



The Complex Role of Diet in the Heart-Brain Axis

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Message from the Guest Editors

Dear Colleagues,

This Special Issue, “The Complex Role of Diet in the Heart–Brain Axis”, should shed light on the role of various nutrition aspects, from nutrients to a priori or a posteriori dietary patterns, in cardiometabolic health and the heart–brain axis.

The connection between the heart and brain (central nervous system) has been known for centuries. Furthermore, the diet, including functional foods and beverages, nutraceuticals, and adherence to different dietary patterns, has shown a significant influence on both the cardiovascular and nervous systems. .

It is evident that cardiometabolic and some neurological disorders share common mechanisms that involve inflammation and oxidative stress. These interventions should not only be limited to dietary patterns and specific diets, but rather to the potential use of functional foods and some nutraceuticals.

In conclusion, this Special Issue should review all aspects concerning effective nutrition-related plans in this field, as well as the underlying mechanisms behind them, in order to ameliorate the primary prevention strategies of psycho-cardio-metabolic issues.





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