



The Relationship between Nutrition and Diseases

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Message from the Guest Editors

Dear Colleagues,

Hippocrates said “Let food be thy medicine, and let medicine be thy food” and since that time, there has been a great and growing interest in studying the potential link between nutrition and diseases, mainly under two disciplines, “Nutritional Epidemiology” and “Lifestyle Medicine”. To date, a wide spectrum of results have confirmed this link; however, many of those need to be interpreted with caution, before jumping to conclusions in proposing certain nutrients as preventative and therapeutic strategies for diseases. This is because many of these findings derive from cross-sectional studies that indicate only simple associations between a certain nutrient and specific a disease and do not provide solid information regarding any causal relationships between the two conditions.

This Special Issue will provide a platform for the presentation of recent advances in knowledge on the “real” relationship between nutrition and diseases, coming from diverse scientific disciplines.

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Message from the Editor-in-Chief

Diseases is an international, peer-reviewed, open access, multidisciplinary journal that focuses on the latest outstanding research concerning diseases and conditions. Research articles, reviews, and other contents are released on the Internet immediately after acceptance. This journal aims to cover international conferences and symposia as new targets.

Diseases is increasingly gaining acceptance and visibility within scholars, and after only a few years of life, *Diseases* is now also covering specific topics with dedicated special issues. We would be pleased to welcome you as one of our authors.

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