

Special Issue

Diet and Microbiota–Gut–Brain Axis: A Novel Nutritional Therapy

Message from the Guest Editor

The microbial population residing within the human gut represents one of the most densely populated microbial niches in the human body. Far from confined to the recesses of the alimentary tract, our gut microbiota engages in complex and bi-directional communication with the host, which has far-reaching implications for overall health and normal physiological functioning. Amongst such communication streams, the microbiota–gut–brain axis predominates. It is diet and nutritional status that has repeatedly been shown to be one of the most critical modifiable factors regulating the gut microbiota at different time points across the lifespan and under various health conditions, thereby becoming the subject of intensive research related to cognitive, behavioral, and neurodegenerative disorders. Future guidelines on lifestyle strategies for well-being may integrate recommendations on the optimal establishment and maintenance of a healthy gut microbiota through dietary and other means. Although we are what we ingest, perhaps more importantly, we are what our gut microbiota thrive on, and they thrive on what we ingest.

Guest Editor

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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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