

St. John's Nutritionist

St. John's Nutritionist - Deficiency in vital nutrients in the food intake would lead to lots of conditions which fall under nutritional diseases. Often, these diseases could be commonly connected with chronic malnutrition. Conditions like for example obesity because of overeating can also significantly contribute to serious health problems. Acute poisoning can be caused by an excessive intake of various nutrients.

Metabolic

When people consume too many calories than the amount of exercise being performed, those people may be more at risk for obesity caused by a distorted energy balance. This can likewise cause other health concerns like diabetes and cardiovascular disease. Obesity can cause different health problems and an increased mortality.

Among the important factors in obesity is the generally affordable low-cost food that is existing to the poor within wealthy countries. These fast foods are high in fats, low in nutritional value and high in additives and sugars. Within wealthy nations, obesity is often regarded as a sign of poverty and malnutrition. Conversely, in poorer nations, obesity is usually related with good nutrition and wealth. Other causes of obesity consist of: heredity, sleep deprivation, stress and lack of exercise. Acute overeating can likewise be a symptom of an eating disorder, such as Bulimia.

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

Vitamins and Micronutrients

Vitamin poisoning can take place when the body experiences overly high storage levels of vitamins. This could cause toxic symptoms. The medical names of the various illnesses is derived from the name of the vitamin involved. For instance, hypervitaminosis A refers to an excess of vitamin A within the body. Iron overload disorders are illnesses which occur caused by the over accumulation of iron in the body and the inability for this nutrient to exit, thus resulting in a dangerous build up. Haemochromatosis is an instance and the organs which can be affected comprise the endocrine glands, the heart and the liver.

Deficiencies

When certain nutrients are unavailable to the system, severe health conditions are likely to occur. Deficiencies in fats, carbohydrates and proteins for example, could cause protein energy malnutrition referred to as Kwashiorkor disease. Mental retardation and Marasmus can likewise result. When vitamins and minerals are restricted from the diet to poor nutrition, sicknesses like Rickets, Calcium Osteoporosis, Goitre or Iodine deficiency, Beriberi, Tetany, Anemia or Iron Deficiency, Selenium Deficiency and Zinc Growth Retardation amongst others can occur.