

## Plant-Based Flavonoids: Linked to Anti-Obesity

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Food is a powerful natural medicine; each bite we consume is either one step toward health or one step toward health problem. The obesity dilemma is a confusing issue of concern to the public especially due to them complaining about their health due to excess fat as well as their body shape, in their daily life. In 2014, 1.9 billion adults were overweight and 600 million adults were obese, representing 39 percent and 13 percent of the global adult population respectively as the study reported. This means that more than half of the adult population on the planet is getting fatter than necessary for optimal health. Additionally, 42 million children younger than 5 years of age were overweight or obese in 2013. Many factors involved in inducing obesity. The human body with its complex nature requires food commodities that the body needs to carry out our biological processes. In the physical sense, the human body is like a self-regulating biochemical machine, maintaining the health of this essential self-regulating machine for proper functions is crucially important. Questions arise in our mind: What is wrong with our diet and lifestyle? How can we have a healthy lifestyle? However, the aim of this study in reviewing numerous literatures and explore our understanding of how important plant-based flavonoids and their constituents in is the preventing of obesity and especially Type 2 diabetes.

### Biography:

Dr. M Nadir Sidiqi is the President/Dean of Academics of the BioNatural Healing College (Online Learning) non-profit based in California, USA. He was the CEO/president of Organic Ecocare Inc., from July 2008 to December 2014. Since, 2005, Dr. Sidiqi is an instructor for the State of California Department of Pesticide Regulation, provide continuing education. Remained from September 2012 to May 2013 as a host on Iman TV. Dr. Sidiqi is an author, writer, speaker, and an invited speaker/Chair session at several International conferences, Afghanistan, France, Egypt, and India. He obtained M.S. degree in Plant Sciences California State Polytechnic University, second MS degree in Biology NMSU, his Ph.D., (Agriculture Science) from AIU and earned second Ph.D. (Natural Medicine) Kingdom College of Natural Health.