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The link between blood type and diet in stress management

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Previous research over many decades determined the correlation between these three important components in their inter dependence and interaction. The mechanism that determine the inter dependence between blood type and diet are not secret anymore and in the long run the way each one of us manage to keep this sensible issue in a balance will influence the future state of well being and general health. The stress being one of the most critical problems of the modern times based on the incidence and also the negative influence it has on the health becomes the main object of discussion in the study realized on a representative group of population here in Thailand. The subjects were randomly chosen from different groups defined mainly based on culture and religion, economic background, age, blood type and type of diet. A number of 36 males and 57 females evaluated their individual stress level by using an adapted Holmes and Rahe scale. Further analysis determined and interpreted the correlations between the stress and their body type and diet. The results showed similar frequencies compared to data in the scientific literature in terms of blood type distribution, blood type stress link and blood type risk of certain diseases and diet stress relationship, which proves this approach as a very helpful tool suited for the management of the stress by using a specific and targeted type of diet.

Biography

Daniela Assimiti is a Romanian Clinical Biochemist and a Lecturer in Biochemistry, Microbiology and Nutrition at "Dr. Luca" SDA Nursing College, Romania. Since 2005, she is teaching at St. John Mary International School and California Prep International School in Thailand.

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