



Nutrition Therapy: Personal Diet and Lifestyle and Human Health

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Message from the Guest Editors

Nutrition therapy may encompass either personalized nutrition for the preventive approach as well as supporting nutrition therapies in disease. The goal of individually tailored interventions is to take out each individual from either the two edges (representing overnutrition and undernutrition, respectively) of the U-shaped associations with “worst” conditions, compared with “better” conditions in states of balanced nutrition.

Within a global health perspective, moving from immigrant displacement to pandemics in different settings, the early exposure to poor living conditions was associated with malnutrition which was followed later by an over intake of energy associated with an unhealthy lifestyle. The two types of unbalance may unfavorably affect the course of either acute and chronic inflammatory disorders, as well as other congenital and acquired diseases. Thus, effective interventions “require major societal shifts extended to the entire global food system” and a deeper knowledge of the mechanisms linking nutrition-associated metabolic pathways with pathogenic biomechanisms, in particular the cascade of pro-inflammatory mediators.





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