

Halifax Nutritionist

Halifax Nutritionist - The lack of essential nutrients in the food intake will cause various conditions that fall under nutritional diseases. Usually, these diseases can be commonly linked with chronic malnutrition. Conditions like obesity because of too much eating can also considerably contribute to serious health issues. Acute poisoning can be caused by too much intake of several nutrients.

Metabolic

When people consume too many calories in relation to the amount of exercise being done, those individuals may be more at risk for obesity because of a distorted energy balance. This can also cause various health concerns like for example diabetes and cardiovascular disease. Obesity can cause various health conditions and an increased mortality.

Another significant factor in rates of obesity is the low-cost foods that are more readily accessible within the poorer neighbourhoods. Fast foods are often really rich in additives, fats and sugars, while providing low nutritional values. Within more affluent nations, obesity is a sign of poverty and malnutrition. Conversely, in poorer nations, obesity is normally associated with good nutrition and wealth. Other causes of obesity consist of: sleep deprivation, heredity, stress and lack of exercise. Acute overeating can likewise be a sign of an eating disorder, like Bulimia.

The intake of Goitrogenic foods can lead to goitres by interfering with iodine uptake within the body.

Vitamins and Micronutrients

Vitamin poisoning can happen when the body experiences overly high storage levels of vitamins. This can cause toxic symptoms. The medical names of the various conditions come from the name of the vitamin involved. Like for example, hypervitaminosis A refers to too much vitamin A within the body. Iron overload disorders are sicknesses which occur caused by the over accumulation of iron within the body and the inability for this nutrient to exit, thus resulting in a dangerous build up. Haemochromatosis is an example and the organs that can be affected consist of the the liver, the endocrine glands and the heart.

Deficiencies

Severe health conditions can occur when nutrients are unavailable to the system. For instance, deficiencies in proteins, fats and carbohydrates can lead to protein energy malnutrition known as Kwashiorkor disease. Marasmus and mental retardation could likewise result. When vitamins and minerals are restricted from the diet to poor nutrition, conditions like Calcium Deficiency, Rickets, Iodine Deficiency or Goitre, Beriberi, Tetany, Selenium deficiency, Anaemia or Iron deficiency and Zinc Growth Retardation among others can occur.