

Special Issue

Food as Medicine and Medicine as Food

Message from the Guest Editor

The progressive increase in healthcare costs for non-communicable diseases, and the morbidity and mortality associated with chronic degenerative changes can be attributed to a great extent to the lack of appropriate nutritional support and the accumulative bioenergetic burden imposed upon the target population by the Western diet rich in sugar, fat and salt but poor in nutrients and natural compounds. Food can serve as medicine, and this medicine can supply the body with the needed resources to prevent these detrimental changes. Nutrition, food and supplementation can improve, maintain and restore health by providing sufficient nutrients and natural agents with the diet. Food with high nutrient density is a source of preventive and protective agents that can be applied to target diseases that would otherwise compromise health, quality of life and well-being. This Special Issue of *Applied Biosciences* on “Food as Medicine and Medicine as Food” welcomes all contributions that demonstrate the potential of food to serve as medicine in protecting against disease.

Guest Editor

Prof. Dr. Burkhard Poeggeler

Department of Physiology, Johann-Friedrich-Blumenbach-Institute for Zoology and Anthropology, Faculty of Biology, Georg August University Göttingen, Göttingen and Goettingen Research Campus, Göttingen, Am Türmchen 3, Gütersloh D-33332, Germany

Deadline for manuscript submissions

closed (30 November 2022)



Applied Biosciences

an Open Access Journal
by MDPI

CiteScore 2.9
Tracked for Impact Factor



mdpi.com/si/118076

Applied Biosciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appliedbiosci@mdpi.com

mdpi.com/journal/

[appliedbiosci](https://appliedbiosci.com)





Applied Biosciences

an Open Access Journal
by MDPI

CiteScore 2.9
Tracked for Impact Factor



[mdpi.com/journal/
applbiosci](https://mdpi.com/journal/applbiosci)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Robert Henry

1. Queensland Alliance for Agriculture and Food Innovation, University of Queensland, Brisbane, QLD 4072, Australia
2. ARC Centre of Excellence for Plant Success in Nature and Agriculture, University of Queensland, Brisbane, QLD 4072, Australia

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within ESCI (Web of Science), Scopus, Embase, and other databases.

Journal Rank:

CiteScore - Q2 (Immunology and Microbiology (miscellaneous))