

## Special Issue

# Intermittent Fasting: Depicting Anti-aging, and Chronic Disease-Preventing and Ameliorating Effects

### Message from the Guest Editors

Intermittent fasting (IF) is gaining popularity in weight management, cancer treatment, and overall health. It offers cost-effective benefits, including improved body weight, metabolic health, lipid profile, and inflammation reduction. IF's effects on chronic diseases, aging, and longevity remain a subject of study. This Special Issue focuses on human and animal studies, exploring topics like:

- Cell aging and senescence
- Brain health and cognitive abilities
- Body composition and visceral adiposity
- Cardiometabolic risk factors
- Inflammation and oxidative stress
- Glycemic control and circadian rhythms
- Gut microbiota
- Metabolic pathways and gene expression
- Therapeutic applications in cancer, diabetes, and more

Join us in uncovering the potential of IF in promoting health and combating chronic diseases.

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### Guest Editors

Dr. MoezAllIslam Ezzat Faris  
Dr. Nabil Eid  
Dr. Faiza Kalam

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### Deadline for manuscript submissions

closed (31 December 2023)



## Medicina

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Prof. Dr. Edgaras Stankevičius  
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