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Mechanisms Underlying the Protective Effect of Nutrition and Physical Activity in Neurodegenerative Diseases

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Deadline for manuscript submissions:
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Message from the Guest Editors

Inadequate intake of certain nutrients and sedentarism have been associated with an increased risk of developing neurodegenerative diseases, as well as with a faster progression of these pathologies. On the other hand, certain dietary patterns and interventions, as well as regular exercise, have been shown to have a protective role. The study of the underlying molecular mechanisms has increased considerably in recent years, although they are not yet known in detail. In particular, epigenetic mechanisms and those related to the composition and dynamics of gut microbiota have gained special prominence.

This Special Issue, “Mechanisms Underlying the Protective Effect of Nutrition and Physical Activity in Neurodegenerative Diseases”, welcomes original articles, narrative and systematic reviews, and meta-analyses exploring the role of diet and physical activity in modulating the risk and progression of neurodegenerative diseases, with special interest in the underlying molecular mechanisms. This may inform updated and more individualized lifestyle recommendations, as well as new therapeutic targets.

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