

Special Issue

Effect of Bioactive Substances Extracted from Food on Human Health

Message from the Guest Editor

People continually find the healthy and therapeutics properties of food more appealing than chemical drugs whose action mechanism is supposed to be unnatural and somehow “artificial”. As to the concept of bioactive substances, we rely on compounds that interact with organs and functions of living beings with a variety of physiologic effects in health and diseases. They can be found in fats, carbohydrates, protein, vitamins, and minerals. The new challenge is to supply these bioactive nutrients from the food chain through a process that can optimize bioavailability and utilization in a preventive and curative setting, starting from fresh nutrients.

This Special Issue, dedicated to human health and bioactive substances extracted from food, is open to authors that wish to share their experience of this fascinating issue either with technical, experimental, or clinical contributions to expand the science branch and recruit further intellectual and financial resources for the wellbeing and care of humanity.

- Food
- cancer
- cannabis
- lycopene
- wellbeing
- fresh nutrient

Guest Editor

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

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