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## Dietary Phytoestrogens and Health

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### Message from the Guest Editors

Dear Colleagues,

Phytoestrogens are natural substances from plants or their metabolites, that exhibit estrogenic effects in animals and humans. These effects can be either beneficial or adverse depending on the physiological status of the consumer. Nowadays, to face environmental issues, vegan practices spread in many countries and phytoestrogens that were removed from traditional foodstuffs by ancient cooking practices can now be present in active amounts in modern food. In parallel, knowledge is growing on these substances thank to cellular, animal and clinical studies. Consequently, the beneficial / adverse effect balance seems to move from previous theoretical opinion. Phytoestrogens can be define as substances occurring in human and animal diet at active levels. They induce physiological responses that can sign either positive or negative effects. Therefore, they include lignans, isoflavones, flavanones, prenyl-flavanones, coumestanes, Resorcylic acid lactones ... etc. This issue will make a point on the actual research and many aspects will be explored including epigenetic effects in humans.



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