

Vancouver Nutritionist

Vancouver Nutritionist - Nutritional diseases are conditions in humans which are directly or indirectly caused by not having enough essential nutrients in the food intake. These sicknesses are normally linked with chronic malnutrition. Problems such as obesity caused by too much eating can likewise significantly contribute to serious health problems. Acute poisoning can result from too much intake of some nutrients.

Metabolic

When the body consumes too many calories as opposed to the amount of exercise the body is performing, obesity can take place due to a distorted energy balance. It can cause health problems like for example cardiovascular disease and diabetes. Obesity can result in different health conditions and an increased mortality.

Amongst the important factors in obesity is the normally affordable low-cost food that is available to the poor within affluent nations. These fast foods are low in nutritional value, high in fats and high in additives and sugars. Within rich countries, obesity is usually regarded as a sign of malnutrition and poverty. On the other hand, in poorer nations, obesity is often associated with wealth and good nutrition. Other causes of obesity include: sleep deprivation, heredity, stress and lack of exercise. Acute overeating can even be a symptom of an eating disorder, like for instance Bulimia.

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

Vitamins and Micronutrients

Vitamin poisoning can take place when the body experiences overly high storage vitamin levels. This could lead to toxic symptoms. The medical names of the different illnesses come from the name of the vitamin involved. For example, hypervitaminosis A refers to too much vitamin A within the body. Iron overload disorders are diseases which take place caused by too much iron in the body and the inability for this nutrient to exit, hence leading to a dangerous build up. Haemochromatosis is one instance and the organs which can be affected comprise the the heart, the liver and the endocrine glands.

Deficiencies

Severe health problems can happen when nutrients are not available to the system. For instance, deficiencies in fats, carbohydrates and proteins can cause protein energy malnutrition referred to as Kwashiorkor disease. Mental retardation and Marasmus can also result. When minerals and vitamins are restricted from the food intake to poor nutrition, illnesses like Calcium Deficiency, Rickets, Iodine Deficiency or Goitre, Beriberi, Tetany, Selenium deficiency, Iron Deficiency or Anemia and Zinc Growth Retardation amongst others can take place.