



The Role of Ketogenic Diet in Human Health and Diseases

Guest Editors:

Prof. Dr. Carla Lubrano

Prof. Dr. Giovanni Spera

Dr. Mikiko Watanabe

Prof. Dr. Silvia Savastano

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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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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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