

Special Issue

Epigenetics, Microbiota, and Food—Shaping Immune Health and Longevity

Message from the Guest Editor

The goal of longevity research is to increase healthy years of life, with nutrition playing a key role. Nutrition impacts us even before birth, and prenatal nutrition, as well as early exposure to various bacteria, profoundly affect a child's microbiota. The diets of parents and even grandparents leave an epigenetic imprint on offspring, influencing long-term health. Low-grade inflammation contributes to most age-related diseases. A proper diet can counteract inflammation and support longevity. Several food compounds, including epigenetically active ingredients like curcumin, influence microbiota and epigenetic mechanisms. Poor nutrition and nutrient deficiencies harm immune function, while certain compounds modulate health. Understanding how nutrients, aging, and health interact at the epigenetic level can help optimize disease prevention strategies. In this Special Issue of *Life*, we encourage researchers to explore the role of diet, particularly components that influence immune health and longevity, in modulating microRNA expression and epigenetics. We look forward to your contributions to this vital area of research.

Guest Editor

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Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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