



Beat Crohn's! Getting to Remission with Enteral Nutrition

Margaret A. Oppenheimer

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Beat Crohn's! Getting to Remission with Enteral Nutrition describes a strikingly effective dietary treatment for Crohn's disease that has been nearly forgotten in the US. The treatment involves using special liquid formulas (referred to as "enteral nutrition") instead of, or in addition to, regular food and beverages in order to induce and maintain remission.

Enteral nutrition has been used by people with Crohn's since 1969 and has been tested in numerous clinical studies. *Beat Crohn's* describes who can benefit from enteral nutrition, why patients might want to use it, what symptoms respond best, and how it compares with medications. Readers will also find practical tips on using enteral nutrition and stories of kids and adults who have tried it.

Special features include a chapter on enteral nutrition in children, and another for people with ulcerative colitis, indeterminate colitis, and irritable bowel syndrome who have questions about enteral nutrition. In the last chapter, the author explores the latest research on supplements and special diets for people with Crohn's (fish oil, probiotics, and more!).

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