

Special Issue

Nutritional Therapy of Intestinal Diseases and Intestinal Microecology

Message from the Guest Editor

Recent research has highlighted the critical role that dietary nutrients play in shaping the composition and function of our gut microbiota, as well as maintaining intestinal balance, which in turn influences health outcomes. Dietary bioactive compounds have been shown to target enzymes involved in epigenetic gene regulation, thereby having a profound impact on gut health. Moreover, the gut microbiome—often referred to as our "second genome"—and its metabolites act as key players in the intricate dance between diet and gene expression. They influence the release, metabolism, and bioavailability of various dietary agents, shedding light on the variability observed in how individuals respond to dietary interventions in human studies. Thus, understanding the dynamic interplay between nutrition and gut microbiota is essential for unraveling the ways in which different dietary components affect the host–microbe axis and gastrointestinal health. Advancements in this exciting field are crucial for developing personalized, evidence-based dietary interventions aimed at preventing and mitigating intestinal diseases.

Guest Editor

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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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