

in Chief Emeritus. I retire, to invest some of my time in new literary ventures. As Robert Frost wrote [4]:

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

## References

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- [4] Robert Frost. Stopping by Woods on a Snowy Evening. <http://www.poetryfoundation.org/poem/171621>. Accessed September 1, 2015.

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## Nutrition: New challenges for a venerable vision

When *Nutrition* was launched, more than 30 years ago, nutritional sciences did not represent an area of research of great interest to top journals. Consequently researchers were not attracting much attention, nor, more importantly, grants from the funding agencies. In that environment you needed guts to start a new journal devoted to all aspects of nutrition: from basic science, to epidemiology, to complementary and alternative medicine, to artificial nutrition, and more recently to personalized pharma-nutrition. But *Nutrition's* founder, Michael M. Meguid, had the vision that nutrition is the key component of human health and therefore attention to its role in impacting the development of chronic diseases would increase over time. Also, he realized that the human genome had evolved due to the constant challenge exerted by the season's annual cycling of nutrient availability, which primed metabolism to the challenges of the environment. Finally, Dr. Meguid noted that animals—he always had dogs and cats

enjoying the good music played in his house—would use acute changes of food intake and selective nutrient restriction to prepare for physical challenges and to fight ailments. Nutrition characterizes animal, human biology and psychology, therefore the day would come when nutrition therapy would be considered as an integral part of the multidisciplinary and multi-professional approach to individuals and patients. A journal to make nutritional issues internationally available, and to promote the growth of clinical teams and research groups, was needed.

During the last 30 years, nutritional sciences have evolved into a key discipline relevant to understanding and preventing the shift in body size of humans, and the progressive increase of chronic degenerative diseases. It is now clear that nutrition therapy is also a fundamental option to enhance the efficacy and effectiveness of drug therapies. During the same period, *Nutrition* grew from a small journal for a selected arena of specialists into a respected, and robust tribune for nutritional research. It seems likely that *Nutrition* played a part in fostering the growth of the nutritional sciences.

In the more than 30 years since the launch of *Nutrition*, Dr. Meguid's vision is almost fully realized. Yet, nutrition therapy is still considered in many disciplines only as an afterthought during the latest stage of a patient's journey. We still have a long way to create general awareness of the importance of nutrition in patients and healthy individuals.

A new mission is now set for *Nutrition*, which includes favoring the integration of -omics into clinical practice, exploring the role of nutrients in healthy aging, and implementing the use of personalized nutrition to prevent or fight diseases. In this new phase, Dr. Meguid will not be at the helm. I will have the privilege of sailing the journal in unexplored seas. But I have with me a great group of enthusiastic editors and editorial board members, all trained by Dr. Meguid to see beyond the reported results of submitted papers. I feel safe and confident while working with this group of excellent researchers and friends. *Nutrition* will keep its solid reputation, its interest in all aspects of nutritional sciences, and its openness to research groups from all over the world. Further, *Nutrition* will always count on the willingness of Michael Meguid to advise and support the journal. Thank you, Dr. Meguid, for captaining this ship, and helping to prepare the next generation for a new journey.

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