



Nutrition and Gastrointestinal Diseases

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Message from the Guest Editors

In recent years, nutrition has gained visibility among several areas of Medicine and Surgery. A healthy diet is crucial for a long and healthy lifespan. Moreover, nutritional status in cancer patients or severely ill patients is nowadays recognized as an independent prognostic factor of clinical outcomes. In this context, the gastrointestinal system has a pivotal role, given its importance in the absorption, metabolism, and storage of nutrients. Furthermore, recent studies on the gut microbiota unveiled the crosstalk between gut and immune system; many “axes” have been proposed, such as the gut–brain, gut–eye, gut–muscle, and gut–joint axes. Every day, the gut barrier deals with a large amount of nutrients. Thus, nutrition and gastrointestinal diseases are strictly connected.

The aim of this Special Issue is to dissect the role of nutrition as a therapeutic approach in gastrointestinal diseases, as well as to fill the gap between research and clinical practice to achieve better outcomes. Papers addressing these topics are invited for this Special Issue, especially those investigating new diagnostic tools and therapies.

