



# Diet And Physical Health Consequences



DIET AND PHYSICAL  
HEALTH CONSEQUENCES

## ► Increased Risk of Breast Cancer:

Risks of alcohol and breast cancer are associated with women who have a particular genetic predisposition. Most health professionals tell women who are at risk for breast cancer to abstain from alcohol.

## ► GERD Or Reflux Of Genetic Acid Into The Esophagus:

Some foods can weaken the “valve” between the esophagus and stomach, thus increasing the likelihood of stomach acid in the esophagus.

## ► Increased Risk of Heart Disease:

Poor diet with saturated sugar and fat is constantly associated with a plaque in the arteries, leading to heart attack, stroke, abnormal blood lipids, or atherosclerosis.

## ► Diabetes:

A high intake of any food can make diabetes worse. However, pure sugars can cause the most dramatic fluctuations in sugar.

## ► Depression:

When we lack omega-3 and other nutrients such as magnesium, we tend to see increased mood swings, mood swings.

## ► Hair Loss:

Inadequate iron deficiency protein intake can lead to damaged hair follicle structure and hair loss.

## ► Non-Alcoholic Fatty Liver Disease:

Due to poor dietary choices associated with high-sugar beverages, good foods and high-fat foods are saturated.

## ► Slow Wound Healing:

Inadequate protein, inadequate calories, and insufficient vitamin C, and lead to slow healing of wounds.



## ► Anemia:

To prevent anemia, iron-rich foods in a balanced diet are recommended. Take iron supplements if needed.

## ► Weak Immune Systems:

Protein, zinc, vitamins A, C, and E are important nutrients.

## ► Fragile Nails:

If you suffer from brittle nails, you have not included enough fruits and vegetables in your diet.

## ► Adult Acne:

Highly processed and high-sugar foods can play a big role in adult acne because they cause inflammation.

## ► Gout:

Gout is exacerbated by foods high in organic purine.

## ► Ulcers:

Although ulcers are not caused by poor diet choices, they can be exacerbated by them.

## ► Poor Oral Hygiene:

Give up drinking soft, energy, and sports drinks.



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#### ► Unhealthy Diet:

Traditionally, fast food products have been associated with unhealthy diets. High in carbohydrates and high in fat, frequent consumption of fast food products such as fries, fried chicken, and pizza can contribute to an unhealthy diet. However, fast food is not the only cause of unhealthy diets.

#### ► Dangers of An Unhealthy Diet:

The effects of unhealthy eating can sometimes be apparent in physical changes, however, just because the effects of an unhealthy diet are not obvious does not mean they do not occur. You can eat an unhealthy diet for a long time and suddenly experience its effects.

#### ► Osteoporosis:

Risk factors are related to diet such as insufficient calcium and vitamin D intake as well diet.

#### ► Appetite Disorders:

Severe food restriction can lead to obsessive thoughts and behaviors that lead to an increased tendency to lose weight and consequently anorexia. Whenever the specific nutrients needed for optimal functioning of the body and brain do not reach them, these organs become self-protective.

### OSTEOPOROSIS



Normal Bone



Bone with Osteoporosis

#### ► Chronic constipation:

Due to not getting enough fiber or water in the diet, it is recommended to have 25 to 30 grams of fiber per day.

#### ► Obesity:

The body must have the right balance of nutrients (protein, fats, and carbohydrates) as well as micronutrients and electrolytes for a person's metabolic needs. If the body does not have the right balance or type of fuel, it can lead to weight management problems such as obesity.

#### ► Stinky And Dark Urine:

Women should drink about 11 cups of water a day from food and drink, and men should drink about 16 cups a day.