

A new journal, new horizons to explore in Nutrition and Metabolism

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Open Access

NMJ

NUTRITION AND METABOLISM JOURNAL
Clinical and Experimental

Published: May 9, 2024



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Nutrition and Metabolism Journal: Clinical and Experimental: 2024, Volume 1 (Issue 1)

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The Nutrition and Metabolism Journal: Clinical and Experimental welcomes submissions for new manuscripts regarding several areas of interest to our readers.

There has never been a time more fitting to further expand the knowledge of metabolism. Nowadays the main advances in treatment for patients with obesity have been on the rise, such as semaglutide. The breakthroughs of glucagon-like peptide-1 (GLP-1) agonists (incretin mimetics) to amplify weight loss and provide a meaningful and impactful response to treatment have drawn attention to more strategies¹. However, not only drugs are the main focus of treating chronic diseases.

Nutrition and lifestyle interventions have also gained more and more weight as viable, cost-effective and far-reachable non-pharmacological tools to induce even more results. Nutritional education is one such example that can have even more real-world scenario impact²⁻⁴. Therefore, the main goal of this journal is just that: to increase the visibility and contribution of Nutrition in the Metabolism and Biochemistry area.

The Nutrition and Metabolism Journal: Clinical and Experimental was created as a scientific journal that aims for high-quality research with open access for all readers. We believe that the articles published in our journal may be of interest for nutritionists, dietitians, physicians, nurses, scientists, pharmacists and physical therapists. For this reason, our focus relies on research on nutritional strategies (i.e. nutritional interventions, dietary supplementation and others) for different chronic diseases which are not restricted to only cardiovascular and metabolic diseases, but others as well.

To achieve this goal, Nutrition and Metabolism Journal: Clinical and Experimental accepts original articles and review articles covering a wide range of subjects of Nutrition. For this reason, may this journal be a beacon for high-quality research and can improve to even higher tiers in Nutrition and Metabolism. Let's build together an open and replicable research for everyone to answer the most intriguing questions in the research field.

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