



Gut Microbiota and Malnutrition

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Message from the Guest Editors

The gut microbiota is involved in the regulation of multiple host pathways and participates in metabolic and immune-inflammatory axes connecting the gut with the liver, muscle, and brain.

Malnutrition includes undernutrition and overnutrition and is caused by eating a diet in which nutrients are either not enough or too much, thus causing health problems. Undernutrition can result in underweight, while overnutrition can lead to overweight and obesity.

Alterations in the gut microbiome have been associated with the development of obesity, both in children and in adults.

On the other hand, eating disorders are increasing too, especially in developed countries, and are an important cause of underweight in children and adolescents.

Some studies have demonstrated a different microbial composition in obese and normal-weight subjects, but very little research on this topic has been carried out in patients affected by eating disorders.

In this context, investigating the possible relationship between nutritional status and the microbiota–gut–brain axis could pave the way to develop alternative approaches to modulate the intestinal microbiota.





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