



## Gut Microbiota and Nutrients 2.0

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Deadline for manuscript  
submissions:

**31 October 2024**

### Message from the Guest Editor

Recent findings have shown that the gut microbiota contributes significantly to the traits of humans as much as our genes, especially in the case of atherosclerosis, hypertension, obesity, diabetes, metabolic syndrome, inflammatory bowel disease (IBD), gastrointestinal tract malignancies, hepatic encephalopathy, allergies, behavior, intelligence, autism, neurological diseases, and psychological diseases. Alteration of the composition of the gut microbiota affects the behavior, intelligence, mood, autism, and psychology of its host, as well as the prevalence of migraines, through the gut–brain axis. Nutrients determine the growth of individual intestinal bacteria in the gut. Therefore, it is reasonable to speculate that nutrients are the main determinants of gut microbiota composition, which means that their effects on human traits result from modification of the gut microbiota by nutrient uptake as well as from the nutrients themselves. Considering the dependency of microbes on specific nutritional components, the gut microbiota could be the missing link between nutrients and human traits.





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## Message from the Editor-in-Chief

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