

Chronic fatigue syndrome

[Life](#), [Emotions](#)



A recent study shows that people living on the continent of North America suffer 9 times more chronic fatigue and 31 times more chronic depression than do people living on the continent of Asia. Interestingly, Asians, on average, eat 20 grams of soy per day, whereas North Americans eat virtually none. It turns out that soy contains phytochemicals called isoflavones, which have been found to possess disease-preventing properties.

Thus, North Americans should consider eating soy on a regular basis as a way of preventing fatigue and depression. The purposes of this idea try to convince the audience that the people who are living in North American continent should usually eat soy for preventing fatigue and depression. To support his proposal, he explains that, the fact of people, who are living in Asia continent, have average eating soy equal to 20 grams per day.

The point is that in North America continent, no anyone eating. Nevertheless, I still found that his reasons are inconvenience in the following aspects. First of all, the writer indicates that number of people who are living in North America continent have suffer 9 times and 31 times more chronic fatigue and depression respectively than the Asian people. However, this statistic may be wrong. Static should depend on time interval. But this static don't specific time what year of research.

For example, if you research while USA has economic problem, the value of fatigue and depression should higher than Asia continent. Secondly, He expected that soy has phytochemicals called isoflavones, which have been found to possess disease – preventing properties. However, eating soy or not may be not the essential reasons. Sometime, it is style of living. For <https://assignbuster.com/chronic-fatigue-syndrome/>

example, in most country in North America continent are urban while country in Asia almost are rural.

So this is the make sense reason, which make static of fatigue and depression in North America has the value more than in Asia. Simply put, the argument offered by the writer is still weak. If he wants improve the credibility, he should provide more data, especially about when time of survey and other control variable like status of economic. If I have to assess this argument, I would need evidence when time of survey of chronic fatigue and depression and status of economic.