

Special Issue

Nutritional and Hormonal Pathways in Metabolic Disease

Message from the Guest Editor

Nutrition and hormonal regulation are essential for maintaining metabolic health and overall physiological balance. Nutrients both provide the body with energy and also influence the hormonal signals that control metabolism, growth, and cellular function. In turn, hormones regulate how the body processes and utilizes nutrients, forming a complex, bidirectional relationship which is critical to homeostasis. For this Special Issue, we invite contributions that explore how dietary factors and hormonal systems interact in the development and progression of metabolic disorders. We are particularly interested in research examining how nutrition affects hormonal signaling and how hormones mediate the body's metabolic responses to diet. Special emphasis will be placed on studies addressing how factors such as age, sex, and lifestyle influence these pathways and contribute to the variability in disease outcomes. Understanding these interactions is key to identifying effective preventive and therapeutic strategies.

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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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