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## Nutrition Therapy: Personal Diet and Lifestyle and Human Health—2nd Edition

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### Message from the Guest Editors

Nowadays, the concept of nutrition therapy may encompass either personalized nutrition for either preventive approaches as well as supporting therapies in disease. The goal of individually tailored interventions is to take out each individual from either the two edges (representing overnutrition and undernutrition, respectively) of the U-shaped associations with “worst” conditions, compared with “better” conditions in states of balanced nutrition.

Within a global health perspective, moving from immigrant displacement to pandemics in different settings, the early exposure to poor living conditions is associated with malnutrition, finally resulting in over-intakes of cheaper, unhealthy foods with an over-intake of energy. Accordingly, effective interventions “require major societal shifts extended to the entire global food system” and a deeper knowledge of the mechanisms linking nutrition-associated metabolic pathways with pathogenic biomechanisms, in particular, the cascade of pro-inflammatory mediators.



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# Special Issue



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