

Special Issue

Food Intake Disorders: Updates, Trends, and Challenges

Message from the Guest Editor

Nutrition is the lynchpin in the treatment of eating disorders. On the one hand, the disturbed food intake in the context of eating disorders is the reason for the massive health risk that accompanies them. On the other hand, the normalisation of food intake triggers considerable psychological problems, states of anxiety, fears and resistance, so that a lasting stabilisation of health can only be achieved through psychotherapy. At present, many practitioners seem to be more afraid of the consequences of increasing food intake too quickly than the much more real fear of maintaining the lack of energy supply. Yet the signs of a 'refeeding syndrome' can be recognised with adequate medical supervision, and threatening physical conditions due to a rapid normalisation of energy intake can virtually always be avoided. This Special Issue dedicated to the health problems associated with eating disorders and at the same time to the ways in which those affected can be helped. We would be very pleased to receive your contribution.

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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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