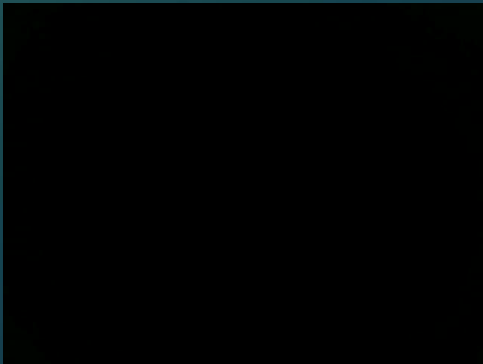
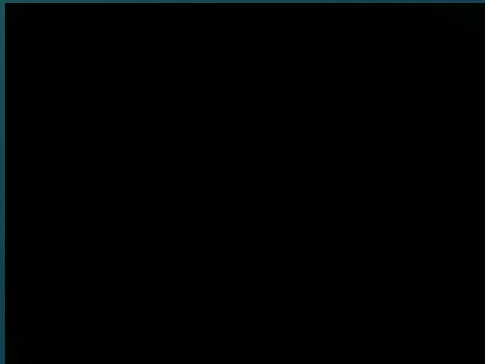
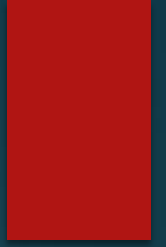
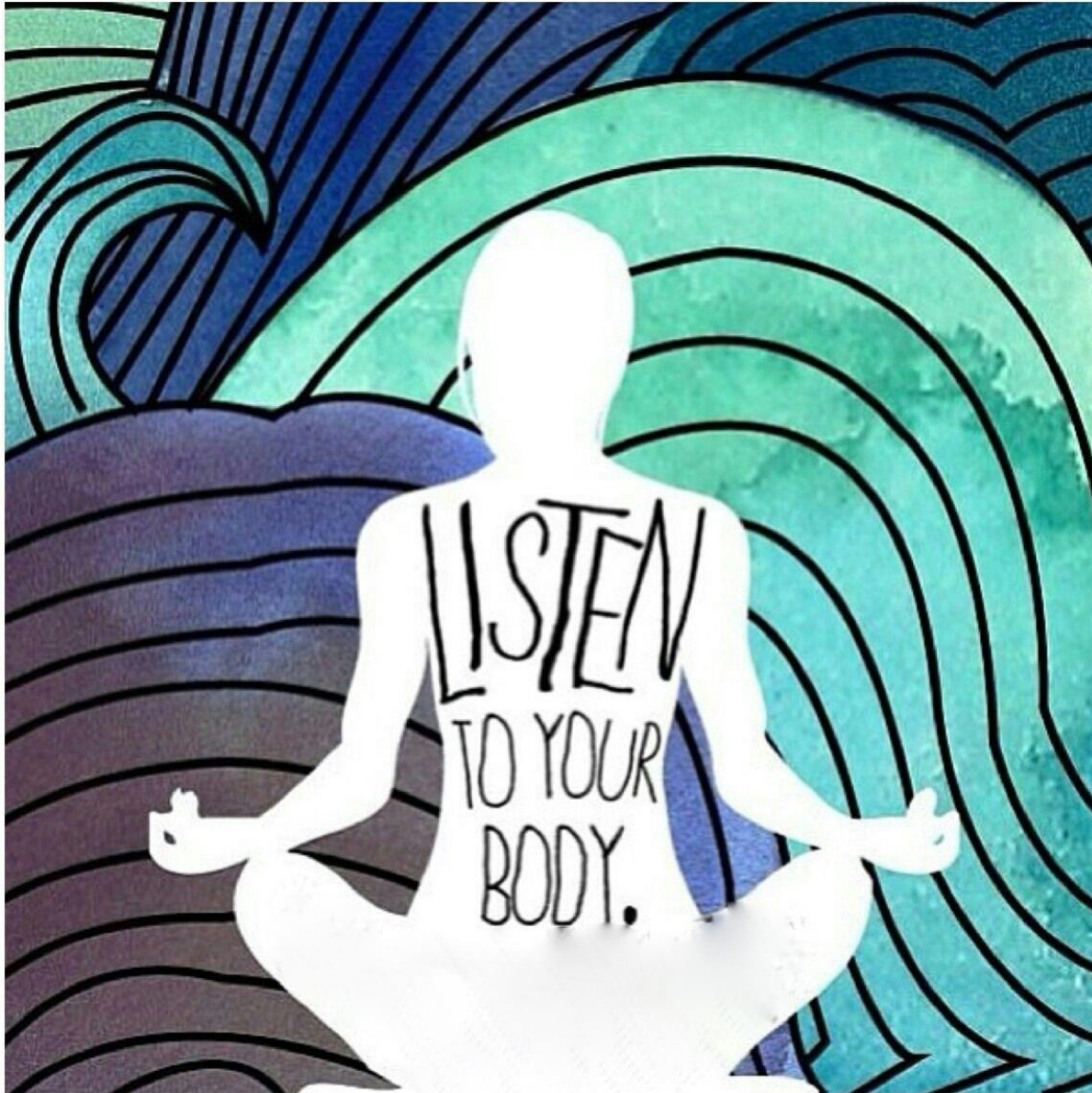
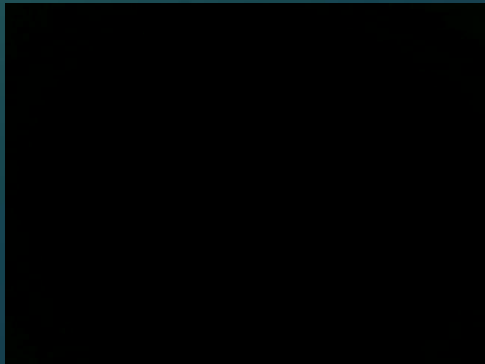
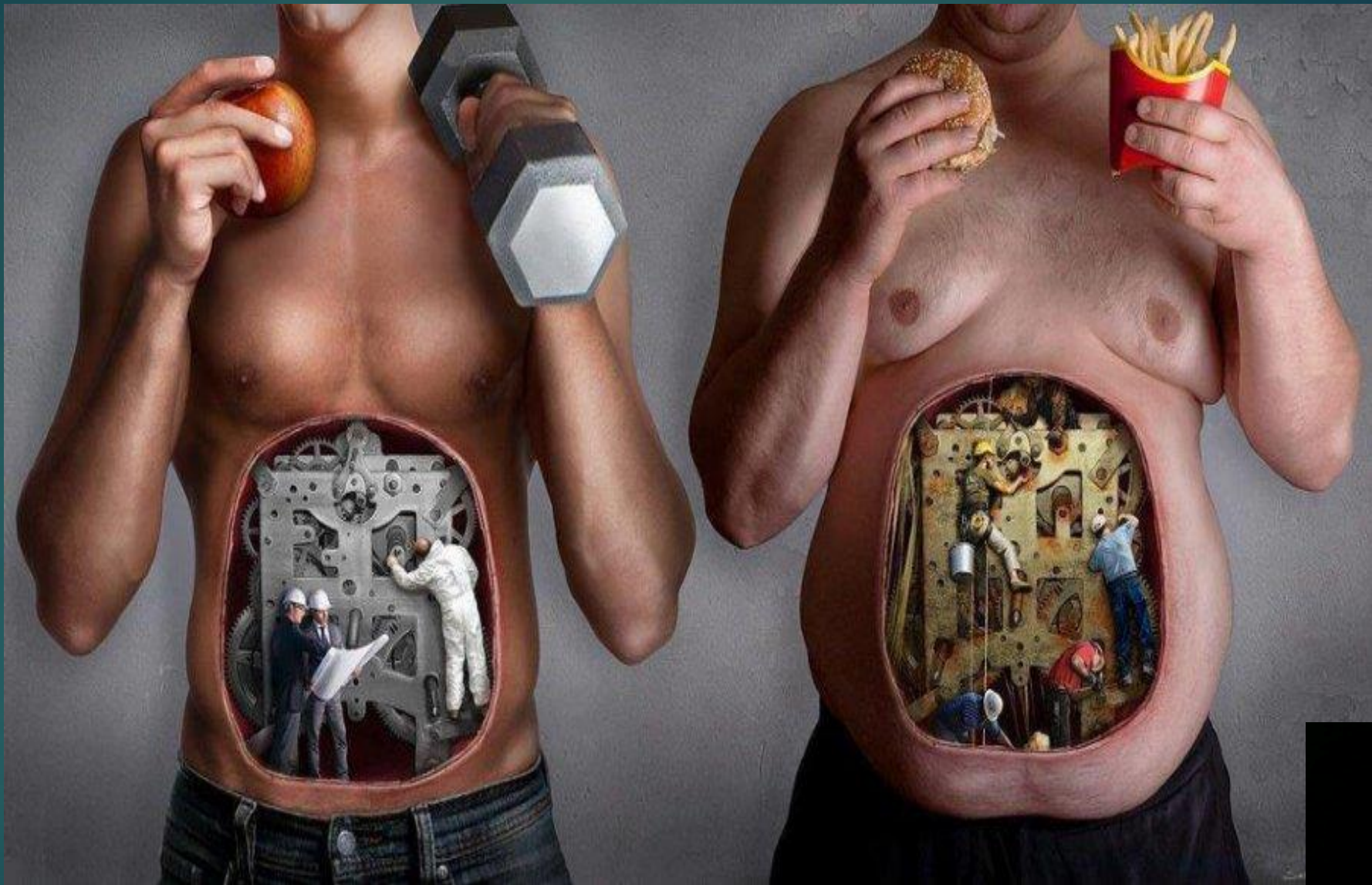


Taking Charge of Your Physical Health











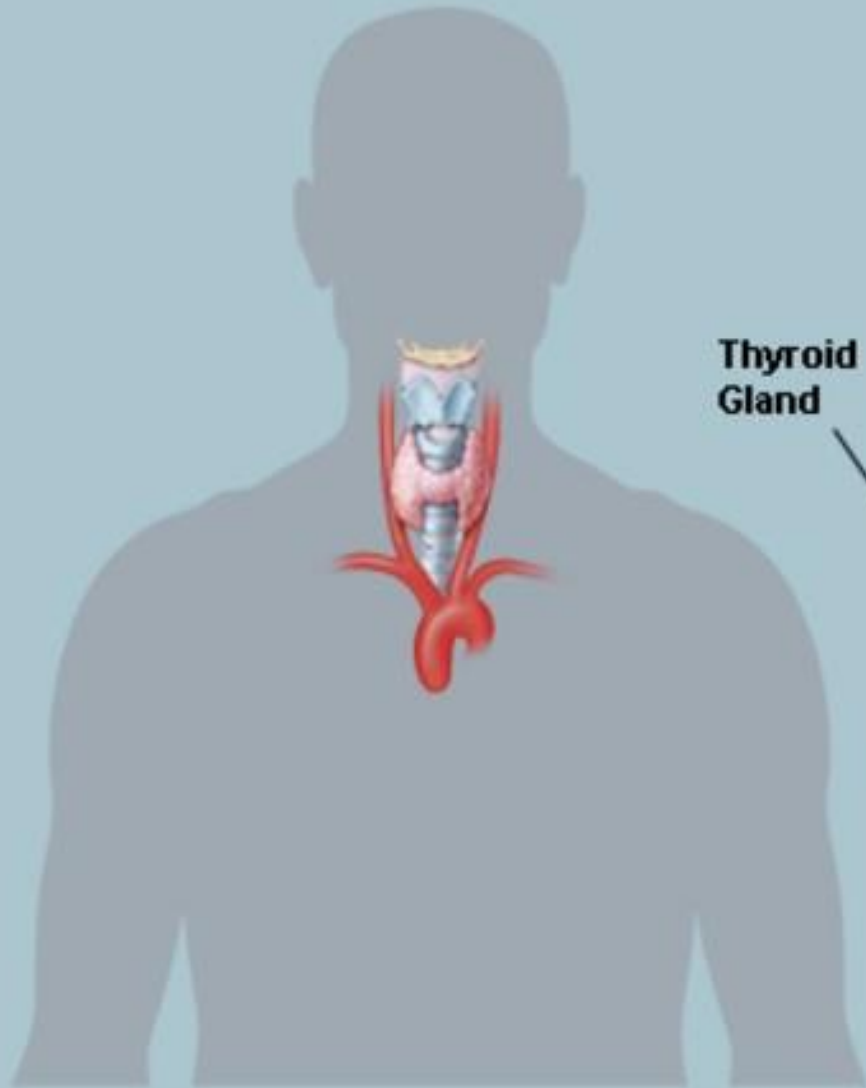
Normal Amount of Red Blood Cells

Anemic Amount of Red Blood Cells

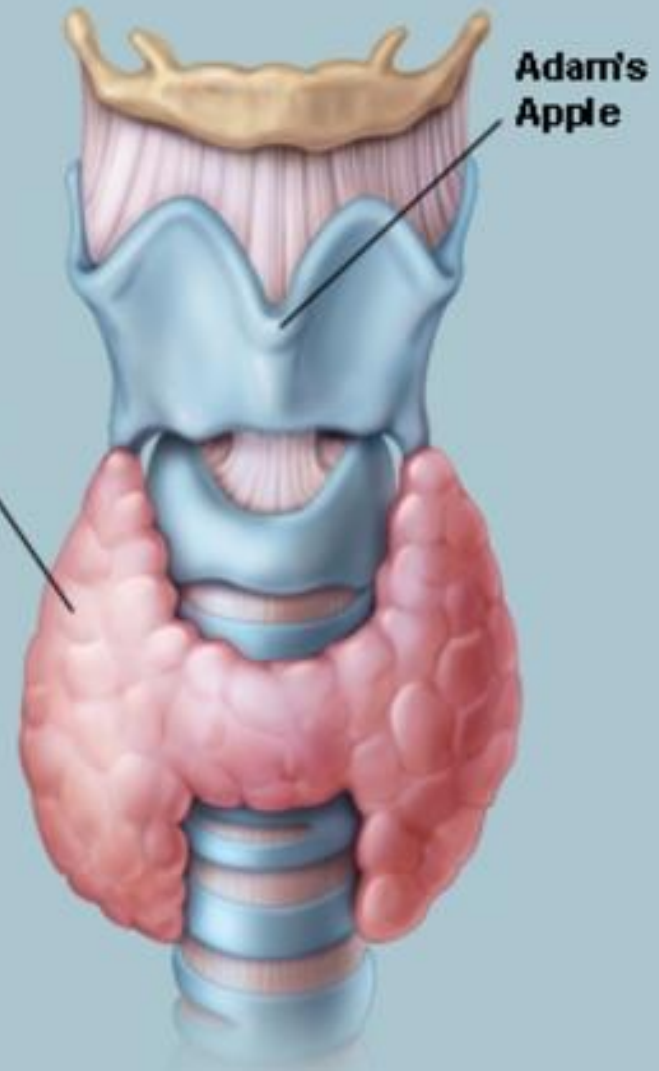


NORMAL

ANEMIA

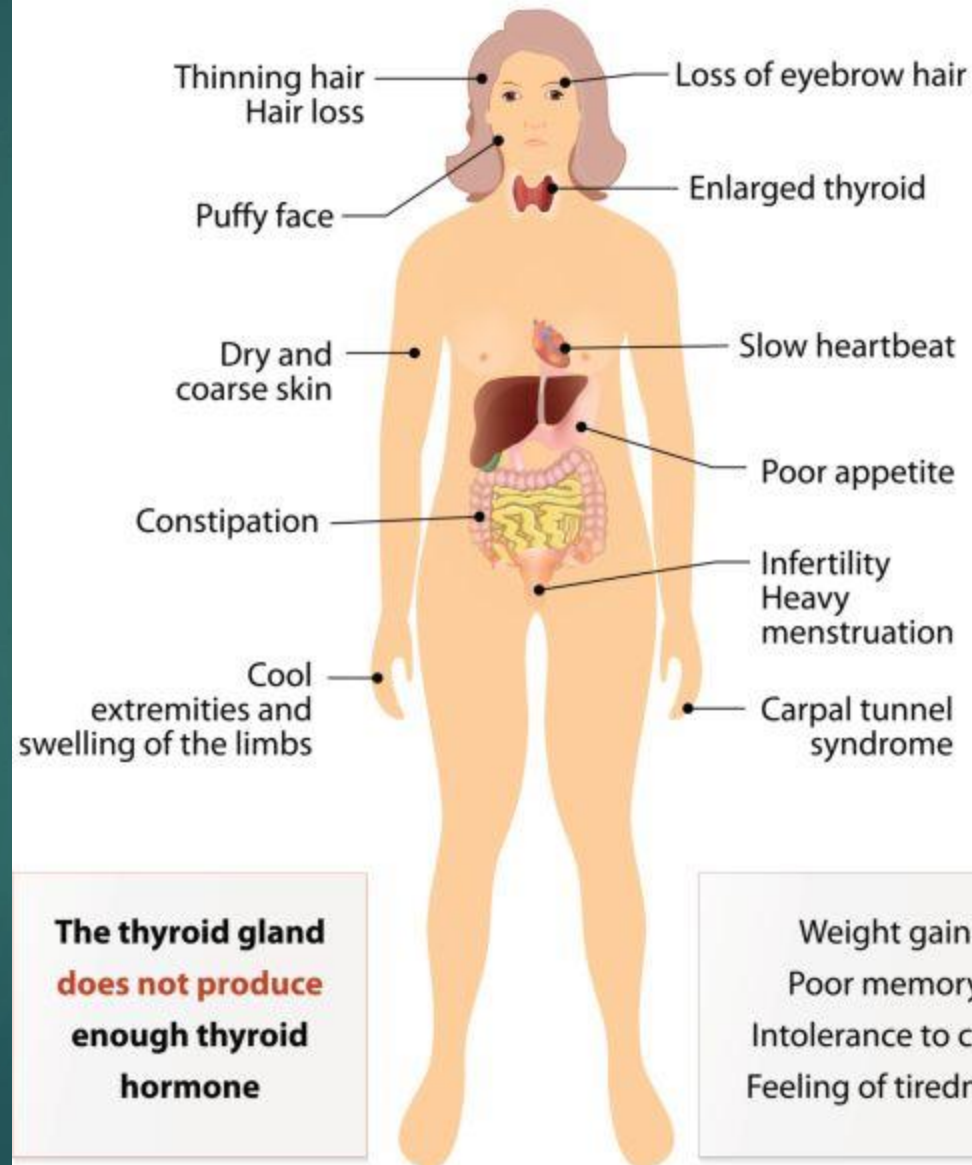


**Thyroid
Gland**



**Adam's
Apple**

Symptoms of HYPOTHYROIDISM



HYPERTHYROIDISM SYMPTOMS



- FATIGUE
- WEIGHT LOSS
- SENSITIVITY TO COLD
- DEPRESSION
- MEMORY PROBLEMS
- GOITER
- HAIR LOSS
- MUSCLE PAIN
- TREMBLING HANDS
- INFERTILITY

TUNE IN
TO YOURSELF
YOUR BODY IS TRYING TO
TELL YOU SOMETHING



#THEARTISTPLAYBOOK

DEHYDRATION

SIGNS AND SYMPTOMS

Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.



EXTREME THIRST



DRY MOUTH



SWOLLEN TONGUE



LESS FREQUENT URINATION



HEADACHE



FATIGUE



BAD BREATH



DIZZINESS



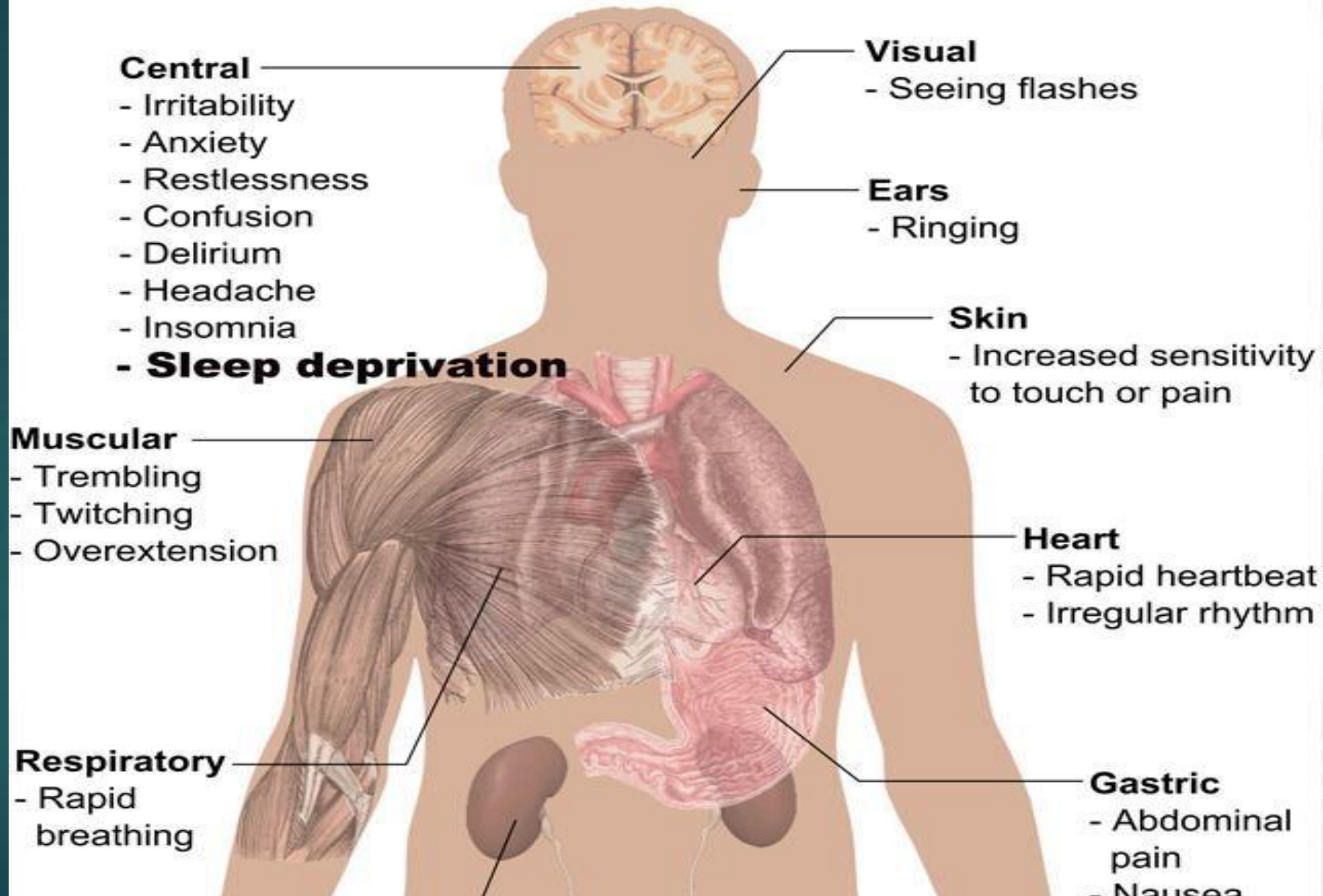
PALPITATIONS



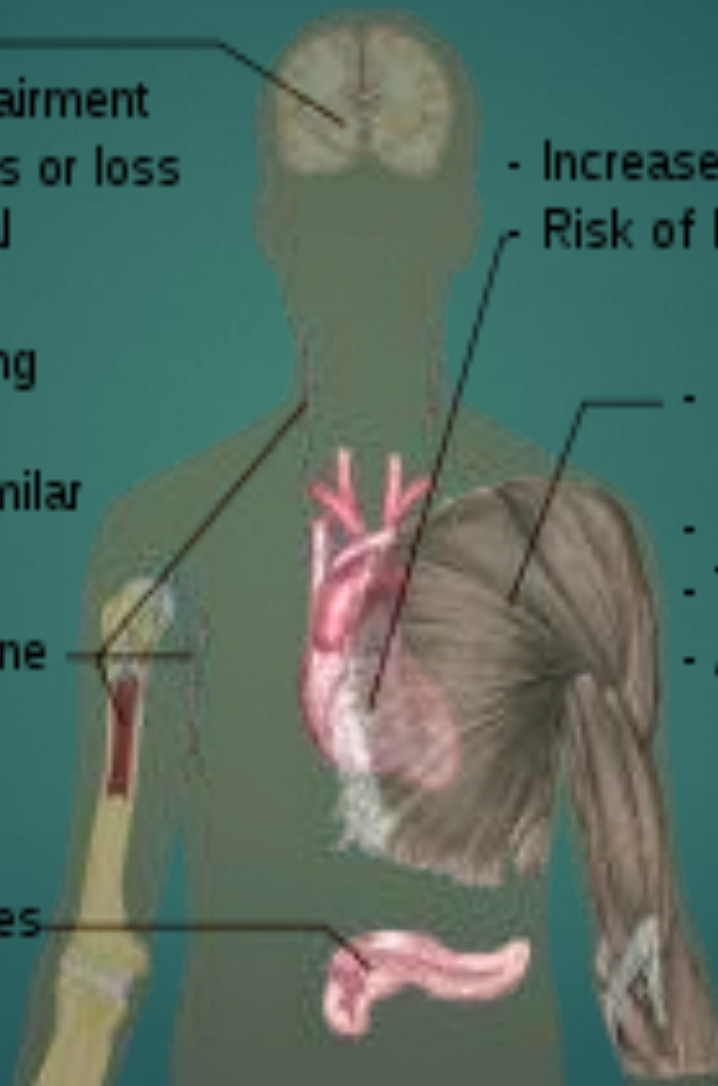




SIDE EFFECTS OF CAFFEINE

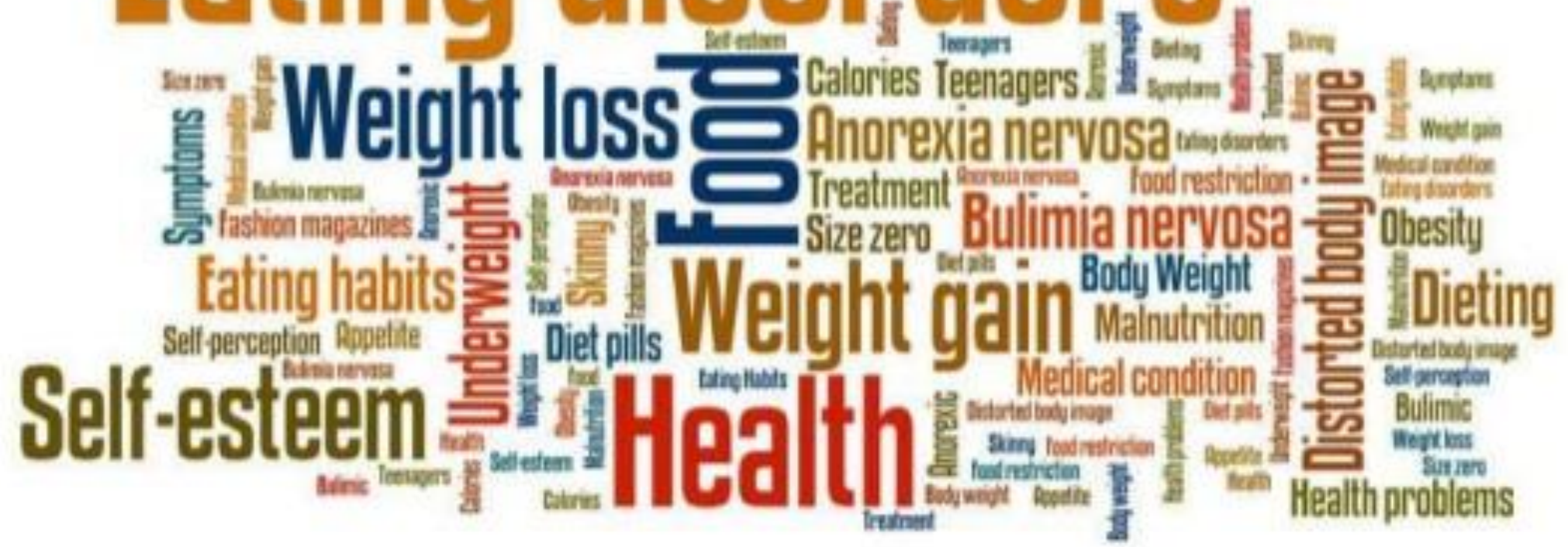


Effects of Sleep deprivation

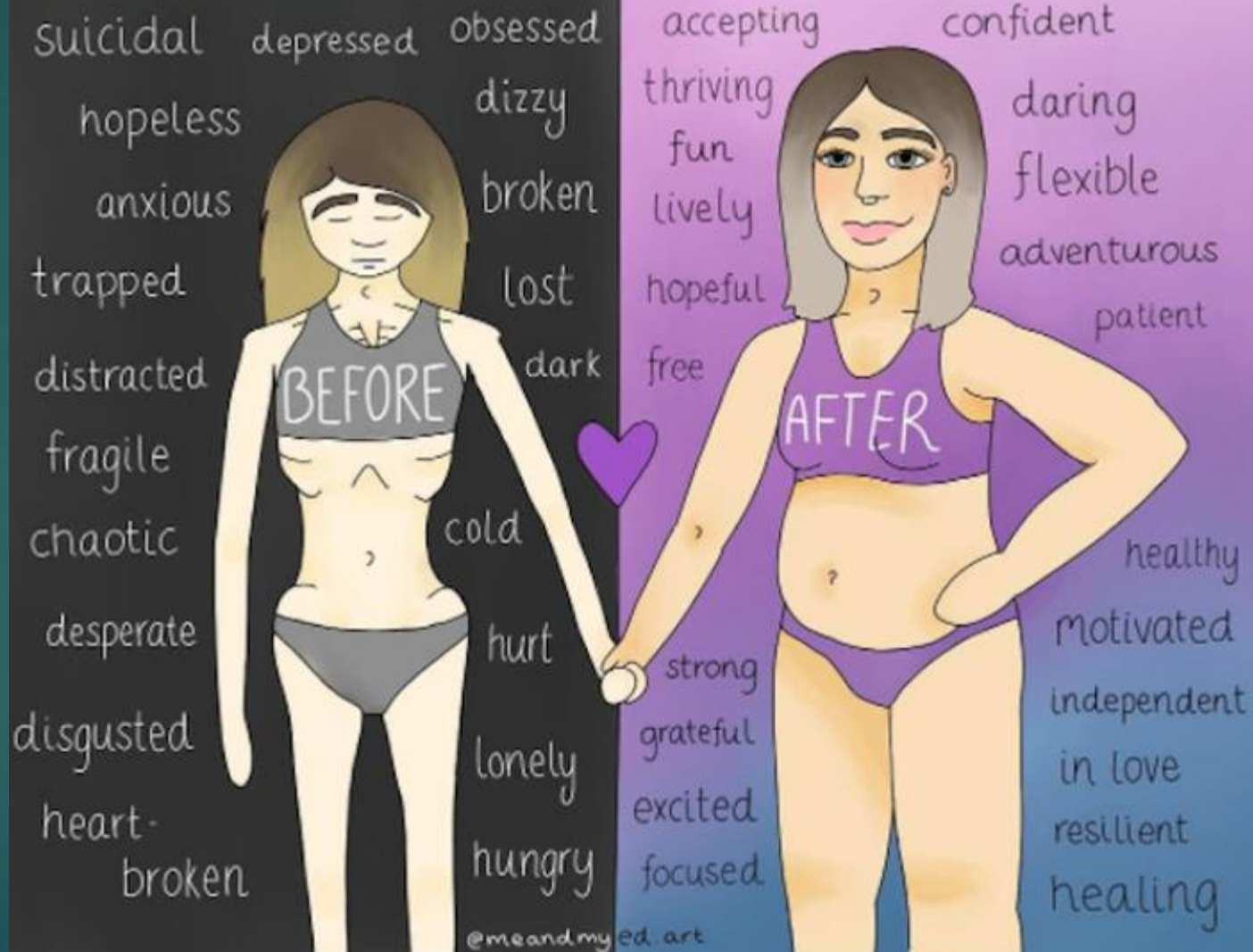
- 
- Irritability
 - Cognitive impairment
 - Memory lapses or loss
 - Impaired moral judgement
 - Severe yawning
 - Hallucinations
 - Symptoms similar to ADHD
 - Impaired immune system
 - Risk of diabetes Type 2
- Increased heart rate variability
 - Risk of heart disease
 - Increased reaction time
 - Decreased accuracy
 - Tremors
 - Aches
- Other:*
- Growth suppression
 - Risk of obesity
 - Decreased temperature



Eating disorders



MORE THAN JUST WEIGHT GAIN



Eating Disorders and PCOS



Negative body image



Weight gain



Menstrual symptoms



Fatigue



Depression



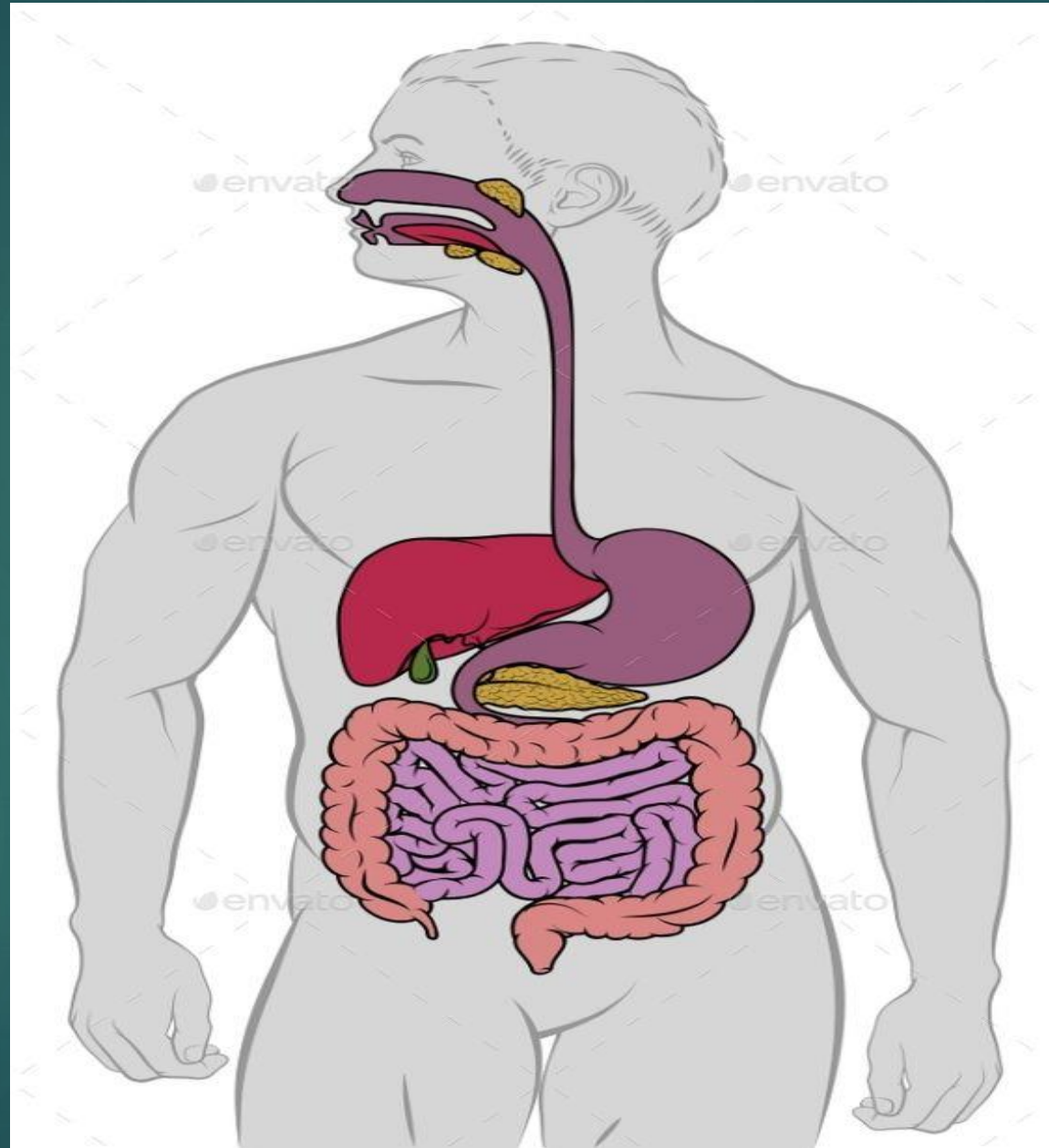
Endometriosis



Back pain



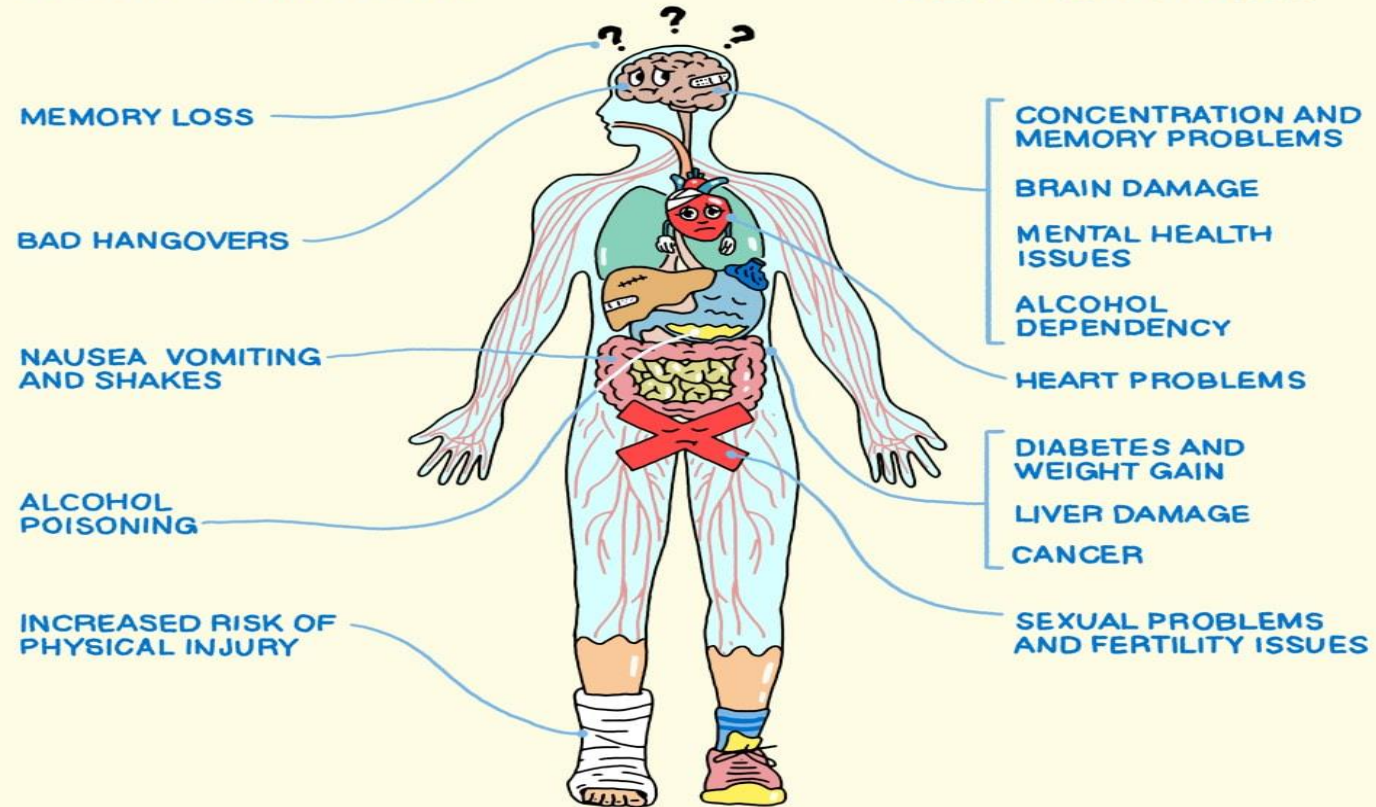




WHAT BINGE DRINKING DOES TO THE BODY

SHORT TERM RISKS

LONG TERM RISKS





<https://www.clinicas.org/blog/2020/03/19/5-signs-poor-nutrition>



1. Brain Lag

Memory issues, delayed cognition, and poor concentration are all signs the brain is not being fed the nutrients it needs to keep those synapses firing. Our brains rely on us to give it the proper nutrients to function well. One such nutrient is omega-3 fatty acids. These particular fatty acids have been shown in research to facilitate [brain cell communication](#), and low levels of omega-3s have actually been associated with [accelerated aging of the brain](#).

2. Slow Healing

If you are slow to heal when you cut your finger or develop a wound, it could be a sign of poor nutritional intake. [Vitamins](#) are important to healing, and protein is essential to encouraging collagen formation during healing processes. [Nutrition support](#) is actually something proven as effective when used to encourage severe wound healing for patients who are in intensive care.

3. Fatigue

Overall, poor nutrition obviously has a detrimental effect on the body. Something as simple as not eating good, wholesome food can even mean you have a lower quality of life because you just don't feel good. If you struggle with proper nutritive intake, schedule a visit with your doctor in Ventura County, CA to talk candidly about things you may need to change. There's no better way to pay homage to National Nutrition Month than that.

That tired, sluggish feeling that follows you from the bed in the morning all the way to the bed at night isn't normal. Yes, some people are overworked and overstressed, but fatigue to an excessive degree can also be your body letting you know it needs something more. Many vitamin deficiencies are suspected to cause fatigue, such as vitamin B-1 (Thiamine) and vitamin C. [Vitamin B-1](#) actually helps convert food to energy, so if you're not getting enough, it can make you feel tired and sluggish. [Vitamin C](#) has been proven to lower fatigue scores in research efforts as well.

4. Prematurely Aging Skin

Did you know what you eat (or don't eat) can make you look older? In 2012, a [study](#) was done that showed vitamin-rich diets filled with flavonoids and valuable antioxidants had major benefits for the skin. Get in those fruits and veggies daily and you may see a more youthful glow.

5. Poor Hair Health

Most people know that their organs can suffer from poor nutritional intake, but there is one series of tiny organs that get overlooked a lot: hair follicles. As such, when you don't eat good food, hair follicles can suffer the effects, which has a direct impact on the health of your hair. Studies have shown that [nutritional deficiency](#) can impact how the hair grows and the health of its overall structure. Further, hair loss is a common problem associated with things like iron or protein deficiency.

Is Poor Nutrition Consuming Your Ability to Feel Well?

Overall, poor nutrition obviously has a detrimental effect on the body. Something as simple as not eating good, wholesome food can even mean you have a lower quality of life because you just don't feel good. If you struggle with proper nutritive intake, schedule a visit with your doctor in Ventura County, CA to talk candidly about things you may need to change. There's no better way to pay homage to National Nutrition Month than that.



