

## Special Issue

# Dietary Approaches to Prevent Hypertension

### Message from the Guest Editor

Hypertension is one of the most powerful risk factors for cardiovascular events, including stroke and myocardial infarction. Around one-quarter of the world's population is considered hypertensive, and this condition is responsible for about 41% of cardiovascular disease-related deaths. Recently, an imbalance in the gut microbiota composition relative to its healthy state, termed dysbiosis, has been associated with hypertension; however, the mechanisms involved in BP regulation that are controlled by the microbiota have not yet been fully elucidated. It is essential to maintain the delicate balance in the gut microbiota to achieve intestinal immunity and whole-body homeostasis. Therefore, manipulating the gut microbiota through dietetic manipulation or the use of probiotics, prebiotics, or postbiotics may lead to the development of novel antihypertensive therapies. This Special Issue will focus on basic and translational research and clinical evidence to achieve complete comprehension of how modulating the gut microbiota is involved in hypertension. Research will also consider the role of the immune system and the sympathetic nervous system.

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### Guest Editor

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### Deadline for manuscript submissions

15 April 2025



## Nutrients

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*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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