



fermentation



Special Issue Reprint

Fermented Foods and Microbes Related to Health

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This collection of articles contributes to our understanding of fermented foods and microbes related to health. Because of their complex constituents and structure, the research on fermented foods and microbes has remained unclear; however, recent research using cutting-edge technologies is gradually elucidating their health benefits. A long history of fermented foods is a strong base for their health benefits. Many previous medical doctors and researchers have documented the health benefits of fermented foods. This includes interdisciplinary and high-quality articles on the health aspects of fermented foods and microbes. This collection covers a wide area of research on fermented foods and microbes, such as gut microbes, anti-inflammation, Alzheimer's disease, and hirsutism. Readers will be surprised that apparently irrelevant phenomena are related to the benefits of fermented foods and microbes. The included articles have been peer-reviewed rigorously. Readers will acquire a giant's-shoulder view of the present understanding of the health benefits of fermented foods and microbes.

I would like to express my deepest gratitude to the editors and reviewers who contributed to this collection. The novelty, clear and comprehensive presentation, and accurate and in-depth discussion of the study results ensured that this collection of articles will become a valuable asset in the study of health benefits of fermented foods and microbes.



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