

## **Author's response to reviews**

**Title:** An Anti-Inflammatory Diet as Treatment for Inflammatory Bowel Disease: A Case Series

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Nehme Gabriel, Editor

Nutrition Journal

### **An Anti-Inflammatory Diet as Treatment for Inflammatory Bowel Disease: A Case Series**

Dear Dr. Gabriel:

We are re-submitting this retrospective case report series of a novel dietary approach into the “research” category (instead of case series) to the *Nutrition Journal*. We have obtained IRB approval to retrospectively document The Anti-Inflammatory Diet (IBD-AID), a nutritional regimen for inflammatory bowel disease (IBD) that restricts the intake of certain carbohydrates, includes the ingestion of pre- and probiotic foods, and modified dietary fatty acids. The goal of this case series was to demonstrate an adjunct approach to treatment, with a retrospective case series of 11 patients.

We wish to share the outcomes with interested care providers of patients with IBD. This is a promising case series, but many questions yet remain. We are currently conducting a small extension study in patients with Crohn’s Disease (using E-nose technology to detect changes in the microbiome), and we intend to submit funding for a larger, prospective randomized controlled trial in the next year.

We, the coauthors listed, have read and approved the contents of this manuscript. We look forward to hearing from you. Thank you very much for your consideration of our manuscript.

Sincerely yours,

Barbara Olendzki, RD, MPH