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## The Implication of Intermittent Fasting on Health and Diseases

Guest Editor:

**Dr. Teresa Vanessa Fiorentino**

Department of Medical and  
Surgical Sciences, Magna Græcia  
University of Catanzaro, Viale  
Europa, 88100 Catanzaro CZ, Italy

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### Message from the Guest Editor

Growing evidence has suggested that intermittent fasting may increase longevity and affect the development of several diseases including cancer, obesity, diabetes, cardiovascular and neurodegenerative diseases. Several studies have indicated that intermittent fasting can trigger a metabolic switch from glucose-based to ketone-based energy, promote stress resistance, improve glucose and lipid metabolism as well as the hormonal and pro-inflammatory profiles, and positively modulate the gut microbiome. The purpose of this Special Issue is, therefore, to collect contributions regarding the mechanisms by which intermittent fasting may promote health and longevity and the clinical implications of this diet modality for the prevention and treatment of cancer, insulin resistance-related disorders, and cardiovascular and neurodegenerative diseases.



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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), 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, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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