

## Special Issue

# Harnessing Nature's Potential: Plant-Derived Substances for Controlling Appetite and Promoting Weight Management

### Message from the Guest Editors

Obesity is a globally prevalent chronic disease that increases risk factors of numerous pathological conditions. In the face of rising obesity rates, there is an urgent need for effective weight management strategies. This Special Issue, titled "Harnessing Nature's Potential: Plant-Derived Substances for Controlling Appetite and Promoting Weight Management", focuses on evaluating the efficacy of plant-derived substances in regulating appetite and body weight. Moreover, it delves into the intricate interplay between phytochemicals and the human body, unraveling the molecular pathways in which these substances engage to modulate appetite, enhance satiety, and influence energy metabolism. Contributions to this issue explore a range of bioactive compounds found in plants, such as polyphenols, alkaloids, and terpenes, elucidating their roles in appetite regulation and energy homeostasis. Key topics include the interaction of these compounds with hormonal and neural pathways controlling hunger and satiety, their impact on gut microbiota composition and function, and their influence on metabolic rate and fat oxidation.

### Guest Editors

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### Deadline for manuscript submissions

closed (20 June 2025)



## International Journal of Molecular Sciences

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### Editor-in-Chief

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