

Special Issue

Arthritis and Nutrition: Can Food Be Medicine?

Message from the Guest Editors

It is the purpose of this Special Issue to highlight the role of nutrition (including supplements) in the pathogenesis and treatment of major rheumatic diseases. It is becoming increasingly clear that most modern chronic diseases including rheumatic inflammatory diseases may have a long prodromal “incubation” period, during which genetic and environmental factors interact, ultimately producing clinical diseases. Common risk factors for such diseases are airway inflammation by dust or smoking; physical inactivity; posttraumatic or chronic stress; and an unhealthy diet high in refined carbohydrates and processed meat, with a high ratio of saturated to unsaturated fats and low in fiber and minerals. A common pathway to disease promoted by such a dietary pattern seems to be a state of chronic low grade inflammation, which is largely asymptomatic although often associated with reduced vitality. However, the question remains: how strong are these relations, and can we achieve clinically meaningful results by encouraging patients to adopt a healthier diet and life style?

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About the Journal

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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