

# Dr Casen - pain sugars sweetners

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## SUMMARY KEYWORDS

sweeteners, sugar, inflammation, breakfast, pain, drugless, fruit, body, foods, shoulder pain, organic yogurt, working, anthony, drs, addicted, talking, thought, physical pain, neck, brown rice syrup

## SPEAKERS

Dr. Anthony DeMaria, Dr. Casen DeMaria

- D** Dr. Casen DeMaria 00:01  
This is Dr. Casen with an in case of podcast today I'm joined with my husband, Dr. Anthony and we're going to have a discussion on pain and more specifically foods that can cause pain including sugar and sweeteners.
- D** Dr. Anthony DeMaria 00:14  
So Dr. Casen Tell me about a time in your life where you experienced some physical pain and what did that look like for yourself?
- D** Dr. Casen DeMaria 00:24  
Well, I'd have to tell you Dr. Anthony, so this would have been at least 10 years ago. And when I was in chiropractic school, I know that my favorite breakfast ever was making my own yogurt parfaits so I would get organic yogurt, and then I would put bananas and strawberries and organic gluten free oats and I thought that that was really healthy because I remember in chiropractic school learning about foods and I thought that all these foods This was these were antioxidants and then the yogurt I was thinking this is Greek organic yogurt so this is going to help with my digestion. And I will never forget the day when you shared with me what happens when you eat fruit and dairy which compromises your body and it causes actually inflammation so I used to have a lot of

neck pain and upper back tightness. And what's really interesting about that is your pancreas actually neurologically refers to the neck and the mid back. And I remember when I eliminated those inflammatory items for breakfast and I started focusing on red apples which that is one of the best fruits for you to be consuming organic red apples when I switch that out. My body discomfort went away and I was really surprised Dr. Anthony because I really loved those breakfast part phase that I was making, but I can tell you ever since That then I've never had another breakfast parfait because I know what it does to the joints. And I don't ever want to have that discomfort in my body again. And I know we have a lot of people in our practice that might have fibromyalgia. And they're in constant pain because of the inflammation in their body. And I know that this could be coming from foods that are in there every day items and they might not even be aware of and I'm talking about physical pain. Because a lot of people they're in chronic pain all the time, especially in our society. They have joint pain, shoulder pain, knee pain, foot pain. I was working with a woman this morning and she has three kids, and she says she doesn't ever remember a time where she didn't have some type of pain. She'd rated a two or three doll 10 being the worst. She said it's just always there. And I asked her the question I said do you eat from fruit in her eyes got really big. She said, I love fruit. So fruit because of the sugar and fruit, this fructose, which is a sugar and I know we're talking about sugars and sweeteners today but that can be a huge contributing factor to inflammation that people might not be aware of. And also, it can impact your liver which we talk a lot about that

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Dr. Anthony DeMaria 03:22

So recently I had someone come in and he had been dealing with a chronic neck issue so he started working with him chiropractically, and it was very much helping, still had some underlying stuff. So I had him do a diet journal, and guess what food extrication did he have every day for breakfast? And it wasn't a yogurt parfait.

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Dr. Casen DeMaria 03:42

What was it like? Rice Krispie treats cereal or something like

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Dr. Anthony DeMaria 03:46

that was a doughnut. He had a doughnut every day for breakfast. So I kindly and gently suggested, it might be a good idea for you to get rid of the donut. So he did and he came in the following with a big smile on his face and you're never gonna believe what he told me Dr. Case in my left neck and shoulder pain that I've been having for years went away Wow, that's a remarkable so it went away and a lot of it has to do with what Dr. caissons talking about with the sugar in the sweetener so we really encourage people to focus on

proteins, vegetables and good fats Now, one of the things that I find especially when it comes to sweeteners and things that produce pain Dr. caisson are there's so many names for sweeteners. What might someone do in order to find out more information about this?

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Dr. Casen DeMaria 04:42

Well, I know we did a workshop even and we did one on sugars and sweeteners. If someone were to go on our website at drugless DRS calm if you go to the blog area, but I know that there are hundreds of names of sugars and sweeteners. And there are are two natural sweeteners that we recommend in regards to your house. So, I know that we recommend organic stevia, and this is really important that it's organic stevia and you want to really look at the ingredients in the back of it that it says stevia only because even with the truvia and monk fruit and a GAVI and high fructose corn syrup and all these other things, they can tell you that it stevia but actually be putting other ingredients in there. And I know also, when people are asking substitutions and other things that they can use, we do recommend brown rice syrup is a better option for them rather than something like honey, or even these coconut sugars and other things like that. These are still sugars and what happens is when you put sugar in your body, it causes fire. In the body causes inflammation. And even if you don't have pain in your body, and you're putting these ingredients and chemicals, what happens is your body has to process through it. So that might show up. For someone. For example, for a female, they could be having a lot of hormonal challenges for a male even they could be having kidney challenges. I know we have plenty of people in our practice that because of Pepsi and soda and other things that they could be having kidney stones, and even for a male prostate challenges for a female. When we're working with ladies, they could have endometriosis, and these are all areas of inflammation that can show up from other things that are negatively going on in your body. So really, I want you to become a label detective. I encourage you grocery shop on the outside of the grocery store, anything that's in a package, you really want to be evaluating what's in it. And I know some of you that are listening, you might be the person that says Actually addicted to the donut in the morning and that you you are addicted to sugar and the one thing I want to tell you is start increasing your your vegetables in your life. Start working on increasing minerals in your life. I know we promote Celtic sea salt in our practice, which is another mineral but these cravings once you start working on increasing healthy fats and proteins, I know that that can definitely help to impact any type of items that you're addicted to, but you definitely want to work together with your family and as a team. So I know that if you have any health questions in regards to sugar or sweeteners inflammation, I want you to visit our Facebook page at drugless DRS as well as you can send us a message on Facebook or on Twitter. We would love to hear from you especially in regards to what you've learned in this short segment.

