

Special Issue

Green Medicine: Unraveling the Medicinal Effects of Plant Extracts and Functional Foods

Message from the Guest Editors

Plants have evolved an intricate arsenal of bioactive compounds—phytochemicals—that serve as their defense mechanisms. These compounds, ranging from alkaloids and flavonoids to terpenes and polyphenols, hold immense promise for human health. Systems of traditional medicine across cultures have harnessed the power of plant extracts for millennia, recognizing their ability to alleviate ailments, boost immunity, and enhance overall well-being. In this special Issue, we seek to explore the vast diversity of plant species and their unique chemical profiles. Advances will be presented by exploiting evidence-based research to demonstrate the biological activities of plant extracts, functional foods, and their individual phytochemicals *vis à vis* health and disease. By dissecting the molecular pathways through which plant compounds exert their effects, we aim to also demystify their mechanisms of action. Authors, researchers, and enthusiasts are invited to contribute their insights, experiments, and perspectives. Together, let us unravel the mysteries of green medicine and pave the way for a harmonious coexistence with nature.

Guest Editors

Dr. Denis Nchang Che

Seoul Songdo Hospital, Research Institute of Immune Cells, Seoul 10083, Republic of Korea

Dr. Stefania Lamponi

1. Dipartimento di Biotecnologie Chimica e Farmacia, Università di Siena, Via Aldo Moro, 53100 Siena, Italy
2. SienabioACTIVE, Università di Siena, Via Aldo Moro, 53100 Siena, Italy

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Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona
Institute of Science and Technology, 08028 Barcelona, Spain

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