



Dietary Patterns, Food Intake, Nutrients and Physical Activity with Anti-inflammatory Properties

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Message from the Guest Editor

Dear Colleagues,

Inflammation is a physiological process with an undoubtedly relevant role. Unfortunately, it also has a dark side. For example, this process in its pathological form (usually when it is chronified) is involved in Metabolic Syndrome, Type 2 diabetes, Cardiovascular diseases, Obesity, Cancer, and even Aging.

Many factors have been thoroughly studied. For example, a dietary pattern world-wide recognised to be anti-inflammatory would be the Mediterranean Diet. Furthermore, a diet which restricts intake but maintains good quality has been linked with lower oxidative stress. In addition, nutrients such as the famous Omega-3 seem to modulate several pathways exerting beneficial actions counteracting inflammation's deleterious effects. Interestingly, physical activity has been linked to both sides of the inflammation issue, requiring further analysis of its mechanisms of action.

We would welcome articles that shed some light in any or several of these areas, or other ones, preferentially in human beings, but animals and cell culture will also be accepted, as well as basic and applied research.

Dr. Pedro Gonzalez-Muniesa

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