

## Prince George Nutritionist

Prince George Nutritionist - Nutritional diseases are conditions in humans which are indirectly or directly caused by deficiency in important nutrients in the food intake. These sicknesses are normally connected with chronic malnutrition. Conditions like obesity caused by overeating can also significantly contribute to serious health problems. Acute poisoning can be caused by an excessive intake of several nutrients.

### Metabolic

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

Another significant factor in rates of obesity is the low-cost foods which are more readily available in the poorer neighbourhoods. Fast foods are usually really high in sugars, additives and fats, while providing low nutritional values. In more affluent nations, obesity is a sign of poverty and malnutrition. On the other hand, in poorer countries, obesity is usually associated with wealth and good nutrition. Other reasons of obesity consist of: heredity, lack of sleep, stress and lack of exercise. Acute overeating can likewise be a sign of an eating disorder, like Bulimia.

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

### Vitamins and Micronutrients

When the body experiences overly high storage vitamin levels, vitamin poisoning may take place resulting in toxic symptoms. The different names of the conditions would 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 sicknesses that occur because of the over accumulation of iron in the body and the inability for this nutrient to exit, therefore leading to a dangerous build up. Haemochromatosis is an instance and the organs that may be affected include the the liver, the endocrine glands and the heart.

### Deficiencies

Severe health issues can take place when nutrients are not available to the system. For instance, not having enough proteins, fats and carbohydrates can result in protein energy malnutrition referred to as Kwashiorkor disease. Mental retardation and Marasmus may likewise result. When minerals and vitamins are restricted from the food intake to poor nutrition, sicknesses such as Calcium Deficiency, Rickets, Goitre or Iodine deficiency, Tetany, Beriberi, Iron Deficiency or Anemia, Selenium Deficiency and Zinc Growth Retardation among others can occur.