

Healing Crohn's Disease

EEN

Established first-line treatment for Crohn's disease.

- [SWITCHING OFF INFLAMMATION WITH DIET: A REVIEW OF EXCLUSIVE ENTERAL NUTRITION IN CHILDREN WITH CROHN'S DISEASE](#)
- [Exclusive enteral nutrition versus corticosteroids for treatment of pediatric Crohn's disease: a meta-analysis](#)
- [Use of Enteral Nutrition for the Control of Intestinal](#)
- [Inflammation in Pediatric Crohn Disease](#)
- [Exclusive Enteral Nutrition versus Infliximab in Inducing Therapy of Pediatric Crohn's Disease](#)
- [Oral exclusive enteral nutrition induces mucosal and transmural healing in patients with Crohn's disease](#)
- [Targeting mucosal healing in Crohn's disease: what the clinician needs to know](#) (compares different treatments and their efficacy at inducing mucosal healing)
- [Dietary Treatment for Crohn's Disease—Old Therapy, New Insights](#)
- [Exclusive Enteral Nutrition:](#)
- [A Nutritional Approach](#)
- [to Crohn's Disease](#)
- [Crohn's Disease: Liquid Protein Diet Promotes Inflammatory Stricture Reduction, Mucosal Healing and Remission](#)

CDED

Trying to

- [Crohn's Disease Exclusion Diet Plus Partial Enteral Nutrition Induces Sustained](#)

formulate a diet that replicates EEN and is easier to stick to

[Remission in a Randomized Controlled Trial](#), Levine 2019

- [A Case-Based Approach to New Directions in Dietary Therapy of Crohn's Disease: Food for Thought](#), Levine 2020
- [Dietary Therapy With the Crohn's Disease Exclusion Diet is a Successful Strategy for Induction of Remission in Children and Adults Failing Biological Therapy](#), Boneh & Levine 2017
- [CROHN'S DISEASE EXCLUSION DIET \(CDED\) FOR TREATMENT OF INFLAMMATORY BOWEL DISEASE \(IBD\)](#), Kim 2020 (breaks down what the diet is and how to implement)

Smoothie Study

Trying to formulate a diet that replicates EEN and is easier to stick to

[Reverse-Engineering of Exclusive Enteral Nutrition \(RE-EEN\) in Crohn's Disease](#), Lee ongoing clinical trial

CD-TREAT

Trying to formulate a diet that replicates EEN and is easier to stick to

[Treatment of Active Crohn's Disease With an Ordinary Food-based Diet That Replicates Exclusive Enteral Nutrition](#), Svolos 2019

Whole Foods Plant Based

- [Lifestyle-related disease in Crohn's disease: Relapse prevention by a semi-vegetarian](#)

Diet

Helpful for reducing remission, maintenance, and prevention

- [diet](#), Chiba et al, 2010
- [Dietary intake and risk of developing inflammatory bowel disease: a systematic review of the literature](#), Hou 2011
- [A prospective study of long-term intake of dietary fiber and risk of Crohn's disease and ulcerative colitis](#), Ananthakrishnan 2013
- [Dietary clues to the pathogenesis of Crohn's disease](#), Pfeffer-Gik & Levine 2014
- [The Role of a Whole-Foods, Plant-Based Diet in Inflammatory Bowel Disease Management](#), Nayeri 2018
- [Recommendation of plant-based diets for inflammatory bowel disease](#), Chiba 2019 (this doctor's [body of work](#) is all instructive for using plant based diets with IBD)
- [Crohn's Disease Remission with a Plant-Based Diet: A Case Report](#), Sandefur 2019
- [Low-Fat, High-Fiber Diet Reduces Markers of Inflammation and Dysbiosis and Improves Quality of Life in Patients With Ulcerative Colitis](#), Fritsch 2020
- [Ulcerative Colitis – Prevention and Treatment with a Plant-Based Diet](#), Rose 2020

Gluten Free Diet

Probably most helpful during flares

- [Prevalence of a gluten free diet and improvement of clinical symptoms in patients with inflammatory bowel diseases](#)
- [Celiac disease, non-celiac gluten sensitivity and inflammatory bowel disease](#), Casella 2015
- [Prevalence and factors associated with gluten sensitivity in inflammatory bowel](#)

[disease](#), Limketkai 2018

- [Gluten-Free Diet in IBD: Time for a Recommendation?](#) Weaver 2020

Healing Protocols

What they all have in common: cutting out processed foods, refined wheat and sugar

EEN, CDED, CD-TREAT
Low Fat, High Carb Health
Low Fat, High Starch (McDougall)
Wahls Protocol, Terry Wahls, MD
Self Healing Crohn's & Colitis, David Klein
Specific Carbohydrate Diet

Testimonials, Anecdotal Evidence

[High Carb Health](#)
[Dr. McDougall](#)
[Meghan Telpner](#)
[Mee Tracy McCormick](#)
[Ari Meisel](#)
[Ryan Schultz](#)
[Gabrielle Fennimore](#)
[Courtney Maiorino](#)
[Joe Figliano](#)
[Sarah, AHouseintheHills](#)
[Brittany Duffy](#)