

Special Issue

The Implication of Intermittent Fasting on Health and Diseases

Message from the Guest Editor

Growing evidence has suggested that intermittent fasting may increase longevity and affect the development of several diseases including cancer, obesity, diabetes, cardiovascular and neurodegenerative diseases. Several studies have indicated that intermittent fasting can trigger a metabolic switch from glucose-based to ketone-based energy, promote stress resistance, improve glucose and lipid metabolism as well as the hormonal and pro-inflammatory profiles, and positively modulate the gut microbiome. The purpose of this Special Issue is, therefore, to collect contributions regarding the mechanisms by which intermittent fasting may promote health and longevity and the clinical implications of this diet modality for the prevention and treatment of cancer, insulin resistance-related disorders, and cardiovascular and neurodegenerative diseases.

Guest Editor

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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