम्र का राज: विशेषज्ञ

नई दिल्ली। इलनेस टू वेलनेस फाउंडेशन ने सीलिएक सोसाइटी ऑफ इंडिया के सहयोग से नई दिल्ली में “लंबी उम्र का ब्लूप्रिंट - आंतों का स्वास्थ्य और इन्फ्लेमेजिंग” शीर्षक से एक संवादात्मक कार्यक्रम किया। इसमें विशेषज्ञों ने दीर्घायु और और स्वस्थ उम्र बढ़ाने में प्राकृतिक आहार, संतुलित पोषण और आंत के स्वास्थ्य की महत्वपूर्ण भूमिका पर प्रकाश डाला। इसमें डॉ. डांग्स लैब के सीईओ और पार्टनर डॉ. अर्जुन डांग, इलनेस टू वेलनेस फाउंडेशन के सलाहकार परिषद के अध्यक्ष अनिल राजपूत, क्लिनिकल न्यूट्रिशनिस्ट और सीलिएक सोसाइटी ऑफ इंडिया की संस्थापक इशी खोसला और जेरियाट्रिक मेडिसिन विभाग के प्रमुख डॉ. प्रसून चटर्जी समेत अन्य विशेषज्ञों ने अपनी बात रखी।



PRESS TRUST OF INDIA
India's Premier News Agency

Publication	Press Trust of India
Date	17-03-26

Gut health, balanced diet key to longevity and healthy ageing: Experts

NEW DELHI: (Mar 17) Experts on Tuesday emphasised the importance of natural diets, gut health and balanced nutrition in promoting longevity and healthy ageing, noting that everyday food choices play a key role in preventing chronic inflammation and lifestyle diseases.

The observations were made during an interactive session titled “The Longevity Blueprint – Gut Health and InflammAgeing”, organised by the Illness to Wellness Foundation in association with the Celiac Society of India at the India International Centre here, an official statement said.

The session brought together experts from geriatrics, psychiatry, nutrition, integrated medicine and ayurveda, who discussed the growing link between gut health, chronic inflammation and ageing.

Publication	News18
Date	19-03-26

Gut health, balanced diet key to longevity and healthy ageing: Experts

Agency: [PTI](#)

Last Updated: March 17, 2026, 22:15 IST



Representational image (Image: News18)

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Publication	Millenium Post
Date	17-03-26

Natural diet, gut health and balanced nutrition key to longevity and healthy ageing: Experts

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Dr. Aarti Midha highlighted the gut–brain axis, linking digestion to mental health, while Dr. Partap Chauhan underlined Ayurveda’s focus on balance for sustained vitality. Dr. Pankaj Verma said biological age is shaped by lifestyle, stress and inflammation, and can be improved with early interventions.

Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, said, “When we neglect our wellness today, we inevitably end up spending time managing illness tomorrow... The real foundation of long-term health lies in balanced nutrition, traditional food wisdom and healthy lifestyle practices.”

Publication	Express Nutra
Date	17-03-26

News

Experts highlight natural diet, gut health and balanced nutrition as key to longevity and healthy ageing

by Swati Rana | March 17, 2026



As part of its continued efforts to promote preventive healthcare and holistic wellbeing, the Illness to Wellness Foundation in association of Celiac Society of India organised an interactive programme titled "The Longevity

Publication	Foodspectrum
	18-03-26

Experts highlight natural diet, gut health, balanced nutrition as key to longevity, healthy ageing

March 18, 2026

DOCTORS & NUTRITIONISTS



3 minute read



Discussions were held on the concept of inflammageing, a form of persistent low-grade inflammation that gradually accelerates ageing



Publication	Medicircle
Date	18-03-26

Experts highlight Natural Diet, Gut Health and balanced Nutrition as key to Longevity and Healthy Ageing

[MediCircle](#) / [Press Release](#) / [March 18, 2026](#)



Publication	IndiaMed Today
Date	17-03-26

Experts Link Gut Health, Natural Diets to Longevity at New Delhi Wellness Summit



IMT News Desk

Mar 17, 2026 - 4 min read



Publication	NewsDrum
Date	17-03-26

Gut health, balanced diet key to longevity and healthy ageing: Experts



PTI

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Publication	The Indian Practitioner
Date	18-03-26

Inflammageing and Longevity: A Joint Initiative by Illness to Wellness Foundation and Celiac Society of India

By [The Indian Practitioner](#) - March 18, 2025



Credits: Press release

Promoting Preventive Healthcare and Holistic Wellbeing