

Special Issue

Intermittent Fasting on Human Health and Disease

Message from the Guest Editors

Intermittent fasting has been shown to modulate metabolic pathways, through the activation of adaptive cellular stress responses, which may play an important role in reducing oxidative stress and inflammation, inducing DNA repair and autophagy and improving mitochondrial function. Additionally, it has been demonstrated to increase the production of neuroprotective and anti-inflammatory factors, improving cognitive function, and protecting against age-related neurodegenerative diseases.

More profound research is needed to determine the efficacy and safety of intermittent fasting in humans and to fully understand the underlying mechanisms by which this nutritional approach exerts its effects on human health and disease.

This Special Issue is to aggregate studies that examine the mechanisms through which intermittent fasting may enhance health and longevity, as well as to provide an overview of the clinical significance of this dietary pattern for the prevention and treatment of cancer, metabolic disorders, cardiovascular disease, and neurodegenerative diseases.

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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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