

Special Issue

Mechanisms and Health Effects of Periodic and Intermittent Fasting

Message from the Guest Editors

There is an increasing body of experimental and clinical evidence indicating that fasting and caloric restriction are powerful interventions to prevent, postpone, and treat the globally increasing burden of chronic diseases associated with ageing and metabolic dysfunction. On the other hand, there are worldwide traditions of fasting methods and fasting rituals that are widely known and established in the population. It is time to bring together the knowledge of innovative fasting science and the experience of traditional medicine. We invite authors worldwide to contribute to this issue focussing on the mechanisms and effects of the full spectrum of existing fasting interventions, including periodic and prolonged fasting, fasting-mimicking diets and intermittent fasting, and fasting-like interventions including fasting mimetics. The Special Issue welcomes original research and reviews, also including observational data, secondary analyses of trials, systematic reviews, and qualitative research.

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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.

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