



Inflammation- An Ancient Battle. What are the Roles of Nutrients?

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Message from the Guest Editor

Dear Colleagues,

Inflammation is the underlying cause for many chronic diseases including cardiovascular disease, obesity, osteoporosis, sarcopenia, and neurodegenerative diseases. However, a certain level of inflammation is considered by some to be a protective response, and can be important for healing; by the same token, low-grade, chronic inflammation leads to the development of insulin resistance, CVD, hyperlipidemia, and many other health risks. For instance, the typical western diet is high in sugar and fat, and the ratio of Omega-3 to Omega-6 fatty acids; this unfavorable tilt in the ratio can lead to chronic inflammatory responses, obesity, and thus disease.

The objective of this proposed Special Issue is to publish selected papers detailing specific aspects of nutrition that could play a role in decreasing inflammation and inflammatory response. Particularly, papers dealing with the role of specific nutrients and non-nutritional substances present in food regarding chronic diseases that are caused by or associated with inflammation, both chronic and acute.

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Guest Editor





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