

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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