CAN A PLANT-BASED DIET KEEP CROHN'S IN REMISSION?

IN ONE SMALL STUDY, 15 OF 16 STAYED IN REMISSION.

15 of 16 adults with Crohn's who kept eating a semi-vegetarian diet stayed in remission for 2 years, vs. 2 of 6 who went back to their usual diet (small, not randomized).

Chiba et al. · World Journal of Gastroenterology · 2010 [1]

WHAT DID THEY CHANGE?

- ✓ **Mostly vegetarian meals**
- ✓ **Meat and fish only now and then**
- ✓ **Added to medical treatment**

Plant-based eating was added to medication, not used instead of it.

WHAT SHOULD YOU ASK YOUR GASTROENTEROLOGIST?

1. **Could adding a plant-based diet help me alongside my treatment?** [1,2]
2. **Are there foods I should avoid right now, especially during a flare?**
3. **Could I see a dietitian who knows Crohn's and colitis?**
4. **How will we tell if a diet change is helping?** [3]

52% relapse-free at 4 years with infliximab plus a plant-based diet as first treatment (24 newly diagnosed adults, single group).

Chiba et al. · The Permanente Journal · 2022 [2]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE Early, but striking. Small studies from one research group. Worth asking about alongside your treatment.

MORE OF THE EVIDENCE

- In 22 adults with Crohn's in remission, 15 of 16 who kept eating a semi-vegetarian diet stayed in remission for 2 years, compared with 2 of 6 who went back to their usual diet. [1]
- In 24 newly diagnosed adults treated with infliximab plus a plant-based diet, about half (52%) stayed relapse-free at 4 years. [2]
- In a randomized trial of 194 adults with mild to moderate Crohn's, a Mediterranean diet worked about as well as the much stricter Specific Carbohydrate Diet (43.5% vs. 46.5% in remission at 6 weeks). [3]

Keep in mind: The plant-based studies were small, not randomized, and from one research group. Plant-based eating was added to medication, not used instead of it.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. Food won't replace your Crohn's or colitis treatment. It may help you stay well longer.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Chiba M, et al. World Journal of Gastroenterology, 2010. Lifestyle-related disease in Crohn's disease: relapse prevention by a semi-vegetarian diet. https://pubmed.ncbi.nlm.nih.gov/20503448/

[2] Chiba M, et al. The Permanente Journal, 2022. Relapse-free course in nearly half of Crohn's disease patients with infliximab and plant-based diet as first-line therapy: a single-group trial. https://pubmed.ncbi.nlm.nih.gov/35933676/

[3] Lewis JD, et al. Gastroenterology, 2021. A randomized trial comparing the specific carbohydrate diet to a Mediterranean diet in adults with Crohn's disease. https://pubmed.ncbi.nlm.nih.gov/34052278/

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