

## Brandon Nutritionist

Brandon Nutritionist - Nutritional diseases are conditions in humans which are indirectly or directly caused by not having enough important nutrients within the diet. These sicknesses are usually associated with chronic malnutrition. Conditions like for instance obesity from overeating can also considerably contribute to serious health problems. Acute poisoning can result from too much intake of various nutrients.

### Metabolic

When people consume too many calories in relation to the amount of exercise being done, those people might be more at risk for obesity caused by a distorted energy balance. This may also lead to other health concerns like for instance cardiovascular disease and diabetes. Obesity can result in various health conditions and an increased mortality.

One more important factor in rates of obesity is the low-cost foods that are more readily available within the poorer neighbourhoods. Fast foods are usually really rich in additives, fats and sugars, while providing low nutritional values. In more affluent nations, obesity is a sign of malnutrition and poverty. Conversely, in poorer nations, obesity is normally related with good nutrition and wealth. Other causes of obesity comprise: lack of sleep, heredity, stress and lack of exercise. Acute overeating can likewise be a symptom of an eating disorder, like for example 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 very high storage vitamin levels. This could cause toxic symptoms. The medical names of the different sicknesses is derived from the name of the vitamin involved. For instance, hypervitaminosis A means too much vitamin A within the body. Iron overload disorders are diseases which happen due to the over accumulation of 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 that may be affected consist of the the heart, the liver and the endocrine glands.

### Deficiencies

When certain nutrients are not available to the system, severe health conditions are likely to take place. Deficiencies in carbohydrates, proteins and fats for example, could result in protein energy malnutrition known as Kwashiorkor disease. Marasmus and mental retardation could also result. When minerals and vitamins are restricted from the diet to poor nutrition, sicknesses like for example Rickets, Calcium Osteoporosis, Iodine Deficiency or Goitre, Beriberi, Tetany, Selenium deficiency, Iron Deficiency or Anemia and Zinc Growth Retardation amongst others can occur.