

Kingston Nutritionist

Kingston Nutritionist - Deficiency in vital nutrients in the diet will lead to numerous conditions which fall under nutritional diseases. Often, these sicknesses can be commonly linked with chronic malnutrition. Conditions like obesity because of too much eating can also significantly contribute to serious health conditions. Acute poisoning can be caused by too much intake of various nutrients.

Metabolic

When the body consumes too many calories than the amount of work out the body is doing, obesity can happen because of a distorted energy balance. It could cause health concerns like for example diabetes and cardiovascular disease. Obesity could result in an increased mortality and different health issues.

One more significant factor in rates of obesity is the low-cost foods which are more readily available within the poorer neighbourhoods. Fast foods are normally very high in fats, sugars and additives, while providing low nutritional values. Within more wealthy countries, obesity is a sign of poverty and malnutrition. Conversely, within poorer nations, obesity is usually related with wealth and good nutrition. Other causes of obesity include: heredity, sleep deprivation, lack of exercise and stress. Acute overeating can likewise be a sign of an eating disorder, such as Bulimia.

When consuming Goitrogenic foods, there is a risk of developing goitres that are caused by a low uptake of iodine within the body.

Vitamins and Micronutrients

Vitamin poisoning can take place when the body experiences overly high storage vitamin levels. This could cause toxic symptoms. The medical names of the various conditions come from the name of the vitamin involved. Like for example, hypervitaminosis A means too much vitamin A within the body. Iron overload disorders are diseases which occur due to the over accumulation of iron within the body and the inability for this nutrient to exit, hence causing a dangerous build up. Haemochromatosis is an example and the organs which may be affected comprise the the heart, the liver and the endocrine glands.

Deficiencies

Severe health conditions can happen when nutrients are not available to the system. For example, lack of fats, carbohydrates and proteins can cause protein energy malnutrition called Kwashiorkor disease. Marasmus and mental retardation can likewise result. When minerals and vitamins are restricted from the food intake to poor nutrition, conditions like Calcium Deficiency, Rickets, Goitre or Iodine deficiency, Tetany, Beriberi, Selenium deficiency, Anaemia or Iron deficiency and Zinc Growth Retardation amongst others can take place.