

Special Issue

Physical Exercise and Nutrition on the Gastrointestinal Pathophysiology

Message from the Guest Editors

Exercise of various intensities, including marathons, triathlons, and cycling competitions, affects the gastrointestinal tract (GIT) by eliciting gut dysmotility symptoms. However, the mechanisms are still unknown. One hypothesis is that the redistribution of blood flow causes gastrointestinal ischemia, mechanical forces, changes in gastrointestinal mucosal activity, neuroendocrine changes, and stress. This Special Issue aims to bring together a collection of papers that evaluate the effects of physical exercise and nutritional approach on gastrointestinal pathophysiology in health and illness. We welcome the submission of manuscripts including, but not limited to, the following topics: exercise, nutrition on gastrointestinal motility and intestinal permeability; microbiota, nutrition, and exercise; exercise, nutrition, and gastrointestinal pathophysiology; exercise, supplemental nutrition, and gastrointestinal pathophysiology.

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Prof. Dr. José Luiz de Brito Alves

Dr. Francisco L. Torres-Leal

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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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