

Malnutrition: long-term consequences and nutritional recovery effects

ANA LYDIA SAWAYA

Health, nutrition and life conditions

NOWADAYS, it's ever clearer that, for a real understanding of the diseases and their consequences, the anthropological aspects, the psychological dynamism and the social diagnosis of the physically frail people must be considered. For example, the physiological evidences that it's necessary to see man as an integrated phenomenon instead of as independent parts among itself, have increased. A reasonable amount of scientific papers offers ever more examples of that integrality, such as the studies on the effects of happiness on the person's health by the end of his or her life. A study carried out in the United States, for example, concluded that, within a sample of catholic nuns, writings with a positive emotional content at 22 years old were associated with health and longevity at 60 years old (Danner et al., 2001).

Therefore, as far as physiology is concerned, what goes on with a person who considers him or herself happy? There are strong relationships between that kind of statement, life expectancy and the frequency and intensity of chronic diseases, such as cardiovascular, inflammatory and self-immune ones (Steptoe et al., 2005). Such studies identified an inversely correlate biological marker to that happiness declaration: cortisol, the stress hormone. The higher its levels in the saliva when the person wakes up, the greater the stress level and the worse is the life quality in the long-term. It has become increasingly difficult to separate the human being into pieces... The life quality of the human being depends on what he feels and on the meaning he gives to things, and both are associated to his physiological status.

Those same mechanisms are activated when the person receives insufficient feeding in quantitative terms, or inadequate feeding in qualitative terms (when there's a lack of necessary nutrients, such as vitamins and minerals), mainly early in life. The organ that controls all our metabolic activity, the nervous system, permanently "programs" itself to save energy in the form of fat and to reduce growth, in order to guarantee survival in adverse

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Table of Contents Longterm Consequences

1. Understanding the eBook Longterm Consequences
 - The Rise of Digital Reading Longterm Consequences
 - Advantages of eBooks Over Traditional Books
2. Identifying Longterm Consequences
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Longterm Consequences
 - User-Friendly Interface
4. Exploring eBook Recommendations from Longterm Consequences
 - Personalized Recommendations
 - Longterm Consequences User Reviews and Ratings
 - Longterm Consequences and Bestseller Lists
5. Accessing Longterm Consequences Free and Paid eBooks

- Longterm Consequences Public Domain eBooks
- Longterm Consequences eBook Subscription Services
- Longterm Consequences Budget-Friendly Options
- 6. Navigating Longterm Consequences eBook Formats
 - ePub, PDF, MOBI, and More
 - Longterm Consequences Compatibility with Devices
 - Longterm Consequences Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Longterm Consequences
 - Highlighting and Note-Taking Longterm Consequences
 - Interactive Elements Longterm Consequences
- 8. Staying Engaged with Longterm Consequences
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Longterm Consequences
- 9. Balancing eBooks and Physical Books Longterm Consequences
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Longterm Consequences
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Longterm Consequences
 - Setting Reading Goals Longterm Consequences
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Longterm Consequences
 - Fact-Checking eBook Content of Longterm Consequences
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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