



I Tried a Plant-Based Diet for Vitiligo: It Helped!

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As a young child, Chloe developed [vitiligo](#), an autoimmune disease that causes patches of skin to turn white as pigment-producing cells die or stop functioning. Chloe's research as a teenager led her to try a whole-food, plant-based diet for vitiligo.

When I was eight years old I developed an autoimmune condition called vitiligo. Huge white patches of unpigmented skin covered my body, leading to self-esteem issues at a young age. I was embarrassed by my multi-colored skin and wanted the patches to go away.

All the medical professionals I saw told me I would have to live with the condition.

Even though I was young, I knew that there had to be a better way. I remember going to the library and picking up a bunch of nutrition books. I read *The China Study*, *Molecules of Emotion*, and other amazing books that showed me that there was a way I could heal my body naturally.

At age 14, I watched *Forks Over Knives* with my brother and decided to go vegan. About a year later the large patches of white skin on my knees and shins were practically non-existent. As I focused on eating a whole-food, plant-based, oil-free diet (not your typical teenager), the rest of my patches started to regain pigment as well.

I am now in my 20s and continuing to eat a whole-food, plant-based diet. My vitiligo has gone from covering about 70 percent of my body to covering less than 10 percent. I am in awe at how much this diet has allowed me to heal, and I am so thankful that I started this journey young!