

Special Issue

Diet, Estrogen Metabolism and Women's Health

Message from the Guest Editor

Woman's health is strongly related to complex endocrine changes like puberty, menstrual cycle, pregnancy and menopause in distinct periods of life. Bone and skeletal muscle, fat metabolism, diseases, such as diabetes and metabolic syndrome, and the individual risk for cancer and cardiovascular diseases are strongly affected by estrogens. Life-long nutrition, nutrition in distinct periods of the female life time, but also the consumption of food ingredients interfering with the endocrine system, for example, through nutritional supplements, have been demonstrated to directly interfere with the endocrine system. Moreover, physical activity has been shown to influence the activity of estrogens. This Special Issue will highlight recent research on the complex interactions of diet, physical activity, and estrogen metabolism on women's health.

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Deadline for manuscript submissions

closed (17 June 2019)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/19913

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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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