

Norfolk Nutritionist

Norfolk Nutritionist - Nutritional diseases are conditions in human beings which are indirectly or directly caused by a lack of vital nutrients in the diet. These sicknesses are usually linked with chronic malnutrition. Conditions like obesity from too much eating can also considerably contribute to serious health problems. Acute poisoning can result from too much intake of some nutrients.

Metabolic

When individuals consume too many calories compared to the amount of exercise being performed, those people may be more at risk for obesity because of a distorted energy balance. This can also lead to various health issues like for example cardiovascular disease and diabetes. Obesity can lead to different health issues and an increased mortality.

Among the important factors in obesity is the normally affordable low-cost food that is offered to the poor in rich countries. These fast foods are low in nutritional value, high in fats and high in sugars and additives. In rich nations, obesity is usually regarded as a sign of malnutrition and poverty. On the other hand, in poorer countries, obesity is usually linked with wealth and good nutrition. Other causes of obesity comprise: heredity, sleep deprivation, lack of exercise and stress. Too much eating can also be a symptom of an eating disorder, like Bulimia.

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

Vitamins and Micronutrients

When the body experiences very high storage vitamin levels, vitamin poisoning could occur resulting in toxic symptoms. The various names of the conditions would come from the name of the vitamin involved. For example, hypervitaminosis A refers to too much vitamin A in the body. Iron overload disorders are sicknesses that occur caused by 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 instance and the organs which may be affected consist of the endocrine glands, the heart and the liver.

Deficiencies

When some nutrients are not available to the system, severe health conditions are likely to take place. Lack of carbohydrates, proteins and fats for instance, could lead to protein energy malnutrition called Kwashiorkor disease. Mental retardation and Marasmus can also result. When minerals and vitamins are restricted from the diet to poor nutrition, illnesses such as Calcium Deficiency, Rickets, Goitre or Iodine deficiency, Tetany, Beriberi, Selenium deficiency, Anaemia or Iron deficiency and Zinc Growth Retardation amongst others can take place.