

Special Issue

Holistic Approaches to Health and Nutrition: The Impact of Lifestyle, Nutrition and Stress Management on Physical and Mental Well-Being

Message from the Guest Editors

We are pleased to invite you to contribute to our upcoming Special Issue on “Holistic Approaches to Health and Nutrition: The Impact of Lifestyle, Nutrition and Stress Management on Physical and Mental Well-Being”. Research in this area has shown that lifestyle factors such as nutrition, physical activity, sleep, and stress management play critical roles in maintaining or improving health outcomes. A holistic approach seeks to address these interdependencies, considering both the physiological and psychological aspects of health. This Special Issue aims to explore how lifestyle choices, dietary patterns, and effective stress management techniques influence both physical and mental well-being. We welcome original research articles, systematic reviews, meta-analyses, and case studies on topics such as the role of nutrition in mental health, the impact of physical activity on stress reduction, and interventions for integrating stress management into daily routines. Additionally, contributions discussing holistic healthcare models and their effectiveness are encouraged. We look forward to your participation!

Guest Editors

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Deadline for manuscript submissions

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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