

Special Issue

Appetite, Metabolism and Obesity

Message from the Guest Editor

Appetite and metabolism are key determinants of body weight and dysregulation can cause excessive food intake and storage of energy as fat that results in obesity. There are many factors that influence the neurohormonal control of appetite and metabolism, including side-effects of medications, genetic predisposition, gut microbiome composition, cultural trends and psychosocial factors. Evidence has shown that it is difficult to achieve and maintain healthy body weight by adhering to dietary and exercise guidelines. Similarly, there is a shortage of viable pharmaceuticals due to harmful side-effects in many effective treatments, with surgical methods often viewed as the most effective treatment in the medium to long term, although these also have accompanying risks and high cost. Thus, there has been a consistent drive to design optimal diets and discover nutrient extracts that can effectively reduce bodyweight by inhibiting appetite or increasing metabolic rate. Prof. Michael Mathai

Guest Editor

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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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