Hyder Mirghani

The relationship chrononutrition (meals timing, frequency, and contents), exercise, circadian misalignment, gut microbiota, and type 2 diabetes mellitus

Diabetes mellitus prevention

Literature Review

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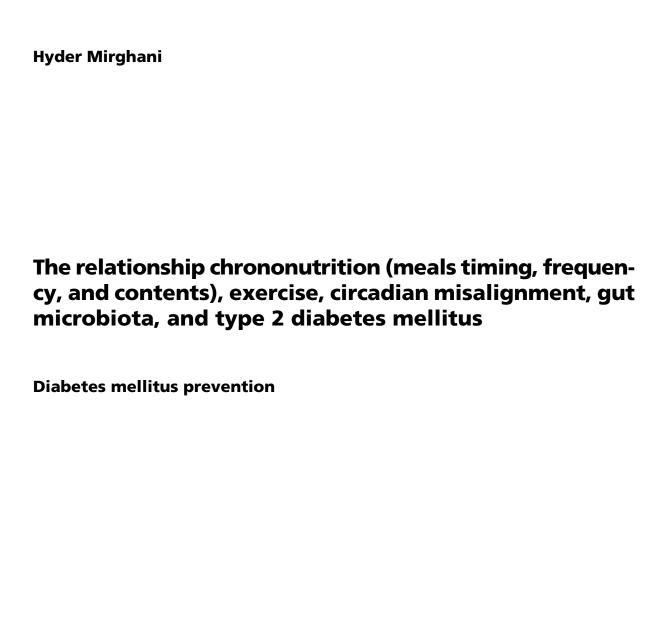
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The relationship chrononutrition (meals timing, frequency, and contents), exercise, circadian misalignment, gut microbiota, and type 2 diabetes mellitus

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Book summary:

The current books highlights the importance of diet and exercise on diabetes mellitus, it also touched the effects of morningness-evenenigness on the development and glycemic control of diabetes. In addition, the book discussed the concept of chrononutrition (meal timing, contents, and composition), its impacts on diabetes, body weight, and psychiatric disorders including depression. A broader insight towards meal and exercise timing, relationship between daylight, psychiatric disorders, body weight, and diabetes. The book included a section regarding diabetes prevention programs.