

## Special Issue

# Intermittent Fasting: Health Impacts and Therapeutic Potential

### Message from the Guest Editors

Intermittent fasting modulates metabolic pathways by activating adaptive cellular stress responses. These responses are critical in reducing oxidative stress and inflammation, promoting DNA repair and autophagy, and enhancing mitochondrial functionality. Such processes are intimately linked with the onset and progression of various types of cancer, Alzheimer's disease, and atherosclerosis, suggesting that intermittent fasting may reduce the prevalence of these conditions across large populations. Moreover, intermittent fasting has been shown to elevate the production of neuroprotective and anti-inflammatory factors, thereby improving cognitive function and offering protection against age-related neurodegenerative diseases. In conclusion, intermittent fasting presents a promising nutritional strategy for the prevention and management of chronic diseases and the modulation of biological aging. This Special Issue is to provide an overview of the clinical significance of this dietary pattern in preventing and treating cancer, metabolic disorders, cardiovascular diseases, neurodegenerative diseases, and the effects of health and longevity.

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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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