

Description

Married couples have disagreements that often lead to bitter fights. Such disagreements cause mental agony and pain, but they could also be the cause of gastrointestinal disorders! Ohio State researchers conducted a study on 43 healthy married couples and derived this conclusion. The couples were asked to discuss and solve sensitive issues like money, in-laws, etc., which could possibly lead to major disagreements. These sessions were recorded and the blood samples extracted before and after the fights were analyzed. Couples that had more bitter fights had higher LPS-binding protein (LBP) in their blood than those that had relatively milder fights. The higher LBP content suggested the presence of bacteria in blood as well as inflammation. Such disorders could also lead to mental health disorders like depression, which may, in turn, be the cause for future fights.

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Category

1. Checklist

Date Created
2018/08/24
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