

## Sudbury Nutritionist

Sudbury Nutritionist - Nutritional diseases are conditions in human beings that are indirectly or directly caused by a lack of essential nutrients in the food intake. These sicknesses are normally related with chronic malnutrition. Conditions like obesity because of overeating can likewise significantly contribute to serious health problems. Acute poisoning can be caused by an excessive intake of several nutrients.

### Metabolic

When the body consumes too many calories compared to the amount of work out the body is performing, obesity can happen due to a distorted energy balance. It could lead to health problems like for instance diabetes and cardiovascular disease. Obesity can lead to different health conditions and an increased mortality.

Another key factor in rates of obesity is the low-cost foods that are more readily available within the poorer neighbourhoods. Fast foods are usually very rich in sugars, additives and fats, while providing low nutritional values. Within more affluent countries, obesity is a sign of poverty and malnutrition. Conversely, in poorer countries, obesity is normally related with wealth and good nutrition. Other reasons of obesity include: heredity, lack of sleep, lack of exercise and stress. Too much eating can even be a symptom 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 happen when the body experiences overly high storage levels of vitamins. This can cause toxic symptoms. The medical names of the various sicknesses come from the name of the vitamin involved. Like for instance, hypervitaminosis A refers to an excess of vitamin A in the body. Iron overload disorders are diseases which happen due to too much iron within the body and the inability for this nutrient to exit, thus causing a dangerous build up. Haemochromatosis is one example and the organs that may be affected include the the heart, the liver and the endocrine glands.

### Deficiencies

Severe health conditions can take place when nutrients are not available to the system. For instance, not having enough carbohydrates, proteins and fats can lead to protein energy malnutrition called Kwashiorkor disease. Marasmus and mental retardation could likewise result. When minerals and vitamins are restricted from the food intake to poor nutrition, conditions like Rickets, Calcium Osteoporosis, Goitre or Iodine deficiency, Beriberi, Tetany, Selenium deficiency, Iron Deficiency or Anemia and Zinc Growth Retardation among others can take place.