



## The Effect of Nutrition on Blood Pressure

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### **Message from the Guest Editor**

Dear Colleagues,

The realization that a healthy gut is essential to the overall health of the individual has never been greater. This realization can be attributed to our rapidly advancing understanding of the relationship between organisms in our gut (our microbiome) with the rest of the body. In a healthy gut, this relationship is called symbiosis, which is a relationship of mutual benefit between organisms. Conversely, in disease and gut ill health, this relationship is often described as dysbiosis. Although dysbiosis can have a varied definition, overall, it can be thought of as a loss of symbiosis. The current overarching belief is if dysbiosis is present, health can be improved through correcting dysbiosis and promoting a state of symbiosis. Probiotics and prebiotics are viewed as prime candidates to assist in promoting a state of gut symbiosis, and therefore promoting gut health.

The objective of this Special Issue “Role of Probiotics and Prebiotics in Gut Symbiosis” is to publish reviews, clinical trials or experimental studies that focus on probiotics and prebiotics that have a role in influencing disease and promoting health.





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