

Regina Nutritionist

Regina Nutritionist - Nutritional diseases are conditions in humans which are directly or indirectly caused by a lack of vital nutrients within the diet. These diseases are normally associated with chronic malnutrition. Problems such as obesity because of overeating can likewise considerably contribute to serious health conditions. Acute poisoning can be caused by an excessive intake of several nutrients.

Metabolic

When the body consumes too many calories as opposed to the amount of exercise the body is performing, obesity can occur because of a distorted energy balance. It could lead to health concerns like for instance cardiovascular disease and diabetes. Obesity can lead to various health conditions and an increased mortality.

One of the important factors in obesity is the usually affordable low-cost food which is offered to the poor within affluent countries. These fast foods are high in fats, low in nutritional value and high in additives and sugars. In wealthy nations, obesity is usually regarded as a sign of malnutrition and poverty. On the other hand, within poorer countries, obesity is often related with wealth and good nutrition. Other reasons of obesity include: sleep deprivation, heredity, stress and lack of exercise. Too much eating can also be a sign of an eating disorder, like Bulimia.

The intake 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 very high storage vitamin levels. This can result in toxic symptoms. The medical names of the various sicknesses is derived from the name of the vitamin involved. For example, hypervitaminosis A means an excess of vitamin A in the body. Iron overload disorders are illnesses which happen caused by too much iron in the body and the inability for this nutrient to exit, therefore causing a dangerous build up. Haemochromatosis is an example and the organs that may be affected consist of the the heart, the liver and the endocrine glands.

Deficiencies

When some nutrients are unavailable to the system, severe health conditions are likely to take place. Not having enough fats, carbohydrates and proteins for instance, may lead to protein energy malnutrition called Kwashiorkor disease. Marasmus and mental retardation may also result. When minerals and vitamins are restricted from the food intake to poor nutrition, conditions like for instance Rickets, Calcium Osteoporosis, Goitre or Iodine deficiency, Tetany, Beriberi, Iron Deficiency or Anemia, Selenium Deficiency and Zinc Growth Retardation among others can take place.