

Randomized, double-blind cross-over intervention study. First a pilot study included 99 patients (CD 79 and 20 healthy controls)
Patients were randomized to nutritional intervention based on the IgG antibodies.

Primary endpoints: Clinical remission

Results: Pilot study N=99, cross-over N= 40

- Pilot study resulted in significant differences between CD and controls, $p < 0.0001$.
- In 84% and 83% of the patients respectively, IgG against processed cheese and yeast were detected.
- The daily stool frequency significantly decreased by 11% during a specific diet compared with a sham diet ($p = 0.004$, 95%CI 4-18%). This decrease was only seen in those who received the specific diet first.
- IFN gamma secretion of CD⁺CD25⁺T cells increased significantly in the specific diet vs baseline or sham diet.

Conclusion:

A nutritional intervention based on circulating IgG antibodies against food antigens showed effects with respect to stool frequency. The mechanisms by which IgG antibodies might contribute to disease activity remain to be elucidated.

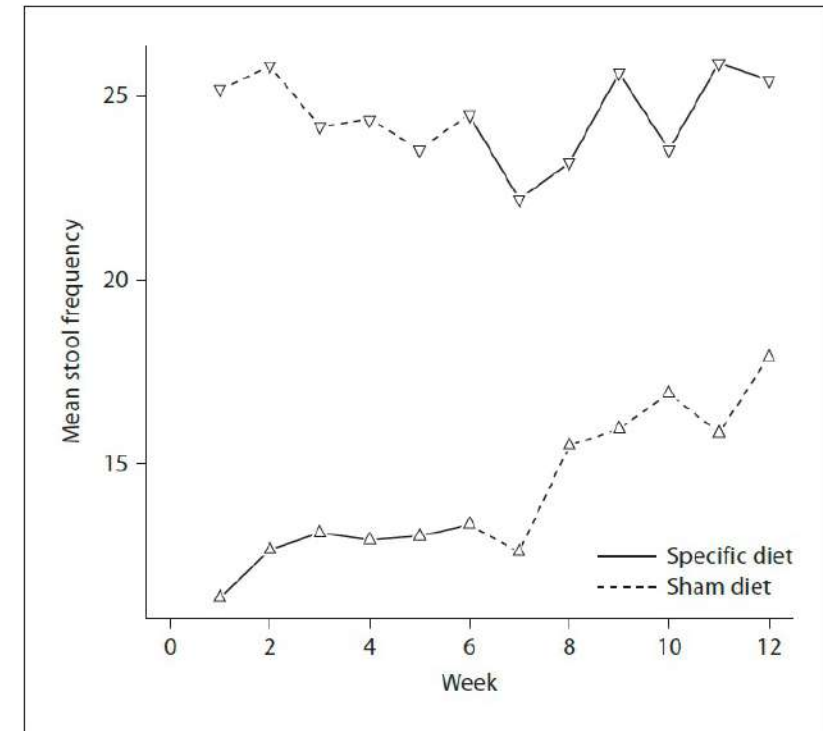


Fig. 2. Progression of stool frequency. Stool frequency was monitored per week. Only those patients who first followed the specific diet had a significant reduction in stool frequency. Subjects who first followed the sham diet had no significant change in their stool frequency (GEE analysis).

