

## Owen Sound Nutritionist

Owen Sound Nutritionist - Deficiency in important nutrients in the diet would lead to lots of conditions which fall under nutritional diseases. Normally, these sicknesses can be frequently related with chronic malnutrition. Conditions such as obesity because of overeating can also considerably contribute to serious health conditions. Acute poisoning can be caused by too much intake of various nutrients.

### Metabolic

When the body consumes too many calories as opposed to the amount of work out the body is doing, obesity can happen because of a distorted energy balance. It can cause health issues like for instance diabetes and cardiovascular disease. Obesity could result in an increased mortality and various health issues.

Another important factor in rates of obesity is the low-cost foods which are more readily obtainable in the poorer neighbourhoods. Fast foods are often really rich in sugars, additives and fats, while providing low nutritional values. Within more wealthy countries, obesity is a sign of poverty and malnutrition. On the other hand, within poorer nations, obesity is usually associated with good nutrition and wealth. Other reasons of obesity include: sleep deprivation, heredity, lack of exercise and stress. Acute overeating can also be a sign of an eating disorder, such as 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 happen when the body experiences very high storage levels of vitamins. This could cause toxic symptoms. The medical names of the various sicknesses is derived 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 illnesses which happen because of the over accumulation of iron in the body and the inability for this nutrient to exit, hence causing a dangerous build up. Haemochromatosis is an example and the organs that may be affected include the the liver, the endocrine glands and the heart.

### Deficiencies

When certain nutrients are unavailable to the system, severe health conditions are likely to take place. Lack of proteins, fats and carbohydrates for instance, can lead to protein energy malnutrition referred to as Kwashiorkor disease. Marasmus and mental retardation can also result. When vitamins and minerals are restricted from the diet to poor nutrition, sicknesses such as Rickets, Calcium Osteoporosis, Goitre or Iodine deficiency, Beriberi, Tetany, Anemia or Iron Deficiency, Selenium Deficiency and Zinc Growth Retardation amongst others can happen.