

# stress rings

**LÉIA FORTES SALLES**

PRESENTED MONOGRAPH the FACIS/IBEHE AS PARTIAL REQUIREMENT FOR  
ATTAINMENT Of the HEADING OF AFTER GRADUATION IN  
IRIDOLOGY-IRISDIAGNOSIS UNDER the ORIENTATION Of the PROF. CELSO  
FERNANDES BATELLO

## **Abstract:**

With the purpose of setting an epidemiologic profile to stress rings, 346 individuals between 6-80 years old were interviewed and observed in the state of São Paulo.

Most of the people in this surveyed population showed stress rings and the frequency was practically the same in both men and women. The sign prevalence was higher in younger people than in older population. The signs and symptoms which had higher incidence in individuals with stress rings, compared to individuals with no stress rings were: allergy, anguish, anxiety, tiredness, headache, muscular pain, stress, paresthesia, obstipation, insomnia, irritability, arterial hypertension and hypotension, hair loss and sadness; despite the fact of showing a higher number of complaints.

In relation to diagnosed diseases, the individuals who have stress rings demonstrated more hypertension, fibromyalgia, varices and thyroid alteration, when in 41-60 age group and an increase in cholesterol, varices, hypertension and diabetes, when in 61-80 age group.