

## 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

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### Deadline for manuscript submissions

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### Editor-in-Chief

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