



*nutrients*



an Open Access Journal by MDPI

## Intermittent Fasting on Human Health and Disease

Guest Editors:

**Dr. Cristina Manuela Dragoi**

Department of Biochemistry,  
Faculty of Pharmacy, Carol Davila  
University of Medicine and  
Pharmacy, 020956 Bucharest,  
Romania

**Prof. Dr. Denisa Marilena  
Margină**

Department of Biochemistry,  
Faculty of Pharmacy, Carol Davila  
University of Medicine and  
Pharmacy, 020956 Bucharest,  
Romania

Deadline for manuscript  
submissions:

**15 June 2024**

### Message from the Guest Editors

Intermittent fasting has been shown to modulate metabolic pathways, through the activation of adaptive cellular stress responses, which may play an important role in reducing oxidative stress and inflammation, inducing DNA repair and autophagy and improving mitochondrial function. Additionally, it has been demonstrated to increase the production of neuroprotective and anti-inflammatory factors, improving cognitive function, and protecting against age-related neurodegenerative diseases.

More profound research is needed to determine the efficacy and safety of intermittent fasting in humans and to fully understand the underlying mechanisms by which this nutritional approach exerts its effects on human health and disease.

This Special Issue is to aggregate studies that examine the mechanisms through which intermittent fasting may enhance health and longevity, as well as to provide an overview of the clinical significance of this dietary pattern for the prevention and treatment of cancer, metabolic disorders, cardiovascular disease, and neurodegenerative diseases.



[mdpi.com/si/162116](https://mdpi.com/si/162116)

# Special Issue



# *nutrients*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

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  
(IUIBS), 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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## 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.

## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://twitter.com/Nutrients_MDPI)