



Nutrigenomics and Biological Rhythms: Impact on Human Health

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Message from the Guest Editors

Organisms exhibit biological rhythms to adapt to the environment, such as daily and seasonal light changes. Biological rhythms, which include circadian and circannual rhythms, are closely related to metabolism and health status. For example, it is known that blood pressure, circulating levels of leptin, prolactin and insulin response varies according to season. Actually, alterations of the rhythms, such as shift work or social jetlag, are linked to metabolic disorders. Therefore, in order to maintain optimal health, it is necessary to keep rhythms under control. In this sense, the intake of nutrients can modulate biological rhythms. Moreover, in recent years, the relation of nutrition and rhythms has been clearly stated.

Within this framework, nutrigenomics play a crucial role in evaluating the impact of food or their components on the regulation of biological rhythms and their metabolic consequences. In this Special Issue, we welcome cross-sectional animal or human studies that evaluate the molecular mechanisms that explain the relationship between nutrition and biological rhythms and their impact on health.





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