

International Meeting on

TRADITIONAL & ALTERNATIVE MEDICINE

July 23-24, 2018 | Osaka, Japan

Effect of Jerusalem Artichokes tubers in different cultivated areas on the health of a consumers

Namfon Baowthongkum

Phetchabun Rajabhat University, Thailand

From year to year, the consumers reduce consumption of starch and sugar in food because it is the cause of sickness. One of the possibilities to take care of your health is including dietary fiber and natural sugar. Jerusalem Artichoke tubers is fiber-rich food including Inulin is a polysaccharide that has functional properties as prebiotic for managing normal cholesterol level, effective against atherosclerosis. The aims of this study, the study on chemical properties of soil appropriate cultivating Jerusalem artichoke. The first stage, I surveying three different cultivated areas of Jerusalem artichoke in Phetchabun province. Soil sample and Jerusalem artichoke tubers sample were collected by six random. The second stage, efficiency of Jerusalem artichoke (type JA102) water for health consumption in cultivation areas by independent samples random and they had informed consent. The samples drank Jerusalem artichoke water four times per day. They took 250 mL/time (dry powder of Jerusalem artichoke 2.50 g in water 250 mL) three times before food and one time before sleep. I would check those five days per time. The results showed that the chemical properties of soil affect to the quantity of Inulin in Jerusalem artichoke tubers. After 20 days of test for equality with 15 consumption had average weight loss is three kilograms, average waistline four centimeters and quantity sugar in blood 89-95 mg/dL. They were showed satisfaction on a good level.

Biography

Namfon Baowthongkum has completed her Master degree at the age of 30 years from Ramkhamhaeng University. She is the instructor of chemistry in university. She has published 4 papers in reputed journals and has been 13 project research.

namfon_wk@hotmail.com

Notes: