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Exercise and Nutrition for Human Health

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Message from the Guest Editor

As our understanding of metabolism and evolution evolves, there is a dichotomy as to whether calorific deficit, or the restriction of dietary components, are the way ahead in healthy lifestyle and longevity. Low-carbohydrate and ketogenic diets have shown great impact on weight management, but evolutionary work suggests that calorific restriction remains effective.

This Special Issue will focus on the research on calorific restriction versus dietary interventions for health and explore newer ingredient discoveries using AI platforms to positively affect the lives of consumers. We will explore the role of exercise as a supplement to nutrition and where the evidence lies in terms of supplements and fiber along with the effect of the gut microbiome on health. We will look at the role of muscle in maintaining homeostasis and that of the neuroendocrine system role in maintaining anti-inflammation.



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Special *Issue*



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