

LyfeMD Evidence Summary

LyfeMD is a clinically validated, hybrid digital health platform that delivers personalized, health professional-guided lifestyle therapy and remote patient monitoring to individuals living with chronic inflammatory and gastrointestinal (GI) diseases. Built on multiple randomized controlled trials (RCTs), and over a decade and \$10 million dollars of research funding, LyfeMD addresses an urgent problem: Despite clear evidence that diet, mental wellness (i.e., stress management and sleep) and physical activity can improve health outcomes and reduce healthcare utilization (1-5), most patients lack structured, disease-specific support after diagnosis, during a disease flare or after medication initiation (6,7).

1. Scientific Rationale For The Benefit Of Diet Therapy On The Gut Microbiota

In chronic gastrointestinal diseases such as Inflammatory Bowel Disease (IBD), Irritable Bowel Syndrome (IBS), and Inflammatory Arthritis (IA), disruptions to the gut microbiota, known as dysbiosis, lead to impaired epithelial barrier function, altered immune regulation, and shifts in microbial metabolite production (10,11). These changes result in increased intestinal permeability ("leaky gut"), heightened mucosal inflammation, and dysregulated gut-brain signaling, all of which contribute to core disease symptoms like pain, bloating, and irregular bowel habits. Restoration of microbial diversity and abundance of anti-inflammatory taxa (e.g., *Faecalibacterium prausnitzii*, *Akkermansia muciniphila*) has been associated with improvements in gut barrier integrity, short-chain fatty acid production (e.g., butyrate), and immune modulation (12–16). Thus, targeted diet strategies that reshape the microbiome can lead to meaningful clinical improvements by addressing both microbial and host-driven pathways.

LyfeMD's diet programs have effectively demonstrated the ability to downregulate inflammation and modulate the gut microbiome in people with mild to moderate disease activity. These diet interventions were designed to incorporate microbial-accessible carbohydrates and optimize other substrates known to promote beneficial gut microbiota (1,2,8). This rationale and LyfeMD's results provide a strong scientific foundation for LyfeMD's microbiome precision interpretation bundle, which pairs validated microbiome sequencing with individualized diet recommendations to optimize gut health and improve disease outcomes.

2. Clinical Evidence Supporting Effectiveness: LyfeMD Randomized Controlled Trials And Pilot Studies

These are the studies where LyfeMD or LyfeMDs therapies are specifically tested. The co-founders have over 200 scientific publications in the areas of diet, physical activity, yoga, breathing and mindfulness in chronic disease, gastrointestinal and liver disease. Please request if you would like a copy of their CV's or 5-page biosketches. Of note, the LyfeMD team, were responsible for publishing the world's first IBD food guide in 2021 in the Lancet Gastroenterology & Hepatology:

<https://www.sciencedirect.com/science/article/abs/pii/S2468125321000972>

STUDY 1: ANALYSIS OF THE LYFEMD FLARE DIET (CD-TDI)

An RCT that explored the efficacy of the CD-TDI compared with conventional management (CM) to induce clinical and biochemical remission in patients with active, mild-to-moderate luminal CD. The CD-TDI demonstrated a reduction in markers of inflammation and intestinal permeability in patients with mild-to-moderately active CD ($p < 0.05$), along with alterations in the composition of bacterial taxa. These initial findings strongly indicate that CD-TDI holds promise for alleviating the inflammatory burden in CD patients and warrants further exploration as a valuable adjunctive therapy (1).

STUDY 2: INTERMITTENT FASTING IN CROHN'S DISEASE

An RCT evaluating time-restricted feeding for Crohn's disease patients showed significant reductions in disease activity ($p = 0.02$) and stool frequency ($p = 0.02$) among intervention participants. This intermittent fasting approach, integrated into LyfeMD's diet program, also improved visceral fat loss, patient-reported confidence and perceived control over symptoms (17).

STUDY 3: RED BLOOD CELL FATTY ACID PROFILES AND DIETARY INTERVENTION

In a parallel RCT of the CD-TDI (LyfeMD flare diet), participants who followed the protocol demonstrated measurable improvements in inflammatory biomarkers, including lower pro-inflammatory arachidonic acid in erythrocyte membranes ($p = 0.03$) and reduced oxidative stress markers (2).

STUDY 4: REDUCED SULFUR DIET IN ULCERATIVE COLITIS

In a pilot study, LyfeMD researchers investigated the impact of a reduced sulfur microbial diet on patients with ulcerative colitis. This dietary intervention significantly improved microbial diversity, increased short-chain fatty acid production, and reduced lipopolysaccharide-binding protein (LBP), an inflammatory biomarker linked to disease progression ($p < 0.05$). These results demonstrate that the LyfeMD targeted dietary strategies can beneficially modulate gut microbiota composition and systemic inflammation in IBD (8,9).

STUDY 5: ONLINE MULTICOMPONENT STRESS REDUCTION INTERVENTION

A multicenter RCT ($n=101$) evaluated LyfeMD's stress management curriculum, consisting of yoga, meditation, breathwork, and cognitive behaviour informed exercises. Results demonstrated a 22.4% reduction in perceived stress ($p < 0.001$), as well as improvements in depression, resilience, and quality of life. Engagement was exceptionally high: 91% of completers met adherence targets, with median satisfaction rated at 89/100 (17).

STUDY 6: BOOSTING MENTAL HEALTH AND QUALITY OF LIFE IN PEOPLE WITH IBD USING A MOBILE APP AND ONLINE HEALTH COACHING

An evaluation of the LyfeMD digital therapeutic platform demonstrated significant improvements in mental health for patients with IBD. Those in the 12-week app-based program plus health coaching reported meaningful reductions in depression, anxiety, stress, and fatigue ($p < 0.05$). Specifically, coaching participants experienced a 35% improvement in fatigue and stress scores, and a 30% improvement in anxiety scores. These clinically relevant outcomes highlight LyfeMD's effectiveness in addressing the psychological burden of IBD using a digital tool plus coach support. With over 70% of app users reporting they would recommend the program to others, this study validates LyfeMD as a scalable, patient-centered solution that improves both mental health and quality of life in chronic disease management (18).

STUDY 7: MOBILE HEALTH COACHING IN IBS

In a recent 12-week feasibility pilot, LyfeMD's platform combined with health coaching demonstrated substantial improvements in IBS symptom severity and psychosocial well-being among 39 participants diagnosed with irritable bowel syndrome. Clinically meaningful symptom improvement (≥ 50 -point IBS-SSS reduction) was achieved by 63.2% of participants, with significant reductions in anxiety ($p < 0.001$), depression ($p < 0.001$), stress ($p < 0.001$), and fatigue ($p < 0.001$). Sleep quality also improved significantly. This study highlights the versatility of LyfeMD plus health coaching in addressing disorders of gut-brain interaction through integrated diet, behavioral, and coaching interventions, underscoring its potential applicability beyond inflammatory bowel diseases (3).

STUDY 8: EFFECTIVENESS OF THE LYFEMD PROGRAM TO IMPROVE FUNCTION IN PATIENTS WITH INFLAMMATORY ARTHRITIS (LyfeMD UNPUBLISHED RESULTS)

In a pre/post review of 300 patients with inflammatory arthritis referred from rheumatologists, use of the LyfeMD digital app combined with health coaching demonstrated significant improvements in physical and mental health. At baseline, over 75% of patients had a body mass index (BMI) of 25 or higher, indicating a high prevalence of overweight and obesity. All patients (100%) reported lacking the knowledge or confidence to make effective lifestyle changes. Disability (physical and mental health) was assessed using the Health Assessment Questionnaire (HAQ), a validated tool in rheumatology care, revealing that 51% of patients had mild to moderate disability, 28% had severe disability, and 6% had very severe disability. Mental health concerns were common, with 70% of patients screening positive for depression and 50% for anxiety. Dietary quality was also proinflammatory, with a mean score of 33/100 where scoring 75 or higher indicates an anti-inflammatory eating pattern. After six weeks of using the LyfeMD program, patients reported a 33% reduction in HAQ disability scores ($p < 0.001$), reflecting meaningful improvements in functional ability and overall quality of life.

3. LyfeMD's Credibility, Acceptability And Foundation Partnerships

A systematic review of over 1,500 diet and lifestyle self-management apps for inflammatory disease identified six that met inclusion criteria. LyfeMD received the highest overall rating for comprehensiveness, scientific validity, and perceived impact on behavior change (19). This finding underscores LyfeMD's differentiation from other chronic disease focused apps and affirms its credibility as a scientifically-based digital health technology.

LyfeMD's credibility is further demonstrated through strategic partnerships with respected foundations, including the Canadian Digestive Health Foundation, the Canadian Association of Gastroenterology, and the U.S. Crohn's and Colitis Foundation (CCF). The CCF is the world's largest patient organization for GI diseases, with 3 million members, and has endorsed only six products to date and LyfeMD was one of the first two. CCF is currently in negotiations with LyfeMD to cover the cost of the LyfeMD program to CCF's members.

4. Books authored by LyfeMD Team Members

- IBS for Dummies, 2025
 - Maitreyi Raman, Natasha Haskey
- Healing Fatty Liver Disease: A complete Health & Diet Guide, 2023
 - Maitreyi Raman, Lorian Taylor
- Gut Microbiota: Interactive Effects on Nutrition and Health, 2023
 - Natasha Haskey
- The Complete IBS Health and Diet Guide: Includes Nutrition Information, Meal Plans and Over 100 Recipes for Irritable Bowel Syndrome, 2011
 - Maitreyi Raman
- The Complete Prebiotic and Probiotic Health Guide: A Vegetarian Plan for Balancing Your Gut Flora, 2015
 - Maitreyi Raman
- My Wellness Journal: LyfeMD Cognitive Behaviour Therapy Program, 2023
 - Lorian Taylor, Charles Corlett

5. Evidence For The Benefit Of Remote Patient Monitoring Programs For IBD

In addition to LyfeMD's foundational research, real-world evidence further validates the impact of proactive symptom tracking in IBD management. For example, a US-based statewide program demonstrated a 46% reduction in emergency department visits ($p=0.03$), a 78% reduction in inpatient admissions ($p=0.008$), and a 55% reduction in GI surgeries over 24 months compared to risk-matched controls (21). Another cohort analysis in a large community practice showed statistically significant declines in ED visits and hospitalizations, with sustained engagement exceeding 85% (22). These results underscore the power of platforms using RPM to drive improved patient outcomes and reduce costs when integrated into chronic disease care pathways.

References - LyfeMD team publications are underlined

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