

## Special Issue

# Nutritional Strategies to Assist in Alleviating Psychiatric and Neurological Disorders through the Gut-Brain Axis

### Message from the Guest Editor

Gut microbiota are emerging as an area of scientific interest and a possible new target for different psychiatric and neurological disorders. Modification in gut microbiota composition appears to influence mood, cognition, learning, and memory by modulating endocrine, immune, and neuronal pathways. A better understanding of the involvement of the gut–brain axis in brain diseases may provide new therapeutic strategies. The aim of this Special Issue is to understand how a nutritional strategy—including prebiotics, probiotics, postbiotics, and natural compounds that regulate the intestinal environment, such as gut microbiota, gut barrier function, gut immunity, etc.— can affect the nervous system and alleviate different diseases (i.e., mood disorders, autism, neurological and neurodegenerative diseases, chronic pain, addiction, and other social-stress-induced diseases). It will also explore the identification of specific pathways, molecules, or mechanisms to develop future therapies. We invite all interested researchers to submit review articles or original papers related to this topic.

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### Guest Editor

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### Deadline for manuscript submissions

closed (16 June 2023)



## Nutrients

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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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