

Daughter sees significant improvement after a year on the SCD

Just wanted to send you an update on my daughter. We started SCD on Dec 20, 2007. She was still on antibiotics at the time. We decided to stop the antibiotics on Dec 27. As of today, she has gained 8 pounds! This for her is a lot. She started at 62 lbs. She hadn't gained any weight for 3-1/2 years until now. We are going for blood work next week, so I hope to see significant improvements in that. Once I have that information, I hope we will be able to be a "success story" too, but time will tell I suppose. I am very optimistic, but know that others, including the doctors, will be looking for the long-term success.

About a year later:

Hi Erin-

I am sending you an update (see above) after my daughter has been on SCD for over a year now. She is now 12 years old, has gained a total of 14 pounds, and has grown 4 inches over the past year! Her fistula closed, and she has no symptoms. Lab tests show levels of yeast and bad bacteria have declined, though we still need to work on getting those levels down more. My daughter has been 100% following SCD, and we encourage anyone considering the diet to stick to it 100%. We love all the photos and recipes on your site - it gives encouragement to anyone trying the diet that they will not be deprived. Thank you for all you are doing.