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## Dietary Strategies for Prevention of Geriatric Diseases and Exploring the Mechanism of Aging

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### Message from the Guest Editors

Dear Colleagues,

Population aging is one of the biggest challenges to sustainable development. Aging is a gradual and irreversible pathophysiological process characterised by the decline of tissue and cell function and the significantly increased risk of various diseases, including neurodegenerative diseases, cardiovascular diseases, gastrointestinal diseases, immune system diseases, and so on. More and more studies have shown that diet plays an important role in regulating aging and the development of age-related diseases. This Special Issue is interested in research articles and literature reviews that discuss how to alleviate aging and age-related degenerative diseases through diet or nutrients such as trace elements, probiotics, phytochemicals, etc. These discussions also include underlying mechanisms related to aging and age-related pathology.

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*Guest Editors*



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# Special Issue



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