

**Hyder Mirghani**

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

Diabetes mellitus prevention

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**Bibliographic information published by the German National Library:**

The German National Library lists this publication in the National Bibliography; detailed bibliographic data are available on the Internet at <http://dnb.dnb.de> .

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**Imprint:**

Copyright © 2020 GRIN Verlag  
ISBN: 9783346110237

**This book at GRIN:**

<https://www.grin.com/document/514330>

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

Hyder Osman Mirghani MD, MSc, DCN, Associate Professor of Medicine, and  
Endocrine, Medical College, University of Tabuk, Saudi Arabia

**Book summary:**

The current books highlights the importance of diet and exercise on diabetes mellitus, it also touched the effects of morningness-eveningness 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.