

Special Issue

Innovations in Nutritional Therapy for Digestive Diseases: From Mechanisms to Clinical Application

Message from the Guest Editors

Recent years have brought remarkable progress in understanding the role of nutrition as a therapeutic tool in gastrointestinal diseases. Nutritional therapy is no longer limited to supportive care but is rather becoming a key component of precision medicine, targeting specific metabolic, inflammatory, and microbiome-related mechanisms. Assessment of the gut microbiome is an important and useful tool in the diagnosis, treatment and prevention of many diseases.

This Special Issue will highlight cutting-edge advances in nutritional interventions—from molecular and cellular mechanisms to translational and clinical applications—in conditions such as inflammatory bowel disease, functional gastrointestinal disorders, liver diseases, and metabolic-associated gut dysfunctions. We invite original research and comprehensive reviews that explore novel biomarkers, dietary components, microbiota-driven effects, and clinical outcomes of innovative nutritional strategies. By integrating basic and clinical science, this Special Issue aims to provide a multidimensional view of how nutritional approaches can shape future diagnostics and therapeutics in gastroenterology.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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