

## Special Issue

# The Complex Role of Diet in the Heart-Brain Axis

### Message from the Guest Editors

This Special Issue, “The Complex Role of Diet in the Heart-Brain Axis”, should shed light on the role of various nutrition aspects, from nutrients to a priori or a posteriori dietary patterns, in cardiometabolic health and the heart-brain axis. The connection between the heart and brain (central nervous system) has been known for centuries. Furthermore, the diet, including functional foods and beverages, nutraceuticals, and adherence to different dietary patterns, has shown a significant influence on both the cardiovascular and nervous systems. . It is evident that cardiometabolic and some neurological disorders share common mechanisms that involve inflammation and oxidative stress. These interventions should not only be limited to dietary patterns and specific diets, but rather to the potential use of functional foods and some nutraceuticals. In conclusion, this Special Issue should review all aspects concerning effective nutrition-related plans in this field, as well as the underlying mechanisms behind them, in order to ameliorate the primary prevention strategies of psycho-cardio-metabolic issues.

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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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