

Tentative Outline

Special/Thematic Issue for the journal *Current Pharmaceutical Biotechnology*

Title of the Thematic Issue: "Natural antioxidants to alleviate inflammation"

Guest Editors: *Prof. Dr. Latifa Bouissane and Prof. Dr. Natália Cruz-Martins*

• Scope of the Thematic Issue:

Antioxidants play an important role in protecting cellular tissues, anticipating any triggering of an inflammatory mechanism. Inflammation can be activated by a foreign intruder or it can result from multiple internal processes, without the involvement of any foreign substance. As the main triggering mechanism for a wide variety of chronic diseases, growing evidence supports the involvement of inflammation in the onset of arthritis, cancer, diabetes, stroke, neurodegenerative and heart disease. These diseases are likewise associated with additional inflammation, dramatically affecting the patients' lives, with an important impact on health, quality of life and wellbeing. Due to this exponential increase in the appearance of chronic diseases, several drugs have been made available in an attempt to alleviate the symptoms associated with acute and chronic inflammation; however, the side effects of such drugs and even toxicity have come under increasing scrutiny and research towards to find safer and more effective alternatives. In recent years, as a result of the intense research in the area, a growing trend has emerged to recommend inflammation-fighting diets, capable of fighting inflammation while stimulating the immune system. These diets, called anti-inflammatory diets, of which Mediterranean diet is one of the most popular examples, contain natural anti-inflammatory natural resources capable of reducing/counterbalancing the inflammatory process, while protect the body from the damages triggered by chronic inflammation and, consequently, reduce the risk of developing disease. According to many nutrition experts, various components of foods and/or beverages may ensure anti-inflammatory properties. In fact, these foods are rich in antioxidants and, being of natural origin, the easiness of assimilation is beneficial for the body.

The purpose of this special issue is to collect and publish works that shed light on the mechanisms of action of natural antioxidants in relieving inflammation and elucidate the benefits and harms of natural resources recommended for this purpose, in order to support their real effects in evidence-based research.

Keywords: Natural antioxidants; inflammation; anti-inflammatory foods; chronic diseases; prevention; immune-boosting; wellbeing; longevity.

Sub-topics:

- Anti-inflammatory foods;
- Medicinal plants-fighting inflammation;
- Natural antioxidants with anti-inflammatory properties;
- Inflammation-related signaling pathways;
- Immune-boosting to alleviate inflammation;
- Clinical trials.

Schedule:

- Thematic issue submission deadline: **31 August 2023**

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