We claim:

1. A botanical extract providing at least 1 x 10^4 Insulin Equivalent units per milliliter~~insulin-like IRS2 protein stimulatory activity~~, wherein the extract is derived from an aqueous extract of a plant of a plant family selected from the group consisting of Apiaceae, Asteraceae, Brassicaceae, Cucurbitaceae, Fabaceae, Lamiaceae, Liliaceae, Poaceae, Polygonaceae and Solanaceae, and wherein one Insulin Equivalent unit per milliliter is defined as a 1% increase in growth of Insulin Receptor Substrate 2 (IRS2) overproducing test cells achieved by 1 milliliter of the extract over 50 nM insulin~~wherein the extract is an aqueous extract~~.

~~2. The extract of claim 1, wherein the extract provides at least 1 x 10^4 Insulin Equivalent units in 1 milliliter, wherein one Insulin Equivalent unit is defined as the minimum amount of the extract necessary to increase growth of IRS2 overproducing test cells by 1 % over a substantial increased growth achieved by an appropriate amount of insulin.~~

~~3~~2. The extract of claim ~~2~~1, wherein the extract provides at least 3.6 x 10^4 Insulin Equivalent units ~~in 1~~per milliliter.

~~4~~3. The extract of claim ~~2~~1, wherein the extract provides from 1 x 10^4 to 1 x 10^5 Insulin Equivalent units ~~in 1~~per milliliter.

~~5~~4. The extract of any one of claims 1 - ~~4~~3, which is ~~prepared~~ derived from Cichorium Endivia var. latifolium.

~~6~~5. The extract of any one of claims 1 - ~~4~~3, which is ~~prepared~~ derived from Lactuca sativa var. crispa.

~~7~~6. The extract of any one of claims 1 - ~~4~~3, which is ~~prepared~~ derived from Lactuca sativa var. longifolia.

~~8~~7. A method of detecting IRS2 stimulatory activity in a botanical extract comprising:

contacting a test cell that expresses an IRS2 isoform with a botanical extract and

detecting an increase of cell proliferation relative to a control cell that does not express the IRS2 isoform, thereby indicating IRS2 stimulatory activity in the extract.

~~98~~98. The method of claim ~~87~~87, wherein the test cells are 32D cells that overexpress IRS2.