

## Special Issue

# The Role of Nutrition, Physical Activity, and Alternative Therapies in Diabetes and Obesity

### Message from the Guest Editor

Obesity and diabetes mellitus are major global public health challenges with rising prevalence across all age groups. Both conditions are associated with metabolic dysregulation, chronic inflammation, oxidative stress, cardiovascular complications, reduced quality of life, and increased mortality, placing a burden on healthcare systems. Nutrition and regular physical activity remain fundamental to the prevention and management of obesity and diabetes, improving glycemic control, body composition, insulin sensitivity, and cardiometabolic health. In addition to conventional dietary approaches, emerging strategies such as personalized nutrition, dietary patterns, functional foods, and supplementation show promise. Alternative and complementary therapies, including heat therapy, lifestyle-based interventions, and mind–body practices, are gaining attention as supportive approaches. This Special Issue aims to gather high-quality evidence on the independent and synergistic effects of these interventions. We welcome original research, reviews, meta-analyses, and translational studies examining clinical, metabolic and functional outcomes related to obesity and diabetes.

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### Guest Editor

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### Deadline for manuscript submissions

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## 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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### Editors-in-Chief

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