Your monthly pop of healthy news from the NC Research Campus.

bioactive

OPTIMIZING NUTRITION.

EMPOWERING HUMAN HEALTH

Do you have the cure for the common cold?

Everyone gets the common cold; hence, its name. Why isn't there a cure or preventative vaccine? Because there are over 200 viruses responsible for the common cold making a vaccine difficult to produce. You have something in your power that may work just as well. David Nieman, DrPH, FACSM, the director of the Appalachian State University Human Performance Laboratory at the NC Research Campus, explains how an active lifestyle can help you protect your health.

Read More

Through the Eyes of a Scientist

You may not realize that scientists often spend as much time in front of their computers as they do in their laboratories. They use specialized software and databases designed by bioinformatic experts like those with UNC Charlotte. The computational tools help them find, connect, analyze, visualize and apply data to scientific challenges involving everything from growing more nutritious crops to preventing cancer.

Read about one of UNCC's latest software innovations.

JOINUS

Genes, the Environment and Our Health

February 12, 6 pm

Jef French, PhD, Visiting Professor of Nutrition, UNC Nutrition Research Institute

Delve into the junction of genetic differences and the environment to see how the interactions affect your susceptibility or resistance to disease.

Go Red Cooking Class

February 17, 10 am

February 22, 6 pm

Cabarrus Health Alliance

Join Cabarrus Health Alliance and gain insight into how naturally red-pigmented foods help you maximize nutritional properties and promote heart health.

NC RESEARCH CAMPUS

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Questions? Contact us today at 704-938-5400 or email naturally@ncresearchcampus.net.