Leyla Weighs In: Fasting-Mimicking Diet for Crohn’s and Managing Antibiotic-Associated Diarrhea

written by Leyla Muedin MS, RD, CDN | April 24, 2026

New insights on diet & Crohn’s. “Leyla Weighs In” on a study showing how a fasting mimicking diet can improve symptoms & inflammation markers. Plus, she has advice if your antibiotics cause diarrhea. Don’t miss it!