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Daniela Assimiti, J Nutr Food Sci 2017, 7:4 (Suppl)
DOI: 10.4172/2155-9600-C1-044

10th World Congress on
NUTRITION & FOOD SCIENCES
May 29-31, 2017 Osaka, Japan

Mineral deficiencies: A preliminary study on individuals of different nationalities living in Thailand by observing the fingernails

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It is interesting to know that even referring to such a kind of very minute effectors involved in the cellular processes, as the minerals and vitamins are, the mineral deficiencies can be still visibly expressed in the general state of health of an individual, as well as in the form of some specific external signs, particularly observed either by evaluating the skin (especially by performing a facial analysis for cell salts), or the fingernails. This study as a part of a more extended study which evaluated the level of stress and its interactions with the nutrition refers particularly to the context of observation of the aspect of the fingernails. The observations were made on 38 individuals (26 females and 12 males), residing in Thailand. The subjects were randomly chosen from different cultural and social backgrounds both Asian and Caucasian genders, age, blood type and type of diet. The results showed a clear prevalence of their deficiency which proves consistent with the previous statistics reported in the scientific literature for the Asian region. Among other kinds of mineral deficiencies, the zincone came to appear also with a certain frequency. Moreover, due to the lack of special preparation and laborious analytical procedure needed, this method shows to be very promising and extremely useful for mass screening, being easily applied as a method for the future prevention of mineral or vitamin deficiencies both in children and adults.

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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