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## Diet and Microbiota–Gut–Brain Axis: A Novel Nutritional Therapy

Guest Editor:

**Prof. Dr. Wendy Henderson**

Department of Biobehavioral  
Health Sciences, University of  
Pennsylvania School of Nursing,  
Philadelphia, PA 19104-4217, USA

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### Message from the Guest Editor

Dear Colleagues,

The microbial population residing within the human gut represents one of the most densely populated microbial niches in the human body. Far from confined to the recesses of the alimentary tract, our gut microbiota engages in complex and bi-directional communication with the host, which has far-reaching implications for overall health and normal physiological functioning. Amongst such communication streams, the microbiota–gut–brain axis predominates.

It is diet and nutritional status that has repeatedly been shown to be one of the most critical modifiable factors regulating the gut microbiota at different time points across the lifespan and under various health conditions, thereby becoming the subject of intensive research related to cognitive, behavioral, and neurodegenerative disorders. Future guidelines on lifestyle strategies for well-being may integrate recommendations on the optimal establishment and maintenance of a healthy gut microbiota through dietary and other means. Although we are what we ingest, perhaps more importantly, we are what our gut microbiota thrive on, and they thrive on what we ingest.



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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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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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