



## Diet, Estrogen Metabolism and Women's Health

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### Message from the Guest Editor

Dear Colleagues,

Woman's health is strongly related to complex endocrine changes like puberty, menstrual cycle, pregnancy and menopause in distinct periods of life. Bone and skeletal muscle, fat metabolism, diseases, such as diabetes and metabolic syndrome, and the individual risk for cancer and cardiovascular diseases are strongly affected by estrogens. Life-long nutrition, nutrition in distinct periods of the female life time, but also the consumption of food ingredients interfering with the endocrine system, for example, through nutritional supplements, have been demonstrated to directly interfere with the endocrine system. Moreover, physical activity has been shown to influence the activity of estrogens. This Special Issue will highlight recent research on the complex interactions of diet, physical activity, and estrogen metabolism on women's health.

Prof. Dr. Patrick Diel  
*Guest Editor*





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