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## The Influence of Nutrition and Diet Management on the Origin of Type 2 Diabetes

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### Message from the Guest Editor

Dear Colleagues,

Postprandial hyperglycemia is known to precede the development of type 2 diabetes. It is mainly characterized by the insulin resistance of the skeletal muscle and by the failure of timely insulin secretion from the pancreatic  $\beta$ -cells. Hyperglycemia-induced hyperinsulinemia often leads to an unwanted excessive decrease in blood glucose levels, which elicits overeating and the activation of counter-insulin hormonal systems. The glycemic rollercoaster further worsens insulin resistance and the dysfunction of  $\beta$ -cells, creating the vicious cycle that leads to the development of diabetes, and, therefore, can be regarded as the origin of type 2 diabetes. This Special Issue focuses on the influence of nutrition and diet on postprandial hyperglycemia and/or reactive hypoglycemia, which ignites the fire of type 2 diabetes.

Dr. Ichiro Kishimoto

*Guest Editor*



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