



## New Insights into Obesity Management

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### Message from the Guest Editor

Dear Colleagues,

Metabolic diseases and obesity are a rapidly increasing burden on public health services worldwide. Knowledge on the molecular mechanisms of the pathology of obesity, such as microbiota imbalance or epigenetic regulation in the gut–brain axis, is improving rapidly. However, management of obesity is still a problem, despite the development of improved dietary advice or pharmaceuticals such as GLP1 agonists. Patients' adherence to dietary recommendations is especially poor, and new approaches, such as advice from personalized nutritionists, need to be developed further.

This Special Issue aims to compile up-to-date research evidence from molecular sciences and applied strategies in nutritional, dietary and medical practice. This cutting-edge research can come from all areas of omics-based systemic health sciences, information technology-driven systems of patient data sampling, analysis and recommendations, as well as monitoring and surveillance.

Reviews and research papers, as well as commentaries, are welcome.

Prof. Dr. Alexander Haslberger

*Guest Editor*





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