

18th World Congress on

Nutrition and Food Chemistry

September 25-26, 2019 | Copenhagen, Denmark



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Physical and genetic constitution: A new biotype synthesis

Statement of the Problem: Historically, medicine has always looked at humanity as distinguished in various constitutional types. Constitutional Medicine, with its tenets, was the main form of Western medicine until the 1950s, is now included in more modern forms of medicine such as Evolutionary medicine and is the basis of all non-Western (Eastern) medicines: Unani, TCM, Ayurveda, etc. While the number of somatotypes varies according to tradition, the fundamental concepts remain the same. On this basis, dietary recommendations have been developed for each body type, in the past as in the present. In the 1920s a new division of humanity has opened the doors to modern chemical testing: the ABO blood type. Women and men are divided into four blood groups: A, B, AB and O. The blood type diet has risen from this division and spread worldwide. It is herewith proposed a new synthesis between these two biotypologies. The Western biotype classification has been used for simplicity and for traditional purposes. As per all currently known constitutional medicines, dietary advices are tailored to the physical constitution and now, with the ABO grouping also to genetic constitution (biochemical determinants). The result is a new nutritional system, which takes into account both the well-tested traditional suggestions (seasonal foods, etc) and the contemporary biological medicine. Food as in all Oriental and traditional medicines, becomes the primary treatment for ailments and for the maintenance of health. The new system will be reviewed in light of recent advances in nutritional sciences.

Biography

Marcello Menapace is a researcher, philosopher, scientist, medical writer, and professional regulatory consultant. He has worked in the pharmaceutical industry for over 15 years as a lead consultant and research scientist for various biotech Companies and is a member of the professional organization TOPRA. He is the director of M&Ms Consulting Ltd, a high-end consultancy service organization, He has completed his first Master's degree at the University of Milan (IT) in Chemistry, his second Master's degree in Business Administration (MBA) at the London School of Business and Finance in London (UK) and his PhD in Life Science at the H. S. University in Philadelphia (US). He has published 1 scientific paper on Science and Ethics, will be honourable speaker at the European Congress of Applied Science and is currently collaborating with Biotech Companies to publish other biological and chemical research manuscripts.

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