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A recent case report published in the journal, *Nutrients* demonstrates that eating a plant-based diet may be an effective treatment to help induce remission in Crohn's disease. However, diet alone has not been shown to treat or cure Crohn's disease or ulcerative colitis," Kalra noted. If you want to try out a plant-based diet, talk to your doctor first. The Crohn's Disease Diet & Natural Treatment Plan Crohn's disease treatment, the natural way, involves making a number of scientifically proven changes to your lifestyle and diet. Here are some of the top ways I recommend you start healing your body and improving Crohn's disease symptoms, starting with learning about which foods are apart ... But now I realize they simply had nothing else to offer me. They didn't know anything about the disease other than how to diagnose it. When I asked about diet, all of my doctors told me that Crohn's disease has nothing to do with diet. They would just shake their heads and repeat, "Diet has been proven to have nothing to do with your ..."