

Researching the Healing Powers of Plants

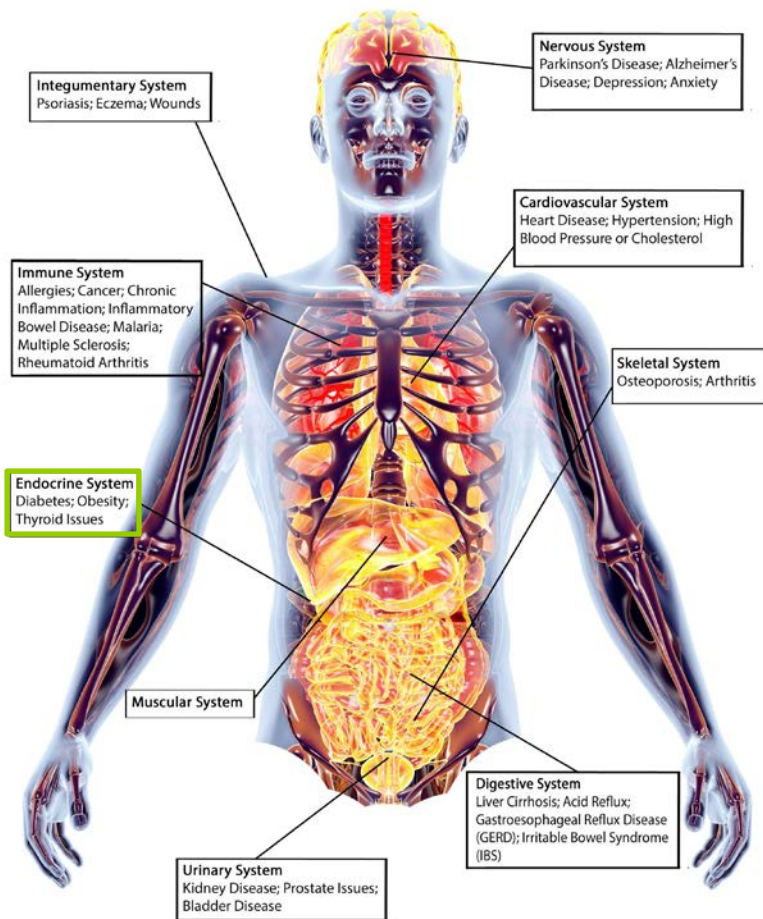
*N.C. State University's Plants for Human Health Institute, located at the N.C. Research Campus in Kannapolis, is leading in the discovery and delivery of innovative **plant-based solutions** to advance human health.*

plantsforhumanhealth.ncsu.edu/healthy-living

Food has always been considered a source of energy, fueling both mind and body, though there is a rich tradition of medicinal uses as well. Scientists are examining food crops for their health promoting, disease preventing properties. They are identifying powerful phytonutrients and discovering how they contribute to reduced inflammation, improved gut health, and neuro-protective effects. Illness and disease can affect any system of the body and can bear great consequences on a person's health and longevity. Visit the [website](#) to learn more about foods that can assist the body and mind in overall health and wellness.

Did you know? The endocrine system is made up of 10 different organs and glands? If illness strikes the endocrine system it can show up as obesity, diabetes or thyroid issues. More than 820,000 people in North Carolina have obesity-related (Type 2) diabetes.

One of the research studies we were involved with indicated that the anthocyanins found in blueberries may increase the secretion of insulin, while reducing the digestion of sugars in the small intestine, resulting in multiple and simultaneous anti-diabetic effects.



Blueberries are just one example of the plant-based solutions being researched at the Plants for Human Health Institute. Cinnamon, quinoa, seaweed and watermelon are other crops that have been found to be beneficial to the health of the endocrine system. More than 30 different crops, their affect on disease and their benefit to the body systems can be found on the [website](#).