

Special Issue

Nutrition and Hormone Regulation

Message from the Guest Editor

The nutrients we need for the body to function properly are provided by the food we eat. This includes the metabolism and production of hormones. Only the right nutrition will favor our hormonal balance. Hormonal changes influence all of us at every stage of life, and the effect is definitely variable between individuals. Numerous clinical and hormonal studies have now linked nutrition to various beneficial health and biological activities. Various hormones in the body work together at varying levels within a changing environment. The influence of nutrition on this sensitivity can take a direct or indirect path, which is based on the pattern of diet, as well as certain nutrients. The type of diet we adopt affects how the body functions, especially the endocrine system. Eating certain foods can damage hormones, while consuming certain foods can enhance the body's function due to the nutrients they provide. This Special Issue explores the current advances regarding nutrients in hormone regulation. Original research articles and reviews are welcome.

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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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