



The Role of Ketogenic Diet in Human Health and Diseases

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Message from the Guest Editors

Ketogenic diets have long been a weapon for the treatment of refractory epilepsy and are now widely used for obesity and metabolic disorders as well. They have been criticized due to their potentially unhealthy macronutrient ratio, but more and more evidence is confirming their safety. Beyond “simple” weight loss, many other applications are emerging, such as in neurodegenerative disorders, pain, and cancer. Borrowing from a popular literature review on the topic, there is “evidence for optimism, but high-quality research is needed”. Thus, the aim of this Special Issue is to gather high-quality evidence on the potential role played by ketone bodies and their impact on health and medical conditions.

Original research as well as literature reviews and meta-analyses are welcome. The main objective of the work should be to investigate the impact of ketosis (reached by any means—intermittent fasting, time-restricted feeding, any ketogenic diet, exogenous ketones) on human health or diseases, including obesity, diabetes, palliative care, autoimmune conditions, neurodegenerative disease, cancer, etc.





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