



Circadian Rhythms, Nutrition and Cardiometabolic Health

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Message from the Guest Editor

Dear Colleagues,

The circadian rhythm regulates the functioning of several physiological and biochemical variables, including body temperature, blood pressure, and the secretion of several hormones. There is also an intricate link between the circadian rhythm and metabolic regulations. As a consequence, the disruption of the circadian rhythm can trigger obesity and other common metabolic disorders such as diabetes and cardiovascular disease. It is known that several nutritional compounds have robust effects on the circadian system, and incorrect eating habits can contribute to increase cardiovascular risk by impairing the circadian rhythmicity.

This Special Issue aims to investigate the intricate relationship between nutrition and circadian rhythm and would like to explore the consequences of this relationship on metabolic and cardiovascular health. Papers addressing the influence of nutrients and eating habits, both from a clinical and experimental point of view, on circadian rhythmicity are welcomed.





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