

Special Issue

Dietary Patterns and Nutritional Interventions to Alleviate Pain

Message from the Guest Editor

This Special Issue, "Dietary Patterns and Nutritional Interventions to Alleviate Pain", focuses on the role of dietary and nutritional interventions in managing and alleviating pain. It explores how specific diets and nutrients can influence pain perception, inflammation, and recovery across various pain conditions. It further emphasizes emerging research that underscores the potential link between diet and pain relief, offering valuable insights into how personalized nutrition strategies can complement and enhance conventional pain management treatments. By examining both preventive and therapeutic approaches, this Special Issue aims to provide a deeper understanding of how nutrition can be utilized not only to alleviate pain but also to prevent it. Ultimately, the present goal is to inform clinical practices and improve patient outcomes, promoting a more holistic approach to pain management that integrates both medical and nutritional strategies for better quality of life and well-being.

Guest Editor

Dr. Min Cheol Chang

Department of Rehabilitation Medicine, Yeungnam University Hospital,
Daegu 42415, Republic of Korea

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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