



## Effects of Dietary Patterns and Exercise on Exerkine/Endocrine Responses

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### Message from the Guest Editor

Dear Colleagues,

In recent years, a multitude of factors (referred to as “exerkines”) has emerged that link the physiological response of multiple tissues to mobility and nutrition, through endocrine, paracrine, and/or autocrine pathways. Interestingly, in response to exercise or dietary interventions, these factors may be produced in tissues that deviate from those originally discovered and thought to be the main production site (e.g., brain-derived neurotrophic factor (BDNF), being produced in skeletal muscle in response to exercise or energy deprivation). Another factor, thyroid hormone (T3), is increasingly produced locally (muscle) but not centrally (thyroid) in response to exercise. One entity that modulates metabolic responses by stimulating exerkine synthesis is the microbiome, which should be considered an additional organ of the body. This Special Issue aims to focus on the emerging roles of “exerkines”, including hormones, as well as nutritional lipids and amino acids, crucial for maintenance of the body’s physiological constitution, in order to adequately respond to the ever-increasing variety of challenges it is facing.





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