



## Fruits, Seeds, Vegetables and Their Constituents Functions by Regulating Gene Expressions in Human Health

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### Message from the Guest Editor

Various factors that pose risks to human health, such as UV irradiation, pollutants, excessive noise, and mental hazards, are constantly increasing. These issues induce various diseases in the human body.

The complex action of health risk with aging causes many difficulties when it comes to maintaining health. However, consumption of seeds, fruits, and vegetables in everyday life is a good way to prevent various diseases, and many studies are emerging that explore how to maintain human health by regulating gene expression for diseases.

The aim of this Special Issue is to gather high-quality evidence on the potential impact of seeds, fruits, vegetables, and their constituents on human health.

Original research, literature reviews, and meta-analyses are welcome. The main objective of the work should be to investigate the impact of seeds, fruits, vegetables, and their constituents on animal model and or human for health or diseases, including skin, metabolism, sensory organs, central nervous system disease, etc.

Studies exploring how to maintain health by controlling biomarkers of diseases through regulation of gene expressions are particularly welcome.





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