

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

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Deadline for manuscript submissions

closed (15 July 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/225877

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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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