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Nutrition and the Function of the Central Nervous System

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Message from the Guest Editor

Dear Colleagues,

This Special Issue of *Nutrients* is focused on the role of nutrition in the development and maintenance of the central nervous system (CNS, primarily retina and brain). This focus encompasses both nutritional effects on normal function and the prevention and treatment of CNS disease. The critical role of diet in most bodily systems (such as the cardiovascular or skeletal system) and in the prevention of disease (e.g., metabolic conditions, such as acquired diabetes) is largely accepted as an axiom. It is only relatively recently, however, that researchers, particularly neuroscientists, began to focus on how diet influences the very organ system that is at the center of our self, the brain. The retina is the most metabolically active tissue in the body and is impacted early by metabolic diseases such as diabetes. The brain is some 2% of our mass but about 20–25% of inspired oxygen is delivered to this highly vascularized fatty (some 60% by volume) tissue. The CNS is not simply influenced by diet, it is built from, maintained, and preserved by diet. This premise is explored in this Special Issue.

Dr. Billy Hammond



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Special Issue



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