Author’s response to reviews

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

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Author’s response to reviews: see over
Response to Reviewers and to Editor.

**Editor's comment:**
The authors incorporate the following in the revised manuscript:
1. "Patients taking supplements (probiotics, vitamin/minerals, omega-3 fatty acids) included this information for the dietitian and were advised to continue or discontinue, depending on the needs of the individual and the dietary intake."

   *This has been added to the methods section, under diet.*

2. **Address the small "n" value (in UC patients) in the discussion.**

   *This gets at the heart of what reviewer 3 objected to, that is, that this is a case series and not a study. We have added further clarification to the discussion, as the editor suggests.*

   *This sentence has been revised:*

   In the current study, **due to small numbers of patients and the case series study design,** we were unable to confirm our hypothesized mechanisms of action by examining the impact of the IBD-AID on the intestinal microbiome.

   This sentence has been added to the discussion:
   The current case series is promising, but must be followed with rigorous research and standardized study design to detect molecular markers of inflammatory and histo-pathological changes to correlate with clinical outcomes.

**These concerns are from Reviewer 3.**
1. **Lack of enough number of subjects and controls remain the major concern of the study and authors agree that changes are insignificant and to the fact that this makes it just an observation which needs further extensive experimental extrapolations.**

   *Covered in response to editor, above.*

2. **The clinic-pathological data related to changes in the molecular markers of inflammatory, histo-pathological changes should be included. and correlated with other gross clinical outcomes.**

   *This is an important consideration for a randomized, controlled trial with that type of study design. Unfortunately, we did not have a standardized set of molecular markers for each patient that might have been statistically correlated with clinical outcomes. This is a case series, meant to stimulate further exploration and study.*