

Special Issue

The Benefits of Prolonged Fasting: Improving Health Beyond Weight Loss

Message from the Guest Editor

We are pleased to announce the launch of our Special Issue, which examines the multifaceted health benefits of prolonged fasting protocols beyond simple weight loss. Existing clinical studies report a reduction in body weight of approximately 7%, with the concomitant preservation of muscle function and specific alterations in lipid metabolism, including optimized lipid trafficking and enhanced insulin sensitivity. Additional findings include improvements in clinical parameters such as glycaemia, insulinemia, blood pressure, and inflammatory markers. We invite contributions to bring together original research articles, systematic reviews, and expert commentaries that critically evaluate the underlying mechanisms and clinical implications of prolonged fasting. By integrating clinical data with mechanistic studies, the contributions offer a comprehensive assessment of how prolonged fasting may serve as a therapeutic strategy for metabolic disorders and age-related conditions. The aim is to provide a balanced and evidence-based discussion that informs future research and clinical applications in this emerging field.

Guest Editor

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Deadline for manuscript submissions

closed (15 October 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/234621

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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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