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Nutrition, Immune Responses and Autoimmune Diseases

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Message from the Guest Editor

Dear Colleagues,

Autoimmune diseases (ADs) are one of the most common chronic inflammatory conditions characterized by a loss of self-tolerance, affecting 5-10% of the global population. Although genetic predisposition is a common risk factor for the onset of these diseases, non-hereditary factors are primarily involved in their development.

The complexity of the interaction between nutrition and the immune response is critical in the rapid increase in autoimmune disease incidence. A person's nutritional status and overall metabolic health, shaped by the food intake (including food, nutrients, and bioactive compounds) and the endogenous metabolism, have a tremendous effect on the immune system. This effect may occur in the physical barrier (such as skin, mucous membrane, etc.), the microbiome, the innate immune system, and the adaptive immune system.

This Special Issue will encourage preclinical, clinical research, observational, and meta-analysis studies, and analytical reviews focused on the role of nutrition on immune response, autoimmunity, and potential nutritional strategies to manage autoimmune diseases.

Dr. Dimitris Tsoukalas
Guest Editor



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Special Issue



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