

“There is no known cure. Dietary therapy can work in Crohn's Disease as we have one dietary therapy known to induce remission in Crohn's disease, but it is a completely liquid diet that some adults have difficulty in following.”

Fitzpatrick said those with Crohn's often found it difficult to participate actively in its management. Many ended up requiring hospital treatment and had poor access to multidisciplinary chronic disease care, which also impacted them psychologically.

“Having a dietary therapy to help control symptoms and inflammation that is based on high-quality evidence may allow patients to have some control over their disease and improve their overall health and well-being,” she said.

The study needs 40 participants aged between 18 and 60 who live in or are willing to travel to Melbourne for two study appointments at the Alfred Hospital. They would need to eat the study food to the exclusion of all other foods and have two blood/urine/stool tests and intestinal ultrasound.

They will record their symptoms and how much of the study food they are eating throughout.

Anyone interested in participating should contact Jessica Fitzpatrick at jessica.fitzpatrick1@monash.edu