



## Innovative Research on Hydration in Health, Disease and Exercise

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submissions:

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### Message from the Guest Editor

Dear Colleagues,

Over the last few years, there has been a growing interest among researchers to think outside the box and examine the impacts of hydration manipulation in humans through new angles which have barely been touched upon before. For instance, research has recently started to gain some insight into how hypohydration affects glucose tolerance/insulin sensitivity or pain perception. Counterintuitively, following observations and anecdotes derived from the field, it has recently been demonstrated that hyperhydration can be used to accelerate body water losses and therefore improve weight-reduction management for weight-category sports. Furthermore, machine learning, which is a subfield of artificial intelligence, has recently been introduced into the field to distinguish the hydration characteristics of athletes. The goal of this Special Issue of *Nutrients* is to showcase results of studies or novel ideas that push the frontiers of hydration research in health, disease and exercise to a whole new level. Narrative reviews, meta-analyses, technical and perspective papers and original studies with positive or negative outcomes are all welcome.





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