



Food as Medicine and Medicine as Food

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Message from the Guest Editor

Dear Colleagues,

The progressive increase in healthcare costs for non-communicable diseases, and the morbidity and mortality associated with chronic degenerative changes can be attributed to a great extent to the lack of appropriate nutritional support and the accumulative bioenergetic burden imposed upon the target population by the Western diet rich in sugar, fat and salt but poor in nutrients and natural compounds. Food can serve as medicine, and this medicine can supply the body with the needed resources to prevent these detrimental changes. Nutrition, food and supplementation can improve, maintain and restore health by providing sufficient nutrients and natural agents with the diet. Food with high nutrient density is a source of preventive and protective agents that can be applied to target diseases that would otherwise compromise health, quality of life and well-being. This Special Issue of *Applied Biosciences* on “Food as Medicine and Medicine as Food” welcomes all contributions that demonstrate the potential of food to serve as medicine in protecting against disease.

Dr. Burkhard Poeggeler
Guest Editor

