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Critique of Psychoneuroimmunology and Nutrition

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Critique of Psychoneuroimmunology and Nutrition

Introduction

Janice K. Kiecolt-Glaser wrote this article on inflammation, stress and food. The article states a relationship between diet, stress, and inflammation; the author clearly explains how food and stress affect inflammation. The primary method of data collection used by the author includes observation and experimentation. The author investigates the relationship between people's behaviours and the type of diet consumed. The relationship between stress and depression influences the rate of inflammation. The author has carried out experiments to investigate how stress influences the type of diet consumed and its effect on inflammation. Additionally, the author has observed the effect of consuming different types of food and their effect on inflammation. The basis of data collection by the author primarily depends on subjective methods of data collection.

Summary

The main ideas discussed in the article involves human behaviour, diet and their effects on inflammation. The author states that under the state of stress and depression, the chances of inflammation increases. This is due to an increase in the production of cytokine (Kiecolt-Glaser, 2010). Moreover, the food consumed also affects inflammation. The author carried an investigation on the type of food consumed and its effect on inflammation. The author concluded that increased consumption of food rich in starch increases the chances of inflammation compared to consumption of vegetables or food rich in vitamin. Food that contains fatty acids increases the chances of inflammation.

The diet consumed also affects the mood of a person. The article states that when a person is stressed, he tends to consume more junk foods than fruits. The increased consumption of food rich in fatty acids affects the degree of inflammation responses to stress

and depression. The type of food consumed and human beings' behaviour are the major factors that influence inflammation.

Critique

The article applies the experimentation and observation methods of data collection. Use of experimentation method is very effective and helps the author to get accurate results from the experiments. For example, the experiment carried out on women who ate westernized food which is characterized with proceeds food and those who ate fruits and vegetables showed that those who ate the processed food reported more informational cases than those who ate fruits and vegetables. Therefore it is just to conclude that processed food causes higher chances of inflammation than unprocessed food.

The relationship between human behaviour and the rate in inflammation is questionable. There is a high possibility of the observer being biased when collecting information about human behaviours. Secondly, it is impossible to measure or quantify human behaviours and relate human behaviours to inflammation; many factors affect human behaviours. For example, girls under the adolescent stage undergo various emotional changes that significantly impact their behaviours. Therefore, collecting data on human behaviours is not easy to tell the cause of human behaviours in different people.

Conclusion

The report clearly shows how various factors cause inflammation. The major causes of inflammation are the type of diet consumed, consumption of a diet rich in fatty acids increases the chances of inflammation. Moreover, the type mood also affects the type of food consumed, for example, under stressful environment one is more likely to consume junk food than fruits and vegetables, hence it is clear that mood and human behaviour influences the

rate of inflammation. The article helps educate people on the causes of inflammation and the relationship between mood diet and inflammation, hence helping make the right decisions concerning health issues.

References.

Kiecolt-Glaser, J. K. (2010). Stress, food, and inflammation: psychoneuroimmunology and nutrition at the cutting edge. *Psychosomatic medicine*, 72(4), 365.

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