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The utility of Echinacea spp. as a botanical remedy

The term Echinacea represents any number of species, but Echinacea purpurea and E. angustifolia make up the majority of species of Echinacea in commerce. Given the *in vitro*, *in vivo* and clinical trial results, extractions from this botanically show an overall positive impact as an immune-modulator, namely in upper respiratory tract infections. Newer research hints at PPAR- γ activity which may lend itself to utility in metabolic syndrome.

Biography

Kevin Spelman has completed his PhD, MCPP and is a Researcher, Educator and Industry Consultant that has advised the White House and the Department of Defense on natural products and has been active in several areas of natural products research including immunology at UNC, malaria as a Marie Curie Research Fellow in the European Union, brain cancer, as well as CB1 and CB2 receptor binding at National Institutes of Health where he was the first researcher to elucidate CB2 ligands in Zanthoxylum spp. He has also been a Senior Executive for multiple companies and has considerable experience in new product development, analytical and QC guidelines and educational curriculums. He is currently the Chief Scientific Officer for Indomira.

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