



FOR IMMEDIATE RELEASE

## Middlesex Digestive Health & Endoscopy Center Hires Expert to Help Patients Manage Nutritional Aspects of Gastrointestinal Disorders

*Sandra Peck, LDN, is a former nutrition and diet consultant at Massachusetts General Hospital, the New England Dairy and Food Council and in private practice*

**ACTON, MA (July 7, 2020)** – [Middlesex Digestive Health & Endoscopy Center](#) (“Middlesex Digestive”), specialists in the evaluation, diagnosis and management of digestive diseases, is pleased to announce that Sandra Peck, LDN, has joined the practice to work with patients on the nutritional aspects of treatment for digestive diseases. These include disorders such as irritable bowel syndrome (IBS), Celiac, Crohn’s, diverticular disease and acid reflux, in addition to weight management. Per the [National Institute of Diabetes and Digestive and Kidney](#) (NIDDK), digestive diseases affect nearly 70 million people annually.

Most recently, Sandra oversaw her private practice, InBalance Nutrition, in Acton counseling individuals and families on improving eating habits for a healthier life. Her overall philosophy is that food is meant to be enjoyed, and discovering foods that you love and that are also good for you is the key to success. Sandra is experienced at counseling for all types of diets but has worked extensively helping patients with gastrointestinal issues. Previously, while at New England Dairy & Food Council she led workshops in nutrition for teachers and health professionals, and she spent several years at Massachusetts General Hospital where she completed her dietetic internship. Thereafter, she attended Harvard University to obtain her Master of Education degree.

“We are thrilled to be able to offer Sandra’s deep nutrition expertise to our patients given how profoundly integral diet is in the management of digestive disorders and maintaining good overall health,” said Dr. Raj Devarajan, founder of Middlesex Digestive. “Given the increasing number of people suffering with GI issues, Sandra joining our team of experts enables our patients to address many aspects of their digestive health at our clinic.”

Born in India, [Dr. Raj Devarajan](#) moved to the U.S. at the age of nine with an innate passion to become a doctor, like his father. He attended medical school at age 15 in India and completed his residency and fellowship training at Yale, Harvard and Tufts Universities. The current president of the Massachusetts Gastroenterology Association, Dr. Devarajan is a renowned gastroenterologist that performs complicated procedures and is often contacted by other physicians to enlist his expertise. Previously, he served as the Chief of Gastroenterology at Nashoba Valley Medical Center and is past president of Emerson Hospital’s medical staff, where he introduced advanced therapeutic procedures at both. He is the past President of the American Association of Gastroenterology of Indian Origin, Chair of Emerson Hospital’s Bylaw Committee, and was a member of the Independence Physicians Association and Chair of its Credentials Committee.

Since its inception in 2006, Middlesex Digestive has grown from a staff of five to over 50, including a number of [physicians](#) with decades of experience in gastroenterology, psychiatry and specialized areas such as IBD, Celiac, Crohn’s, weight management, cancer screening and GERD management.

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## ADD PHOTO

### **About Middlesex Digestive Health & Endoscopy Center**

Founded in 2006, [Middlesex Digestive](#) is a highly specialized center at the forefront of the evaluation, diagnosis and management of digestive diseases including cancers, irritable bowel syndrome, gastroesophageal reflux, and diseases of the liver, gallbladder and pancreas. The center is deeply committed to lowering the colon cancer rates. Its distinguished team of gastroenterologists and specialists in related areas such as psychiatry and nutrition, brings world-class expertise and techniques, and utilizes advanced technologies to provide effective, life-improving results. Because Middlesex Digestive is able to perform procedures onsite, a rare credential in Massachusetts, patients are able to receive advanced, comprehensive gastrointestinal care with added convenience and significant time-and-cost efficiencies.

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