

# Grandfather grand mother essay sample

[Countries](#), [United States](#)



## Introduction

Personal health

This is the essence of the disease for example, diabetes the concept of the personal risk. Personal risk involves the essence of being vigilant and watching what one does in a given surrounding to avoid any emerging. the above tree diagram depicts the family diagram regarding the family , often there are diseases that are inherited or are just in the family medical history for example diabetes. It is based on the three generation and from, the parental side not on the marriages segment.

Father Mother

me wife

## Children

I n particular in interviewed my family and putting consideration of their ages and their face with the diseases like typhoid, high blood pressure, kidney failure among others. As statistics show , the essence of the history of a disease .

The data collected from, interviewing the members of my family showed that it is not hospitality thirty-one gets the sickness for example the exception of having parents or growing with that kind of disease.

The relatives that have died due to the diseases are the grandfather , john died due to diabetes 1 which was terrible as her had grown older and could not fight the diseases , m the kind of food he took were different and he was always taken cared of . And required medical attention, the relatives that have die the diseases for example cancer, heart disease. (Northrup, 2001p

24)

Parents play a vital role into the life of an individual, this means that help in getting information concerning the given due to the pass of time. As compared to the USA the kind of live is different critical patients have diverge to find out about there veal. Certain health considerations of the dietary diseases thank normally known. In the USA the nutrition that affects in dividuuals for example those who take chunk food suffer. The end result is having a body that is larger which also increases the chance of experiencing heart failure those results in the dead that is so uncertain.

As the time goes on the essence of taking a risk or taking it to the next level is considered. Proponent’s advice on the proper nutrition that is often utilized in developed. The kind of life one leaves should be taken in to consideration since people themselves are responsible to what the consumer requires. Since people in particular body reacts on the changes that occur in the body and need to worry about. (Northrup, 2001p 34)

The essence of having private schools and institutions is areas, America in itself is a challenge as the USA authorities are restrict in terms of nutrition. Health and nutritionist experts are estimating the nutrition related health cases in America to be at about 1%. majority of Americans suffer from diabetes and obesity. Another encroaching disease at a higher rate is the celiac disease, which is caused by the consumption of gluten. As I was growing up majority of the people in our extended family were suffering from celiac disease, which in many cases has always gone undetected. (Lee, 2003p25)More and more groceries and health food stores are now cautious of the killer disease. About 1% of individuals in majority of the larger

extended family are suffering from celiac disease. This condition is caused by an abnormal immune response to gluten in wheat products, which causes damage to the lining of the small intestines. The symptoms include diarrhea, anemia and skin rashes also known as dermatitis. Majority of the people diagnosed with celiac disease says that the symptoms develop at a later stage especially when it is vital. Celiac disease can be prevented by avoiding or taking of gluten free foods. Gluten protein is found in large amounts in foods and beverages of wheat, burger and barley. This protein has no special notional values but is rather of benefit as it may help reduce heart diseases. However the intake of these gluten free foods should not be avoided if the one is not suffering from celiac infection. One taking such wheat products should strive to supplement and maintain a balanced diet that is complete including vitamins and minerals. This will ensure that dietary related infection is curbed. Taking of just enough dose of food is as well important as it helps an individual fight and prevents infections that are a result either under or over nutrition. (Lee, 2003p45)

## **Work cited**

Northrup, Christiane. *The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change*. New York: Bantam Books, 2001

Lee, Philip R, Carroll L. Estes, and Fatima M. Rodriguez. *The Nation's Health*. Sudbury, Mass: Jones and Bartlett Pub, 2003.

Health Source Consumer Edition. Ipswich, Mass.: EBSCO Industries, 2011. Continually updated resource.

Dietary Supplements: A Framework for Evaluating Safety. Washington, D. C:  
National Academies Press, 2005