

Trends in Endocrinology & Metabolism

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On The Cover: Many plants and vegetables provide beneficial nutrients and chemicals for humans. Some of these chemicals are typically detrimental in high amounts; however, lower concentrations have been seen to be health promoting. On pages 335–346 of this issue Young and colleagues discuss the beneficial effects of phytochemicals through activating cellular defensive mechanisms on improving health and lifespan. Cover image from istock.

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REVIEWS