



The Relationship between Nutrition and Diseases 2.0

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Message from the Guest Editor

Dear Colleagues,

Hippocrates said “Let food be thy medicine, and let medicine be thy food” and since that time, there has been a great and growing interest in studying the potential link between nutrition and diseases, mainly under two disciplines, “Nutritional Epidemiology” and “Lifestyle Medicine”. To date, a wide spectrum of results have confirmed this link; however, many of those need to be interpreted with caution, before jumping to conclusions in proposing certain nutrients as preventative and therapeutic strategies for diseases. This is because many of these findings derive from cross-sectional studies that indicate only simple associations between a certain nutrient and specific a disease and do not provide solid information regarding any causal relationships between the two conditions.

This Special Issue will provide a platform for the presentation of recent advances in knowledge on the “real” relationship between nutrition and diseases, coming from diverse scientific disciplines.

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Message from the Editor-in-Chief

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