

# Dr Casen E4 Everyday Health Questions\_mixdown

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## SUMMARY KEYWORDS

health, healthy, drugless, information, body, chiropractors, today, evaluate, nutrition, challenge, life, breast thermography, office, flavored waters, grocery store, area, food sensitivities, people, extrication, evaluation

## SPEAKERS

Dr. Anthony DeMaria, Dr. Casen DeMaria

- D** Dr. Casen DeMaria 00:03  
This is Dr. Casen with In Case Of Podcast Today I'm joined with my husband, Dr. Anthony and we're going to have a discussion on what it means to be healthy.
- D** Dr. Anthony DeMaria 00:12  
Does extrication Why are there so many misconceptions today about what it means to be healthy?
- D** Dr. Casen DeMaria 00:18  
I think today it is very confusing. And a lot of people are very frustrated with the information because there's so much information out there and when people come into our office and their goals are to get healthy and we sit down with them and we say, Okay, what have you done up until now to get healthy and it's not uncommon that someone's tried everything, whether it is supplements, fasting, the keto diet, the 30 day diet, plant based, not plant based shakes, potions, physical therapy, OT maybe they've gone to a functional medical doctor. Maybe they've had two cultures. Boot assessments. I think a really big buzzword right now is gut inflammation. And a lot of people they might think

that they have food sensitivities, but really, that might not truly be at the root of what's going on. So I can understand why a lot of especially women and men also but primarily women could be bombarded with information when it comes to what it means to be healthy, especially if you're raising a family and you're looking at better options for yourself that even when you go into the grocery store now, I know that we do this factory Anthony even the water section, I never would have thought that the water section in a grocery store would be so expansive, and there's electrolyte water, there's alkaline water. There's all types of flavored waters, energy drinks, and really things might say all natural Organic, but they might not really be the best choice.

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Dr. Anthony DeMaria 02:03

Well, you know, I find really helpful as you want to have a trusted source of information. So that's besides being chiropractors and working with people with their nutrition. You want to have someone that you trust that you're getting your information from and follow up with them. You know, that's probably the thing that I find the most like, I had a gentleman today that I had a consultation with. And he's a financial advisor. And he said, one of the things that I love about seeing you guys, is you help me with the strategy. So he's like, I help people with a strategy with their finances. And you guys helped me with a strategy for my health. And which I find really interesting is if you don't have a strategy for your health, just like you might not have a strategy for your finances. You can't expect that it's going to go in the right direction. So back to your case in what are elements of health. And you know, like what, what does that mean? Is that Uh, one area or how do you obtain that? You know, like this is like a really kind of a deep question is what what is health? What does it look like? How do you obtain it? How do you measure it?

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Dr. Casen DeMaria 03:12

Well, I know it has drugless doctors for us and being chiropractors and also we do nutrition in our practice, we do breast thermography there's a lot of different puzzle pieces as we would say to health. So it's mental health, physical health, emotional health. And truly health is from the inside out that you're able to do all the things you love and enjoy. And I know when I look at our goal sheets from our members, when I'm talking to women, and families in our office, they say I want to be healthy. I want to have a strong immune system. I want to be able to sleep well. I want to work on the fuel I'm putting in my body. I want to eat better. And all these pieces and parts go into health and prevention. Now there is another side of health and what happens is, if your body is not properly able to adapt to stress to life and other things going on, then that's when we see a crisis occur in the body. So that might be something like you're coming in with pain. Maybe you have heart challenges or markers of this might look like high blood pressure, cholesterol,

emotional health. And we do a lot of blood chemistry is in our office and evaluate someone nutritionally because only 10% of your nerves in your body can actually feel pain. So really daktari Anthony pain is not a good evaluation of health and a lot of people unfortunately go by if they're in pain or not if they're healthy. So in our office, we see newborn babies and kids Right after birth because right after birth, that's the first trauma to all of us when our spine can go out of position and if your spines out of position in any place, it decreases the communication to the rest of your body. So I always ask people is this do you want to be connected or communicating with all the organs and tissues? Or do you want to have any pressure on those organs and tissues and even our kids in our office, they say, I want to be connected. So it all goes back to making sure that everything is communicating properly. And I can't I can't say that you'll never have stress you'll never have an you know, a cold or a sinus challenge. But But I can share with you is research shows that chiropractic care helps to improve overall body and function

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Dr. Anthony DeMaria 05:47

sort of education, what are maybe a few tips you would have someone that wants to work on being healthier? What are a few things that someone could do?

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Dr. Casen DeMaria 05:55

Well, number one, you want to get an evaluation and you want to get your baseline. So With that for us, I know we evaluate people care practically you just look at the spinal health and nutrition but you really want to even evaluate in your own life. Are there areas right now that are being compromised, whether it's from sugar could be medication could be alcohol, it could be other stressors in your life, it could be a relationship, it could be a job. So really take inventory of areas that you feel that are impacting your health, your sleep, and you probably already are thinking about it right now is that top area and you want to think about Okay, what can I do to move more into balance? Now? I'm not saying quit the job or quit the relationship but what I am sharing, figure out what do you need to do to really put your health into priority because a lot of times people they don't put themselves into that top priority. And then over time, that chronic challenge develops into something really big,

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Dr. Anthony DeMaria 06:58

you know, and I would encourage people to this Seek out good resources. So good resource can be like our website, which is drugless DRS calm or Facebook page, even our Twitter, play around on there, see what kind of information you can find because there's always good information out there.



Dr. Casen DeMaria 07:14

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