

Nutrients deficiency

Anaemia occurs when the level of iron in your blood is too low and not enough red blood cells are produced. Symptoms for anaemia are weakness, chest pain, cold hands and feet, pale or yellowish skin. The most common cause for anaemia is not having enough iron which is needed to make haemoglobin. The lack of oxygen can make you feel tired and weak. But anaemia can be fixed by taking iron supplements or by changing your diet and having more iron rich foods. This includes red meat, dried fruit, beans, peas and lentils. Taking large amounts of coffee, tea, dairy or whole grain which has large amounts of phytic acid, can make it harder for the body to absorb iron.

Hypocalcemia is a condition where levels of calcium in your body are too low. The calcium in your body helps keep healthy teeth and bones. It also regulates muscle contraction and heart beat and makes sure the blood clots normally. A lack of calcium could lead to rickets in children. Rickets affect the bones and cause pain, poor growth and soft and weak bones. Tiredness, itching, depression and anxiety could also be related to a calcium deficiency. Too much calcium on the other hand could lead to stomach pain or diarrhoea, so the recommended daily amount is 1.500g.

Scurvy is caused by not having enough vitamin C in your diet caused by not eating enough fruit and vegetables. The risk gets higher when you eat very little, smoke or have a long term dependency on drugs or/and alcohol. Symptoms for scurvy are feeling fatigue, depression or connective tissue defects, like internal bleeding, impaired wound healing or rashes. Vitamin C deficiency can be fixed by taking supplements, or eating vitamin C rich food like citrus fruits, bell peppers, tomatoes or strawberries. An excess of vitamin C leads to stomach pain, diarrhoea, nausea, vomiting, or heartburn. The recommended amount for vitamin C is 1000 mg a day.