

## Charlottetown Nutritionist

Charlottetown Nutritionist - The lack of essential nutrients in the food intake would lead to a lot of conditions which fall under nutritional diseases. Normally, these illnesses could be frequently linked with chronic malnutrition. Problems like obesity caused by overeating can likewise considerably contribute to serious health issues. Acute poisoning can be caused by an excessive intake of some nutrients.

### Metabolic

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

Another key factor in rates of obesity is the low-cost foods that are more readily accessible in the poorer neighbourhoods. Fast foods are normally very rich in additives, fats and sugars, while providing low nutritional values. Within more affluent nations, obesity is a sign of malnutrition and poverty. On the other hand, in poorer countries, obesity is often connected with good nutrition and wealth. Other causes of obesity include: lack of sleep, heredity, stress and lack of exercise. Acute overeating can likewise be a symptom of an eating disorder, like for instance Bulimia.

The consumption of Goitrogenic foods can cause goitres by interfering with iodine uptake within the body.

### Vitamins and Micronutrients

When the body experiences overly high storage levels of vitamins, vitamin poisoning may occur causing toxic symptoms. The various names of the conditions would come from the name of the vitamin involved. Like for instance, hypervitaminosis A refers to an excess of vitamin A within the body. Iron overload disorders are illnesses which occur caused by the over accumulation of iron within the body and the inability for this nutrient to exit, hence leading to a dangerous build up. Haemochromatosis is one example and the organs which can be affected include the endocrine glands, the heart and the liver.

### Deficiencies

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