



The Relationship between Nutrition, Dietary, and Lifestyle Factors and Brain Health

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Message from the Guest Editor

Dear Colleagues,

There is mounting evidence suggesting that various aspects of our lifestyle, including nutrition and dietary choices, can significantly impact brain health. These lifestyle factors have the potential to influence cognitive functions, depression, anxiety, memory, and learning. Furthermore, they can play a pivotal role in modulating the risk and progression of neurological and psychiatric disorders, such as Alzheimer's disease and depression. Furthermore, the migraine is also associated with a wide range of comorbidities. Consequently, it has become increasingly important to deepen our understanding of how specific dietary and lifestyle modifications affect both the overall brain health and neurological conditions. Our overarching goal is to explore the intricate connection between these lifestyle elements and brain health, offering evidence-based recommendations at multiple levels, spanning from epidemiological and clinical research to translational studies.

We warmly invite a diverse range of submissions for this Special Issue, encompassing original research articles, systematic reviews, and meta-analyses.

Dr. Mi-jung Kwon





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