

Special Issue

Endocrine Disturbances and Nutritional Therapies

Message from the Guest Editors

Endocrine disorders, such as obesity, type 2 diabetes mellitus, gestational diabetes mellitus, hypercholesterolemia, metabolic syndrome, polycystic ovary syndrome (PCOS), and thyroid dysfunction—represent some of the most critical global health challenges of the 21st century. These conditions exhibit complex interrelations with nutritional status, energy homeostasis, hormonal regulation, and chronic low-grade inflammation. Nutrition plays a dual role, acting both as an etiological factor in the pathogenesis of these disorders and as a fundamental component in their medical and dietary management. This Special Issue, “Endocrine Disturbances and Nutritional Therapies”, will comprehensively explore the role of nutritional interventions in modulating endocrine and metabolic dysregulations. A particular emphasis will be placed on macronutrient distribution, comprehensive dietary patterns (such as Mediterranean, low-carbohydrate, plant-based, and ketogenic diets), functional foods, and micronutrient optimization in regulating hormonal balance, glycemic control, lipid metabolism, body composition, and inflammatory markers.

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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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