

## Special Issue

# Effects of Dietary Patterns and Exercise on Exerkine/Endocrine Responses

### Message from the Guest Editor

In recent years, a multitude of factors (referred to as “exerkines”) has emerged that link the physiological response of multiple tissues to mobility and nutrition, through endocrine, paracrine, and/or autocrine pathways. Interestingly, in response to exercise or dietary interventions, these factors may be produced in tissues that deviate from those originally discovered and thought to be the main production site (e.g., brain-derived neurotrophic factor (BDNF), being produced in skeletal muscle in response to exercise or energy deprivation). Another factor, thyroid hormone (T3), is increasingly produced locally (muscle) but not centrally (thyroid) in response to exercise. One entity that modulates metabolic responses by stimulating exerkine synthesis is the microbiome, which should be considered an additional organ of the body. This Special Issue aims to focus on the emerging roles of “exerkines”, including hormones, as well as nutritional lipids and amino acids, crucial for maintenance of the body’s physiological constitution, in order to adequately respond to the ever-increasing variety of challenges it is facing.

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### Deadline for manuscript submissions

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## Nutrients

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*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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