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## The Effect of Nutrition on Blood Pressure

Guest Editor:

### Dr. Avshalom Leibowitz

1. Medicine D, The Chaim Sheba Medical Center, Tel-Hashomer, Ramat Gan 5262000, Israel

2. Sackler Faculty of Medicine, Tel-Aviv University, Tel Aviv 6997801, Israel

3. Hypertension Unit, The Chaim Sheba Medical Center, Tel-Hashomer, Ramat Gan 5262000, Israel

Deadline for manuscript submissions:

**closed (15 April 2024)**

### 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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# Special Issue



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2. Research Institute of  
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(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
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Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

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*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

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