

Windsor Nutritionist

Windsor Nutritionist - Not having enough essential nutrients in the diet will lead to numerous conditions that fall under nutritional diseases. Usually, these illnesses can be generally connected with chronic malnutrition. Conditions like obesity from too much eating can likewise considerably contribute to serious health problems. Acute poisoning can result from too much intake of various nutrients.

Metabolic

When the body consumes too many calories as opposed to the amount of work out the body is doing, obesity can occur due to a distorted energy balance. It could lead to health issues like diabetes and cardiovascular disease. Obesity can cause an increased mortality and different health issues.

One more important factor in rates of obesity is the low-cost foods that are more readily available in the poorer neighbourhoods. Fast foods are normally really high in sugars, additives and fats, while providing low nutritional values. In more affluent countries, obesity is a sign of malnutrition and poverty. Conversely, in poorer countries, obesity is usually associated with wealth and good nutrition. Other causes of obesity comprise: heredity, sleep deprivation, lack of exercise and stress. Too much eating can even be a symptom of an eating disorder, like for example Bulimia.

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

Vitamins and Micronutrients

Vitamin poisoning can take place when the body experiences very high storage vitamin levels. This can cause toxic symptoms. The medical names of the different sicknesses come from the name of the vitamin involved. For instance, hypervitaminosis A means an excess of vitamin A in the body. Iron overload disorders are diseases that occur because of the over accumulation of iron in the body and the inability for this nutrient to exit, therefore causing a dangerous build up. Haemochromatosis is an instance and the organs that may be affected comprise the endocrine glands, the heart and the liver.

Deficiencies

Severe health problems can happen when nutrients are not available to the system. Like for example, not having enough carbohydrates, proteins and fats can lead to protein energy malnutrition known as Kwashiorkor disease. Mental retardation and Marasmus could also result. When vitamins and minerals are restricted from the diet to poor nutrition, conditions like for example Rickets, Calcium Osteoporosis, Goitre or Iodine deficiency, Beriberi, Tetany, Anemia or Iron Deficiency, Selenium Deficiency and Zinc Growth Retardation amongst others can take place.