

Special Issue

Molecular Mechanisms in New Strategies for Longevity

Message from the Guest Editor

In addition to the classic support of diet, exercise, and rest, there are now a variety of approaches to achieving longevity. The prevention of diseases that are among the leading causes of death is one such approach, as is the prevention of obesity, diabetes, and atherosclerosis. Biological age, which measures aging not by calendar age but by physiological function, is considered an important indicator of aging. Rejuvenating this biological age is what delays aging and leads to longevity. Various approaches to this end are represented, including lifestyle modification, exercise and physical activity, medication, foods, and dietary supplements.

Guest Editor

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Biomolecules is a multidisciplinary open-access journal that reports on all aspects of research related to biogenic substances, from small molecules to complex polymers. We invite manuscripts of high scientific quality that pertain to the diverse aspects relevant to organic molecules, irrespective of the biological question or methodology. We aim for a competent, fair peer review and rapid publication. Please look at some of the exciting work that has been published in *Biomolecules* so far. We would be delighted to welcome you as one of our authors.

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