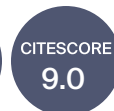




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Caloric Restriction in Metabolism and Aging

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Message from the Guest Editor

Dear Colleagues,

Caloric restriction (CR) is a dietary intervention that involves a reduction in the total energy intake without causing malnutrition. Recently, it has gained significant attention in the context of metabolism and aging. Researchers suggest that CR can extend lifespans and improve overall health by influencing various metabolic pathways.

CR impacts metabolism by enhancing cellular stress resistance, increasing mitochondrial function, and reducing oxidative damage. These changes collectively contribute to a healthier metabolic profile by slowing down the rate of age-related disease development, including cardiovascular diseases, type 2 diabetes, and metabolic syndrome.

To date, dietary CR has been proven to be effective in reducing intrahepatic lipid levels and improving insulin sensitivity among patients with NAFLD. It also lowers inflammation and oxidative stress, both of which play a crucial role in NAFLD progression. Further research is needed to fully understand the mechanisms and long-term effects of CR on aging and related metabolic conditions.



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