

Special Issue

Beyond Just Nutrition: The Importance of a Holistic Approach in Maintaining Muscle Health in Patients with Sarcopenia

Message from the Guest Editor

Thank you for collaborating with us on this Special Issue of *Nutrients* entitled “Beyond Just Nutrition: The Importance of a Holistic Approach in Maintaining Muscle Health in Patients with Sarcopenia”. This issue focuses on the importance of nutrition in muscle metabolism in sarcopenia. Muscle health is increasingly being recognised as impacting a multitude of health- and disease-related outcomes, yet no one specialty truly manages muscle health. A multidisciplinary approach is important for circumventing the negative effects of sarcopenia, and more efforts and important elements need to be emphasized. This issue provides us with that opportunity. This Special Issue aims to collate expert reviews, compile recent knowledge and shed light on recent advances in the management of sarcopenia through the use of nutrition and its adjuncts. We welcome any articles that help us achieve our aims for this issue.

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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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