

Special Issue

The Implication of Intermittent Fasting on Health and Diseases

Message from the Guest Editor

Growing evidence has suggested that intermittent fasting may increase longevity and affect the development of several diseases including cancer, obesity, diabetes, cardiovascular and neurodegenerative diseases. Several studies have indicated that intermittent fasting can trigger a metabolic switch from glucose-based to ketone-based energy, promote stress resistance, improve glucose and lipid metabolism as well as the hormonal and pro-inflammatory profiles, and positively modulate the gut microbiome. The purpose of this Special Issue is, therefore, to collect contributions regarding the mechanisms by which intermittent fasting may promote health and longevity and the clinical implications of this diet modality for the prevention and treatment of cancer, insulin resistance-related disorders, and cardiovascular and neurodegenerative diseases.

Guest Editor

Dr. Teresa Vanessa Fiorentino

Department of Medical and Surgical Sciences, Magna Græcia
University of Catanzaro, Viale Europa, 88100 Catanzaro CZ, Italy

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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