

6th International Conference on Gynecology and Obstetrics
&
13th International Conference on Alzheimer's Disease & Dementia
&
28th World Nursing Education Conference
November 14-15, 2019 Paris, France

The essence of plant-based diet in maximizing life satisfaction

Pinar Sengul

Birkbeck, University of London, UK

Happiness is a goal in almost everyone's life. This is as true in modern times as it was in the time of Ancient Greek philosophy. Method(s) of acquiring and maintaining happiness is an essential research topic for experimental psychologists and cognitive neuroscientists. We now know that nutrition and (some) hormones show as indicators of life-satisfaction and therefore happiness. However, the majority of psychological and scientific research in the arena of 'happiness' is focused on education-levels, socioeconomic status, and physical health as contributing factors, while mental health and nutrition are widely neglected. It is the author's opinion that research must be extended to compare and contrast happiness levels not only in different societal groups, but to include mental health and nutrition, and specifically typical diets versus atypical, plant-based diets. Only then can reliable conclusions be drawn and a more appropriate recipe for happiness be recommended.

Biography

Pinar Sengul a Turkish national who has lived and studied in Germany and, most recently, in London. where Pinar Sengul hope to take up permanent residence. Pinar is passionate about neuroscience and psychology, and specifically on the impact of diet on life-quality and performance. Pinar have a strong background of academic writing, data collection and statistical analysis. Pinar is multilingual, speaking fluent English and German, as well as my native Turkish, with lower-level abilities in French, Russian and Japanese. Pinar is currently looking for an (ideally, funded) PhD position in order to continue my research on "The effect of nutrition on neurodegenerative diseases such as Alzheimer's and Parkinson's".

Notes: