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The Implication of Intermittent Fasting on Health and Diseases

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Message from the Guest Editor

Growing evidence has suggested that intermittent fasting may increase longevity and affect the development of several diseases including cancer, obesity, diabetes, cardiovascular and neurodegenerative diseases. Several studies have indicated that intermittent fasting can trigger a metabolic switch from glucose-based to ketone-based energy, promote stress resistance, improve glucose and lipid metabolism as well as the hormonal and pro-inflammatory profiles, and positively modulate the gut microbiome. The purpose of this Special Issue is, therefore, to collect contributions regarding the mechanisms by which intermittent fasting may promote health and longevity and the clinical implications of this diet modality for the prevention and treatment of cancer, insulin resistance-related disorders, and cardiovascular and neurodegenerative diseases.



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Special Issue



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