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Nutritional Strategies to Assist in Alleviating Psychiatric and Neurological Disorders through the Gut-Brain Axis

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Deadline for manuscript
submissions:
closed (16 June 2023)

Message from the Guest Editor

Dear Colleagues,

Gut microbiota are emerging as an area of scientific interest and a possible new target for different psychiatric and neurological disorders. Modification in gut microbiota composition appears to influence mood, cognition, learning, and memory by modulating endocrine, immune, and neuronal pathways. A better understanding of the involvement of the gut–brain axis in brain diseases may provide new therapeutic strategies.

The aim of this Special Issue is to understand how a nutritional strategy—including prebiotics, probiotics, postbiotics, and natural compounds that regulate the intestinal environment, such as gut microbiota, gut barrier function, gut immunity, etc.— can affect the nervous system and alleviate different diseases (i.e., mood disorders, autism, neurological and neurodegenerative diseases, chronic pain, addiction, and other social-stress-induced diseases). It will also explore the identification of specific pathways, molecules, or mechanisms to develop future therapies. We invite all interested researchers to submit review articles or original papers related to this topic.

Prof. Dr. Gang Wang
Guest Editor



mdpi.com/si/108675

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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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