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Emerging Dietary or Nutritional Interventions for Preventing and Treating Liver Diseases

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Message from the Guest Editors

Dear Colleagues,

Worldwide, there is a significant and escalating prevalence of gastrointestinal and liver diseases, such as NASH and NAFLD. Affecting lifestyle changes and making dietary adjustments play a pivotal role in both preventing and treating gastrointestinal and liver diseases. Among these, intermittent fasting and the consumption of functional foods (foods that confer health benefits beyond basic nutrition) have gained attention. However, prior to their recommendation, evidence regarding their health outcome and molecular mechanisms is required.

In this Special Issue, we would like to discuss the future direction of emerging dietary and nutritional interventions for preventing and treating liver disease. We welcome manuscripts regarding the association between bioactive compounds and liver disease but also promising dietary interventions, including intermittent fasting, calorie restriction, and functional foods.

Dr. Rodrigo Valenzuela
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Special *Issue*



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