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The Role of Nutrition in Age-Related Neurological Diseases

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Message from the Guest Editor

Lifestyle factors, particularly nutrition, play a crucial role in the aging process and can impact on the risk of developing neurodegenerative conditions such as Alzheimer's disease. A Mediterranean-style diet that is abundant in fruits, vegetables, whole grains, fish, and healthy fats like olive oil is associated with a potential reduction in the risk of developing Alzheimer's due to its richness in antioxidants and anti-inflammatory compounds. Some studies also propose that omega-3 fatty acids, prevalent in fatty fish like salmon, may offer protective effects against cognitive decline.

The focus of this Special Issue is to comprehensively explore the impact of nutrition and lifestyle factors on the development of neurodegenerative conditions, particularly Alzheimer's disease.



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Special Issue



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