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Nutrition, Microbiota and Noncommunicable Diseases

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Message from the Guest Editor

Dear Colleagues,

Health is defined as “the state of the organism when it functions optimally without evidence of disease”, and surprisingly, the words “microbes” or “microorganism” are missing in this definition. The regulation of gut microbiota is mediated by an enormous quantity of aspects, such as, microbiological factors, host characteristics, diet patterns and environmental variables. Some protective, structural and metabolic functions are reported for gut microbiota, and these functions are related to the regulation of homeostasis and host health. Host defence against pathogens is, in part, mediated through gut microbiota action and requires intimate interpretation of the current microenvironment and discrimination between commensal and occasional bacteria.

Prof. Dr. Julio Plaza-Díaz
Guest Editor



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