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## Functional Foods: Regulation of Metabolism from Molecule to System and Disease Control

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### Message from the Guest Editor

The obesity is a serious worldwide health problem. Obesity is a major risk factor for type 2 diabetes, cardiovascular diseases, and several kinds of cancer. In addition, in modern societies, subjects with sarcopenia and/or frailty are rapidly increasing. However, few effective and safe medicines are available to treat obesity, sarcopenia and/or frailty. Since these are the lifestyle-related diseases and diet is the most influential part of lifestyle, intervention of these diseases by foods is a promising way.

Obesity is caused by the imbalance of energy intake (feeding) and expenditure as well as disrupted diurnal rhythm. Sarcopenia and frailty involve various peripheral and central symptoms, and underneath abnormal metabolism and feeding behavior play key roles. In this Special Issue, we welcome manuscripts that aim to clarify dysregulated metabolism and feeding behavior in obesity, sarcopenia, frailty and related diseases, and to explore functional foods including herbal medicines to normalize the metabolism and feeding behavior and eventually prevent/treat these diseases. The studies elucidating the underlying action mechanisms from molecular to system are highly encouraged.



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**Special** *Issue*



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