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Editorial

What is SM Journal of Nutrition and Metabolism (SMJNM)?

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Abstract

SM Journal of Nutrition and Metabolism (SMJNM) is an International Peer Reviewed Open Access journal presenting original research contributions and scientific advances in the field of Nutrition and Metabolism. SMJNM will publish articles that integrate nutrition with biochemistry and molecular & cellular biology. The open access process is chosen to provide rapid and accessible dissemination of new results and perspectives in a field that is of great current interest. Manuscripts in all areas of nutritional biochemistry will be considered. The need for the journal is identified in the epidemic of obesity, diabetes, metabolic syndrome (dyslipidemias) and related diseases, and a sudden increase in popular diets, as well as renewed interest in intermediary metabolism.

Recent advancement in nutritional therapy that provide the rational for a new open access journal, SM journal of nutrition and metabolism (SMJNM) include (1) an awareness of an epidemic of obesity, diabetes, metabolic syndrome and related diseases, (2) a sudden increase in the popularity of diets, such as low carbohydrate diets, high protein or fiber containing diets to achieve weight loss and combat above diseases, (3) a renewed interest in intermediary metabolism accompanied by the development of new tools and technique for genomic and metabolic analysis.

With the considerable activity shown in these areas, rapidly and easily accessible dissemination of new information is clearly valuable. Whereas articles in existing journal discuss about intermediary metabolism in a nutritional context, there is still need for a distinctive and unambiguous focus for this discipline. In addition, it is precisely because large number of existing journal publishes studies related to nutritional biochemistry, few library and almost none of the individual can able to subscribe to all. It is in areas like this that free, open access becomes important. There is a large published debate on open access [1]. For instance, the UK house of commons issued a report encouraging open access publishing of government-funded research and similar motions exist in the US congress [2,3]. On the contrary, this journal provides immediate open access to its content on the principle that making research freely available to the public supports a greater global exchange of knowledge.

Nutrition and metabolism is a broad field and we welcome submissions from all areas of nutrition and related biochemistry. Like any journal, however, SMJNM has its own strengths and interests as indicated by the board of editors http://smjournals.com/index.php/nutrition-metabolism/about/editorialTeam. The areas of particular interest are nutrient gene interactions, diabetes, obesity, biochemistry of metabolism, molecular and cellular biology of nutrients, exercise physiology, metabolic syndrome, cell signaling and many other interesting research topics in the field of nutrition and metabolism and the effect of macronutrient composition of diet on health.

The popularity of low carbohydrate diets is one of the most remarkable phenomena in nutrition today. An editorial report by Walter Willett points out how important it is that we understand them [4].Similarly, the currently available scientific literature shows that low-carbohydrate diets acutely induce a number of favorable effects, such as a rapid weight loss, decrease of fasting glucose and insulin levels, reduction of circulating triglyceride levels and improvement of blood pressure and surrogate markers of cardiovascular disease [5,6].On the other hand some less desirable immediate effects such as enhanced lean body mass loss, increased urinary calcium loss, increased plasma homocysteine levels, increased low-density lipoprotein-cholesterol have been reported. The long-term effect of the combination of these changes is at present not known. However, these undesirable effects may be counteracted with consumption of a low-carbohydrate, high-protein and fiber, low-fat diet, because this type of diet has been shown to induce favorable effects on feelings of satiety and hunger, help preserve lean body mass, effectively reduce fat mass and beneficially impact on insulin sensitivity and on blood lipid status while supplying sufficient calcium for bone mass maintenance [5,7-9].

SMJNM welcomes contributions in all areas of research in which nutrition interacts with biochemistry and molecular biology. Emphasis will be on the molecular, biochemical, and physiologic understanding of various metabolic pathways. The journal will publish Original Research, Reviews,

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case reports, editorials, letters to the editor, and innovations relating to all aspects of Nutrition and Metabolism. Online submissions can be made at http://smjournals.com/index.php/nutrition-metabolism/ about/submissions#onlineSubmissions.

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