

Special Issue

The Impact of Nutrition on Skin, Hair and Nail Conditions

Message from the Guest Editors

The way we eat affects not only the condition of our skin but also that of our hair and nails. Additionally, stress has a profound effect on the health of skin, hair, and nails, often interacting with nutritional factors. Poor nutrition, exposure to microplastics and mercury, and an imbalanced gut microbiome can have severe consequences for overall health, aggravating issues such as hair loss, skin disorders, and weakened nails. Appropriate nutrition, including the use of food supplements, may help counteract some of these adverse effects. Supplements aimed at supporting hormonal equilibrium, enhancing the body's resilience to oxidative stress, and addressing nutritional deficiencies are important in promoting the health of skin, hair, and nails, particularly in stressful situations.

The topic is broad, and we are confident that it will attract contributions not only from experts in dietetics but also from cosmeticians, dermatologists, and other professionals keen to publish their scientific research.

Guest Editors

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Dr. Chandra K. Singh

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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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