

Lloydminster Nutritionist

Lloydminster Nutritionist - Nutritional diseases are conditions in humans which are indirectly or directly caused by not having enough essential nutrients in the food intake. These sicknesses are commonly related with chronic malnutrition. Conditions such as obesity caused by too much eating can likewise significantly contribute to serious health conditions. Acute poisoning can result from an excessive intake of various nutrients.

Metabolic

When the body consumes too many calories compared to the amount of exercise the body is performing, obesity can occur because of a distorted energy balance. It could cause health concerns like for example cardiovascular disease and diabetes. Obesity could result in an increased mortality and various health problems.

Another key factor in rates of obesity is the low-cost foods that are more readily obtainable within the poorer neighbourhoods. Fast foods are usually very high in additives, fats and sugars, while providing low nutritional values. Within more rich countries, obesity is a sign of poverty and malnutrition. On the other hand, within poorer countries, obesity is often related with good nutrition and wealth. Other reasons of obesity include: heredity, sleep deprivation, lack of exercise and stress. Too much eating can also be a symptom of an eating disorder, like Bulimia.

The intake of Goitrogenic foods can result in goitres by interfering with iodine uptake in the body.

Vitamins and Micronutrients

When the body experiences very high storage levels of vitamins, vitamin poisoning can happen causing toxic symptoms. The various names of the conditions will come from the name of the vitamin involved. For example, hypervitaminosis A means too much vitamin A within the body. Iron overload disorders are illnesses that occur due to too much iron within the body and the inability for this nutrient to exit, therefore resulting in a dangerous build up. Haemochromatosis is an instance and the organs that can be affected include the the liver, the endocrine glands and the heart.

Deficiencies

Severe health conditions can happen when nutrients are not available to the system. For example, not having enough proteins, fats and carbohydrates can cause protein energy malnutrition known as Kwashiorkor disease. Mental retardation and Marasmus could likewise result. When vitamins and minerals are restricted from the diet to poor nutrition, illnesses such as Calcium Deficiency, Rickets, Goitre or Iodine deficiency, Tetany, Beriberi, Anemia or Iron Deficiency, Selenium Deficiency and Zinc Growth Retardation amongst others can occur.