

## Moncton Nutritionist

Moncton Nutritionist - Not having enough important nutrients in the food intake will cause various conditions which fall under nutritional diseases. Often, these illnesses can be frequently connected with chronic malnutrition. Conditions like for instance obesity because of overeating can likewise significantly contribute to serious health issues. Acute poisoning can be caused by an excessive intake of various nutrients.

### Metabolic

When the body consumes too many calories than the amount of exercise the body is performing, obesity can happen due to a distorted energy balance. It can lead to health issues like for example cardiovascular disease and diabetes. Obesity could result in different health problems and an increased mortality.

One more important factor in rates of obesity is the low-cost foods that are more readily available in the poorer neighbourhoods. Fast foods are often very high in sugars, additives and fats, while providing low nutritional values. In more wealthy nations, obesity is a sign of poverty and malnutrition. Conversely, within poorer countries, obesity is usually connected with wealth and good nutrition. Other causes of obesity include: heredity, sleep deprivation, stress and lack of exercise. Acute overeating can even be a sign of an eating disorder, such as Bulimia.

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

### Vitamins and Micronutrients

Vitamin poisoning can happen when the body experiences very high storage vitamin levels. This could lead to toxic symptoms. The medical names of the various illnesses is derived from the name of the vitamin involved. For example, hypervitaminosis A refers to too much vitamin A within the body. Iron overload disorders are illnesses which happen due to the over accumulation of iron in the body and the inability for this nutrient to exit, therefore resulting in a dangerous build up. Haemochromatosis is an instance and the organs which can be affected include the endocrine glands, the heart and the liver.

### Deficiencies

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